

**PCAL SPORTS RULES**  
**Swimming and Diving (Boys and Girls)**  
**As Amended September 2025**

**1.1 Season of Sport**

This sport shall be conducted in the Spring season as defined by the Central Coast Section and State CIF by-laws. See Article V of the By-Laws of the Central Coast Section.

**1.2 Start Dates for Practices, Scrimmages and Contests**

Dates for the start of practices, of scrimmages, and of contests shall be as set forth in Article V of the By-Laws of the Central Coast Section.

**1.3 Contest Limits per Season**

Limitations on the number of contests in which a team or athlete may compete shall be as set forth in Article V of the By-Laws of the Central Coast Section.

**1.4 Divisions**

League competition in Swimming and Diving shall be conducted in three divisions formed according to league by-laws and policies concerning Division Placement (See Article 19 of the League By-Laws as well as the League's Division Placement Policy as published on the League website.) Those three divisions shall be named as follows: PCAL-Gabilan; the PCAL-Mission; and PCAL-Cypress.

**1.5 League Schedules**

**1.5.1 Round Robin**

The league schedule for each Division shall be a single round robin schedule followed by Division Championship meets.

**1.5.2 Preparation and Approval of Schedules**

League schedules shall be prepared by the League Commissioner and sent to the League Athletic Directors Council for review, modification as needed. The Athletic Directors Council then send a recommended schedule to the League Board of Managers who consider, change as they deem necessary and vote approval of a final schedule.

**1.5.3 Obligation of Schools to Compete According to Schedule**

See Article 19 in the League By-laws regarding the obligation of all league schools to compete according to the approved league schedule.

**1.6 Regular Season League Dual Meet Contests**

The following provisions shall govern all regular season Swimming and Diving contests that are part of the league schedule, including the Division Championship meets. Invitational events may be conducted under differing rules not in conflict with the rule book for this sport.

**1.6.1 Rules**

The official rules for Swimming and Diving are those promulgated and published by the National Federation of High Schools (NFHS). These NFHS rules shall be applied by all league schools.

**1.6.2 League Contest Start Times**

Regular season league contests shall begin at 3:30 PM.

Note: It is understood that transportation schedules for visiting teams may interfere with the starting times. It is also understood that visiting teams will notify the home team's Administrators or Athletic Director if is such case. No team shall be penalized for transportation difficulties.

**1.6.3 Order of Events for League Contests**

The following shall be the order of events for league contests:

- JV Girls 200 Medley Relay, JV Boys 200 Medley Relay
- Varsity Girls 200 Medley Relay, Varsity Boys 200 Medley Relay
- JV Girls 50 Back, JV Boys 50 Back
- Varsity Girls 200 Free, Varsity Boys 200 Free
- JV Girls 100 IM, JV Boys 100 IM
- Varsity Girls 200 IM, Varsity Boys 200 IM
- JV Girls 50 Free, JV Boys 50 Free
- Varsity Girls 50 Free, Varsity Boys 50 Free
- Diving Break (10 - 15 minutes as diving is done the day before the meet)
- JV Girls 50 Fly, JV Boys 50 Fly
- Varsity Girls 100 Fly, Varsity Boys 100 Fly
- JV Girls 100 Free, JV Boys 100 Free
- Varsity Girls 100 Free, Varsity Boys 100 Free
- JV Girls 50 Breast, JV Boys 50 Breast
- Varsity Girls 500 Free, Varsity Boys 500 Free
- JV Girls 200 Free, JV Boys 200 Free
- Varsity Girls 200 Free Relay, Varsity Boys 200 Free Relay
- JV Girls 100 Back, JV Boys 100 Back
- Varsity Girls 100 Back, Varsity Boys 100 Back
- JV Girls 100 Breast, JV Boys 100 Breast
- Varsity Girls 100 Breast, Varsity Boys 100 Breast
- JV Girls 200 Free Relay, JV Boys 200 Free Relay
- Varsity Girls 400 Free Relay, Varsity Boys 400 Free Relay

**1.6.4 Host School Responsibilities**

The host school shall have the following responsibilities with respect to league contests:

1. Shall provide the following officials: Starter, Referee, Head Finish Judge, and Twelve timers (each with a watch, or one watch back-up if electronic timing is being used).
2. Shall provide diving sheets, diving scoreboards, and at least two copies of meet results. One is to be given to the visiting team at the conclusion of the meet.
3. Entries on cards to be submitted by the host school swimmers to their timers before each heat.

