

2025-2026

Swimming Coaches Packet



TABLE OF CONTENTS

The Interscholastic Swim Program November **Online**

Swim Bulletin	
Swim Clinic Schedule	
Swim Rule 127-3-27	
Meet Committee Protest Procedure & Form	
NFHS Swimming and Diving Interpretations	
Pool Depth Comparison Sheet	
Common Elements and Differences.....	
Request for Alternate Form	
Regional and State Warm-Up Procedures.....	
WVSSAC State Tournament List Information	
WVSSAC Rooming List-Swim	
State Tournament Program Information.....	
Coaching Reminders	
Practice Rule/WVSSAC Rule 127-2-13	
Spectator Support Information.....	
Entry Form	

For additional information related to sports medicine issues concerning athletic participation,
please click the ' Sports Medicine' tab on the opening page of our website.



West Virginia Secondary School Activities Commission

2875 Staunton Turnpike, Parkersburg, WV 26104-7219

DAVID PRICE, EXECUTIVE DIRECTOR
WAYNE RYAN, ASSOCIATE EXECUTIVE DIRECTOR
DR. CINDY DANIEL, ASSISTANT EXECUTIVE DIRECTOR
DAN COMER, ASSISTANT EXECUTIVE DIRECTOR



TELEPHONE: 304-485-5494

E-MAIL: vwssac@vwssac.org
WEB SITE: www.vwssac.org

TO: Swim Coaches
FROM: Jaclyn Swayne, Ed.D., Assistant Executive
Director
DATE: October 2025
SUBJECT: 2025-2026 Swim Season

Required Reading:

1. Coaches Packet
2. NFHS Rule Book
3. Interscholastic (website)

*Note: Due to COVID-19, revisions and/or modifications to information in this document may be made at any time during the season. Coaches are asked to bring all packet materials with them to the State Rules Clinic. Coaches are also asked to familiarize themselves with all enclosed materials prior to the clinic.

Points of Emphasis

1. The nature of swimming adds a safety factor does not present in other activities. Note: Safety measures need to be followed. Please read the Rules Book carefully.
2. It is recommended that all swim coaches have CPR and lifesaving and that an athletic trainer be in attendance at all meets.
3. It is the coach's responsibility to regularly communicate with school personnel.
4. Rules Clinics – All head coaches and officials are required to attend the WVSSAC Rules Clinic. Please be reminded that the clinic attendance requirement will not be granted if the head coach is late more than 10 minutes no one can attend in place of the head coach. Please note that the failure of the coach to attend will cause a school to be assessed a \$50.00 fine.
5. Officials – WV registered officials must be used for all regular season tournaments and meets. Dual and tri meets require a minimum of three registered officials; registered officials will be used in regional meets. Registered officials will be used in the state tournament. Officials' contracts are highly recommended.
6. Official Registration – Coaches who wish to also register as an official should contact Rex Foster. The registration fee is \$40.00
7. **Season Dates:**

High School

First practice date	Monday	October 27, 2025
First contest date	Wednesday	November 12, 2025
Regional	Saturday	February 7, 2026
State Tournament	Thursday and Friday	February 19-20, 2026

Middle School

There shall be one season for swim in middle school, either winter or spring; however, the season selected shall be no longer than 12 weeks.

(Note: Middle School may choose either a winter or spring season no more than 12 weeks in length.)

