

2024-2025



**SWIM & DIVE
COACHES' MANUAL**

2024 Swim & Dive State Champions



**Girls | Conference 4A – SA Great
Hearts Monte Vista**



**Boys | Conference 4A – SA Great
Hearts Monte Vista**



Girls | Conference 5A – Frisco Reedy



Boys | Conference 5A – Georgetown



**Girls | Conference 6A – The
Woodlands**



Boys | Conference 6A – Keller

[Swim & Dive Calendar | 2024-2025](#)

An officials start date and final swim & dive meet have not been set by the Legislative Council. A start date should be set by school administration.

4A and Below

- District Certification – January 25
- Regional Meets – January 31-February 1
- State Meet – February 13-14

5A & 6A

- District Certification – February 1
- Regional Meets – February 7-8
- State Meet – February 21-22

[Swim & Dive Coaches' Checklist](#)

[UIL Rules & Guidelines](#)

UIL Rule Amendments & Sport Plan

[Section 1290: SWIMMING PLAN](#)

(a) ATHLETIC PURPOSES, CODES, PLAN APPLICABLE.

Rules in Sections 1200-1209 also apply to the Swimming Plan.

(b) DIVISIONS.

There shall be two divisions for high school boys and two divisions for high school girls, Conferences 6A and 5A and below.

(c) ENTRIES.

(1) Girls', Boys' Team Restrictions. No girls' team shall compete against a boys' team and vice versa.

(2) District Entry. Each school shall submit the official entry files with qualifying times to the meet director on or before the fifth day prior to the district meet unless other arrangements have been authorized by the District Executive Committee.

(3) Regional Entry. It shall be the responsibility of the district director to submit the district report to the regional director by midnight of the final day of the district meet

(4) State Entry. It shall be the responsibility of the regional director to submit the regional report to the UIL office by midnight of the final day of the regional meet.

(5) Relay Events. In relay events, qualification is by school. Schools may change personnel on relay teams prior to the next UIL qualifying meet according to National Federation regulations.

(d) SUBSTITUTION IN INDIVIDUAL EVENTS.

After the entry deadline, there shall be no substitution allowed in the individual events according to National Federation Rules. If the individual place winner cannot compete in the next higher meet, the next place winner may be certified if time allows.

(e) QUALIFICATIONS.

(1) Regional Meet Qualifications. It shall be the responsibility of the district director to submit the district report to the regional meet director by midnight of the day of the district meet. The regional director may contact alternate qualifiers to replace individual school entries who are scratched, if time permits.

(2) State Meet Qualifications. It shall be the responsibility of the regional meet director to submit the regional report to the state meet director by midnight of the day of the regional meet. The UIL office shall contact additional qualifiers to the state meet after individual school entries are received.

(f) NUMBER OF MEETS.

(1) Number of Meets. No student representing a member school shall participate in more than eight meets during the school year, excluding one district meet, the regional meet and the state meet. Each meet a school team enters counts as one meet for each participating individual. Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee. Meets, which are limited to three or fewer schools, do not count as a meet for participants, provided there is no loss of school time.

(2) School Week Limitation. No student representing a member school shall participate in more than one meet per school week (the first instructional day of the week through the last school day). Exceptions: The regional and state meet and district varsity meets postponed by weather or public disaster, may also be scheduled during the school week.

(g) CONSOLATION FINALS.

There shall be no consolation finals in district meets. Refer to Swimming Manual for scoring.

(h) CHAMPIONSHIP STRUCTURE.

(1) District Meets. District meets shall be held in districts with more than six individuals or relays in any event.

(2) Qualifiers to Regional.

(A) In the 6A and 5A conferences, the top six individuals and relays shall qualify from district to regional.

(B) In the 4A and below conference, the top four individuals and relays shall qualify from district to regional.

(3) Qualifiers to State.

(A) In the 6A and 5A conferences, the first place and second place in each of eight regional swimming meets and the next eight swimmers with the best regional final times overall will advance to the state meet.

(B) In the 4A and below conference, the first place and second place in each of four regional swimming meets and the next eight swimmers with the best regional final times overall will advance to the state meet.

(4) Diving.

(A) In the 6A and 5A conferences, in diving, three divers will qualify at each of eight regional meets.

(B) In the 4A and below conference, in diving, four divers will qualify at each of four regional meets.

(5) Timing. Swimmers shall have been electronically timed unless the UIL office grants an exception.