**1.6.5 Visiting School Responsibilities**

The host school shall have the following responsibilities with respect to league contests: Entries on cards to be submitted by visiting school swimmers to their timers before each heat.

**1.6.6 Contest Officials: Limitation**

As provided in the NFHS rules. A coach or assistant coach shall not act as a meet official in any meet his/her team is a participant except by mutual agreement of the two coaches.

**1.6.7 Conduct of Contests**

The following rules apply to league contests:

1. The meet shall be conducted under the current NFHS rules except as may be modified by the State CIF, the CCS, or these By-laws.
2. Diving shall be competed and scored as a meet event if either the home or visiting school has a diver or divers. The diving competition shall be conducted the day prior to the meet if there is not adequate warm-up and competition diving room separate from the pacing lanes. Score sheets must be presented the day of the meet for recording.

**1.6.8 League Records for Individual Events**

PCAL league records for Individual and relay events may be set and established only in the following meets: PCAL Division Championships; CCS Trials and Championships; State CIF Trials and Championships.

**1.6.9 Use of SwimCloud as Official Meet Management and Results Platform [added Sep 2025]**

Beginning with the 2026 season, all PCAL Swimming and Diving teams shall use SwimCloud as the official league platform for meet management and results. The following guidelines apply:

**1.6.9.1** All regular season and championship meets will use Swimcloud to collect entries for meets. All results must be uploaded to SwimCloud within 48 hours of the meet's conclusion.

**1.6.9.2** Dual meet results must be submitted using electronic timing files or hand-entered results into the platform. Hand-timed results must have both coaches enter results to confirm.

**1.6.9.3** Each team is responsible for maintaining its team profile and athlete roster on SwimCloud throughout the season.

**1.6.9.4** League records and times used for entries into the PCAL Championship meet must be verifiable through SwimCloud. Results not uploaded to SwimCloud will not be eligible for seeding or league record consideration.

**1.6.9.5** Meet results uploaded to SwimCloud will be used to determine championship seeding, all-league recognition, and team recordkeeping.

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### **1.6.10 League-Wide Diving Format for Dual Meets [Added Sep 2025]**

**1.6.10.1** Diving shall be held once per week on Wednesdays, or on another day if agreed upon by the majority of head coaches during the PCAL Spring Coaches Meeting.

**1.6.10.2** All schools with divers and not on a league bye that week are expected to attend and participate in the league-wide dive meet.

**1.6.10.3** Diving competitions shall rotate among host sites with appropriate diving facilities, as determined by the Sport Chairperson and host availability.

**1.6.10.4** Results from the weekly league-wide diving competition shall be applied to each team's official league dual meet for that week.

**1.6.10.5** Scores must be submitted to all coaches and the league statistician immediately following competition for accurate integration into meet results.

**1.6.10.6** Divers who are on a team with a bye or who do not have a dual meet scheduled that week may participate in the league dive meet as exhibition. These divers will not count toward scoring, but their participation is encouraged:

- To allow for additional practice and development,
- To help ensure full event participation,
- And to encourage their coach's presence to assist in meet operations and scoring.

## **1.7 League Championship Determination**

Each of the three divisions shall have a varsity team champion, determined by a combination of the round robin results together with the results of the Division Championship meet, with the following formula to be used to determine the Division Champion on a point basis:

- a. Two points for each league dual meet win, or one if tied;
- b. Three points for every team it beats at League Championships.

Final division standings will be reached by adding the points scored from dual meet results and PCAL League Division Championships meet. The league champion for each division shall be that team with the highest total number of points. If there is a two way tie, there shall be co-champions; if a three way tie, there shall be tri-champions.