1. **Eligibility Certificates** are due online on before the date of the first contest according to the standardized calendar. Failure to submit eligibility certificates prior to 1st contest will result in a \$25.00 fine and forfeiture of contest(s). Contact your principal or athletic director.
2. **Practice** – Schools are reminded that two or more schools may NOT use the same practice facility at the same time unless permission is granted by the WVSSAC office. Coaches are reminded that the twelve practices must be TEAM practices. The school-contracted coach must be present on deck at all practices. Refer to Rule 127-2-13 in the **Rules & Regulations Handbook**.
3. **Regular Season Regulations** – Coaches should carefully review the enclosed program from **The Interscholastic** with particular emphasis on the following items:
 - a. Meet Committee procedures.
 - b. Deck regulations
 - c. Facilities
 - d. Relay entry procedures
 - e. Warm-up procedures
 - f. Water Depth Regulations
 - g. Scoring
4. **Tournament Structure** – Coaches should carefully review the enclosed program from **The Interscholastic** with particular emphasis on the following items:
 - a. Regional Alignment and State Qualifiers.
 - b. The Entry form must be in the WVSSAC office and the regional director **by Noon February 5, 2026**. The meet time must be included on the Entry Form. **No changes will be accepted. All entry forms must be submitted by Hy-Tek program.**
 - c. **If Entry Form is not received by Regional Director and the WVSSAC office ON THE due date, the swimmers will be entered as a NO TIME. If a coach only submits the form to the Regional Director and not to the WVSSAC, all swimmers will be entered as a NO TIME.**
 - A NO TIME issued due to late submission of the Entry Form will not be changed under any circumstances.
 - d. Relay entry procedures (State Meet).
 - e. State Meet Coaches' Meeting – Wednesday, **February 18, 2026**, at the Mylan Aquatic Center at 5 pm.
 - f. Individual entry times for the regular season must be from high school meets
 - g. Relay event entry times must be from the current season.
 - h. 500 Freestyle Qualifying time for State Meet:

Girls	7:30.00
Boys	7:00:00

Take the top 4 individual finishes and top 4 relay finishes for each event from each region that qualified by times and then take the next fastest qualifying times to fill the field.

 - a. If a tie occurs after the completion of the regional, another heat will be added to the event at the State Meet.

1. **Sportsmanship** – Coaches must lead by example and always promote good sportsmanship whether it be regular season or tournament competition. Coaches should conduct pre-season meetings to inform all parents and athletes of rules and regulations and the importance of sportsmanship. Coaches or swimmers who choose to exhibit poor sportsmanship will be appropriately sanctioned by the WVSSAC.
2. **Ejection Rule and Bench Clearing Policy** – It is the coach's responsibility to discuss with all other coaches and players prior to the first contest. Rule 127-4-3.7 Code for Interscholastic Athletics – Coaches are hereby notified to carefully review this rule with special emphasis on 3.7.3.
3. **Head and Neck Trauma Guidelines** – Refer to the approved Return to Play/Concussion Protocol. RTP refers to return to play and return to practice. The appropriate health care professional will determine when a concussed athlete may return to participation.
4. **Use of Drugs, Medication or Food Supplements** – It is the philosophy of the National Federation and the WVSSAC that students be encouraged and supported in their efforts to develop and maintain a healthy lifestyle. In promotion of safety and healthy lifestyles, the WVSSAC Sports Medicine Committee requests that coaches assume the responsibility of informing athletes that the use of such substances should be discontinued especially during the times when dehydration may occur due to potential life-threatening consequences.
5. **Injury/Participation Procedure at WVSSAC Championship Events** – Medical personnel (athletic trainers) assigned by the WVSSAC will have the jurisdiction concerning the return of a player to competition after an injury.
6. **State Meet Notes** - Timers who commit to time for an entire session be issued an admission identification band for that session only. It will be the coach's responsibility to submit timers' names and session to the Tournament Director. The bands will be color coded per session and will only be useable for the designated session. The bands will be given to the timers by the coaches for each session. Only the timer listed on the school's list will receive free admission. Timers will not be granted free admission without a band.
 - Time Schedule. Warm-up time and session times.
 - Only the two winning teams (boys and girls) will be allowed entry into the pool at the conclusion of the meet.
 - Coach, Swimmer, and Official Identification – Identification bands (hospital type bands) will be issued to the various participants. A different color will be issued for each group. Swimmers will be required to wear a wrist band during the entire meet. Wrist bands may not be removed while swimming.
7. Coaches who submit erroneous regional entry times may be subject to sanctions by the WVSSAC. Student athletes involved may also be subject to sanctions.
8. At the State meet team champions, runners up, and all-tournament will be awarded for Division 1 and Division 2 in both boys and girls. The meet format will stay the same.

