



Swimming (B&G) Sport Handbook

Winter of 2025-26

Section 1: Rules

- A. All contests under the jurisdiction of the RIIL shall be played according to the National Federation of State High School Association Rules, except for any special rulings adopted by the RIIL and listed in this handbook below.
- B. The RIIL strongly recommends head coaches/officials obtain a copy of the most recent NFHS Rulebook.

Section 2: Mandatory Coaches Certification & Continuing Education

- A. ALL Coaches must be appointed by their School Administration and upload their valid certificates to the Coaches' Certification website below. A coach is any adult with access to student-athletes through an education-based athletic program.
 - a. Including, but not limited to: Volunteer Coaches, Assistant Coaches, and Head Coaches.
- B. Coaching Requirements: Article 13
- C. Coaching Out of Season Rules: Article 7, Section 8
- D. Rules on Recruitment: Article 3, Section 11
- E. Sportsmanship Expectations for Coaches: Article 12, Section 3

Section 3: Medical Coverage/Emergency Action Plans

- A. Medical Coverage should be provided by the host school, be in attendance and on duty for the duration of all interscholastic scrimmages and games during the regular season and all tournament round games. The medical personnel must introduce themselves to both coaches and referee prior to the start of the game.
 - a. Pre-Game Safety Checklist
- B. Schools are responsible for providing Medical Coverage for their team throughout the playoffs, including the Semis and Finals/Championships.
- C. Home team medical coverage shall be responsible for both teams unless the visiting school provides its own medical coverage.

D. Levels of Medical Coverage:

<i>Medical Professional Legal Limitations</i>
<ul style="list-style-type: none"> A. Education/Schooling/Training & Licensure B. Scope of Practice C. Able to Return to Play
Medical Doctors-MD/DO or Advanced Practice Provider-NP/PA
<ul style="list-style-type: none"> A. Advanced degree (Medical School/Successfully passed the licensing board, and RI Licensed) B. Preventative Care, On field Evaluation, Immediate Care, Diagnosis C. Can they Return to Play – Yes
Athletic Trainer (RI Licensed)
<ul style="list-style-type: none"> A. Minimum Bachelor's Degree (Successfully pass the BOC exam, and RI licensed) B. Preventative Care, On field Evaluation, Immediate Care, Assessment of injury, referral for further diagnosis C. Can they Return to Play during a game/contest? – YES
Physical Therapist (RI Licensed)
<ul style="list-style-type: none"> A. Degree varies from BS, MS to DPT (Successfully pass the board exam, and RI licensed.) B. Preventative Care, Rehabilitation, Orthopedic exam evaluation C. Can they Return to Play during a game/contest? – NO
Physical Therapist w/ Orthopedic Clinical Specialist (OCS) credential (RI Licensed)
<ul style="list-style-type: none"> A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the OCS exam, and RI licensed) B. Rehabilitation, Orthopedic exam evaluation. On the field coverage - not qualified, no emergency training incorporated into initial certification or required to be annually updated. C. Can they Return to Play – NO (During a Game/Contest), Yes (In Clinical Setting)
Physical Therapists w/ Sports Certified Specialist (SCS) credential (RI Licensed)
<ul style="list-style-type: none"> A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the SCS exam, and RI licensed) B. Rehabilitation, Orthopedic exam evaluation. On-the-field coverage – Qualified C. Can they Return to Play during a game/contest? – YES
EMT - Basic, Intermediate & Paramedic
<ul style="list-style-type: none"> A. Successfully complete the EMT program, pass the board exam, and RI licensed) B. Emergency care C. Can they Return to Play during a game/contest? - NO, per RI EMS laws/regulations/protocols
School Nurse (RN)
<ul style="list-style-type: none"> A. Successful completion of a nursing program (Successfully pass the board exam, and RI licensed) B. Emergency care, referral for further treatment/diagnosis C. Can they Return to Play during a game/contest? – NO

- E. The judgment of the medical person will be final with regard to the medical condition of a player. No player may continue to play against the medical person's advice under any circumstance.
- F. An Emergency Action Plan with clearly defined written and practice protocols as required by RI General Laws must be developed and in place at every high school.
 - a. When possible, an athletic trainer should be present at all practices and games. An athletic trainer is a key component in any strategy to minimize injury risk and optimize safety for all participants.
 - b. *Rationale*: An effective emergency action plan (EAP) must be in place as a prompt and appropriate response to any emergency situation that can save a life. The EAP should be designed and practiced to address all teams (freshman, junior varsity, and varsity) and all practice and game sites.