### **1.7.1 Scoring of B Relays at Division Championships [Added Sep 2025]**

Beginning with the Spring 2026 season, teams may enter both A and B relays in the varsity division at PCAL League Championship meets. The following shall apply:

**1.7.1.1** A relays shall compete against other A relays for places 1–8, and B relays shall compete against other B relays for places 9–16. Scoring flights will be determined by the number of entries and lanes available. All relays must meet legal entry standards and compete in timed finals to be eligible for scoring.

**1.7.1.2** Schools may enter a maximum of one A relay and one B relay per event.

**1.7.1.3** Both an A relay and a B relay from the same school may score, provided: Each is designated properly in advance, each finishes within the

scoring tier (A relays: top 8; B relays: top 16). Relays will be scored only within their designated tiers.

**Relay Scoring Model. In Spring 2026, there shall be no scoring of the B Relays at the Division Championships. The purpose is to allow assessment as to whether or not they should be scored in 2027.** If scored in the future, they shall be scored as follows:

- A Relay Finals (places 1–8): 40 – 34 – 32 – 30 – 28 – 26 – 24 – 22
- B Relay Consolation (places 9–16): 9 – 7 – 6 – 5 – 4 – 3 – 2 – 1
- This scoring model is in line with NFHS rules, which assign double points to relays due to their team-based nature and limited scoring slots. By awarding full (double) points to A relays only and single points to B relays, this approach preserves the spirit of NFHS scoring while not over-rewarding large programs.
- Relays will not be scored outside of their designated flight. For example, a B relay cannot score even if it posts a time in the top 8 overall.

**1.7.1 .4** All relay entries must be clearly designated as “A” or “B” on the official entry form submitted prior to the meet. These designations may not be changed after the entry deadline.

**1.7.1.5** This subsection 1.7.1 applies only to varsity-level PCAL League Championship meets and does not impact dual meets or junior varsity competitions.

#### **1.7.2 Entry Limitations for the 500 Freestyle at PCAL Championship Meets [Added Sep 2025]**

Beginning with the 2026 season, the following entry restrictions shall apply to the 500 Freestyle event at the PCAL Championship meet:

**1.7.2.1** Each team may enter a maximum of four (4) swimmers per gender in the 500 Freestyle at the PCAL Championship meet.

**1.7.2.2** Any swimmer entered in the 500 Freestyle must have competed in the 500 Freestyle in at least one official interscholastic meet during the same season.

**1.7.2.3** Proof of entry shall be verified through SwimCloud meet results.

#### **1.8 Host of League Championship Meet**

The league meet host shall be determined at the pre-season meeting based on Championship quality facilities and availability.

#### **1.9 Overall League Qualifiers to the CCS Championships**

Only individuals qualify to the CCS Championships, and they are those swimmers and divers who meet the CCS qualifying standards.

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### **1.10 All-League Awards**

Each Division shall have All-League Individuals and Relay Teams who shall be determined based solely on their finish at the Division Championship Meets. The numbers of said official league awards are as set forth in Article 24 of the PCAL General By-laws.

### **1.11 Sport Chairperson**

There shall be a Sport Chairperson for Swimming and Diving, who shall be appointed by the PCAL ADC and shall perform the following duties:

1. The sport chairperson shall be the official custodian of all PCAL records and shall keep an accurate and current accounting of the league standings.
2. The sport chairperson shall call a meeting at least two weeks prior to the first league meet which shall be attended by all swim coaches or their representatives.
3. The sport chairperson shall maintain records as to which school is to host the league championship.

### **1.12 Season Long Play and Eligibility for League Finals and CCS**

In Swimming and Diving, if an individual athlete would be unable to participate in the CCS playoffs due to failure to meet the CCS Playoff Policy regarding "Season Long Play (at least ½ the regular season league events), that athlete will be ineligible to participate in the Division championship meet on behalf of his/her school. The League Commissioner shall make the final determination with respect to an individual's eligibility, including the exceptions involved in that CCS Playoff Policy.

## **End of PCAL Swimming and Diving Sports Rules**

### **Amendments**

**Sept 2025:** Added 1.6.9 re use of Swim Cloud. Added 1.6.10 re League-wide diving format. Added 1.7.1 re scoring B relays at Division Championships meet. Added 1.7.2 re entry limits 500 Freestyle.