

WIAA/GESA CREDIT UNION

2022-23 Bound for State Regulations



STATE CHAMPIONSHIPS

GIRLS: November 10-12, 2022

Weyerhaeuser King County Aquatic Center, Federal Way

BOYS: February 16-18, 2022

Weyerhaeuser King County Aquatic Center, Federal Way

Changes from the 2021-22 Swimming & Diving Regulations are indicated in bold type and shaded.

GENERAL STATE MEET INFORMATION

State Meet Manager - Jeff Lowell, lowellj@bsd405.org

Meet Rotation – Schools in each classification will rotate through each of the three times assigned for preliminaries and finals. Diving runs concurrently with swimming preliminaries in each classification. For the 2022-23 school year the three state meet sessions will be assigned as follows:

- Morning Session: 4A Classification
- Mid-day Session: 1A/2A Classification
- Evening Session: 3A Classification

State Awards Presentation - During the awards presentations at the state meet all competitors who receive an award and are called to stand on the awards platform **must wear school team apparel** overtop of their swimming suit.

YOUTH SUPPORT OF TEAM - The WIAA will not allow any students younger than high school age to participate in supporting roles at a WIAA State Championship unless the parent/guardian signs a waiver ahead of time and acknowledges they assume all risk. The WIAA's catastrophic insurance does not cover these younger students so they assume all risk related to injury. Such roles to include student trainers, student managers, student coaches, student scorekeepers, student bat and ball boys/girls, student water boys/girls, etc.

Note: A school cannot sign a WIAA waiver on behalf of an individual - all WIAA waivers MUST be signed by the parent/guardian of the minor.

A copy of the attached waiver must be provided to the tournament manager PRIOR to any games where this applies. In addition, schools need to keep a copy of the waiver with them at all times during the event.

Entries and Registration - Swimmers who wish to advance to the State meet based on meeting minimum qualification standards must be entered in and compete in the same event(s) at the District meet. Coaches and athletes must adhere to WIAA Rule 22.2.5: By entering participants in postseason competition, each member school certifies that, barring illness, religious observance or unforeseen events, the team or individuals representing the school will participate in every level of competition through the completion of the state championship event.

- Exception: when a coach lists an athlete's name on a team's master entries for all three (3) relays at the District meet but the athlete only competes in two (2) relays at the District meet.
 - That athlete would be free to swim in any of the three (3) relays at the State meet, though the athlete is still subject to the four (4) event rule.

For a competitor's entries to be official for the State meet, coaches must complete the Direct Athletics entry process by the entry deadline. Coaches should access Direct Athletics entry early in the season by selecting the appropriate link: [Direct Athletics Entry Process – Girls Meet](#) / [Direct Athletics Entry Process – Boys Meet](#).

If a coach does not complete the entry process as outlined in the Bound for State Regulations, it will be considered a Level 2 violation as outlined in WIAA rule 25.5 and the coach's school will be assessed a fine of \$100 an entry, not to exceed \$1500. The fine must be paid to the WIAA prior to the beginning of the school's preliminary session of the state championships for the school to be

eligible for participation. The WIAA will use any funds collected as a fine to further professional development opportunities for swim and dive coaches at the WIAA's annual coaches' school (or other determined coaches education opportunity as determined by the WIAA Executive Board).

QUALIFYING FOR THE STATE MEET

District Qualifying Meets - Each District will:

1. Determine the site(s) and date(s) for the District qualifying meet;
2. Ensure their qualifying meet will conclude no later than the Saturday evening prior to the State meet.
 - a. For the girls meet the date is Saturday November 6,
 - b. for the boys meet the date is Saturday February 12.
3. Districts may combine or divide allocations and hold Inter-district meets; however, all rules as they pertain to State qualifying meets apply.
4. Each District meet should utilize electronic timing if possible.

Allocations - Each WIAA District receives an assignment of allocations in swimming and diving.

