



Rule Changes

2019-20 NFHS SWIMMING AND DIVING





UNIFORMS

RULE 3.3

- **Rule 3-3** has been reorganized to identify penalties for specific uniform violations. No other changes were made to these rules.
- **Rule 3-3-1** recommends that all swimmers and divers wear suits of identical coloring and pattern.





UNIFORMS

RULE 3-3-2 - SUIT COVERAGE

- **Rule 3-3-2** contains all language addressing suit coverage:
 - Suits shall be of one piece;
 - A competitor shall not be permitted to participate wearing a suit that is not of decent appearance;
 - Boys shall wear suits which cover the buttocks and shall not extend above the waist or below the top of the kneecap;
 - Girls shall wear suits which cover the buttocks and breasts and shall not extend beyond the shoulders or below the top of the kneecap, nor cover the neck.





UNIFORMS

3-3-2 PENALTIES

■ 3-3-2 PENALTIES

When an official discovers a competitor wearing illegal attire as described in Article 2, the official shall:

- When observed prior to the start of the heat/dive, notify the coach of the competitor to make the swimsuit legal;
- When observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive;





UNIFORMS

RULE 3-3-3 - IMPROPER ATTIRE

- **Rule 3-3-3** addresses information that can be placed on the suit or cap:
 - Competitor's name, school name, school nickname or logo;
 - Advertising or name other than that permitted in 3-3-2c is prohibited;
 - Size of a single visible manufacturer's logo/trademark/reference;
 - Size of one American flag or memorial patch;
 - The FINA mark and/or individual barcode.





UNIFORMS

RULE 3-3-4 - TECH SUIT

- **Rule 3-3-4** addresses suit construction for swimmers (excluding divers):
 - Constructed of a woven/knit textile material;
 - Must be permeable except for one post-construction, school name and/or logo not to exceed 9 square inches;
 - May not aid buoyancy;
 - May not have fastening systems other than a waist tie for a brief or jammer and elastic material in the terminal ends.





UNIFORMS

3-3-3 AND 3-3-4 PENALTIES

- **Rule 3-3-3 and 3-3-4 PENALTIES:** When an official discovers a competitor wearing improper or illegal attire as described in Articles 3 and 4, the official shall:
 - When observed prior to the start of the heat/dive, notify the coach or the competitor to make the swimsuit legal;
 - When observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat;





UNIFORMS

OTHER

- The remaining articles have been renumbered:
 - **Rule 3-3-5** addresses speed, buoyancy, body compression and adhesives.
 - **Rule 3-3-6** requires coaches to verify that all competitors are legally attired.

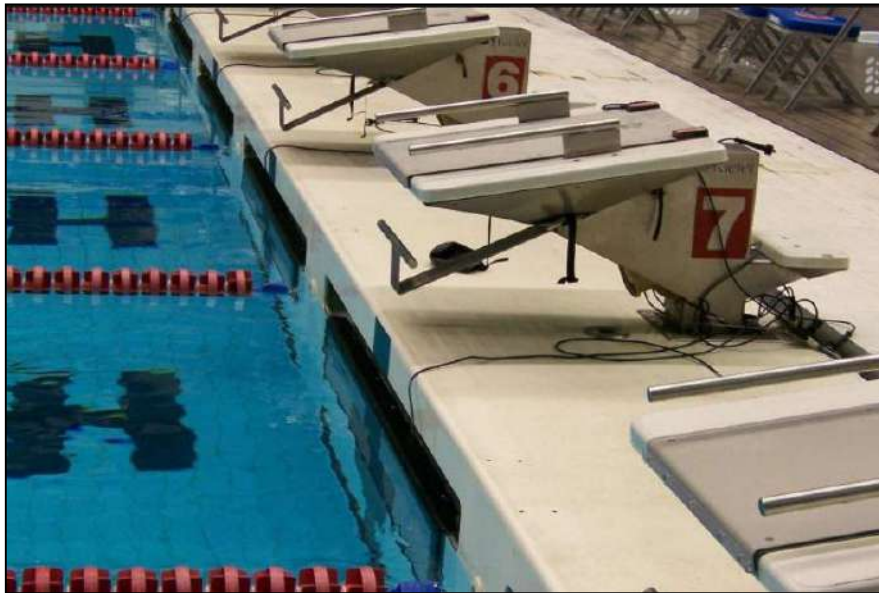




FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e

- **Rule 8-1-7:** To finish the race, the swimmer shall contact the finish end in the manner prescribed by the stroke.

