



2020-21 Swimming & Diving Calendar

Last Updated
9/2/2020, 8:00 am

All Schools:

August 17 1A Through 4A Schools May start Interschool Competition, *dual & tri-meets only*

September 7 5A & 6A Schools May start Interschool Competition, *dual & tri-meets only*

January 30 District Certification Deadline

February 5 & 6 Regional Meets

February 19 & 20 Girls State Meet (tentative)

February 26 & 27 Boys State Meet (tentative)

Deadlines for filing entry forms to appropriate director:

District: 5 days prior to district meet

Regionals: Immediately following district meet. Please review regional director's specified deadline.

State: Regional results will be sent to the state office by the regional director. The school does not send an entry form or fees to the UIL office.

- **Only dual or tri-meets will be allowed and only one level of competitors (Var/JV/9th). A school could bring a girls and a boys team, but they would need to be the same level.**
- **Dual and tri-meets may have an additional 3 swimmers or divers from schools who may only have one swimmer. All three additional swimmers or divers may come from the same school or one swimmer or diver from three different schools.**
- **Double dual or double tri-meets are not allowed. Max of 3 teams at swim facilities at any given time.**
- **Meets that are DIVING ONLY (no swimming) are limited to no more than 40 divers, there is no team limit, there is just the limit on number of competing divers of 40.**
- **District Meets may only have one level of competitors participating on site at a given time. Example: if Varsity Boys/Girls are swimming, JV would not be allowed on site until the varsity athletes have left.**
- **There are no limits to dual and tri-meets provided no school time is lost.**
- **Additional information will be released at a later time concerning District, Regional, and State Meets**

2021 Swimming & Diving Post Season Structure

The swimming and diving rules found in the current National Federation Swimming and Diving Rules Book shall be enforced at all UIL meets. NFHS rulebooks may be purchased from the NFHS Website: www.nfhs.org.

District meets shall be held in districts with more than six individuals or relays entered. Only the teams and individuals qualifying through the district and regional meet are eligible to advance to the state meet.

- A maximum of the **top four** individuals in each event and relays shall qualify from **district to regional meet**.
- There shall be no consolation finals in the district meet.
- **Regional and State Meets** will be 1-day meets with **prelims in the morning and finals in the afternoon**.
- At both the regional and state meets there will be two prelim heats and two heats in the finals, a championship heat and a consolation heat.
- The **first place** winner in each event of eight (8) regional swimming & diving meets will advance to the State Meet. Plus, the **next eight (8) swimmers with the best regional final times** overall will advance to the state meet.
- If there are ties in determining the qualifier to the next meet, the times of the competitors from the preliminary competition will be considered first with the competitor with the fastest preliminary time advancing. If a tie should still exist, the decision will be made by lot.
- In diving, **two divers will qualify at each of the eight regional meets** to the state meet. There is no diving degree required for qualifiers into the regional and state meet.
- **All 16 divers will compete in prelims and finals / consols at the state meet.**
- A competitor/team relay is officially entered when the official entry sheet is delivered to the meet director at the designated time and place.
- After the entry deadline, there shall be no substitution allowed in the individual events 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 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. 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 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.

Relays 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.

District Meets

Dates - All district swimming meets must be held by January 30, 2021.

Site - The site of the district meet shall be determined by the District Executive Committee.

Schedule - A championship meet format shall be established by the District Executive Committee.

Regional Meets

Date - Regional swim meets will be held on February 5 or 6, 2021.

Site - <http://www.uil-texas.org/swimming-diving/regional-sites>.

Schedule - The regional director will determine the schedule. **The 2021 regional meets will be 1-day with prelims in morning and finals in the afternoon.**

State Meet

Dates - **Girls** – February 19-20, 2021 and **Boys** – February 26-27, 2021

Site - Lee & Joe Jamail Texas Swimming Center (Austin, TX)



2020 UIL Swimmng & Diving Season Update & Considerations

General Operational Guidelines

TEA requires all school systems to develop a plan for mitigating COVID-19 spread in schools. UIL guidelines *require* schools to include UIL activities for the 2020-2021 school year as part of this plan and carefully plan for mitigating risk of spread as students and staff participate in them. Schools must post these plans on the homepage of the school website or other easily accessible area of the school website. These plans do not require UIL or TEA approval. All 2020-2021 UIL COVID-19 Risk Mitigation Guidelines can be found at [LINK HERE](#).

