West Virginia Secondary School Activities Commission

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Swimming Coaches Packet
2026-2027

To: Swim Coaches
From: Jaclyn Swayne, Ed.D
Date: October 2026
Subject: Swim Season 2026-2027

Required Reading:

1. **Coaches Packet**
2. **NFHS Rules Book**
3. Interscholastic-website www.wvssac.org

Points of Emphasis:

1. The nature of swimming adds a safety factor not present in other activities. Note: Safety measures need to be followed. Please read the NFHS Rules book and interscholastic 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 coaches' 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 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 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 sued 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.

Season Dates:

First practice	**Monday**	**Oct 26, 2026**
First contest	**Wednesday**	**Nov 11, 2026**
Regional Tournament	**Saturday**	**Feb 6, 2026**
State Tournament	**Thursday and Friday**	**February 18-19, 2026**

Middle School:

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

Reminders

1. Eligibility Certificates are due online on or before the date of the first contest according to the standardized calendar. Failure to submit the eligibility certificates prior to the first contest will result in a $25 fine and forfeiture of contest(s). Contact your principal or athletic director for support in meeting this deadline.
2. Practice-schools are reminded that two or more schools may not use the same practice facility at the same time unless written 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 and Regulations Handbook.
3. Practice 127-2-13
    a. 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 §§127-2-3.2, 127-2-3.5, and 127-2-13.6.
    b. 13.2. The frequency and length of practice is at the discretion of each member school.
    c. 13.3. Member schools of the WVSSAC may practice on any day of the year with the exception of Sunday practice. §1273-14.2 further clarifies Sunday practice.
    d. 13.4. Individual players of a team must have practiced:
    e. 13.4.a. on five separate days before participating in an interscholastic scrimmage. 39
    f. 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.
    g. 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 12 separate practice days before resuming participation in a contest. Students participating in football must follow the practice progression as set forth in §127-3-23.
    h. 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. §127-3-3 further explains this required form.
    i. 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.)
    j. 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.

k. 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.

4. 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
    h. Swimsuit regulations
5. Tournament Structure-Coaches should carefully review the interscholastic for the following:
    a. Regional alignment and state qualifiers
    b. The entry form must be emailed to the WVSSAC Office and Regional Director by Noon Feb 2, 2026. The meet time must be included on the entry form. NO CHANGES WILL BE ACCEPTED. ALL ENTRY FORMS MUST BE SUBMITTED BY THE HY-TEK PROGRAM.
    c. If entry form is not received by the Regional Director and the WVSSAC 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.
        i. A NO TIME issues due to late submission of the entry form will not be changed under any circumstances
    d. NO deck entries or changes made on the day of the meet.
    e. Relay entry procedures-state meet
    f. State meet coaches meeting, Wednesday Feb 17, 2026, at the Mylan Aquatic Center at 5pm.
    g. Individual entry times for the regular season must be from high school meets
    h. Relay event entry times must be from the current season
    i. Qualifying time 500 Freestyle: Girls-7:30.00 Boys-7:00.00

State Tournament Qualifiers

The top four individual finishes and the top four relay finishes for each event from each region: Division I North, Division I South, Division II North, Division II South
The next eight fastest qualifying times and the next eight fastest relays in each division will complete the field of state qualifiers.

a. Individual events: In BOTH Division 1 and Division 2-The top 4 in each event from the North Region and top 4 in the South Region, and the next fastest 8 times across both North and South Regions. Each Division will have 16 qualifiers in individual events (16 from Division 1, 16 from Division 2=32 qualifiers in each event).
b. Relays: In BOTH Division 1 and Division 2-The top 4 relays from the North Region and the top 4 relays from the South Region, and the next fastest 8 relays across both North and South Regions. Each Division will have 16 relay teams qualifying (16 from Division 1, 16 from Division 2=32 total relay teams).
c. If a team qualifies 7 or more athletes, no alternate is permitted. If a team qualifies fewer than 7 athletes (which must include at least one relay), the coach must fill out the form and request to bring ONE alternate. This form must be sent to the WVSSAC via email to jaclyn.swayne@wvssac.org by Monday following the Regional Meet.
d. A swim-off will be conducted to determine the State Qualifier if there is a tie at the Regional Meet for 4th place in an individual event or relay. No swim-off times will be used for qualifying or seeding purposes for the State Swim Meet.
e. After all times from the Regional Meets have been submitted to and tabulated by the State Director, if there is a tie for 16th place in your Division in an individual event or relay event for the State Swim Meet, an extra heat will be added to that event during the State Swim Meet preliminary session in lieu of a swim-off.

