

Subject: CONFERENCE I Coaches Information in regards to Officiation of Meet

*\*\*Note please forward if I do not have the correct email address for the coach.*

Coaches,

Super excited that we are able to get this conference meet in and a special thank you goes out to Matt and Kim (and a whole bunch of other people) that made it possible.

I know all of you have coached for some time now and have had the opportunity to sit through more coaches/captains meeting than you can count, but if you don't mind there a just a few items I would like to cover with you before we do the actual brief this evening. As you know this is a championship meet and there are some rules differentiation from season meets to championship meet. I have tried to highlight in red some of the major differences.

1. **Conduct:** The Championship meet is meant to be a celebration of a successful swim season. Each coach, swimmer, official and parent is expected to contribute in a positive manner to this meet. Swimmers may only use the competition pool, the warm-up lanes and additional designated areas.
2. **Coaching Packet** provided and includes: Four (4) copies of the swim meet program, swim meet roster, relay team event entry cards and meet timeline.
3. **Team Areas:** Only team members, coaches, and approved volunteers will be allowed in the team areas
4. **RELAYS:** Relay Events: The leadoff swimmer, once called to the platform, may not change his/her swimming order in the relay event with any other teammate. **PLEASE ENSURE recorders have the correct order. This is HUGE as our computer operators will be running an exceptions report and that flags anyone that is over their entries. This was an issue two years ago with a seasoned coach at Regionals.**
5. **DQs:** Disqualification notification procedure: Meet Referee will hand over to Coaches during the meet.
  - a. **In Championship competition: (Play Rulings: 3.2.2 B and 3.2.2 C, etc.) If a swimmer does not swim and event and does not declare a false start they are ineligible to swim any further events in the competition.**
  - b. Delay in the Meet: Considered a DQ but is not disqualified for the rest of the meet (3.2.2, 3.2.2, 3.6.5)
6. **Uniform / Attire:**
  - a. Jewelry – No disqualification EXCEPT for anything that is considered a PACER (e.g. Watch, fitbit, etc) cause for disqualification and the rest of the meet. See rule 3.3.4, play ruling 3.3.4 situation B, and 3.5 situation C.
  - b. Caps – **double cap caution – this did come up during regular season and is consider a DQ under the unsportmanlike conduct. Please do not let it be your swimmer. (3.3.2.G, 3.3.2.h)**
  - c. Sports Tape – Swimmers using sports/kinesio tape must provide a written note from medical professional. (3.3.4.B)
7. **Meet Format:**
  - a. Timed finals. Top six individual swimmers and top six relay teams in each event will advance to the Regional Meet regardless of time. See 2017 Regional 6A North Swim/Dive Meet for further information.
  - b. **NO Dive Over Starts – This will be the same for Regional and States. \*Note: VHSL does NOT**

allow dive over starts during regular season.

- c. 500 Free Boards – *We have been working hard on this and it is getting better, hopefully we have it right now and a swimmer does not swim more or worse less than they are supposed to.* Again the onus is always on the swimmer.

#### *Other Important Stuff*

1. Entering pool between and during competition; e.g., only with Referee's acknowledgment;
2. **Cell Phones** – Ensure they are in airplane or DND, cannot have a cell phone behind the block
3. **Energy Drinks** - Leagues Take On Energy Drinks. In 2010 the VHSL passed an energy drink policy which is in effect for all VHSL member schools.
  - a. *Recommendation that athletes not consume energy drinks during participation in any interscholastic practices and competition.*
  - b. *Last year it came to the attention of the officials that a sport enhancement packet is being utilized by swimmers this is also consider under the same guidance as energy drinks.*
4. Of course the usual information will be provided in the briefing this evening.

If you have any questions, please let me know! Looking forward to a great meet.