(6) Ties. If ties occur for positions to the state competition, the times of the competitors from the regional preliminary competition will be considered first with the competitor with the fastest preliminary time advancing to the state meet. If a tie should still exist, then decision as to which qualifier will advance will be made by a coin toss.

[2024-2025 UIL Rule Changes & Amendments](#)

[UIL Resources for Game Administrators \(pdf\)](#)

[Ineligible Player and Unattached Participation](#)

- (c) MINIMUM PENALTY FOR USING INELIGIBLE PLAYER. In the event an ineligible contestant is used in any UIL game or contest, knowingly or unknowingly, the minimum penalty shall be forfeiture of the game, contest or event. Refer to Section 27 (c)(3).
- (d) UNATTACHED PARTICIPATION. In any UIL member school sponsored athletic contest, meet or tournament, UIL member high school students shall not be permitted to enter unattached. The penalty for violation of this rule shall be assessed against the member school(s) in violation. This provision applies to a non-enrolled (home schooled) student participating in accordance with section 33.0832 of the Texas Education Code.

[Ejections](#)

Coach Ejections

Section 1208 (i): MINIMUM PENALTY FOR MISCONDUCT

(1) Automatic Minimum Penalty. Any coach who is ejected from a contest for unsportsmanlike conduct, or any football coach who is given two or more 15-yard unsportsmanlike penalties during a contest may accept an automatic penalty for their ejection or appeal the ejection. A coach who appeals their ejection is required to appear before the State Executive Committee. If the coach accepts their automatic penalty or their ejection is not overturned on appeal, the coach will be subject to:

- (A) an automatic penalty of public reprimand (name will be published once in the Leaguer) and one year's probation in the applicable sport;
- (B) completing the National Federation of State High School Associations Fundamentals of Coaching Course; and
- (C) completing the National Federation of State High School Associations Teaching and Modeling Behavior Course.

(2) Automatic Greater Penalty. If a coach so penalized has no proof of having completed the UIL Coaches Certification Program prior to the sports season, that coach shall also be automatically suspended from the next game/contest.

(3) Subsequent Violations. Any further ejection or accumulation of two 15-yard unsportsmanlike penalties during a football game while on probation, will require the coach to appear before the State Executive Committee for consideration of penalty.

(4) Notification. Schools shall notify the UIL within three school days if a coach has been ejected from a game or received two 15-yard unsportsmanlike penalties.

Player Ejections

Player Ejection – Section 1208 (i) (5):

(5) Player Ejection. Any player ejected from a contest is subject to an automatic penalty. The automatic penalty for such an ejection is as follows:

- (A) Football. Ejected player misses the rest of the game in which they were ejected plus the first half of the following game. (Exception: Disqualification/ejection as a result of a targeting foul does not require the player to miss the first half of the

following game.)

(B) Other Team Sports. Ejected player misses the rest of the game in which they were ejected plus all of the following game. Soccer exception. This Section does not alter the current point penalty structure for soccer player ejections, as required by National Federation of State High School Associations soccer playing rules, that is outlined in the soccer coaches' manual.

(C) Appeals. The UIL Executive Director may develop a process for appealing student ejections.

**Player ejections cannot be overturned by a game official and/or chapter. If a coach has a question following a contest with a player ejection, the coach should contact UIL.*

Section 480: LIMITATION OF AWARDS

(a) LIMIT.

(1) Awards Schools May Give. A member school or member school district may give one major award not to exceed \$70 in value to a student during that student's high school enrollment at the same school for participation in UIL interschool competition(s) listed in Section 380. Each year a member school or member school district may give one additional award per student per interschool activity listed in Section 380, not to exceed \$20 each. Schools may give a student the \$20 minor award for an activity during the same school year the \$70 major award is given for that activity. A school may contribute to major awards in honor of winning a UIL State Championship event.

(2) Awards Students May Receive. A student may not accept from any source other than the school attended or the school district, any award in money, product or service for competing in an interschool contest except as follows.

(A) A certificate, medal, trophy, ring, or other symbolic award for participating in any UIL activity which counts on UIL standing, if it is given:

(i) by the school, or school district in accordance to the limitations in Section 480 (a)(1);

(ii) the District Executive Committee or the entity that organized the competition (i.e., the regional director or zone director);

(iii) the UIL or one of the professional, education organizations sanctioned by the UIL; or

(iv) an outside source approved by the school or school district.