Additional Reminders

1. Sportsmanship-coaches must lead by example and always promote good sportsmanship whether it be a regular season meet 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 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 requested 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 swimmer to competition after an injury.
6. State Meet Notes-timers who commit to time for an entire session are issued an admission identification band for that session only. It will be the coach's responsibility to submit timers' names and sessions to the tournament director. The bands will be color coded per session and will only be used for the designated session. Only the timer listed on the school's list will receive free admission. Timers will not be granted free admission without a band.
    a. Only the two winning teams (boys and girls) will be allowed entry into the pool at the conclusion of the meet.
    b. Identification bag tags will be provided to swimmers who have qualified for their respective events, to allow them on the pool deck for all sessions, color coded bands will be issued to coaches and officials for all sessions. Wrist bands for each session, and for all-session passes will be issued to spectators following the verification of their online ticket purchase.
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 is outlined in the Interscholastic.

2026-2027 Swimming Rules Clinics

DATE	LOCATION	TIME	COORDINATOR
October 12, 2026	Morgantown, HS	6:00pm	John Bowers
October 19, 2026	Spring Mills, HS	6:00pm	Glen Simpson
October 20, 2026	Herbert Hoover, HS	6:00pm	Richard Parsons
October 22, 2026	WVSSAC Office	6:00pm	Dr. Jaclyn Swayne

NOTE TO 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 rules clinic. 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.
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: 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.
27.8.c. Middle school season will be completed by Saturday of Week 31.
27.8.d. 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 the 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 an oral statement to meet the committee and answer any questions from committee members. Thereafter, the coach and referee will exit the meeting and the meeting committee will make the 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
Depths for Competitive Swimming	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					
Depths for Competitive Racing Starts	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 NOTE 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 NOTE 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 NOTE 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 NOTE 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)

	Start	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
COMMON ELEMENTS WITH GOVERNING BODIES	• Whistle preparatory commands;' • Verbal preparatory "TAKE YOUR MARKS" • No recall; • Forward - after TYM'ø– 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 before and after turning action. • Backstroke starting ledge device not permitted.			• 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.

2026-27 NFHS Swimming and Diving Rules Changes

3-3-4b(2): Bonded or taped seams on suits are permitted by rule.
Rationale: The NFHS suit specifications mirror the requirements established by World Aquatics, which is the testing agency that certifies suit construction. Testing protocols consider bonded or taped seams as compliant when measuring permeability to air and water.

3-5-1, 3-5-2: No competitor shall wear any audio (microphone) or video (camera) device during the race or dive.
Rationale: The change clearly defines additional types of electronic devices that are prohibited.

8-2-3g, 8-2-4e: During the finish of the butterfly and freestyle, once some part of the swimmer's head has passed the 5-yard/5-meter mark immediately prior to reaching for the finish, the swimmer may be completely submerged.
Rationale: Aligns with national trends of the sport.

9-4-2 NOTE: By state association adoption states may alter the number of dives for it's state championship series of meets.
Rationale: Reducing the number of dives could expand participation opportunities in this event and help increase future diving participation numbers in general.

9-4-2h NOTES: By state association adoption, the number of qualifiers advancing to the semi-final session may be increased.
Rationale: Permits flexibility based on specific needs of the state association.

2026-27 Swimming and Diving Editorial Changes

1-4-2, 3-2-2 PENALTY 1, 3-2-3 & PENALTY 1, 3-2-4 & PENALTY, 3-2-6, 3-2-7, 3-6-1, 4-1-8, 5-2-1, 5-4-4 NOTE, 9-5-2 NOTE, 9-6-1, 9-6-5, 9-7-4, 9-7-5, State Association Adoption Chart, APPENDIX D

Swimming & Diving Points of Emphasis - 2026-27

Relay Judging Platforms (RJP's): Establishing clear protocols for the use of Relay Judging Platforms (RJPs) is essential to ensure accuracy, consistency, and fairness in relay exchange decisions while maintaining the integrity of officiating.

Relay Judging Platforms are designed to support, not replace, the role of trained human officials, and their use requires a full complement of qualified judges, including appropriate side and lane coverage for all relay lanes. To protect the accuracy of the equipment, relay participants and others must be kept clear of the starting platform, as even incidental contact can result in faulty data. At least one designated official must possess a thorough understanding of the specific RJP system in use, including its technical specifications and data interpretation, recognizing that different manufacturers may operate under varying parameters. While a suggested protocol for RJP use is outlined in Appendix D, any state-specific procedures must be clearly communicated to all relevant stakeholders.

