

**MOUNTAIN VALLEY CONFERENCE
SWIMMING BY-LAWS**

1. Rules:

- A. The National Federation Rule Book (as adopted by PIAA) governs.
- B. All members of the conference shall be governed by rules and interpretations adopted by the P.I.A.A.

2. Levels of Competition:

- A. Boys and Girls Varsity

3. Contest Rules

- A. Starting times shall be 4:00 p.m. on school days and 11:00 a.m. on Saturdays.
- B. In order to be consistent with all other schools and leagues throughout District XI, the “rotation” of whether the girls or boys events are to be held first will be established by the P.I.A.A. District XI Swimming Officials Chapter.
- C. Format for the double dual meets (Example: boys going first):
 - Boys 200 Medley Relay
 - Girls 200 Medley Relay
 - Boys 200 Freestyle
 - Girls 200 Freestyle
 - Boys 200 Individual Medley
 - Girls 200 Individual Medley
 - Boys 50 Freestyle
 - Girls 50 Freestyle
 - 10 to 15 minute warm-up
 - Boys 100 Butterfly
 - Girls 100 Butterfly
 - Boys 100 Freestyle
 - Girls 100 Freestyle
 - Boys 500 Freestyle
 - Girls 500 Freestyle
 - Boys 200 Freestyle Relay
 - Girls 200 Freestyle Relay
 - Boys 100 Backstroke
 - Girls 100 Backstroke
 - Boys 100 Breaststroke
 - Girls 100 Breaststroke
 - Boys 400 Freestyle Relay
 - Girls 400 Freestyle Relay
- D. Officials will only record first place finishers. If other place times are requested by coaches, they may provide the time(s) to be certified by officials.

4. Score Table

- A. For varsity games, the official timekeeper and official scorekeeper, when possible should be a faculty member or other competent and responsible adult. The official timekeeper and official scorekeeper are the responsibility of the home team .

5. Bench/Sideline Protocol

- A. The coaching staff is personally responsible for the conduct of his or her players at home and away contests.

6. Postponement

- A. Postponement of games is up to the home team.
- B. The home team is responsible to notify all parties involved.
- C. The rescheduling of a game must be by mutual consent of the teams involved on the next available playing date, including Saturdays.

7. Officials

- A. In the event that the correct number of officials are not present, the game can proceed only if there is a **mutual agreement** between both schools.

8. End of the season meeting:

- A. The meeting must be held at least one week prior to the date of the championship game.
- B. Coaches must attend any meeting called by the sport chairman and must complete any forms requested. Forms include All Star nominations, officials' ratings, etc.
- C. Each team **MUST** be represented by the head coach or the head coach's designee (to be approved by the school's athletic director or principal). If a school is not represented a fine of \$50 will be assessed to the school.
- D. One outstanding MVC male swimmer and one outstanding MVC female swimmer award will be given at the Championship Meet. Nominees should be listed on a 3X5 index card with the swimmer's name, grade, school and a listing of the individual's times in five events and a list of where each time was performed. All times must have been performed in MVC competition from the opening of the season to the date of the designated All-Star selection meeting. NISCA Power Points will be used to determine the recipient of the awards. If a tie still occurs after the second vote, "Co-MVPs" will be named. A plaque will be awarded to the MVP(s).

9. Playoff/Championship:

- A. A Championship Meet will be held
- B. A meeting will be held prior to the championship to determine seeding for the athletes
- C. Medals will be awarded to the top three place winners in each event at the Mountain Valley Conference Swim Meet.

10. Reporting Game Results:

- a. The home team will report game results to the following media:

The Morning Call

1-800-999-5625

(610) 820-6558

Fax: (610) 820-8654

Pocono Record

1-800-756-4237

(570) 421-3000

Fax: (570) 421-6284

The Express Times

1-800-360-3601

(610) 258-7171

Fax: (610) 258-7130

Times News of Lehigh

1-800-443-0377

(610) 377-2051

Fax: (610) 826-9608

MVC League Statistician

Email: bross@stroudsburg.k12.pa.us

Fax: (570) 424-0789