(B) A medal, trophy, patch or other symbolic award for participating in an invitational athletic contest which does not count on UIL standing, in an activity which the UIL sponsors as listed in Section 380, if it is given by the organization conducting the contest or competition (Sports which are not sanctioned by the UIL, such as bowling, motorcycle racing or rodeo do not come under this rule).

(C) Unlimited awards for participating in an invitational academic or fine arts contest which does not count on UIL standing, whether or not it is an activity which the UIL sponsors.

(D) Educational trips sponsored by the school.

(E) Scholarships for college or university enrollment if awarded at or after graduation from high school.

(3) Awards Students May Receive for Intraschool Competition. A student may accept unlimited awards for participating in intraschool competition.

(b) LEAGUE STANDING DEFINED. For purposes of this rule, “counts on UIL standing” means any contest that causes an individual or team to advance toward a UIL district, bi-district, area, zone, regional or state championship.

(c) AMATEUR STATUS. Refer to Section 441 for rules governing amateur athletic status.

(d) INDIRECT AWARD. An award given to a second party to be held for later delivery to the student is considered received by the student when the award is given to the second party. This conduct is a violation by the member school or school district.

Section 481: GIFTS OR AWARDS TO SPONSOR OR COACH

Individuals who coach, direct or sponsor UIL activities in grades 9-12 may be suspended if:

- (a) they accept more than \$500 in money, product or service from any source, over and above the stipend paid by the school district, in recognition of or appreciation for coaching, directing or sponsorship of UIL activities. (Refer to Section 1202). The \$500 limit is cumulative for a calendar year and is not specific to any one particular gift;
- (b) they accept money, product or service for entering their student(s) in a contest or other activity;
- (c) this section includes, but is not limited to, money, gifts, use of automobiles, insurance, club privileges and any funds tendered by booster clubs for other services; and
- (d) it is a violation if coaches and/or their attorney(s) accept money or other valuable consideration for payment of legal expenses incurred to file suit or take other legal action against a school, school district or the UIL.

(e) EXCEPTIONS:

(1) Scholarships. A sponsor or coach may accept from any source in any amount a postsecondary institution scholarship.

(2) Retirement. Upon retirement from the profession, sponsors or coaches may accept money or other valuable consideration in any amount from any source.

(3) Annual UIL Award for Excellence. A sponsor or coach may accept the Annual UIL Award for Excellence sanctioned by the UIL.

Charitable Cause Guidelines. The UIL has received numerous requests from member schools to support various charitable causes in conjunction with high school athletic events. The UIL is supportive of these initiatives and has developed guidelines in regard to an athletic competition being held in the name of a charitable cause.

Schools may host a contest in recognition of a charitable cause under the following conditions:

1. The contest of competition may be held during any one week of the designated sport season (to be determined by each individual school).
2. If NFHS or NCAA rules allow, non-school colors can be worn upon mutual agreement between opponents. (ex: pink uniforms)
3. A commemorative ribbon of non-school color may be worn on the jersey or school-issued uniform.
4. Officials may be allowed to use a colored whistle or modified uniform in accordance with UIL guidelines.
5. Colored game balls will not be allowed, however they may be used during any warm-up period prior to the contest.

Pre-Season Regulations (see Team Sport General Manual)

- Employment of Coaches
- Texas Education Code Requirements (State Law)
- Coaches Certification Program (CCP)
- UIL Eligibility for Athletic Contests
- Student Participation Required Forms

REGULAR SEASON

Swimming & Diving Regulations

An official starting date and final swimming and diving meet have not been set by the Legislative Council. A starting date should be set by school administration.

- No student representing a participant school shall participate in more than eight meets during the school year, excluding one district meet, the regional meet and the state meet. Each meet a school team enters counts as one meet for each participating individual.
- School week. A student or team representing a member school shall participate in no more than one scrimmage, contest, or meet per school week. School week is defined as beginning at 12:01 am on the first instructional day of a calendar week and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays.
- Meets, which are limited to three or fewer schools, do not count as a meet for teams or participants, provided there is no loss of school time.
- It is considered a school meet if a student is wearing or using school equipment, being transported by the school or is being directed in the meet by a school district coach.

School Names & Hytek Codes

[UIL School Names & Hytek Codes](#). Schools must use the correct school's name and code for all meets. Each school has a unique code specific to the school assigned by the UIL.