1. The total number of assigned allocations in each classification:
 - a. Girls: 4A: 12, 3A: 20, 1A/2A: 16 individual and relay teams in each event.
 - b. Boys: 4A: TBD, 3A: TBD, 1A/2A: TBD individual and relay teams in each event.
2. The allocations are not in addition to those who have met or exceeded the minimum qualifying standards.
3. Athletes who earn allocations at their District Championships are the first athletes entered in the state meet.

Qualifying Standards - In addition to the allocated spots in each event, an individual may qualify for the state meet by:

1. Achieving a minimum qualifying standard in a district qualifying meet
2. Achieving a minimum qualifying standard through the verification process outlined in this document.

Maximum number of participants -

1. Twenty-four (24) individuals and twenty-four (24) relay teams will compete during the preliminary rounds in each event when the state championships are a 16 or 20-entry event.
2. Twenty (20) individuals and twenty (20) relay teams will compete during the preliminary rounds in each event when the state championships are a 12-entry event.
3. Sixteen (16) individuals and sixteen (16) relays will compete during the preliminary rounds when the state championships are an 8-entry event.
4. The competitors are invited to the championships through:
 - a. The allocation process
 - b. Verified qualifying times achieved at district finals or through the process outlined in this document
 - c. To complete a field, competitors with the next fastest times from championship finals in district qualifying meets are invited

	Individual Events			Relays		
Allocations	8	12	16	8	12	16
Time Standards*(1) + Subsequent fastest District times** (2)	8	8	8	8	8	8
TOTAL	16	20	24	16	20	24

Once the number of qualifiers per event has been determined by allocation and time standards, the next fastest qualifiers will be seeded into the meet by NFHS criteria, to achieve the maximum number of competitors (16 individuals and relay teams for 8 allocation event, 20 individuals and relay teams for 12 allocation event, and 24 individuals and relay teams for 16 and 20 allocation event). Times achieved in the consolation and championship finals of each District meet determine the next fastest qualifiers to complete the field. **Only the top 12 athletes at each district meet receive consideration for the remaining spots in each field.

District Meet Manager Responsibilities –

1. Send a complete Meet Manager back up file to the State Meet Manager immediately following the district meet.
2. Ensure that all athletes entered in relay events at the beginning of their district meet remain in the district meet database. Do not allow any computer operator to delete names from any team’s relay entries. The athletes listed as part of the district relay entries are the **ONLY** athletes a team may use if a relay earns entry into the state meet.
3. Verify all allocations earned prior to the end of the competition. This includes allocations earned by time rather than final place in the district finals. If an athlete who earns an allocation will not compete in that event at the state meet (see exception above), the meet director must also send the state meet director notification of the change in accepted allocations.

Diving - All divers must qualify through eleven-dive competition. As diving in dual meets are six dive competitions, each WIAA district may sponsor up to four (4) eleven-dive qualifying meets each season. Each diver is limited to participation in a maximum of four (4) eleven-dive qualifying meets. These competitions are in addition to the twelve-regular season meets a team is allowed. Payment for eleven-dive qualifying meets is up to WIAA District policy. Divers may qualify for the state meet only through eleven-dive qualifying meets provided by their WIAA District. Results of eleven-dive qualifying meets must be sent to Jeff Lowell electronically within seven (7) days of the competition and scores meeting the qualifying standard must be submitted according to the **State Qualification Standard Verification Process for those scores to be verified and used for entry into the state meet.**

Teams wishing to modify diving to provide an eleven-dive experience for athletes may do so. However, as stated, only those scores earned in eleven-dive qualifying meets provided by WIAA Districts will be used for state qualification.

To qualify for the state championship, other than through the allocations at the District meet, divers must meet a two-part qualifying standard consisting of:

Minimum Degree of Difficulty and point totals for the six (6) optional dives:

a.	4A	Girls	11.6	= 315pts.	a.	4A	Boys	11.6	= 315pts.
b.	3A	Girls	11.6	= 315pts.	b.	3A	Boys	11.6	= 315pts.
c.	1A/2A	Girls	11.6	= 250pts.	c.	1A/2A	Boys	11.6	= 250pts.

