

MTHSSA Policies, Procedures, & Programs

updated August 2024

Note: This document compiles legislation passed by the MTHSSA membership. Additions and changes may be made at the fall Annual Meeting by proposal passed by majority vote, in accordance with the MTHSSA By-Laws.

Questions? Contact the MTHSSA Board:

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Contents

- I. Registration & Eligibility
- II. Dual Meet Format & Scoring
- III. Divisions & Division Awards
- IV. Championship Meets
- V. Season Awards
- VI. Banquet

I. Registration & Eligibility

Registration: To register, a team must submit a complete roster and a payment of \$2 per swimmer to the MTHSSA treasurer, Polly Linden, at the address below. Registration should be submitted before **December 1**. If a team registers after December 1, they must pay an additional \$25 late registration fee. Registration will not be accepted after the final deadline of **January 5**. (For middle school co-ops, see additional registration requirements below.)

Send Registration To: MTHSSA c/o Polly Linden
PO Box 92081
Nashville, TN 37209

Eligibility: The geographic territory of MTHSSA includes all counties east of the Tennessee River, including Henry County, and west of the Cumberland Plateau, including Cumberland County. High schools and middle schools in the geographic territory, including home schools as recognized in Article XXI of the MTHSSA By-Laws, are eligible for membership.

Special Circumstance – Middle School “Same Building” Policy:

It is preferred that a MS team comprising grades 5-8 be formed of students housed in the same school building. However, there are now several special school districts that separate grades 5-6

and grades 7-8 into different buildings with different principals. In these cases, the member school where students in said grades participate together on other combined athletic teams may participate together as one team and may select their team name as needed. This policy is subject to review by the MTHSSA Board on an annual basis.

Special Circumstance – Formation of Middle School “Co-Ops”:

The MTHSSA defines a “team” as “4 boys OR 4 girls.” Any middle school (including all boys and girls on the swimming & diving team at that school) that does not meet the MTHSSA definition of a team is eligible to “co-op” following the policy below, for the purpose of competing at the MTHSSA Middle School Championship meet. (Note: no school is required to form a co-op in order to compete in the middle school championship.)

Schools in the same county may combine up until they meet the MTHSSA definition of a team (“4 boys OR 4 girls”). If the combination of any two schools in a co-op arrangement meets the definition of a team, a third school may not be added. Membership may not be denied to a swimmer who applies for membership for the sake of preserving a co-op arrangement.

Teams wishing to compete as a co-op in the MTHSSA Middle School Championship meet **MUST** register AS A CO-OP by the registration deadline established for all MTHSSA members.

Co-op teams must register by completing the co-op registration form available on the MTHSSA website (mthssa.net) and including payment of the registration fee. The name of the co-op should follow the format “SCHOOL 1 – SCHOOL 2.”

II. Dual Meet Format & Scoring

Events: For all regular season dual meets among teams in MTHSSA that contribute to divisional awards, the following events should be contested and scored, except as determined by mutual agreement among coaches before competition:

- 200 Medley Relay
- 200 Freestyle
- 200 Individual Medley
- 50 Freestyle
- 1-Meter Diving
- 100 Butterfly
- 100 Freestyle
- 500 Freestyle
- 200 Freestyle Relay
- 100 Backstroke
- 100 Breaststroke
- 400 Freestyle Relay

Scoring: For all regular season dual meets among teams in MTHSSA that contribute to divisional awards, scoring should be done following the NFHS guidelines for 6 lane dual meets.

Individual Events: top 5 places score as 6-4-3-2-1 (limit of three scorers per team)

Relay Events: top 3 places score as 8-4-2 (limit of two scoring relays per team)

Entries: Athletes may enter up to 4 events (either two individual events and two relays, or one individual event and three relays). For all events, all entrants are eligible to score, regardless of what heat they compete in. Coaches should not designate entries as “scoring” or “exhibition” prior to competition. Relays and competitors in individual events will only be marked “exhibition” in final results as required by the scoring guidelines above. Coaches do not need to limit the total number of entries in an event, except as determined by mutual agreement beforehand. (Typically, this would be done for longer races in the interest of time).

III. Divisions & Division Awards

High School Divisions:

Division assignments will be made by the MTHSSA Vice President, with input from the division representatives, and presented at the spring General Meeting. Division assignments will be shared with membership by June 1.