Face Coverings- Executive Order GA-29

[Executive Order GA-29](#), regarding face coverings, applies to all UIL activities effective July 3, 2020. This includes the 2020-2021 school year. As the public health situation changes, and/or if subsequent Executive Orders are issued by Governor Greg Abbott, these guidelines may be further modified.

1. For the purposes of this document, face coverings include non-medical grade disposable face masks, cloth face coverings (over the nose and mouth), or full-face shields to protect eyes, nose, and mouth. Face shields may be superior to cloth face coverings in many circumstances, given improved ability to see mouth movements and improved air circulation.
2. All employees, parents, visitors and students ten years of age or older must wear face coverings or face shields upon entry to an area where UIL activities are being conducted and when not actively practicing or playing in the contest, unless an exception listed below applies.
3. The face coverings requirements do not apply to a school in a county that meets the requirements of paragraph 11 of [Executive Order GA-29](#), unless the local school system chooses to implement these requirements locally. Even in these circumstances, the wearing of face coverings or face shields is strongly encouraged.

Exceptions to the wearing of face coverings or face shields include:

- a. Any person with a medical condition or disability that prevents wearing a face covering;
- b. While a person is consuming food or drink;
- c. While the person is in a swimming pool, lake, or similar body of water.
- d. When a congregating group of persons maintains at least 6 feet of social distancing; or
- e. Any other reason or circumstance indicated under [Executive Order GA-29](#).

***Competitive drills involving one or more students on offense against one or more students on defense may be conducted. While conducting these drills, schools must require all students not actively exercising and staff to wear face coverings as described above.**

Required Screening

Required Screening before attending or participating in activities:

If staff have not been screened by the school for purposes of participating in instructional activities, schools must implement these screening protocols before allowing staff to participate in UIL activities.

1. Schools must require staff to self-screen for COVID-19 symptoms before participating in UIL activities or entering areas where UIL activities are being conducted. Symptoms are listed at the end of this document. The self-screening should include staff taking their own temperature. Staff must report to the school if they themselves have COVID-19 symptoms or are lab-confirmed with COVID-19, and, if so, they must remain off campus and away from areas where UIL activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, they must report to the school if they have had close contact with an individual who is lab-confirmed with COVID-19, as defined at the end of this document, and, if so, must remain off campus and away from areas where UIL activities are being conducted until the 14-day incubation period has passed. Close contact is defined in this document below.
2. Parents must ensure they do not send a student to participate in UIL activities if the student has COVID-19 symptoms (as listed in this document) or is lab-confirmed with COVID-19 until the below conditions for re-entry are met. School systems may consider screening students for COVID-19 as well. Screening is accomplished by asking questions by phone or other electronic methods and/or in person. The screening questions should also be

asked of a student's parent if that parent will be dropping off or picking up their student from inside areas where UIL activities are being conducted.

3. Before visitors are allowed access to areas where UIL activities are being conducted, school systems must screen all visitors to determine if they themselves have COVID-19 symptoms (as listed in this document) or are lab-confirmed with COVID-19, and if so, they must remain off campus and away from areas where UIL activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, school systems must screen to determine if visitors have had close contact with an individual who is lab-confirmed with COVID-19, and if so they must remain off campus and away from areas where UIL activities are being conducted until the 14-day incubation period has passed. When practical, screening questions could be supplemented with temperature checks of adults.

Remote Learning

Students participating in remote learning offered by their school district, whether synchronous or asynchronous (as defined by TEA), may participate in UIL activities if they meet all other UIL eligibility requirements. Students must be enrolled in remote learning options through the school the student will represent. Schools may develop local policies with additional requirements for participation. You can find more information related to the full-time student rule in Section 406 UIL Constitution and Contest Rules <https://www.uiltexas.org/policy/constitution/general/eligibility>

Academic Eligibility-Credit Requirements

For the 2020-2021 school year, UIL eligibility requirements for the first six weeks of school have been modified to allow a student to be eligible for the first six weeks if they accumulated at least two and a half credits since the start of the 2019-2020 school year. Schools may impose additional requirements. <https://www.uiltexas.org/covid-19-information>