2025-2026

Swimming Rules Clinics

DATE	LOCATION	TIME	COORDINATOR
Oct 7	Spring Mills HS	6:00 pm	Glen Simpson
Oct 13	Morgantown HS	6:00 pm	John Bowers
Oct 21	Herbert Hoover HS	6:00 pm	Mike Kelley
Oct 28	WVSSAC Office	5:00 pm	Dr. Jaclyn Swayne

SCHOOLS: The Head Coach shall be required to attend any sports rules clinics which are sponsored by this Commission in his/her coaching assignment. Both boys and girls head coaches must attend the Rules Clinic. Schools failing to have a head coaching position filled at the time of the clinic will be required to have a school representative present at the rule's clinic. An individual can only represent one school unless he/she is head coach at both schools. In a 9-12 school, both the varsity and 9th grade coach are required to attend. Failure to have a representative at one of the above clinics will result in a \$50.00 fine.

The clinic attendance requirement will not be granted if the coach or representative is late in excess of 10 minutes.

§127-3-27. Swimming (Boys and Girls).

27.1. Rules: Swimming rules published by the NFHS are the official rules for all interscholastic competition unless otherwise provided by Commission modification.

27.2. Organized Team Practice: Organized team practice will begin on Monday of Week 17 and the first contest may be on Wednesday of Week 19.

27.3. Length of Season: The swimming season will end for each team or individual by WVSSAC tournament elimination.

27.4. Maximum Team Contests: A swimming team will be permitted 16 contests exclusive of sectional, regional, and state contests.

27.5. Scrimmages: Two swimming scrimmages with another high school may be conducted. (See Glossary.).

27.6. Individual students of a team must have practiced on 12 separate days, exclusive of the day of a contest, before participating in an interscholastic contest. (Effective September 13, 2021)

27.7. A student may accept awards in WVSSAC sanctioned events and non-sanctioned events during the entire year. These awards must be consistent with the items specified in §127-3-5.

27.8. The above will apply for middle schools with the following adaptations: (Revised 2018-19)

27.8.a. Middle school teams will be permitted 14 meets.

27.8.b. There shall be one season for Middle School swimming, either winter or spring. However, the season selected shall be no longer than 12 weeks. (Revised 2021-22)

27.8.c. Middle school teams are permitted one scrimmage. (See Glossary.).

WVSSAC MEET COMMITTEE PROTEST FORM

The Meet Committee shall consist of the Meet Director (ex-officio), the Meet Referee (ex-officio), and other knowledgeable swimming persons to comprise an odd number of committee members.

Protest Procedure

- a. The Meet Committee will meet as needed to make decisions on all protests.
- b. Proper procedures for filing a protest will be detailed for coaches by the Meet Director at a pre-meet meeting.
- c. The protest procedure must be initiated on the proper form within one event, unless otherwise approved by meet referee.
- d. Coaches must submit a formal written explanation on the Protest Form.
- e. The Meet Director will present the protest to the Meet Committee.
- f. The Meet Referee will be required to submit a written explanation.
- g. The Meet Director will present the Meet Referee's explanation to the Meet Committee.
- h. The coach and meet referee will also make oral statement to meet committee and answer any questions from committee members. Thereafter, coach and referee will exit meeting and meet committee will make final decision.
- i. After the Meet Committee is adjourned, the Meet Director will relay the decision to the coach.
- j. All decisions of the Meet Committee are final.

DATE: _____

MEET: _____ REGIONAL: _____ STATE: _____

LOCATION: _____

COACH SUBMITTING COMPLAINT: _____

SCHOOL: _____

EVENT NUMBER AND NAME: _____

SWIMMER: _____

SITE NF OR WVSSAC RULE IN QUESTION (include rule, section, article, page)

COMPLAINT: _____

OUR KIDS INITIATIVE

POOL DEPTH COMPARISONS (as of August 20, 2023)