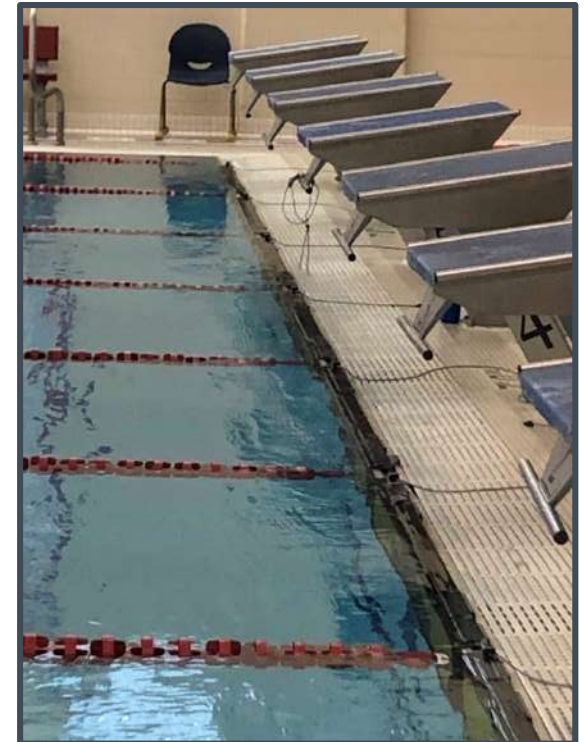




FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e

Rule 1-1-1: The end walls are the walls perpendicular to the race course.





FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e

- **Rule 8-2-1g**

The backstroke finish requires completion of the required distance and contact with the touchpad or finish end by any part of the swimmer with some part of the body at or above the surface.

- **Rule 8-2-2h**

The breaststroke finish requires completion of the required distance and contact with the touchpad or finish end with both hands simultaneously, not necessarily on the same plane.





FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e

- **Rule 8-2-3g**
The butterfly finish requires completion of the required distance and contact with the touchpad or finish end with both hands simultaneously, not necessarily on the same plane.
- **Rule 8-2-4e**
The freestyle finish requires completion of the required distance and contact with the touchpad or the finish end by any part of the swimmer.