Section 4: General Regulations for all Sports

- A. Heat Acclimatization: RIIL R&R Article 7, Section 3
- B. Definition of a Game/Scrimmage: RIIL R&R Article 7, Section 2
- C. Coaching Out of Season Rules: RIIL R&R Article 7, Section 8
- D. Use of Equipment During the Summer: RIIL R&R Article 6, Section 13
- E. Sportsmanship Expectations for Coaches, Student-Athletes, & Spectators: RIIL R&R Art. 12, Sect. 3
- F. Loyalty to Home School: RIIL R&R Article 7, Section 7
- G. National Events: RIIL R&R Article 7, Section 11
- H. Penalties for Ejections: RIIL R&R Article 6, Section 7
- I. Protest Procedure: RIIL R&R Article 5
- J. Penalty for Late Entries into the Indoor T&F Championships: RIIL R&R Article 6, Section 18

Section 5: Sport Advisory Committee

- A. Each Sport Advisory Committee is comprised of Member School Administrators, Athletic Directors, Coaches, Officials, and other relevant individuals who work with and report to the RIIL on all matters concerning their sport.
- B. Girls Basketball Sport Advisory Committee Membership:

Committee Role	Member	School & Position
Sport Director	Cindy Bowden	
PCOA Representative	Chip McGair	South Kingstown Principal
Co-Director (RIIAAA)	Jamey Vetelino	Westerly Athletic Director
Athletic Director	Bobby Palazzo	Classical Athletic Director
Athletic Director	Kelly Moniz	Prout
Athletic Director	Mike Traficante	Cranston
Head Coach	Dave Hansen	Hendricken
Head Coach	Eileen Sweeney	Moses Brown
Head Coach	Joe Murray	Classical
Head Coach	Rebecca Duggan	Middletown
Official	Scott Hassell	
Official	Jamie O'Brien	

- C. The 2024-25 and 2025-26 Alignment received the following endorsements & approvals:
 - a. Sport Committee Approval: 04/29/24
 - b. Survey of all Member Schools: 05/03/24
 - c. RIIAAA E-Board Approval: 05/17/24
 - d. PCOA Approval: 06/17/24

Section 6: Season Dates (All dates are subject to change):

A. Important Dates:

School Year	2025-26
Sport	Swimming
Gender	Boys & Girls
Start Date	Monday, December 1, 2025
Days in the Preseason	10
Games Can Begin	Thursday, December 11, 2025
Week #1 Begins On	Monday, December 15, 2025
Week #2 Begins On	Monday, December 22, 2025
Week #3 Begins On	Monday, December 29, 2025
Week #4 Begins On	Monday, January 5, 2026
Week #5 Begins On	Monday, January 12, 2026
Week #6 Begins On	Monday, January 19, 2026
Week #7 Begins On	Monday, January 26, 2026
Week #8 Begins On	Monday, February 2, 2026
Last Day of the Regular Season	Friday, February 6, 2026
Days in the Postseason	30
Championships Concluded By	Sunday, March 8, 2026

A. Postseason:

a. Divisional Championships:

- i. Scheduled annually on the weekend of Presidents' Day
- ii. Location: Roger Williams University
- iii. Date in 2025-26: beginning on Friday, February 13, 2026

b. State Championship:

- i. Scheduled annually 2-3 weekends after the Division Championship
- ii. Location: Katherine Coleman Aquatics Center at Brown
- iii. Date in 2025-26: Saturday, March 7, 2026