In practice, each judge is required to document relay exchanges using a standardized reporting form, recording and signing their observations. A disqualification is warranted when both a lane judge and a side judge independently observe the same violation. When RJPs are in operation, human observations must be evaluated alongside the electronic data, with the meet referee responsible for interpreting that data in accordance with the manufacturer's specifications. When data indicates an early takeoff, the meet referee should reference the relay takeoff pad usage guideline table in Appendix D guideline for determination of potential penalties. In cases where no data is recorded, the dual confirmation of the human judges governs the decision. This balanced approach ensures that technology enhances, rather than overrides, the judgment and accountability of officials.

West Virginia Secondary School Activities Commission

2026-2027 Championship Programs

Principals and Athletic Directors,

If your team qualifies for a State Championship or State Tournament, please submit the required program information by the applicable deadline.

To complete your school's program page, please email the following items **in one email** to programs@wvssac.org

- Team photograph (JPG format)
- Head coach photograph (JPG format)
- Sponsor information, if a sponsor or business is purchasing your program page

Please include your **school name in the subject line** of the email.

The cost of a team program page is **$125.00**.

In addition, please use this link for accuracy regarding rosters, school info, etc.
https://www.wvssac.org/school-resources/forms/ then select Program Spreadsheets.

Important: Rooming lists should be submitted in a **separate email** and should not be included with photo submissions.

Deadlines for All State Tournaments:

Golf	**Oct.7 @ NOON**	Wrestling	**Feb.23 @ NOON**
Cross Country	**Oct. 26 @ NOON**	Girls Basketball	**Mar. 5 @ NOON**
Soccer	**Nov. 2 @ NOON**	Boys Basketball	**Mar.12 @ NOON**
Volleyball	**Nov. 6 @ NOON**	Tennis	**May 10 @ NOON**
Cheerleading	**Nov.13 @ NOON**	Track	**May 17 @ NOON**
Football	**Nov. 6 @ NOON**	Softball AAA/AAAA	**May 19 @ NOON**
Swimming	**Feb.12 @ NOON**	Softball A/AA	**May 19 @ NOON**
Girls Wrestling	**Feb.16 @ NOON**	Baseball	**May 28 @ NOON**

*Please mail payment to:
WVSSAC
2875 Staunton Turnpike
Parkersburg, WV 26104

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 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 stated 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 2010-11 school year, member schools that are eligible to receive reimbursement for lodging at state championship sites MUST be housed at 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 sort specific coaches packets as to which lodging sites will not receive any reimbursement.**

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

WVSSAC STATE TOURNAMENT ROOMING LIST

1. **List each person who will be staying in the room and his or her capacity (coach or player).**
2. **Reservations should be made ASAP.**
3. **After making reservations, email a copy of the room list to anna.brown@wvssac.org and to the hotel contact person. If any change is made, provide a revised copy to hotel management upon arrival.**

School Name:		**Sport:**
Principal:	**Person in charge of Supervision:**	
Athletic Director:	**AD Email:**	**AD Cell:**
Coach:	**Coach Email:**	**Coach Cell:**
Hotel:	**Arrival Date:**	**Arrival Time**

Room-1	**Name** **1.** **3.** **2.** **4.**	**Official Capacity** **1.** **3.** **2.** **4.**
Room-2	**Name** **1.** **3.** **2.** **4.**	**Official Capacity** **1.** **3.** **2.** **4.**
Room-3	**Name** **1.** **3.** **2.** **4.**	**Official Capacity** **1.** **3.** **2.** **4.**
Room-4	**Name** **1.** **3.** **2.** **4.**	**Official Capacity** **1.** **3.** **2.** **4.**
Room-5	**Name** **1.** **3.** **2.** **4.**	**Official Capacity** **1.** **3.** **2.** **4.**
Room-6	**Name** **1.** **3.** **2.** **4.**	**Official Capacity** **1.** **3.** **2.** **4.**
Room-7	**Name** **1.** **3.** **2.** **4.**	**Official Capacity** **1.** **3.** **2.** **4.**
Room-8	**Name** **1.** **3.** **2.** **4.**	**Official Capacity** **1.** **3.** **2.** **4.**
Room-9	**Name** **1.** **3.** **2.** **4.**	**Official Capacity** **1.** **3.** **2.** **4.**
Room-10	**Name**	**Official Capacity**

	1. 3. 2. 4.	1. 3. 2. 4.