Determination of Division Awards:

In order to be eligible for Divisional Awards, teams must have competed against every team in the division at least once in a regular divisional dual meet format. All teams which compete against each other multiple times throughout the season should, by mutual agreement of the coaches, designate which meet is to be considered the “official competition” for purposes of the divisional awards.

The divisional champion awards will be given to the boys, girls, and combined teams that have the best win-loss record. The divisional runner-up awards will be given to the next highest boys, girls, and combined teams. In the event that two teams have identical records, the winner of the dual meet between Teams A and B will determine the divisional winner. If this tiebreaker is tested and there is still a tie (if both teams had identical win-loss records AND tied their dual meet) then MTHSSA will consider this a true tie, and both teams will be awarded the division champion or runner-up award. In the event that there are co-champions, no runner-up award will be given.

In the event that three or more teams have identical records, the team with the best record in meets between the teams in question will be named the divisional winner. If this tiebreaker is tested and there is still a tie (ie, if the teams have identical records in their meets against each other), then the team that scored the most points (ie, highest cumulative point-total) in all dual meets against the other teams in the tie will be the divisional winner. If this tiebreaker is tested

and there is still a tie (ie, two or more teams have the same point-total in relevant meets), then MTHSSA will consider this a true tie, and all tied teams will be awarded the division champion or runner-up award.

Reporting Results:

- All coaches should submit meet scores and results to their division representative within 48 hours of the conclusion of divisional dual meets. Scores and results should be available for boys, girls, and combined team scoring.
- The division representative will report the win-loss records for each team to the MTHSSA Board at the conclusion of the dual meet season (no later than the day of the HS Region meet).
- The MTHSSA Board will post the divisional champions and runners-up no later than the start of the state meet. All disputes regarding divisional dual meets should be brought to the attention of the board AND the divisional representative in question.

IV. A. High School Championship Meet

Qualifying Times:

BOYS		EVENT	GIRLS	
SCY	SCM		SCY	SCM
n/a	n/a	200 Medley Relay	n/a	n/a
2:19.99	2:35.19	200 Freestyle	2:34.99	2:51.79
2:44.99	2:17.49	200 IM	2:54.99	3:14.29
26.49	29.59	50 Freestyle	29.99	33.59
1:16.99	1:25.79	100 Butterfly	1:24.99	1:34.49
1:01.99	1:08.89	100 Freestyle	1:07.99	1:15.69
6:19.99	5:33.69 (400)	500 Freestyle	6:39.99	5:50.89 (400)
n/a	n/a	200 Freestyle Relay	n/a	n/a
1:14.99	1:23.39	100 Backstroke	1:18.99	1:27.79
1:20.49	1:29.39	100 Breaststroke	1:29.99	1:40.09
n/a	n/a	400 Freestyle Relay	n/a	n/a

Note: the qualifying period for each season begins on September 1.

Special Note – Relays: Each team is allowed one scoring relay per relay event and may enter one additional non-scoring “B” relay. Any relay (“A” or “B”) entered must have at least one Region qualifier (a swimmer with an individual qualifying time). “Relay-only” swimmers (swimmers who do not have an individual qualifying time) must be listed on the entry as relay-only swimmers. “Relay-only” swimmers may be used on EITHER the “A” or “B” relay. Each school/team may enter a maximum of **two (2) men and two (2) women** as “Relay Only” swimmers. If entering relay-only swimmers, follow instructions from Hy-Tek:

1. Go to Meets > Entries > Entry by Event
2. Select a Relay Event

3. In Swim for Team Box select a Team
4. Click New Relay to add relay or select an existing relay
5. Right click on “Entrd” box after swimmer's name
6. Question will come up - Add *Name of Swimmer* to the meet as a Relay Only Swimmer?
7. Click Yes

IV. B. Middle School Championship Meet

Qualifying Times:

EVENT	SCY	SCM
200 Medley Relay	n/a	n/a
200 Freestyle	2:54.99	3:13.89
200 IM	3:14.99	3:36.69
50 Freestyle	35.99	40.39
100 Butterfly	1:49.99	2:02.59
100 Freestyle	1:18.99	1:27.89
500 Freestyle	7:29.99	6:35.09 (400)
200 Freestyle Relay	n/a	n/a
100 Backstroke	1:31.99	1:42.29
100 Breaststroke	1:37.99	1:48.99
400 Freestyle Relay	n/a	n/a

Note: the qualifying period for each season begins on September 1.