There will be up to 16 entries for 8-allocation event, 20 for 12-allocation event and 24 entries for 16 and 20-allocation event at the State Diving Championships including the wildcard entries. Wildcard invitations to complete a field will be determined from district finals score only.

District allocations apply in diving as an individual event.

State Qualification Standard Verification Process -

***WIAA Swim and Dive time standards are determined as follows:** The WIAA and a Washington Interscholastic Aquatics Coaches Association (WIACA) Committee, using the 16th place preliminary times from the three-previous state meets as a guide, determine the Time Standards.

A swimmer who meets the time standard in an interscholastic meet and has that time verified, may use that time for entry into the state meet, **provided the athlete competes in that event(s) at the District Meet.**

New in 2022-23, all 11-Dive meet judges will be required to complete the NFHS Officiating Swimming and Diving Course through NFHS Learn prior to judging any qualifying and/or state 11-Dive meet.

Certified judges must submit their certificate of completion to Andy Barnes abarnes@wiaa.com or Todd Wollenweber twollenweber@auburn.wednet.edu

Certified dive judges will be listed at this link:

<https://wiaa.com/mywiaa/subcontent.aspx?SecID=1160>

Athletes may equal or better the posted qualifying standards in any sanctioned high school dual, double- dual, triangular, or invitational competitions during the current WIAA season. These include:

- a. Sanctioned Washington State high school meets with two or more WIAA schools competing.
- b. Out-of-state dual and invitational meets that follow WIAA guidelines.
- c. Standards achieved at an Intra-squad, alumni, time trial, and/or other one-team competition are not to be considered and/or verified as a state qualifying time.

For a time from a current regular season competition to be verified, the coach of the school team must do the following within ONE week (7 calendar days) of the competition date:

1. Post the state time(s) or score(s) for consideration to the WISCA.ORG website
 - a. All times must be achieved through either:
 - electronic timing (a timed touchpad finish) OR
 - a minimum two-watch hand timed, or two-button hand timed finish.
 - b. Relay leadoff times may be used if:
 - The times are achieved using either an electronic touchpad split or
 - two separate designated split timers, located at the lane, and
 - the swim was declared to the referee prior to the start of the race.
2. Submit an electronic copy of the complete meet results to the WIAA state meet director, Jeff Lowell at lowellj@bsd405.org. Preferred format is a pdf of a meet manager meet results file.
 - a. All meet results, regardless of format must include the following:
 - all teams competing in the meet
 - all participants – including all JV results
 - in the event further verification is necessary, the name and contact email of the meet referee must be included with the message to which the results are attached.
 - b. NOTE: Individual timecards, results without all teams and/or times, or other incomplete

results will not be accepted for verification. This includes individual dive sheets submitted rather than complete dive meet results.

3. An athlete's time or dive score, when not following this procedure, WILL NOT be used for qualification into the state meet. Times or scores that are not verified will be removed from the WISCA.org database.
4. If a coach does not complete the verification process as outlined in the Bound for State Regulations, it will be considered a Level 2 violation as outlined in WIAA rule 25.5 and the coach's school will be assessed a fine of \$100 a time, not to exceed \$1500 for a season. The fine must be paid to the WIAA prior to the beginning of the school's preliminary session of the district championships for the school to be eligible for participation. The WIAA will use any funds collected through these funds to further professional development opportunities for swim and dive coaches at the WIAA's annual coaches' school (or other determined coaches education opportunity as determined by the WIAA Executive Board).
5. Coaches – Please remember that this process is just to confirm that an athlete met a qualifying standard. For an athlete's official entry into the state meet, coaches must complete the Direct Athletics entry process by the entry deadline. Coaches should access Direct Athletics entry early in the season by selecting the appropriate link: [Direct Athletics Entry Process – Girls Meet](#) / [Direct Athletics Entry Process – Boys Meet](#).

At the State Meet -

National Federation Rule 3-2-3 NOTE is NOT the adopted entry method for relays in interscholastic swimming competition in Washington. Up to eight (8) relay swimmers MUST be listed on the Relay Entry Form. As swimmers who wish to advance to the State meet based on meeting minimum qualification standards must be entered in and compete in the same event(s) at the District meet, this entry limit extends to each District meet as well.