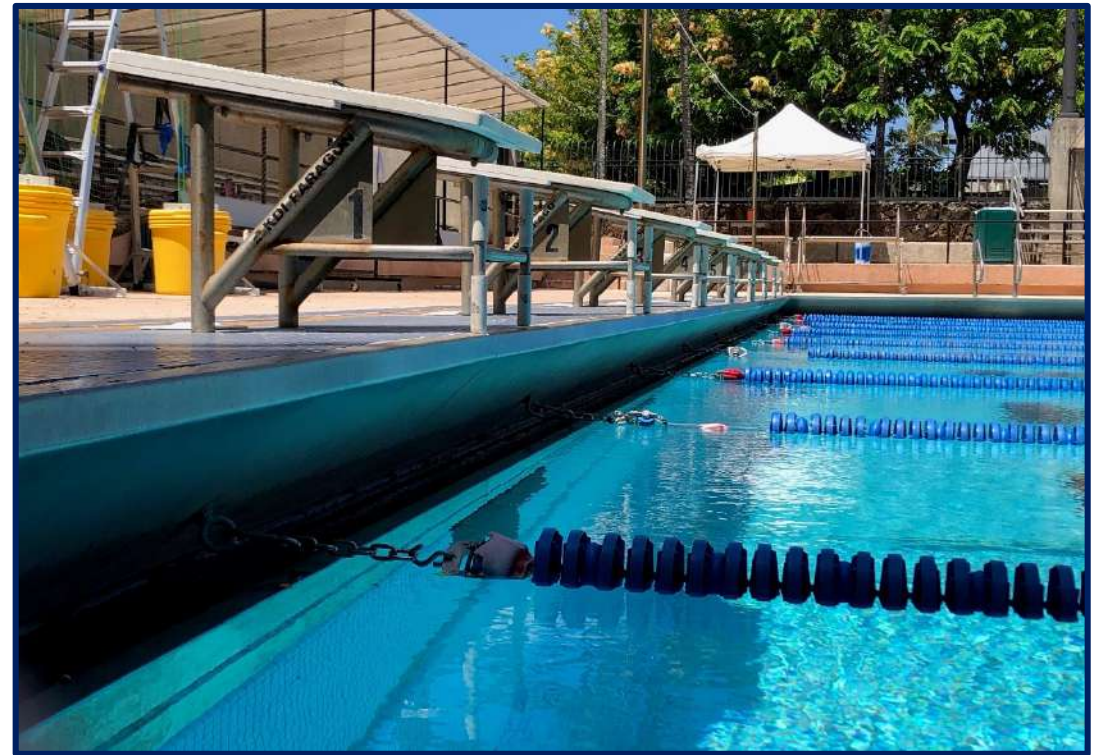




FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e, 8-3-5

- **Rule 8-3-5:** Each swimmer of a relay team must contact the finish end at the conclusion of his or her leg of the relay in accordance with the finish rule applicable to the stroke being swum.





CHOICE OF DIVES

9-4 TABLE

- The degree of difficulty of four dives has been changed:

Dive No.		T/C	P/B	S/A
BACK DIVES				
_____ 201	Back Dive	1.5	1.6	1.7
_____ 202	Back 1 SS.....	1.5	1.6	1.7
_____ 203	Back 1½ SS	2.0	2.3	2.5
_____ 204	Back 2 SS.....	2.0	2.3	—
_____ 205	Back 2½ SS	3.0	3.2	—
REVERSE DIVES				
_____ 301	Reverse Dive	1.6	1.7	1.8
_____ 302	Reverse 1 SS.....	1.6	1.7	1.8
_____ 303	Reverse 1½ SS	2.1	2.4	2.7
_____ 304	Reverse 2 SS.....	2.1	2.4	2.9
_____ 305	Reverse 2½ SS	3.0	3.2	—





FORM OF THE DIVES

9-5-6

- The flight shall be either in the:
 - a. straight position where the body shall not be bent either at the knees or hips. The feet shall be together and the toes pointed. The position of the arms is at the option of the diver;
 - b. pike position in which the body shall be bent at the hips, the legs must be kept straight at the knees, the feet shall be together, and the toes pointed. The position of the arms is at the option of the diver;
 - c. tuck position in which the body shall be compact, is bent at the knees and hips with the knees and feet close together within the bodyline of the shoulders. The hands shall be on the lower legs and the toes pointed;
 - d. free position in which a combination of positions may be used to perform twisting dives.





AWARDING POINTS

9-7-4 NOTE

- A dive is unsatisfactory if, in the diving referee's opinion:

NOTE: In a championship meet, the diving referee may consult with a designated member of the judging panel concerning a possible unsatisfactory dive.





Major Editorial Changes

2019-20 NFHS SWIMMING AND DIVING





AUTHORIZED OFFICIALS

4-1-2

- In championship meets ~~multi-team~~ meets, a meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during a meet. Judgment calls of officials are not subject to review by this committee. The decisions of the meet committee are final.





CHOICE OF DIVES

9-4-1d TABLE

- A row in the **Figure 9 Table** was omitted from the previous rule book and has been reinserted to Rule 9-4-1d.

No. of Contestants	Preliminaries	Semifinals	Finals
	(Performed in any order within each round of competition)		
1-32	2 vol. & 3 opt.	2 vol. & 1 opt.	1 vol. & 2 opt.

FIGURE 9

NOTE: When there are more than 32 divers entered, all divers should be permitted to complete the preliminaries (5 dives). However, the sponsoring organization has the right to reduce the field to 32 divers after three rounds. With the field thus reduced, the remaining two dives of the preliminaries are performed, followed by semifinals and finals.