B. Divisions:

Division 1		
Team	Girls Teams (9)	Boys Team (9)
Barrington	X	X
Bishop Hendricken		X
Classical	X	X
Cumberland	X	X
La Salle	X	X
Lincoln HS	X	X
Moses Brown	X	X
Narragansett/South Kingstown Co-op	X	
North Kingstown	X	X
Prout	X	
Prout/SK/Char/Narr Co-op		X
Division 2		
Team	Girls Teams (8)	Boys Team (6)
Cranston East/West Co-op	X	X
East Greenwich	X	X
Lincoln School - Providence	X	
North Prov./Smithfield/No.Smith Co-op	X	X
Portsmouth	X	X
PCD/St.Rays Co-op	X	X
St. Mary's Bay View	X	
Westerly/Chariho Co-op	X	X
Division 2		
Team	Girls Teams (7)	Boys Team (5)
BVP/CF/Pawt. Co-op	X	X
Burrillville/Scituate Co-op	X	
East Providence	X	X
Middletown/Rogers Co-op	X	X
Mt. Hope	X	X
Pilgrim	X	
Toll Gate	X	
Pilgrim/Toll Gate Co-op		X

C. Regular Season Format

- a. Game Cap: 14 meets
- b. Total of 7-9 Regular Season Swim Meets per school.
- c. Swim Dual Gender Division Meets against every team in the division.
- d. Home teams shall set a date/time for all contests.
- e. If there is a conflict in the date/time of the contest with the visiting team(s) and mutual agreement cannot be reached, the visiting school Principal/Athletic Director shall submit a **written request** to the RILL to review the circumstances of the disagreement and render a decision. **This must be done prior to the submission of the Home Confirmation Schedule.**
- f. Once the Home Confirmation Schedule is submitted, changes will not be allowed unless there are extenuating circumstances.

D. Score Reporting for all Regular Season and Postseason League Games: In accordance with Article 6, Section 14, all contest scores are to be reported on-line on the RILL Website. Coaches obtain access to the system through their Athletic Director.

E. It shall be the responsibility of school officials/administrators/supervisors to provide a safe and secure environment for the teams and officials by ensuring the playing field and sidelines are continuously cleared of **everyone** except certified & appointed coaches, team managers/scorers, student-athletes, medical personnel, and school designated personnel. Media are allowed with prior permission of the host school.

F. Home teams shall set a date/time for all contests.

- a. If there is a conflict in the date/time of the contest with the visiting team(s) and mutual agreement cannot be reached, the visiting school Principal/Athletic Director shall submit a **written request** to the RILL to review the circumstances of the disagreement and render a decision. **This must be done prior to the submission of the Home Confirmation Schedule.**
- b. Once the Home Confirmation Schedule is submitted, changes will not be allowed unless there are extenuating circumstances.

F. Postponement of Regular Season Varsity Games after the confirmation deadline:

- a. Where unusual circumstances prevail or where weather conditions are unfavorable, a game may be postponed by mutual consent of the Principals and/or Athletic Directors
- b. Postponed games shall be rescheduled to the next day when the teams, facility, and officials are available.
 - i. Includes weekends and/or school vacations.
 - ii. League games must take precedent over non-league games or lesser events
 - iii. Rescheduled games must be within all other guidelines contained in this handbook and the RILL Rules & Regulations.
- c. Additional Officials Fees for Games Changed within Two Weeks of original date/time:
Article 6, Section 5

G. Practice Limitations:

- a. Preseason Practice Limitations are also located in Heat Acclimatization: Article 7, Section 3
- b. Scrimmages allowed after 5 days of practice
- c. Games allowed after 10 days of practice

Section 7: Postseason Qualification & Format:

