***SWIMMING & DIVING BY-LAWS***

1. National Federal Rules will be followed except where changed by the MHSAA or by written FML policy.
2. All teams will swim one dual meet against each of the other league schools.
3. All Flint Metro League competitions must be scored as dual meets with a maximum of three entries per team. Points will be awarded for places as follows:

Relay Events 8-4-2

Individual Events 6-4-3-2-1

In the event of a three team competition, the meet must be scored as a double dual met. The same scoring system as traditional dual meets will be used.

Team A vs. Team B

Team B vs. Team C

Team A vs. Team C

When double dual meets are held in a six lane pool, each team will be assigned two lanes; Lanes 1&4, 2&5, 3&6. Each team will be permitted three entries per event, allowing for one exhibition swimmer in each event. All exhibition swimmers must be designated as such before the meet.

When double dual meets are held in an eight lane pool, each team will be assigned two lanes; Lanes 2&5, 3&6, 4&7. Lanes 1 and 8 will always be designated as exhibition lanes only. Each team will be permitted 3 entries per event, allowing for two exhibition swimmer in each event. All exhibition swimmers must be designated as such before the meet

1. The final dual meet of the season shall be held two weeks prior (11 actual days) to league championship meet.
2. The FML Championship Meet will be held on the Thursday, Friday and Saturday two weeks prior to the State Meet.
3. Warm Up – A warm up period of no less than one hour, and up to 2 hours, shall be available prior to the start of both preliminaries and finals. Swimming warm up will follow National Federation guidelines. One-way sprint lanes will be designated at 35 minutes prior to the start of the meet.
4. Entries – Each team will be permitted 45 individual entries that may be entered into any event at the coach’s discretion. Exhibition swims are unlimited. The cutoff entry time for an entry in the 500 freestyle for girls and boys league meet will be 7:59. Individuals may only swim in two individual events per National Federation Rules. Each team will enter ONE relay that will be scored. Teams may also enter one B relay that will not swim for points and will be swum in the first heat of both preliminaries and finals. Individuals may not switch from an A to a B relay (or B to A) from preliminaries to finals.
5. Diving – Diving preliminaries will be held on Thursday evening. Start times will be determined by the number of divers competing in the event. Divers will be permitted to warm up during the swim meet if a separate diving well is available. If no diving well is available, a warm up period will be provided prior to the start of the meet.
6. Timing and Judging – As per national Federation rules, when using a properly operating automatic timing system the pad time will be the official time and order of finish. (Timing Rule 6 Sec. 3)

In the event that there is a malfunction in the timing system backup times must be used per rule 6-4 Article 1 of the National Federation Rulebook. A back up system, consisting of at least one manual timing device, shall be operative for all races.

1. Awards – the top three places in each event will earn medals and will be designated as 1st, 2nd, and 3rd team All Flint Metro League. A team trophy will be presented at the conclusion of the meet of the League Championship. League champions will be determined by a combination of league dual meet records and order of finish at the League meet.

League finish will be determined by: Teams will receive 1 point for every league dual meet win and be awarded the number points for each team defeated at the league meet. Dual meet ties will split 1 point each as will ties at the League Championship meet.

1. Meet Procedures – Prior to the start of both preliminaries and finals, there will be a brief coaches meeting to identify all scratches and declared false starts, as well as clarify questions or situations that may be pertinent to the running of the meet.

During the preliminaries there will be mandatory breaks of 15 minutes after the 50 freestyle and 10 minutes after the 500 freestyle (the break after the 500 freestyle may be eliminated if there is a warm up pool available).

During the finals there will be mandatory break of 5 minutes after the 200 Medley Relay (out of water) and 15 minutes after the diving event, during which time the competition pool will be open for warm up.

1. Finals – Awards will be presented after the conclusion of the following event. Breaststroke awards may be presented between the consolation and final heat of the 400 Freestyle Relay as both the 400 Freestyle Relay awards and team awards must be presented at the conclusion of the meet.

The introduction of the championship heat competitors will be determined by the host school and instructions must be given to coaches prior to the start of the meet. Example; All championship heat competitors will meet in the northeast corner of the pool the event prior to their race and will be marched out in order to music. Please have all competitors in their warm ups.