	World Aquatics	NCAA	NFHS	USA-S/USMS	YMCA
<i>Depths for Competitive Swimming</i>	See Below	minimum depth: 4' at start end; 3' 6" feet at the opposite end; Minimum depth of 4 ft. is recommended throughout; NEW construction recommends 7 ft.	No Minimum depth required for competition	No minimum depth for swimming	Same as USA-S
*NOTE: THE MORE RESTRICTIVE LOCAL, STATE, AND MUNICIPAL ORDINANCES TAKE PRECEDENCE OVER NATIONAL GOVERNING BODY RULES					
<i>Depths for Competitive Racing Starts</i>	A minimum depth of 1.35 meters from 1 meter to 6 meters from end wall; The height of the platform shall be at least 0.5 meters to 0.75 meters above the water surface; No provision for starting in the water *see <u>NOTE</u> above	Water depth shall be no less than 4'; The height of the platform may not exceed 30" above the surface of the water; Provision for starting in the water (Rule 2) *see <u>NOTE</u> above	Minimum depth: 4 ft. at start end measured from the end wall to 5 m. from the end wall 4' > : platform no more than 30" above the water; 4' > block or deck start < 4': only in water BACKSTROKE LEDGES NOT AUTHORIZED AT ANY DEPTH *see <u>NOTE</u> above	Minimum depth for teaching racing starts: 6 ft. (USA-S only); For starts in competition: 4 ft. measured from 1 mtr. to 5 mtrs. from the end wall ; < 4' - must start in water- <4'-no backstroke ledges. (USMS: <3'6" in-water starts; 3'6"-<4' in-water or deck starts); 4' > - platform maximum of 2' 6" (30") above water (USA-S - Article 103) (USMS - Article 107) * see <u>NOTE</u> above	Minimum depth for teaching racing starts: 9 ft. (YMCA); Minimum depth for starts in practice and competition: 5'; Provision for starting in the water if less than 5'

SWIMMING RULES: COMMON ELEMENTS and DIFFERENCES (as of August 15, 2024)

COMMON ELEMENTS WITH GOVERNING BODIES	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
	• Whistle preparatory commands; • Verbal preparatory "TAKE YOUR MARKS" • No recall; • Forward - after TYM's - foot/feet at front of block (see USMS); • Back - feet can be above water; not above lip of gutter or curling of toes over gutter. • Requires a stationary starting position.	• All common	• All common except backstroke turn and use of starting ledges - See NFHS	• All Common	• All Common	• All common except NFHS Backstroke turn.
DIFFERENCES - see specific rule book for exact wording						
AQUA; USA-S; YMCA; NCAA	See POOL DEPTH COMPARISON chart for differences		• Backstroke ledge permitted.			
NFHS	• Verbal or whistle preparatory commands - State option.		• Kick/glide is permitted <u>before</u> and <u>after</u> turning action. • Backstroke starting ledge device <u>not permitted</u>.			• See stroke differences.
USMS	• Use back start for in-water free start; • At least one foot at front of block before TYM • In water relay exchanges permitted. • At least one foot must remain in contact with the wall prior to the exchange				• Allow breaststroke or whip kick exclusively or interchangeably • Only one breaststroke or whip kick per arm pull permitted. • On 9/25/13, adopted the "separated" rule wording interpreted to be identical in meaning to the USA Swimming Interpretation.	• See stroke differences.



**PLAY.
PERFORM.
COMPETE.
TOGETHER.**

2025-26 NFHS Swimming and Diving Rules Changes

Swimming and Diving Rules Changes - 2025-26

BY NFHS ON April 23, 2025 | SWIMMING & DIVING, RULES CHANGE

2-1, 2-7-2b, 2-7-3, 8-1-2: Permits the use of backstroke starting ledges if approved with state association adoption, in pools with a minimum of 6 feet (1.84 meters) water depth measured from the starting end through 16 feet 5 inches (5 meters) from the end wall.

Rationale: The permissive nature of the proposal allows for the use of the backstroke ledge in situations where it is both safe and practical. The proposed rule ensures that pools with the required depth can benefit from this technology without creating barriers for those that may not be able to accommodate the equipment.**8-3-4a:** Clarifies the foot placement for relay participants starting from the deck. One foot must be positioned at the edge of the deck, and ancillary movement of the back foot is permitted, prior to the start.

Rationale: The rule provision prohibits swimmers using deck starts from performing a running start.

2025-26 SWIMMING AND DIVING EDITORIAL CHANGES

2-7-7 PENALTY, 3-3-3 PENALTIES, 3-3-3a, 3-3-3b, 3-3-4 PENALTIES, 6-3-3, 8-2-1e, 9-7-2, State Association Adoption Chart

2025-26 SWIMMING AND DIVING POINTS OF EMPHASIS

1. Backstroke Ledge Education
2. Viability of High School Diving and Importance of Education



SPECTATOR SUPPORT INFORMATION FOR TOURNAMENTS

The following sport support information is provided for each specified sport. **ONLY** those items marked with “Yes” are allowed during tournament play (sectional, regional, and state). It is recommended that schools follow these regulations during regular season play.