District Executive Committee (DEC) Concerns and Game Schedules

- Schools who cannot play non-district games for COVID-19 related reasons will not be required to forfeit those non-district games. These games will not be reflected in season records.
- The DEC should meet to confirm Fall Sport (FB, VB, Team Tennis, XC) schedules, playoff qualifiers, and safety protocols concerning the 2020-2021 school year.
- The DEC shall arrange a schedule to determine district representatives prior to the posted district certification date.
- The DEC shall determine the place and/or time of district games in case of disagreement between two schools for both the regular season, games postponed due to weather, or disruptions in scheduled games due to COVID-19. The DEC should strongly consider schedules that allow for disruptions and for certifying district representatives in the event games cannot be made up. The DEC should develop policies to address games that cannot be played for reasons related to COVID-19 before district play begins.
- The DEC may consider a district schedule that would allow district play to be completed prior to the District Certification Deadline. This consideration may include playing district contests in place of non-district games and/or building in open dates to account for season disruptions.
- The DEC should prepare policies to address tie-breakers as well as certifying the district representatives in the event of incomplete district seasons.

Practice Regulations

- Summer Activities
Conference 1A-4A
 - Schools may allow students to continue strength and conditioning and sport specific instruction until the first day of instruction, whether in-person or remote, or the first day of in-season activities, whichever is earlier. Students who have not started in-season activities may continue summer workouts until the first day of instruction.

Conference 5A-6A

- For football and volleyball, schools may allow students to continue strength and conditioning and sport specific instruction through September 4, 2020, whether or not the instructional school year has started.
 - For activities other than football and volleyball, students who have not started in-season activities may continue summer workouts until the first day of instruction.
 - Beginning August 3, the time for sport specific activities will increase from sixty minutes per day to two hours per day.
 - If the school year begins prior to September 7, 2020, students may continue to engage in sport specific instruction for two hours per day. The time in the athletic period counts as part of that two hour total.
- Offseason Activities During the School Year
 - Athletics periods may not exceed 60 minutes per day, or 300 minutes per week. Local school policy will determine the students who may attend.
 - For the 2020-2021 school year only, students may participate in a maximum of 60 minutes per day of strength and conditioning activities outside the school day. Local school policy will determine the students who may attend.
 - In-Season Activities During the School Year
 - Schools may have athletics periods as described above plus a maximum of eight hours of practice outside the school day during the school week.
 - Schools utilizing an instructional model other than a traditional in-person model may hold the athletics period any time during the day. The athletics period is ***not*** required to be held during normal school hours.
 - Individual Sports
 - Conference 1A-4A Schools
 - Meets / tournaments may begin after August 17, 2020.
 - Conference 5A/6A Schools
 - Meets / tournaments may begin after September 7, 2020.

Swim & Dive Specific Protocols

- Face coverings are required by all individuals on the pool deck EXCEPT FOR those about to start a race or in the pool in a swimming or diving event.
- Only dual or tri-meets will be allowed and only one level of competitors (Var/JV/9th). A school could bring a girls and boys team, but they would need to be the same level.
- Meets that are diving only are limited to 40 divers, there is no team limit.
- District Meets may only have one level of competitors participating on site at a given time. Example: if Varsity Boys/Girls are swimming, JV would not be allowed on site until the varsity athletes have left.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- Pre and Post Meet Ceremony: Establish swimming & diving specific social distancing meet protocols including the elimination of handshakes before and after an event

General:

NFHS Considerations

Note: This is not an exhaustive list and there might be additional steps to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest health officials in your state.

1. Swimming and Diving Rule Considerations

Conduct (1-3-2) - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of social distancing.

Lap Counting (2-7-6, 3-4) - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.

Pre-Meet Conference (3-3-6, 4-2-1d) - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.

Referee and Starter (4-2, 4-3) - Various rules require interactions between officials, coaches and athletes. Alternative methods for of communications include utilization of the P.A. system, hand signals or written communication.

Notification of Disqualification (4-2-2d, e) - Notification shall occur from a distance via use of hand signals or the P.A. system.

Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13) - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Require a distance of 3-6 feet between individuals seated at the desk/table.

Timers (4-9) - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing. Timers should wear cloth facial coverings.

Submission of Entries to Referee (5-2) - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.

Relay Takeoff Judges and Relays (8-3) - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. Timers and relay takeoff judges should wear cloth facial coverings.

Diving Officials (9-6) - Alternative methods for submitting entries (3-2) and movement of non-electronic information will be required. Recommendations include a distance of 3-6 feet between individuals seated at the desk/table. Create a 3-6 foot space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

2. General Considerations

Swimming Warm-up Areas - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods.

Diving Warm-up Areas - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time.

Teams Seating and Lane Placement - Keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.

Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.

Officials:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
- Consider using electronic whistle.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
- Official personnel may wear cloth face coverings at all times.