

SWIM & DIVE

ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2025 SEASON

August 6, 2025 - First Date of Season

August 21, 2025 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

November 1, 2025 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school swim & dive teams while they are members of a school swim & dive team.

D. RULES

1. National Federation of High School Swimming and Diving rules apply with a change to Rule 3.3. Article 2 shall read;

Suits shall be of one piece. Suits worn for competition must be non-transparent. Male suits shall not extend above the waist or below the top of the kneecap. Female suits shall not extend beyond the shoulders or below the top of the kneecap, nor cover the neck.

Violations: When an official discovers a competitor wearing illegal attire as described in Article 2, the official shall:

- a. When observed prior to the start of the heat/dive, notify the coach of the competitor to make the suit legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from that event/dive and shall not be eligible for further competition until in a legal suit.
- b. When observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitors performance time/score and he/she shall not be eligible for further competition until in a legal suit.

2. The schedule of dives should follow the National Federation Rule Book Schedule. The third weekend of the season, which is August 18 and 19, 2023, will be considered as week 1 for diving competition.

3. ASAA Supplemental Rule - Body Art: Body art (drawings, writings and tattoos) is not a problem simply because it is on a swimmer. Body art that may be deemed offensive (profanity, ethnic slurs, taunting, obscene pictures) is a problem. If body art is brought to the referee's attention, and the

referee deems that it may be offensive to someone, the swimmer should be given the opportunity to remove it or to cover it. If the swimmer refuses, he/she is disqualified from the meet. If the body art is not seen until the swimmer is competing, then he/she shall be disqualified, as in the rule applicable to jewelry, and given the opportunity to remove it or to cover it prior to the next swim. Coaches who have doubts should have their swimmers check with the referee prior to the start of the meet

E. CONFERENCES

All teams are assigned to conferences (See Swim & Dive Conferences). Conference meet results determine state championship qualifiers. A contact person must be selected to communicate conference information with ASAA.

F. MAXMUM MEETS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

G. STATE CHAMPIONSHIPS

1. DATE

November 7 - 8, 2025

2. SITE & HOST

Bartlett High School Pool, Anchorage

Hosted by ASAA, & Anchorage School District

3. STATE CHAMPIONSHIP FORMAT

a. State Qualifying

Swimmers/Divers must compete in a conference meet in order to qualify for the state championship meet. 8 LANE POOL - Only those eight in the finals will be submitted for qualification. 6 LANE POOL - The top six qualifiers in the finals will be submitted for qualification. Consolation finals will be held to determine the times for the 7th and 8th swimmers in the prelims. The 7th and 8th top qualifiers will swim in lanes 3 & 4 of the consolation finals. Their times IN THIS RACE will also be submitted for qualification. (Note: In the event that another swimmer in consolation finals swims faster than the swimmers in lanes 3 and 4, their times would not be submitted, as their times in the prelims did not put them in the top eight.)

b. State Berths - Individual Swimming Events

The first place finisher from the finals of each conference qualifying meet plus the next 12 fastest times statewide will qualify for a total of 16 swimmers.

c. State Berths - Diving Events

The top two finishers from the finals of each conference qualifying meet, plus the next eight best scores will qualify for a total of 16 divers.

d. State Berths - Relay Events

The first place relay team from the finals of each conference qualifying meet, plus the next four fastest overall team times statewide, for a total of eight relay teams.

e. Scratches and Substitutions

Should the first place winner decide not to attend state, that position cannot be transferred to the second place finisher in that conference.

In the event a qualified contestant is unable to compete due to extenuating circumstances (illness, injury, and ineligibility), it is the responsibility of the school of the indisposed contestant(s) to notify ASAA, by the deadline. Once notified, ASAA will invite the next athlete with the best qualifying time. After the deadline, if someone is not able to compete, that spot will not be filled. This substitution must be an ASAA eligible contestant.

NOTE: Alternates are not allowed to be used on Day one of state meet, unless they are listed on your relay team and used for your relay race.

Relays: All team members originally named in the conference relays, up to eight, not only those who swam, are eligible to be placed in the relay after the Wednesday deadline following all NFHS rules for relay alternate swimmers.

Divers: Alternates that are invited to state meet must submit dive sheets at the time of accepting the invite. First and second alternates can submit dive sheets early in case they become participants.

f. Conference Result Submissions to ASAA

- Please use school name abbreviations found on ASAA.org Swim & Dive section.
- Submit only the eight swimming times for each event as specified above.
- DO NOT submit any preliminary times.
- Submit ALL relay athletes originally named in the conference relays, not only those who swam. These names (8 max) MUST be the ones received for state entry, no substitutions.
- Submit only the top eight divers' scores. In the event of a tie, only a tie for 16th place will result in an additional athlete being included in that event. All other ties are counted as part of the pool of 16.
- Dive sheet from the Conference meet must be submitted to ASAA.

4. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining Swim & Dive championship information (i.e. supplemental rules, substitutes, passes, deadlines, protocol, facility info, coaches meetings, etc) will be available online prior to the start of the championship on the Swim & Dive Coaches web page. State qualifying teams are required to review this document.

5. STATE CHAMPIONSHIP FORMS

All state forms are accessed through the School Activities Reporting System (SARS) and submitted online. More information and due dates can be found on the Swim/Dive coaches page at asaa.org.

The following forms need to be submitted;

- Eligibility roster
- State Championship Entry Form
- State Championship Photo Upload Form
- State Championship Code of Conduct
- Good Sport Selection Form
- Academic Award Entry Form (submitted by admin, found at asaa.org)

6. AWARDS

- a. First and second place trophies
- b. 1st - 4th place medallions for EACH event, including relays
- c. Team Sportsmanship Award

d. Academic Award (Teams must have a minimum of 4 members of one gender to be eligible.)

e. Outstanding Competitor Award

f. Good Sport Team Members.

Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.

SWIM & DIVE CONFERENCES

Individual Swim Events: The first place finisher from each Conference qualifying meet finals plus the next twelve best times will qualify to the State Championships for a total of 16 swimmers.

Relay Teams: The first place relay team from each Conference qualifying meet finals plus the next four best times will qualify to the State Championships for a total of eight relay teams.

Individual Dive Events: The top two finishers from each Conference qualifying meet finals plus the next eight best scores will qualify to the State Championships for a total of 16 divers.

Cook Inlet

Bartlett
Bettye Davis East
Chugiak
Dimond
Eagle River
Service
South Anchorage
West Anchorage

Mid Alaska

Bethel
Hutchison
Lathrop
Monroe Catholic
Nome-Beltz
North Pole
West Valley
Valdez

Northern Lights

Colony
Cordova
Homer
Kenai Central
Kodiak
Palmer
Seward
Soldotna
Unalaska
Wasilla

Southeast

Craig
Haines
Juneau-Douglas
Ketchikan
Metlakatla
Mt. Edgecumbe
Petersburg
Sitka
Wrangell