Vocal cheering and support from team bench areas are encouraged, however, the items indicated on this page are for use by spectators. Schools must stress **GOOD SPORTSMANSHIP** when allowing any item to be used. All items must be for support of your team and not directed against the opponent.

Legend: BSK Basketball CC Cross Country SB Softball TE Tennis WR Wrestling
 BB Baseball FB Football SC Soccer TR Track & Field
 CH Cheer GO Golf SW Swimming VB Volleyball

SPORT	BSK	BB	CH	CC	FB	GO	SB	SC	SW	TE	TR	VB	WR
Apparel Required Upper/Lower Body Garments	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Balloons	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
Banners on wall/ Stadium	No	No	No	No	No	No	No	No	No	No	No	No	No
Cheer & Band Member “Human” Tunnels	No	Yes	No	No	Yes	No	Yes	Yes	No	No	No	Yes	Yes
Permanent Signage/ Advertisement Senior Pictures	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Confetti/Paper Debris	No	No	No	No	No	No	No	No	No	No	No	No	No
Hand-held Signs (one holder)	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Inflatable Tunnels	No	Yes	No	No	Yes	No	Yes	Yes	No	No	No	Yes	Yes
Laser Pointer	No	No	No	No	No	No	No	No	No	No	No	No	No
Miniature sports Balls thrown to crowd	No	No	No	No	No	No	No	No	No	No	No	No	No
Noise makers (Horns, cow bells, bells, buzzers, clickers, etc.	No	Yes	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No
Opening Prayer / Invocation	No	No	No	No	No	No	No	No	No	No	No	No	No
Paper banners for team to run through	Yes	Yes	N/A	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pom poms Sprit Towels	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Recorded/taped. music over amplifying system (only pregame or halftime)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
School Band, Pep Band	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Pressurized Air Horn Electronic Bull Horn	No	No	No	No	No	No	No	No	No	No	No	No	No
Megaphones (as intended)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cannons & Muskets	No	No	No	No	No	No	No	No	No	No	No	No	No
50-50 Drawing	No	No	No	No	No	No	No	No	No	No	No	No	No
Reserve Seating State Only	No	No	No	No	No	No	No	No	No	No	No	No	No

Swim Request for Alternate Form

If a team qualifies fewer than 7 athletes (which must include at least one relay), this request form must be completed and sent to the WVSSAC office no later than Monday following regional tournament. Please submit one for boys and another for girls.

School: _____

Boy: _____ Girl: _____

1. _____ Relay

2. _____ Relay

List of all qualifiers for your school:

Name	Number of Events

Name of alternate for relay: _____

Signature (Coach): _____ Date: _____

Once this form is received and the information is verified, a response will be sent by email. Please list the email that you want used: _____

THIS REQUEST FORM MUST BE EMAILED TO: Jaclyn Swayn (jaclyn.swayne@wvssac.org) NO LATER THAN MONDAY FOLLOWING THE REGIONAL TOURNAMENT

STATE CHAMPIONSHIP PROGRAMS

GOAL: To provide a quality program for all championship events

WHAT: STATE SWIM PROGRAM

DEADLINE: Wednesday February 11, 2026

Login as the School Administrator (www.wvssac.org) and Update the Information Below:

1. Update eligibility certificates online
2. Update your school information/head coaching information/roster information
3. Update your swim schedule online
4. Remember what you enter online is what will be printed in the championship program, so please make

sure you have reviewed this information for accuracy. This will be the school's responsibility.

Items that need to be emailed by the deadline listed above:

- 1. Team picture**
- 2. Head coach's picture**
- 3. Team page sponsor (team page sponsor refers to the person/s or business/organization that is going to pay for the team page. Example: a local business, booster club, etc.) If no sponsor is provided the school will be listed and invoiced for the team page**
- 4. Ad-The Ad is about the size of a business card**
- 5. Team page cost: \$125.00-make checks payable to WVSSAC and mail to address below**

Submit all the required information before NOON on Wednesday February 11, 2026. Late submissions will not be included in the program.