Points of Emphasis

2019-20 NFHS SWIMMING AND DIVING





PREVENTING SHALLOW WATER BLACKOUT

- **How to Avoid Shallow Water Blackout**
 - Never hyperventilate
 - Never ignore the urge to breathe
 - Never swim alone
 - Never play breath holding games
 - No repetitive underwater laps





SUIT COVERAGE

- Suit Coverage:
 - Continues to be a focus;
 - Language addressing coverage and the protocol for addressing violations has been reorganized in the rules book;
 - Pre-meet coaches and athlete meetings requires the coach to verify that his/her athletes are properly and legally equipped;
 - Recommend that school administrators and coaches address suit coverage with parents and athletes during their pre-season meetings.





SUIT COVERAGE

NFHS Swimming and Diving Suit Coverage Resources

Pre-Season Meetings

Coaches and school administrators should take a proactive role and address suit coverage with parents and athletes during their pre-season meetings to specify that suits should be worn as the manufacturer intended. Athletes purchasing personal suits for competition should consider suits that comply with NFHS rules regarding appropriate coverage as well as design and decoration.

Established school dress codes can also be referenced in this context, as existing standards for student attire that may deal with a variety of issues and suit coverage can be included therein.

Coaches should select team suits that provide appropriate coverage as it pertains to NFHS rules. Permit different styles to be worn that will appropriately fit the various body sizes.

Outline reasonable guidelines that can be implemented by coaches and officials of appropriate suit fit. Consider competitive scenarios, but also strategies implementable by NFHS coaches regarding this issue in daily practices and meets.

Coaches or administrators can utilize a standard script during pre-season meetings. Coaches are placed in the difficult, and admittedly, uncomfortable position of speaking with athletes about covering up appropriately. The script will assist in starting the conversation and establishing expectations.

Provide illustrations of an appropriate and inappropriate fitted suits for males and females.

Coaches should be aware, and should articulate to athletes and parents, the reality that there are suits available on-line that are NOT legal for high school competition; many of those come with the FINA approval tag, but still are in violation of NFHS rules as to (a) size and number of manufacturer's logo and (b) body coverage.





SUIT COVERAGE

Pre-Meet Coach and Athlete Meetings

Pre-meet coach and athlete meetings have been mandated, which is an opportunity for the coach to verify that his/her athletes are properly and legally equipped AND an opportunity for captains/peers to consult with their teammates to ensure suits and caps meet rule guidelines.

Emphasize the role of the captains regarding these meetings. They are more in touch with what teammates are wearing and how they're wearing it AND it prompts questions before the fact about legality.

Talking Points

The NFHS is dedicated to providing a safe environment for its members and the swimming and diving community.

Education-based activities is a great platform that provides an opportunity to discuss appropriate behavior and attire.

Athletes serve as role models and representatives of their sport, school, and state association.

Shows support and pride for team and teammates.

Reflects positively on coaches and teammates.

Shows respect for yourself, and desire to present yourself in the best possible light.

Teaches young athletes the importance of presenting themselves in publicly appropriate attire.

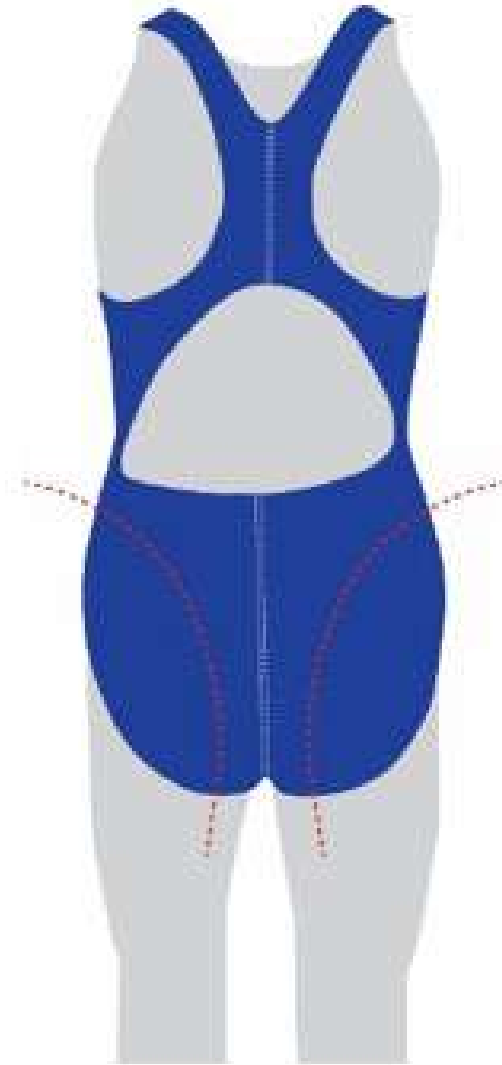
During practice and competition suits shall be worn in the appropriate size as dictated by that manufacturer's specifications for the athlete's body type and shall remain unaltered.