NFHS Rule 3-2-3 also states, “a competitor may withdraw from a preliminary event or final with a declared false start. Notice must be given to the referee or referee’s designee by the swimmer, diver, coach or other team personnel, at a specified time.” At the WIAA/GESA Swim and Dive Championships, the coach and athlete(s) MUST be on site to declare a false start and the specified declared false start times shall be as follows:

1. In preliminary rounds, the declared false start must be declared prior to the start of the event.
2. In the championship rounds, for Events 1-5 (200 MRelay through Diving,) the declared false start must be declared 30 minutes prior to the scheduled start of the meet. For Events 6-12 (100 Fly through 400 F Relay,) the declared false start must be declared prior to the end of the 50 Free (event 4).
3. If the declared false start is used in the consolation or championship finals, the alternate will be called up and the event will be reseeded.

Passes - One athlete pass per qualified competitor. If the only competitor from a school competes in the 500 Free, an additional pass will be granted for a lap counter.

1. Swim Coaches - For every four swimmers, a school receives one coach’s pass, (one to four swimmers=one pass; five to eight=two passes) up to a maximum of three coach’s passes. Passes must be visible at all times coaches are on the deck.
2. Diving Coach - A school with one or more divers receives one additional coach pass for the dive coach. Pass must be visible at all times dive coach is on the deck.
3. Student Managers – One manager pass per participating school. Coaches may request one manager’s pass at the end of the coach’s meeting prior to the preliminaries. Do not send requests for a manager pass prior to the coach’s meeting. Pass must be visible at all times the manager is on the deck.

UNDER NO CIRCUMSTANCES WILL A SCHOOL RECEIVE MORE THAN TWO COACHES PASSES

PRE-MEET SWIM PRACTICE at KCAC - practice time is available on the Thursday evening prior to Friday preliminary heats. The session runs from 4:30pm-7:30pm. Cost for the practice is \$3.00 per athlete payable by cash or check (checks made out to WIAA not KCAC). Each school must provide on deck supervision while athletes practice. **Schools will be provided a sign up to schedule practice time as space and time is limited.**

ADDITIONAL PROCESSES – Coaches can select each of the three links below to review additional important information about the State Swim and Dive Championship Meet.

- [Games Committee Structure for State Championship Meets](#)
- [Important Medical Procedure for State Championship Meets](#)
- [Important relay Declaration Procedures for State Championship Meets](#)

How to Submit Online Entries:

WIAA/GESA State Championship meets will be open to coach access in Direct Athletics beginning **OCTOBER 1, 2022** for girls and **JANUARY 1, 2023** for boys.

1. Log in to your team's DirectAthletics account. For detailed information regarding log in or account creation continue reading.
 - a. If you cannot access your team's account due to a different coach being associated with the account, please contact Jeff Lowell at lowellj@bsd405.org ASAP. Your account will need to be reset, a process that will take some time. Jeff will contact Direct Athletics to start the process.
2. Once logged in, if you find your team is invited to the wrong classification, please contact Jeff Lowell at lowellj@bsd405.org.
3. Once logged in, you can add your team roster – this should be ONLY the athletes you have who will attend your district meet. Detailed instructions follow on page 2.
 - a. Please spend a few minutes managing your team's roster, removing athletes who are no longer on your team (graduated, etc.). This helps during the importing process.
4. Find the correct meet for your team in the Home tab. Then, after adding your roster, the ONLY times to add for individuals OR relays are:
 - a. VERIFIED state qualifying times
 - b. Times for athletes who have ALLOCATED into the state meet
 - c. **NOTE: Do not add times for wildcard hopefuls or any athlete who does not meet the criteria listed above in 4a or 4b.**
5. Update times as many times as necessary – up to the entry deadlines.
6. **If you do not complete your team's entries through Direct Athletics, you have not entered your athletes in the state meet.**
 - a. **NOTE: If a coach requests entry for an athlete who qualified for competition, but was not entered due to coach err or, every effort will be made to correct the err or. Any coach who does not complete the entry process as outlined to the detriment of an athlete may be barred from the pool deck during the preliminary and finals competitions.**
7. **Please remember that Adaptive Events are part of the event list. The adaptive 50 free is listed in Directed Athletics as a 25 to help coaches enter athletes in the correct event. Athletes will compete a 50 yard freestyle at the championships.**
8. Be sure to hit submit once you have completed your entries. You should receive an email confirmation with your entries. Keep the email in the event there is a question with your entries.