Mail To:

Attn: Anna Brown

2875 Staunton Turnpike

Parkersburg, WV 26104

Phone (304) 485-5494

Email: anna.brown@wvssac.org

Swim Regional and State Meet Warm-Up Procedures

Twenty (20) Minute Warm-Up Per Team

1. A designated supervisor shall be on the deck during the entire warm-up period.
2. Swimmers shall enter the water feet-first except for starts which are limited to specified lanes.
3. Last 5 minutes of warm-up, all lanes are to be designated as one-way sprint lanes with racing starts permitted at the starting end point of the pool and verbally start swimmers for sprint or pace work.
4. Coaches are to stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
5. Swimmers are not allowed on a starting platform when a backstroker is executing a start in the same lane.
6. The coach or assistant coach must be present at all times.

Meet management or a designated official may remove a swimmer, coach, and/or team from the deck for violations of these regulations. In facilities that have a warm-up and/or warm-down area, management shall provide supervision (lifeguards, etc.) of the area at all times.

Regional Tournament Directors are to give a copy of this Rooming List Information Sheet and the Rooming List to the coach of each state qualifier.

WVSSAC STATE TOURNAMENT ROOMING LIST INFORMATION

Please complete the rooming list for this year's State Tournament. Area hotels/motels usually provide rooms at a special rate to those teams and parents attending the State Tournament. Payments for teams must be made in full by a **school check** (not personal) for all expenses.

Reservations must be made as early as possible. When speaking with the hotel/motel contact, please be sure to identify your school name and indicate that the reservations are for the state tournament.

Please check the website for the approved list of hotels/motels who will provide rooms for your sport state tournament.

Hotel / Motel Policy

Effective with the 2010-2011 school year, member schools that are eligible to receive reimbursement **MUST** be housed at the hotel motel sites that participate in a cooperative agreement with the WVSSAC. **(Member schools will be notified by information posted on the WVSSAC website and material included in the sport specific coaches' packets as to which lodging sites have entered into an agreement with the WVSSAC.)**

Schools that choose to use unapproved lodging sites will not receive any reimbursement.

WVSSAC STATE TOURNAMENT ROOMING LIST

School Name: _____		Sport: SWIM
Principal: _____	Person in Charge of Supervision: _____	
Athletic Director: _____	Athletic Director Email: _____	Athletic Director Cell: _____
Coach: _____	Coach Email: _____	Coach Cell: _____
Hotel: _____	Arrival Date: _____	Arrival Time: _____

1. List each person who will be staying in room and his or her capacity. (Coach or Player) 2. Reservations should be made as early as possible.
3. After making reservations, send a copy of the room list to Anna Brown by email Anna.Brown@wvssac.org and to the hotel/motel contact person. If any changes are made to the room list, a revised copy should be submitted to the hotel/motel management immediately upon arrival.

Room #1	Name	Official Capacity	Room #9	Name	Official Capacity
1.	_____	Choose an item.	1.	_____	Choose an item.
2.	_____	Choose an item.	2.	_____	Choose an item.
3.	_____	Choose an item.	3.	_____	Choose an item.
4.	_____	Choose an item.	4.	_____	Choose an item.
Room #2	Name	Official Capacity	Room #10	Name	Official Capacity
1.	_____	Choose an item.	1.	_____	Choose an item.
2.	_____	Choose an item.	2.	_____	Choose an item.
3.	_____	Choose an item.	3.	_____	Choose an item.
4.	_____	Choose an item.	4.	_____	Choose an item.
Room #3	Name	Official Capacity	Room #11	Name	Official Capacity
1.	_____	Choose an item.	1.	_____	Choose an item.
2.	_____	Choose an item.	2.	_____	Choose an item.
3.	_____	Choose an item.	3.	_____	Choose an item.
4.	_____	Choose an item.	4.	_____	Choose an item.
Room #4	Name	Official Capacity	Room #12	Name	Official Capacity
1.	_____	Choose an item.	1.	_____	Choose an item.
2.	_____	Choose an item.	2.	_____	Choose an item.
3.	_____	Choose an item.	3.	_____	Choose an item.
4.	_____	Choose an item.	4.	_____	Choose an item.
Room #5	Name	Official Capacity	Room #13	Name	Official Capacity
1.	_____	Choose an item.	1.	_____	Choose an item.
2.	_____	Choose an item.	2.	_____	Choose an item.
3.	_____	Choose an item.	3.	_____	Choose an item.
4.	_____	Choose an item.	4.	_____	Choose an item.
Room #6	Name	Official Capacity	Room #14	Name	Official Capacity
1.	_____	Choose an item.	1.	_____	Choose an item.
2.	_____	Choose an item.	2.	_____	Choose an item.
3.	_____	Choose an item.	3.	_____	Choose an item.
4.	_____	Choose an item.	4.	_____	Choose an item.
Room #7	Name	Official Capacity	Room #15	Name	Official Capacity
1.	_____	Choose an item.	1.	_____	Choose an item.
2.	_____	Choose an item.	2.	_____	Choose an item.
3.	_____	Choose an item.	3.	_____	Choose an item.
4.	_____	Choose an item.	4.	_____	Choose an item.
Room #8	Name	Official Capacity	Room #16	Name	Official Capacity
2.	_____	Choose an item.	2.	_____	Choose an item.
3.	_____	Choose an item.	3.	_____	Choose an item.
4.	_____	Choose an item.	4.	_____	Choose an item.

