



# Varsity Girls Swim Rules & Regulations

## 2009 Girls Swimming

1. **Only recognized swimming programs will be compensated by the Office of Sports Administration...a loss of team recognition will occur if:**
  - If your Central Office Record Sheet lists fewer than the minimum ten (10) participants.
  - If your program fails to complete its dual meet schedule.
  - If your program fails to participate in all citywide swim competitions.
  - If your program has failed to document practice sessions.
  - If your program receives two (2) forfeits. (Forfeits will be determined by the Department of Sports Administration **only**.)

**\*\*Note: If your program has been suspended by the IHSA for non-attendance at a Rules Interpretation Meeting, your program will not be allowed to participate in the Chicago Public League's conference schedule during the sports season in question.\*\***

2. **All scheduled non-league meets must be submitted to, and approved by the director prior to the season. If the director does not sanction specific non-league contests, teams or individuals are prohibited from participating in such contest.**
3. **Contest Limitations (IHSA Bylaw 5.252 & 5.122)/TEAM: No Boys or Girls Swimming team representing a member school shall, in any one season, participate in more than fourteen (14) meets exclusive of the IHSA series. INDIVIDUAL: No individual shall compete in Boys or Girls Swimming in more than seventeen (17) meets exclusive of the IHSA series.**
4. **All swimming meets are to be scheduled to begin no earlier than 4:00p.m. on school days; any interference with a participant's academic work is to be avoided.**
5. **Dual meet organization:**
  - **Central Office Record Sheet (CORS)**
  - **An original signed copy of your team's central office record sheet is mandated; it must be submitted to and received by the Department of Sports Administration within five (5) days of the start of your swim season to the attention of the aquatics coordinator.**
  - **No try-out session, practice session or competition may be held before you file your team's Central Office Record Sheet.**

**Note: Although Central Office Record Sheets may be faxed to our office, the Department of Sports Administration recognizes only signed hard copies of this document hand delivered or received through the mail run~501 W. 35<sup>th</sup> Street, Chicago, IL 60616, Mail Run #40~Fax # 773-535-8097**

- A separate Central Office Record Sheet must be filed for each level of competition, and must contain a minimum of at least ten (10) swimmers.
- A swimmer may be listed on only one Central Office Record Sheet per level at a time. These levels are varsity or sophomore. Students in grades 9-12 may comprise the varsity level; however, only freshmen and sophomore students are to comprise the sophomore level team.

**Up and Down Rule:**

- CPS will allow freshmen and sophomore swimmers to partake in upward movement from their original rosters. Swimmers will be able to swim at the varsity level and return to their original status on the lower level without penalty during the dual meet season. If there is a need to move a swimmer from the sophomore level to the varsity level, a supplemental Central Office sheet must be filed for both levels. The relocated swimmer may not compete until the supplemental Central Office Record Sheet has been filed, thereby, allowing his/her name to appear on the varsity eligibility sheet. During the Relays, Preliminaries and Championship meets, the sophomore level swimmers cannot descend onto a roster beneath their playoff status. Once lower-level swimmers are listed on the varsity eligibility sheet, they will not be allowed to return to a lower level.
- Dual meet schedules are to be completed by mutual consent of opposing coaches. Home and Away schedules will be issued by the aquatics coordinator and are to be returned completed~ (please remember to list home meet officials and their IHSA official numbers). Fax your final team schedule to the Office of Sports Administration as soon as it is available.
- The home coach is required to communicate with the opposing coach before the scheduled day of competition to confirm the following:
  1. The day/date of the meet.
  2. The starting time of the meet.
  3. The entrance location to the school.
  4. The events to be contested.
  5. The possibility of diving being contested as an event.
  6. The levels of competition.
  7. Any other consideration that requires their mutual consent.

- **Eligibility Sheets:**

1. Must contain a minimum of six (6) competing swimmers the day of the meet to constitute an official meet.
2. Are to be exchanged before the start of the meet.
3. Are to be faxed to the Office of Sports Administration with copies of the score sheet within 24 hours of the meet's finish by both coaches.

The final score of the meet, the official's performance evaluation, as well as any other notable occurrence, must be recorded on the eligibility sheet as a final record. Additionally, the IHSA has requested that immediately following the competition's completion, an evaluation of the official(s) be posted on their website~[www.IHSA.org](http://www.IHSA.org).

- **Prior to the start of the meet, the home coach must obtain a signed receipt from the meet official and pay the official. Please send a copy of the official's signed receipt to the aquatics coordinator along with copies of the exchanged eligibility and score sheets after the meet's conclusion.**
- **As a member of a Chicago Public Schools swimming team, a student swimmer may not represent any other program as a swimmer/diver during the IHSA competitive swimming season. This would include teams from the Chicago Park District, USS, YMCA, or other competitive swim programs.**
- **A swimmer may not have reached his or her 20<sup>th</sup> birthday at any time during the swimming season.**
- **A student athlete/swimmer must be passing semester grade checks with 20 credit hours as of June 2009 and again in January 2009.**
- **Academic success is of paramount importance and weekly and mid-semester grade checks must demonstrate this with passing grades.**
- **"REMEMBER TO RATE YOUR OFFICIALS".**