If at any time during the process there is a question, contact Jeff Lowell at lowellj@bsd405.org. Ask early – waiting until after entries close means a rule violation and fine.



How to Submit Online Entries

STEP 1—Accessing Your Direct Athletics Account

Each coach must have a Direct Athletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below.

If you already have a Direct Athletics account for your Swimming team, and know your username and password....	If you do <u>NOT</u> know your username and password....
1) Go to www.directathletics.com 2) In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive)	1) Go to www.directathletics.com 2) Click on the link “New User? Click HERE” in the upper right. 3) Follow onscreen instructions to Create a TEAM Account. You will be able to create a team online or retrieve forgotten information for an existing account. 4) Make sure you create a Swimming, HIGH SCHOOL team 5) Select “WIAA (Your classification) Swimming” or your district to find your team.

STEP 2—Setting up Your Online Roster

If you already have your roster in Hy-Tek's TEAM MANAGER...	If you do <u>NOT</u> already have your roster in Hy-Tek TEAM MANAGER...
1) Click the green “Upload from TEAM MANAGER” button at the top of the roster screen. 2) Follow onscreen instructions to export your TEAM MANAGER athletes in a .hy3 file. 3) Upload the .hy3 file. 4) Confirm the athletes to be added to your roster. 5) Click Submit to finalize the additions.	1) Click the green “Add Athletes” button at the top of the roster screen. 2) Enter the number of athletes you would like to add (this can be an estimate. You can always add more later) 3) Fill out the form with your athletes’ names and school year. 4) Click Submit to finalize the additions.

NOTE: You can add, edit or delete athletes on your roster at any time by clicking the TEAM tab.

STEP 3--SUBMITTING ONLINE MEET ENTRIES – ENTRIES ARE OPEN BEGINNING OCTOBER 1, 2022 FOR GIRLS AND JANUARY 1, 2023 FOR BOYS.

Once your athletes are added to your online Direct Athletics roster, you must submit your meet entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the “Enter” link next to the meet.
- 2) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 3) When you are finished with your entries, click the “Finish” link.
- 4) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 5) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule. You may make changes to your entries as often as you wish up to the entry deadline.
- 6) **THE ENTRY DEADLINE IS NOVEMBER 6, 2022 BY 9:00AM FOR GIRLS. THE ENTRY DEADLINE IS FEBRUARY 12, 2023 BY 9:00AM FOR BOYS.**

**UNDERAGE WORKER FORM: RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK,
AND INDEMNITY AGREEMENT ("AGREEMENT")**

Sport: _____ Role: _____ Date of Event: _____

School Representing (if applicable): _____ Athletic Director: _____

In consideration of participating in the **2022-23 Washington Interscholastic Activities Association (WIAA)** _____ **(NAME OF EVENT),**

I represent that I understand the nature of this Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the Activity.

I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "Releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.

I hereby release, discharge, and covenant not to sue **Washington Interscholastic Activities Association**, its respective WIAA Districts, administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "Releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it, and have signed it freely and without any inducement or assurance of any nature, and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

I HAVE READ THIS RELEASE

Signature of Participant

Printed Name of Student Participant

Date

PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasee may incur as the result of any such claim.

I HAVE READ THIS RELEASE

Signature of Parent/Guardian

Printed Name of Parent/Guardian

I HAVE READ THIS RELEASE

Signature of Parent/Guardian

Printed Name of Parent/Guardian

Date

Date