Boys shall wear suits which cover the buttocks, and girls shall wear suits which cover the buttocks and breasts.

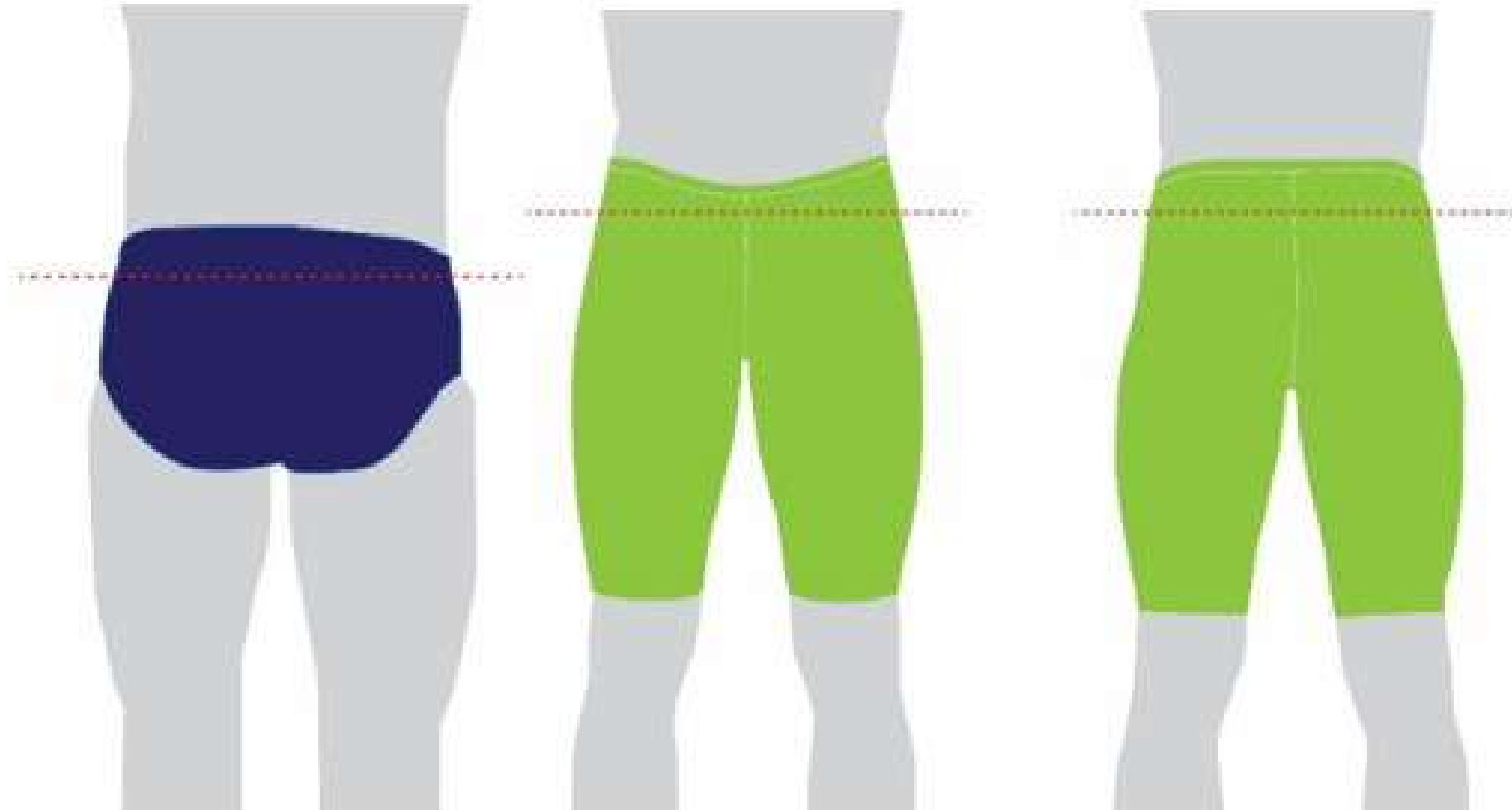
Athletes should be instructed to adjust their suit before exiting the pool. A common, objective phrase that has been recommended is "fix your suit".