Special Note – Relays: Each team is allowed one scoring relay per relay event and may enter one additional non-scoring “B” relay. A team may bring up to two “relay-only” swimmers (swimmers who do not have an individual qualifying time for the meet) to compete on either ‘A’ or ‘B’ relays. Relay-only swimmers should be included in the team’s entry file for the meet. See section IV A above for instructions to enter relay-only swimmers in Hy-Tek.

Special Note – NFHS Rules: The meet is conducted under the rules of the most current National Federation rulebook, with the exception that competitors who fail to compete in an event in which they have been officially entered will NOT be disqualified from all further competition as required by NFHS rule 3.2.2. Instead, the competitor will be disqualified from that event only.

V. Season Awards

All Region Awards, First & Second Team:

The All Region swimmers are determined based on their points scored at the Region meet in individual events only (no relay performances are included). The top 8 boys and girls will be recognized as “First Team All MTHSSA”, and swimmers 9-16 will be recognized as “Second Team All MTHSSA.”

- Tiebreaker #1: In the event of a tie, the highest individual place finish in a single event determines the winner (Example: Swimmer A finishes 2nd in one event and 4th in another, earning 32 points. Swimmer B finishes 3rd in two events, also earning 32 points. Swimmer A wins the tiebreaker).
- Tiebreaker #2: In the event that the first tiebreaker criteria is met, the cumulative NISCA Powerpoint total for both swimmers should be calculated. The swimmer with the highest Powerpoint total wins.
- Tiebreaker #3: In the event that the first and second tiebreaker criteria are met, the higher NISCA individual Powerpoint total for a single event will be considered.

If all three tiebreaker criteria do not resolve a tie, MTHSSA will award both swimmers in the identical place. But unless the #16 and #17 swimmers represent the tie in question, MTHSSA will not recognize more than 16 swimmers as All Region.

Swimmers of the Year:

The Swimmer of the Year is determined by the best performance of an individual representing a MTHSSA school at the STATE meet. The priorities for selection to this award are, in order:

- 1) breaking two state meet records
- 2) breaking a state meet record
- 3) winning two individual events
- 4) winning one individual event
- 5) the highest individual finish

In the event of a tie in any of these criteria, ties will be resolved using the NISCA Powerpoint tables for both events.

Note: The Swimmer of the Year is NOT a member of the All Region team. In the (likely) event that the Swimmer of the Year would have been represented among the All Region team, MTHSSA will promote the #17 swimmer (first alternate) to the All Region team and will promote the #9 swimmer from second team to first team.

Divers of the Year:

The divers of the year will be determined by state meet performances. The highest individual finishers (boy and girl) will be named Divers of the Year.

Coaches of the Year:

Each divisional representative will be responsible for collecting nominations or votes for Boys' and Girls' Coaches of the Year to the MTHSSA Board, along with a short explanation of why the division has chosen to nominate a particular individual. The MTHSSA board will make a determination based on the information presented.

Tom Fay Award:

The MTHSSA Board presents the Tom Fay award to a member of the MTHSSA community whose long-term contributions and service have reflected Tom's dedication to, and support of, the sport of interscholastic swimming in Middle Tennessee. Nominations may be submitted to the MTHSSA Board until the start of the state meet. The MTHSSA Board reserves the right not to present the award in a year when there is no clear honoree.

VI. Banquet

The MTHSSA Banquet is held after the conclusion of each season and is hosted by a member school. At the banquet, the board will recognize the following:

- all seniors from member teams,
- all seniors planning to swim in college,
- NISCA Academic All Americans,
- NISCA All Americans (Consideration & Automatic AA times),
- Division Champions & Runners-Up,
- All Region honorees (First & Second teams),
- Swimmers of the Year (men's & women's),
- Divers of the Year (men's & women's),
- Coaches of the Year (men's & women's),
- Tom Fay Award honoree (if awarded).

Cost of attendance is \$10 per person (swimmer, parent, or coach).