

REGION III CHAMPIONSHIP BY-LAWS

SWIMMING AND DIVING

Last Revised: Nov. 2025 / Adopted: Jan. 2024¹



ARTICLE X: BYLAWS

Section 1: Governing Rules

Swim and dive competitions in Region III will follow the guidelines established by the National Federation of State High Schools Association Swimming Rule Book and all applicable rules and regulations established by ASAA and Region III.

Section 2: Classification

The following schools are invited to the Region III Swim and Dive Championships:

Colony	Cordova	Homer	Kenai	Kodiak	Palmer
Seward	Soldotna	Wasilla	Unalaska		

Section 3: Tournament Entries

1. Each team shall be permitted a maximum of four entries (4) for both boys and girls in an individual event and 1 team per gender in each relay event.
2. A competitor shall be permitted to enter a maximum of four (4) events.
A competitor shall not be entered in more than two (2) individual events.
3. Being designated as a member of a relay team does not count as an entry until the competitor actually competes in that event. In relay events, up to eight individuals may be designated, and it shall not count as an entry unless the competitor actually competes in the event.
4. All entries to the meet will be made on the official entry sheets provided. Entry cards are not needed. A competitor officially becomes a participant in an individual event when the official entry sheet bearing the competitor's name, grade, event, and submitted time is received by the host school.
5. Entries must be received by the host school no later than Tuesday of the week of the tournament.
6. Each team will be required to pay a \$300 entry fee to offset the costs of facility use and or hospitality to the host school.

¹ Previous Revisions: 9/2022

Section 4: Seeding

Seeding will be done by the tournament director who will not share that information with any school prior to the first day of the tournament. ***Diving will be seeded using the highest score received in a 11 dive meet.***

Section 5: Time Schedule

The meet will be scheduled over two days as follows:

- Friday Morning: Diving Preliminaries
- Friday Afternoon: Diving Semifinals & Swimming Preliminaries
- Saturday: Swimming consolation finals and Swimming/Diving finals.

Teams will be allocated warm-up times prior to each preliminaries. There will also be "open pool" time designated for swimmers and divers when possible.

Section 6: Board of Control

A tournament Board of Control shall be chosen for each Region III sponsored event that shall consist of three individuals who have sufficient knowledge of the sport to make educated and fair decisions when necessary. It is recommended that one Board of Control member represent the school that will host the tournament during the following year. In the event of a dispute, Coaches may complete the Region III Coach's Appeal Form. The B.O.C. will break all ties.

Section 7: Tournament Officials

The tournament director will recruit certified officials for the swimming events. The following officials should be selected with their background expertise in mind:

- **Referee**---in charge of all other officials. Makes decisions on situations as well as interprets the rule book.
- **Starter**
- **Stroke and Turn Judges**
- **Diving Judges (Minimum of 5)**---*Diving judges will be chosen from Swim/Dive coaches or certified qualified dive officials. Coaches need to be dive judge certified (NFHS).*

In addition the following personnel will be needed to efficiently run the tournament:

- **Clerk of Course**
- **Announcer**
- **Timers (2 per lane as backup to the electronic system)**
- **Runner (to bring times to scoring table)**
- **Head Scorer and Assistant**

- **Computer Operator**

Section 8: Scoring

Team scoring will be scored to six places for both boys and girls in finals only.

Individual events will be scored: 7-5-4-3-2-1

Relays will be scored: 14-10-8-6-4-2

Section 9: Order of Events

Girl's competition shall precede boys in each event. The order for the finals will be as follows:

- 200 Medley Relay
- 200 Freestyle
- 200 Individual Medley
- 50 Freestyle
- Diving Finals
- 100 Butterfly
- 100 Freestyle
- 500 Freestyle
- 200 Freestyle Relay
- 100 Backstroke
- 100 Breaststroke
- 400 Freestyle Relay

There will be a consolation final for swimmers only prior to each championship final event that will not be scored.

Section 10: Diving Procedure and Format

A diver officially becomes a competitor when the official entry sheet is submitted to the Tournament Director. A signed Diving Score Sheet which includes the number, position, degree of difficulty, and order in which the dive will be attempted for all levels of the competitions shall be submitted to the meet director no later than two hours prior to the diving competition. The top two alternate divers will do all 11 dives and scores sent on to ASAA.

The following format will be used:

- Friday Morning: Preliminaries (2 required and 3 optional dives)
- Friday Afternoon: Semifinals (2 required and 1 optional dive)
- Saturday Finals (1 required and 2 optional dives)

Note: No more than one optional dive from the same group is permitted through the semifinals competition.

Section 11: Trophies/Awards

The trophies and awards will be purchased by Region III with the cost shared by the attending schools. The following awards will be presented: Male and Female Team Champions, Male and Female Outstanding Athlete of the Year, Coach of the Year, and individual medals for 1st-3rd place in each event.

Section 12: State Qualification

The top performer in each individual event, the first place relay team, and the top two divers automatically qualify for state. ASAA will determine all additional qualifiers (see ASAA handbook). The Tournament Director is responsible for forwarding the Region III results to ASAA immediately following the tournament.

During the coaches meeting, a discussion should be facilitated by the host school regarding any concerns or changes needed to the bylaws. These concerns will then be presented at the next region meeting.

Adopted 1/23/24