Example of Appropriate and Inappropriate Female Suit Coverage (red dotted lines)



Example of Appropriate and Inappropriate Male Suit Coverage (red dotted lines)





ACCOMMODATIONS FOR STUDENTS WITH A DISABILITY

- Accommodations for Students With a Disability Updates:
 - Updated language for hearing and visual impairments;
 - Updated images of official's signals for forward and backstroke starts;
 - Updated images of modified starting positions;
 - Available in the 2019 NFHS Swimming Officials Guidelines Manual.





PRE-MEET CONFERENCE

- In situations where conducting a pre-meet conference is impractical:
 - State associations may determine an alternative method of compliance;
 - Topics that should be covered are listed in the NFHS Swimming Officials Guidelines Manual;
 - Must provide appropriate information for athletes, coaches, and meet officials to assure that the stated purposes for the pre-meet conference are met.





EXHIBITION COMPETITORS

1-2-3, 3-2-1c, 9-3-1

- **Rule 1-2-3:** Exhibition competitors are permitted unless state association policy determines otherwise. An exhibition competitor is a non-scoring contestant in a regularly scheduled and scored event.
- **Rule 3-1-2c:** Each team shall be permitted an equal number of additional entries in a pool with eight lanes or more.
- **Rule 9-3-1:** The number of team entries permitted in swimming and diving events shall be the same.





Resources

2019-20 NFHS SWIMMING AND DIVING





THANK YOU

National Federation of State High School Associations

PO Box 690 | Indianapolis, IN 46206

Phone: 317-972-6900 | Fax: 317.822.5700

www.nfhs.org | www.nfhslearn.com





DIAA / DSDOA

National Federation of State
High School Associations



Take Part. Get Set For Life.®

DIAA / DSDOA 2019-20 Procedures



SWIMMING ORDER

- In 2019-20 season, the Boys events will precede the Girls events at Dual meets
 - Meets with MD or PA teams
 - Swim in DE - communicate & agree on gender order
 - Swim in PA or MD - swim Girls then Boys





DIAA TOURNAMENT

- DIAA 2020 Tournament dates are –
 - Feb 26-27 for Prelims
 - Diving Prelims on Feb 25
 - February 29 for Championship Finals
- Entry deadline is **Tuesday, February 18**





MISC COMMANDS

- Whistle commands used for all Starts
- 'No Recall' false start rule will be in effect.
 - May DQ if race is recalled
- False Starts are single-confirmation at Dual meets
- Relay take-offs are single-confirmation at Dual meets





SCORERS PROCEDURES

- **Scoresheet** and **Entry Count** forms may not be filled-out prior to the start of the meet
- **Entry Count** form should list swimmers in alphabetic order (by last name)
- Both **Scoresheet** and **Entry Count** forms will be completed by Scorers during the Meet





ENTRY CONFIRMATION RULE 4.2.2A AND .2F

- Prior to each event, officials will confirm that the swimmers agree with the Entry Card
- **Entry Card is Official.** Swimmers may be exchanged to agree with the entry card if the change can be made without undue delay





DOUBLE- AND TRIPLE-DUAL MEETS

- Teams scoring against two other Teams at a Dual Meet **MUST** use the combined Scoresheet
 - Allows separate dual meets to be scored on the same Scoresheet
- Teams scoring against only one other Team may use standard Scoresheet
- Scoresheet and procedure is on the DIAA website
- Coaches coordinate with ADs
 - NOTE: Counts as multiple competitions regarding 15 competition limit