TOTAL TEAM ROOMS: _____

Please email a copy of this form to Anna Brown - Anna.Brown@wvssac.org

§127-2-13. Practice.

13.1. Only students enrolled and eligible to be listed on the eligibility certificate for that sport in the specific member school are allowed to participate in that school's practices. Exceptions are §§12723.2, 1272-3.5, and 127-2-13.6.

(Revised 2012-13)

13.2. The frequency and length of practice is at the discretion of each member school.

13.3. Member schools of the WVSSAC may practice on any day of the year with the exception of Sunday practice. §127-3-14.2 further clarifies Sunday practice.

13.4. Individual players of a team must have practiced:

13.4.a. on **five** separate days before participating in an interscholastic scrimmage. (Effective September 13, 2021)

13.4.b. on **12** separate days, exclusive of the day of a contest, before participating in an interscholastic contest. The following sport(s) is exempted from the provisions of this rule: golf. (Effective September 13, 2021)

13.4.c. a student athlete who is absent from practice with their team for non-medical reasons, and not under a doctor care, for more than 14 consecutive days must have the required full 12 practice days before resuming participation in a contest. Students participating in football must follow the practice progression as set forth in §127-3-23. (Revised 2011-12)

13.5. A student shall not be permitted to engage in interscholastic practice until that student has filed with the principal a completed Athletic Participation/Parental Consent/Physician's Certificate Form. §1273 3 further explains this required form.

13.6. A student academically ineligible may begin practicing 15 school days immediately prior to the date of regaining full eligibility. (All other ineligible students may not practice.)

13.7. If a student has established eligibility in a sport requiring 12 separate days of practice and is continuing to participate in that sport or no school days have lapsed from one sport to another sport in a same season, the student may participate in another sport of the season after completing five separate days of sport specific practice in the second sport. (Revised 2018-19)

13.8. Students participating in a sport(s) in one season must have practiced 12 separate days, exclusive of the day of a contest, to be eligible to participate in a sport in the next season with the following exception: the student has continued to practice or participate in tournament play without an interruption of school days. The student must complete five separate days of sport specific practice in the second sport.

ATHLETE: Last name, first name	GRADE	200 MED RELAY	200 FREE	200 IM	50 FREE	100 FLY	100 FREE	500 FREE	200 FREE RELAY	100 BACK	100 BREAST	400 FREE RELAY

CODES FOR REGIONAL SWIM ENTRY FORMS

Please enter the appropriate code for each time time/event

Meet	Code
Apple Valley League	AVL
Beckley/Raleigh Y Invitational	BRYI
Clarksburg Rotary Invitational	CRU
Harrison County Swimming Championship	HSC
Marion County Swimming Championship	MSC
Mohawk Invitational	MHI
Mohawk New Year Invitational	MNYI
Mohawk Winter Invitational	MWI
Morgantown Millennium Invitational	MNI
Morgantown Winter Invitational	MWI
North Central Athletic Conference Championship	NCAC
OVAC Swimming and Diving Championships	OVAC
Parkersburg High Invitational	PHI
Regular Season Swim Meets	RSM/DATE
HCAT December Invitational	DUCI
HCAT January Invitational	JUCI