Rules

The swimming and diving rules are available in the current National Federation Swimming and Diving Rules Book and shall be enforced in all League meets. Rulebooks can be purchased from the National Federation, Box 361246, Indianapolis, IN 46236-5324; 1-800-776-3462 or www.nfhs.org.

Events for District, Regional and State

Boys and girls events for district, regional and state meets shall be as follows:

- 200 Yard Medley Relay
- 200 Yard Freestyle
- 200 Yard Individual Medley
- 50 Yard Freestyle
- 1 Meter Diving
- 100 Yard Butterfly
- 100 Yard Freestyle
- 500 Yard Freestyle
- 200 Yard Freestyle Relay
- 100 Yard Backstroke
- 100 Yard Breaststroke
- 400 Yard Freestyle Relay

Entry Limitations

A competitor shall be permitted to enter 2 individuals and/or 2 relay events; or 4 events, no more than 2 of which may be individual (3 relays and 1 individual is permissible). Only eligible students are allowed to compete at UIL member school hosted meets.

- Exhibition heats and unattached athletes are not allowed at any UIL swimming and diving competition.
- When more than one relay entry per school is allowed, A & B team members must remain the same for prelims and finals. A & B relays are not allowed to switch their membership from one relay to another.

Divisions & Classifications

Divisions. There shall be the following two divisions in the respective 4A and Below, 5A and 6A conferences: a) boys; b) girls.

Classifications.

Districts Meets. District swimming and diving chairmen shall be responsible for organizing the district meets.

Regional and State Meets. There will be three classifications for regional and state meets.

- Conference 4A and below schools
- Conference 5A
- Conference 6A

POST-SEASON

UIL Championship Structure

Conference 4A and below:

District Meets. District meets shall be held in districts with more than four individuals or relays in any event.

Qualifiers to Regional. Top four individuals and relays shall qualify from district to regionals.

Qualifiers to State. The first place and second place finishers in each of four regional swimming meets and the next eight swimmers with the best regional final times overall will advance to the state meet.

Diving. In diving, four divers will qualify at each of four regional meets.

Conference 5A & 6A:

District Meets. District meets shall be held in districts with more than six individuals or relays in any event.

Qualifiers to Regional. Top six individuals and relays shall qualify from district to regionals.

Qualifiers to State. The first place and second place finishers in each of eight regional swimming meets and the next eight swimmers with the best regional final times overall will advance to the state meet.

Diving. In diving, three divers will qualify at each of eight regional meets.

Consolation Finals. There shall be no consolation finals in district meets.

Timing. Swimmers shall have been electronically timed unless the League office grants an exception.

Ties. If ties occur for positions to the regional or state competitions, the times of the competitors from the district or regional preliminary competition will be considered first with the competitor with the fastest preliminary time advancing to the regional or state meet. If a tie should still exist, then decision as to which qualifier will advance will be made by a coin flip.

Entry. A competitor/team relay is officially entered when the official entry sheet is delivered to the meet director at the designated time and place.

Entry Deadline. There shall be no substitution allowed in the individual events after the entry deadline, according to NFHS. If the individual place winner cannot compete in the next higher meet, the next place winner may be certified if time allows.

Scratches. Scratches are permitted due to academic ineligibility. If this occurs, the regional director may contact alternate qualifiers to replace individual school entries that are scratched

Entry Process

The district and regional entries shall be consistent with the UIL policy. All coaches must submit entries to the district or regional meet director no later than five days prior to the meet. Please contact the District Executive Committee Chair or meet director or regional meet director for procedures and instructions regarding district and regional entries.

- Regional meet information will be provided from a link on the UIL Website.
- Each meet director may require specific electronic files or online entry procedures and for listing names to participate on a relay.
- The UIL form is no longer required provided each coach verifies each entry with the meet director. If needed, UIL entry forms are available on the UIL website and may be used to facilitate the process.

Relay Events

In relay events, qualification is by school. Schools may change personnel on relay teams prior to the next UIL qualifying meet according to National Federation regulations.

Scoring

NFHS Rule 7-1 apply for all UIL competitions.

- Scoring at the district meet shall be to score places 1-8. Relays are scored double.
- Scoring at the regional and state meets will be individual events: 20-17-16-15-14-13-12-11 for the finals and 9-7-6-5-4-3-2-1 for the consolation finals. Relays are scored double.

Off-Season Regulations (see Individual Sport General Manual)

- School Sponsored Camps
- Non-School Leagues, Camps & Clinics