

Purpose: It has been brought to the league's attention that there is a need for clarification around how our eligibility rule applies to swimmers who compete on high school teams. The purpose of this FAQ page is to help clarify how the rule is applied so that swimmers who desire to swim in BVSSL can maintain their eligibility for the league.

BVSSL Bylaws: Article IV Section 5:

Swimmers may work out on their own at any time during the year. A swimmer may swim with a year-round team and compete in meets from the end of the BVSSL season through October 31st of that same year. From November 1 through the end of BVSSL season, unrestricted coached swimming is allowed three days per week, but competing with teams outside of BVSSL teams is not permitted. The only exception is that school swimmers may swim and compete with their school team during the regular school swim season without restriction. Swimmers may also participate in other water sports. A swimmer who competes in swimming at college after October 31 (as a club or team sport) is not eligible to return and swim in the BVSSL. Violations of this section will cause a swimmer to be ineligible to compete (other than as exhibition) in BVSSL the following summer.

Frequently Asked Questions

Can high school-aged swimmers participate in non-mandatory pre-season practices hosted by their school team to prepare for the high school season?

- Yes, high school swimmers can participate in all workouts/practices offered by their high school team leading up to the high school season. However, if there are more than three workouts per week after 10/31, these workouts should be specifically for the high school team and not part of a year-round program.
- Once the State Championship meet has been held (February for girls, May for boys), BVSSL swimmers cannot swim in more than three coached practices per week.

Are high school swimmers limited to three practices per week during the high school season?

- No, high school swimmers may participate in all high school practices with their school team during the official swim season without restriction.
- After the season ends, high school aged swimmers are limited to three practices per week.

Are high school athletes able to swim in competitions after October 31st?

- Yes, high school swimmers are allowed to compete in CHSSA-sponsored meets. However, they are still beholden to the same BVSSL rules regarding non-high school meets and cannot compete in those while maintaining their BVSSL eligibility.

What does unrestricted coached swimming mean?

- Unrestricted coached swimming is a practice/workout led by a coach.
- This is permitted in unlimited amounts from the end of the BVSSL season to Oct. 31st
- After Oct. 31st until the end of the BVSSL season, unrestricted coached swimming is permitted up to three days per week.
- High school practices are the exception to the three days per week rule after Oct. 31st. High school swimmers can participate in all pre-season and in-season practices with their high school team.

If you have read this document and have additional questions, please reach out to your team's head coach, and they will help you find an answer.

For reference from the CHSAA Bylaws:

ARTICLE 43: SWIMMING AND DIVING

4300.	SEASON OF SPORT
4300.1	GIRLS — The girls' Swimming and Diving sports season shall begin on the Monday of Week 19 (NFHS calendar). The first scrimmage date shall be on the Saturday of Week 19, and the first competition shall be on the Thursday of Week 20. The season shall run until the final state championships.
4300.2	BOYS — The boys' Swimming and Diving sports season shall begin on the Monday of Week 34 (NFHS calendar). The first scrimmage date shall be on the Saturday of Week 34, and the first competition shall be on the Thursday of Week 35. The season shall run until the final state championships.
4310.	MAXIMUM MEETS INDIVIDUAL
	No student may swim in more than 11 scheduled meets during the Swimming and Diving season exclusive of the conference and state meets.
4320.	LENGTH OF SEASON
	No member school shall permit its Swimming and Diving team to compete after the state championship meet. EXCEPTION: An individual student or team may represent a member school in a contest(s) outside the competitive sports season in recognized national events and with the written permission from the school's principal and the CHSAA office.