1. Championship Meet Philosophy – this meet should be our opportunity to give our swimmers and divers every chance to excel. Our swimmers and divers deserve the opportunity to compete in a well run championship meet that is about showcasing their accomplishments.

**PERTINENT GENERAL BYLAWS FOR ALL F.M.L. SPORTS**

2. The site of conference championship meets is to be determined by the Flint Metro League Constitution.

3. Schools shall not be allowed to compete in League meets unless that school has played a League schedule in that sport.

4. Schools will not be allowed to add individuals to their athletic teams between the last League date and League meet dates for the purpose of competing in the meet.

5. Final scoring for all Flint Metro League sport offerings that combine season record with a season ending League tournament or League meet shall be as follows:

2 points for Dual Meet wins (3 points in soccer)

1 point for Dual Meet tie

No point awarded for loss

Dual meets and the League meet(s) shall be weighted equally to determine the overall League champion.

12. In case of a school being closed due to inclement weather, all non-varsity events may be postponed or canceled. The playing of all varsity or combined varsity and JV matches will be determined by the athletic director and administration of the schools involved.

13. In case of inclement weather, the following criteria shall be met:

A. Contests postponed due to weather should be made up prior to final League tournaments, even if this necessitates a school canceling or postponing a non-League contest to do so.

B. When one or more schools cannot attend a multi-team League event (four or more schools) due to a weather related or act of God event, the event is to be postponed and rescheduled for the next available date, with the League picking up any costs for officials who show up to work the originally scheduled event.

15. Noise making devices, including the human voice, will not be allowed to be used in an unsportsmanlike manner. The home team management will have the right to remove any such object, or person, from the sporting activity.

16. The Flint Metro League takes the position that the practice of good sportsmanship is essential and that all members should adopt a common policy. Member schools are expected to implement a plan to promote responsible behavior by fans and all persons associated with athletics. It is suggested that schools use contest programs, the media, bulletins, and meetings as a means for promoting good sportsmanship. Member schools should also have plans for the monitoring of home and away contests and for dealing with those persons who violate the principles of responsible behavior.

17. During league competitions and tournaments, the host school administration, the sport administrator, and/or designee of either, is charged with the authority to act on any situation that might arise that is not covered herein.

18. Home school will contact league-approved media to report contest results.

20. Grievance and Protest Procedure:

A. All protests must use the following procedure:

1. The principal/designee of the protesting school will notify the League president and its opponent(s) by phone the following school day of the intent to protest.

2. All violations and protests will be directed to the League president in writing. This protest must be done in writing by a school administrator within 72 hours of the event.

3. The League president will appoint a three member committee of non-involved schools to determine whether the protest is valid and make a recommendation for a course of action to be voted on by the conference membership not involved in the protest.

B. Courses of action possible when a violation is determined and a protest is upheld include:

1. Letter of censure (duplicate will be sent to each member school and any game official who may have been involved)

2. Forfeiture of League contest(s)

3. Probation for one year in the sport involved

4. Ineligibility for championships (such ineligibility to be in the sport involved only, for one year only, and the year involved to be determined by the membership); no all-sports points awarded that year

5. Other courses of action as deemed appropriate to the violation

C. All contests in which an ineligible player or players are used shall be forfeited and the score be that of a forfeited contest. This includes League championship tournaments.

1. If use of an ineligible player or players by a League champion is determined, and forfeitures under section C above prevent a team from maintaining its championship, the championship for that sport for that year will be awarded to the second-place team and All Sports Award points adjusted accordingly. In the event of co-championships, the remaining championship team would maintain its championship.

22. The only League awards to be made in any sport are the ones sanctioned by the League.

23. The FML will NOT recognize an MVP athlete for each sport.

24. Each varsity sport will be allowed a Coach of the Year selection. That coach will be presented a certificate.

26. To receive FML honors, an athlete has to finish the season in good standing. The definition of “good standing” is to finish the season on the team and meet minimum requirements for that sport’s awards.