- Division Qualifying:
 - Division entries are open to all athletes as entered by the School
 - 4 entries per school per individual event and one relay entry per school
 - Individual Athletes can compete in a max of 4 events including no more than 2 individual events
 - Head Coaches should only enter swimmers with seed times
 - Each Division Championship is scored as a Timed Final Meet
- State Qualifying:
 - Athletes qualify for states based on a time standard in each event and entry by the School
 - Event qualifying standards will be determined by the Sport Advisory Committee and will closely resemble those used during the previous season
 - Entry Deadline for Coaches shall be two weeks prior to the State Championship
 - 4 entries per school per individual event and one relay entry per school
 - Individual Athletes can compete in a maximum of four events including no more than two individual events
 - State Championship is scored as a Timed Final Meet
 - 2025-26 Qualifying Times:

Girls	Event	Boys
No Time	200 Medley Relay	No Time
2:16.00	200 Free	2:06.00
2:32.00	200 Ind Medley	2:25.00
28.00	50 Free	25.00
1:13.00	100 Butterfly	1:03.00
1:01.00	100 Free	56.00
6:10.00	500 Free	5:55.00
No Time	200 Free Relay	No Time
1:10.00	100 Backstroke	1:08.00
1:18.00	100 Breaststroke	1:13.00
No Time	400 Free Relay	No Time

Section 8: RIIL Rules & Regulations Specific to Swimming

- A. **Rosters** shall be completed via the RIIL website and made available to the public no later than 10 days after the start of practice. Rosters must be updated when students are added/removed from the team. Rosters must include: full name and grade.
- B. **Uniforms:**
 - a. Schools shall consult the NFHS Rulebook for specific regulations pertaining to uniforms
- C. **RI Interscholastic Injury Fund:**
 - a. The Injury Fund is a non-profit organization separate from the RIIL.
 - i. Additional information can be found at: <http://www.injuryfund.org/>
 - b. The purpose of the nonprofit Injury Fund is to establish, raise, maintain and distribute funds to the athletic departments of high schools participating in the Rhode Island Interscholastic League. Distributions will be made to assist athletes, coaches or officials injured in sanctioned interscholastic competitions and practices with their medical expenses that exceed the amount paid by the injured party's primary, required medical insurance. Any and all financial assistance rendered by the RI Injury Fund to RIIL Member Schools shall be given purely on a voluntary basis and in such amounts and in such manner as the Board of Directors in its sole discretion shall determine.
 - c. Non-League competitions scheduled to spread awareness of and benefit the Injury Fund are allowed by RIIL Rules in addition to any stated game caps contained herein.
 - d. Students, Coaches, and Officials whose teams participate in an Injury Fund event in a given sport are covered by the Injury Fund
 - e. **Injury Fund Format:** Swimming will schedule one pre-season events with multiple teams present at a single location for all schools to participate.
- D. In the event a "playoff game" must be suspended because of conditions which make it impossible to continue to play, the game will be rescheduled and restarted from the exact point of the suspension of play.
- E. **Playoff Warmup:** Teams must be allowed no less than 20 minutes to warm up on the field prior to the start of any playoff game unless specific warmup procedures are contained elsewhere in this handbook.
- A. Adult Volunteers for timing or other purposes shall adhere to RIGL mandating a BCI check for volunteers in a school setting.

Section 9: Officials

- A. RIIL assigned official's authority extends to pre and post-game oversight. Fighting and unsportsmanlike penalties will always be within the authority of the officials at the contest site.
- B. Police protection, when necessary, must be provided by the home school. The home school is responsible for all crowd control measures. There is an urgent need for increasing vigilance in this

matter. Schools must make every effort to ensure that players, officials, and spectators are protected. The duties of the police will be determined and outlined by the home school.

- C. The home team should provide an adult game supervisor at all home events. An adult game supervisor must be present at ice hockey, basketball, field hockey, lacrosse, baseball, softball, football, soccer, volleyball and wrestling contests. The supervisor shall not be a student, nor a coach involved with the game. The supervisor shall identify themselves to the game officials thirty (30) minutes prior to the start of the game. The supervisor shall be responsible for game administration and crowd control. They should notify the police, and event staff to seek appropriate assistance when applicable. In the event of a problem, the Principal/Athletic Director must notify the RILL office the next day and submit a written report detailing the incident(s).