SPECTATOR SPORT 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, CH-Cheer, FB-Football, GO-Golf, SC-Soccer, TR-Track & Field, SW-Swimming, VB-Volleyball Y=YES N=NO

SPORT	BSK	BB	CH	CC	FB	GO	SB	SC	SW	TE	TR	VB	WR
Apparel Required /lower body garments	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Balloons	N	Y	N	Y	Y	Y	Y	Y	N	Y	Y	N	N
Banners on wall/stadium	N	N	N	N	N	N	N	N	N	N	N	N	N
Cheer & Band member human tunnels	N	Y	N	N	Y	N	Y	Y	N	N	N	Y	Y
Permanent Signage, Advertisement, Senior Pics	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Confetti/ Paper debris	N	N	N	N	N	N	N	N	N	N	N	N	N
Hand-held signs (one holder)	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Inflatable Tunnels	N	Y	N	N	Y	N	Y	Y	N	N	N	Y	Y
Laser Pointer	N	N	N	N	N	N	N	N	N	N	N	N	N
Miniature sports balls thrown to crowd	N	N	N	N	N	N	N	N	N	N	N	N	N

Noise makers: horns, cows bells, buzzers, clickers, etc.	**N**	**Y**	**N**	**Y**	**Y**	**N**	**Y**	**Y**	**N**	**N**	**N**	**N**	**N**
Opening Prayer/Invocation	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**
Paper banners for team to run through	**Y**	**Y**	**NA**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**
Pom poms or spirit towels	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**
Recorded /taped over music over amplifying system (only pregame or halftime)	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**
School band or pep band	**N**	**N**	**N**	**N**	**Y**	**N**	**N**	**Y**	**N**	**N**	**N**	**N**	**N**
Pressurized Air horn or electronic bull horn	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**
Megaphones (as intended)	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**
Cannons and Muskets	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**
50-50 drawing	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**
Reserve Only Seating State Only	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**	**N**

COACHING REMINDERS

Practice: Team members must have 12 practices on 12 separate days - 5 days sports specific if participating in another sport during the same sports season. A student must have 5 days of practice if coming from one sports season into the next sports season without interruption of school days. Only students enrolled in the specific member school and a member of the team are allowed to practice. Rule 127-2-13.

Sunday Participation: Contests or practice on Sunday is prohibited. Practice refers to any group or individual meeting to view films or activities associated with the activity of that sports season. Rule 127-3-14.

Physical Exam: Team members must have Athletic Participation/Parental Consent/Physician's Certificate form completed and on file before beginning practice. Rule 127-3-3. (Must be on or after May 1st-}

All-Star Competition: Any student completing athletic eligibility at the end of current school year because of age or competition of semesters of eligibility may play in one (1} all-star game upon conclusion of the season without loss of eligibility for balance of year. Rule 127-3-4.

Awards: Team members can accept awards from the school sponsoring a sanctioned event or the school. Wearing apparel, championship rings, equipment, athletic goods that exceeds $100.00 are prohibited from any source. Rule 127-3-5.

Out of Season Coaching: Coaches may not promote, initiate, organize, supervise, or participate in out-of-season events involving students of the same sport as the grade level coaching assignment and preceding grade level except as specified in Rules 127-3-7.2 and 127-3-7.3. Rule 127-3-7.7.

Amateur: Any team member competing for money, receiving any award or prize of monetary value that has not been approved by the WVSSAC, capitalizing on athletic fame or signing a professional playing contract in that sport is prohibited. Rule 127-2-11.

Participation as Ineligible: Any student who participates as ineligible may forfeit eligibility for up to 365 days. Rule 127-2-12.

Non-School Participation: Participation is limited to school teams only with a few exceptions in individual sports provided the school principal approves and no school contests/activities are missed. Participation includes but is not limited to, practice, fund raising, team pictures, tryouts, etc. Rule 127-2-10.

Sanctioning and Travel: A member school shall not enter a contest, tournament, or competition which requires sanctioning until it is approved 30 days prior to the event. Rule 127-3-16. *For complete details regarding the above regulations and those governing team memberships, scholarship, undue influence,*

age, semester, etc. refer to the Rules & Regulations Handbook or at www.wvssac.org. This is not a comprehensive listing.

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 the 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 Swayne (jaclyn.swayne@wvssac.org) NO LATER THAN MONDAY FOLLOWING THE REGIONAL TOURNAMENT

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.