Boys

Date: 10/17/16

ADAMS 1.4

TRI MEET SCORE SHEET

School: WASHINGTON 3.6

School: JEFFERSON 2.5

EVENT	LN	SWIMMER	PL	TIME	SCORE	SCORE	TIME	PL	SWIMMER	LN	SCORE	SCORE	TIME	PL	SWIMMER	LN	EVENT
200 Medley Relay	4	A	4	2:15.34	3	6	2:12.50	2	A	3	3	6	2:10.00	1	A	2	200 Medley Relay
	1	B	5	2:16.20	4	6	2:16.22	6	B	6	3	7	2:12.40	3	B	5	
200 Free	1	R. SIMPSON	8	2:02.00	1	7	1:55.46	3	C. LYNDON	3	1	7	1:50.08	1	S. PALMER	2	200 Free
	4	J. CROWL	6	2:10.00	5	13	1:55.40	4	J. BALLANTYNE	6	4	14	1:50.38	2	D. LOWDEN	5	
200 I.M.																	200 I.M.
50 Free																	50 Free
Diving																	Diving
100 Fly																	100 Fly
100 Free																	100 Free
500 Free																	500 Free

2
3
4
1
6

INDIVIDUAL 4-3-1

Relay 6-3-1



DIAA TOURNAMENT

- Electronic entry for Tournament
 - Entries thru Direct Athletics
 - Deadline – **Tuesday, February 18**
 - ADs will have 24 hrs to review entries
- Qualifying times available in ‘yards’ and ‘meters’.
Times listed to hundredths.
- No change in QT from last year





QUALIFYING TIMES – 2020 TOURNAMENT

GIRLS

BOYS

<u>Meter</u>	<u>Yard</u>	<u>Event</u>		<u>Yard</u>	<u>Meter</u>
-	-	200 Medley Relay	-	-	-
2:30.09	2:15.49	200 Freestyle		2:05.29	2:18.79
2:48.79	2:32.09	200 Ind Medley		2:20.59	2:36.19
31.79	28.49	50 Freestyle		25.39	28.39
1:18.09	1:10.29	100 Butterfly		1:03.19	1:10.39
1:09.29	1:02.29	100 Freestyle		55.79	1:01.99
5:16.49	6:01.69	500 yd / 400 m Freestyle		5:44.19	5:01.09
-	-	200 Free Relay		-	-
1:18.29	1:10.49	100 Backstroke		1:04.99	1:12.19
1:29.69	1:20.69	100 Breaststroke		1:10.19	1:17.89
-	-	400 Free Relay		-	-





CONSIDERATION TIMES

- 'Consideration time' used to fill empty lanes in first heat of each event
- No additional heats will be created
- May be asked for 'proof-of-time'
- Teams are limited to four entries per event
- Consideration swimmers eligible to advance to Finals





FORMS AND PROCEDURES – AVAILABLE ON DIAA WEBSITE

- Coaches can print or download forms and procedures
 - DIAA site (sports => Winter sports => Swimming & Diving)*
 - Meet Guidelines for Coaches
 - "Coach Guidelines & Procedures"*
 - Tournament Qualifying Times
 - Score Sheets
 - Entry Count form
 - Double-dual Score Sheet and procedure
 - Diving Sheets (6- and 11-dive)
 - Voluntary Dives





STARTING 'WEDGES'

- Track-style starting platforms with wedges will not be available for the DIAA Tournament – there are no opportunities for teams to get experience with these devices.
- Back-stroke ledges are not allowed by NFHS rule





TOURNAMENT - DIVING

- Diving will be a non-scoring, medal event at the 2020 DIAA Tournament
- Diving will not be contested during the Swimming Preliminaries sessions
- *Unless a Conference determines otherwise, Diving will continue to be a scored event at dual competitions*





DIAA DIVING ALLOWANCE

In order for Divers to participate in more meets

- Divers may pre-dive at an earlier meet where diving is conducted.
- Diving Invitational meets are possible.
- Divers may participate as 'Exhibition' divers at another meet where diving is conducted.
 - AD of the 'hosting' facility must be notified.
 - A coach or school rep must be present.
 - Competing Teams must agree.





VOLUNTARY DIVE GROUP

2019-20

The list of Voluntary Dive Groups for each week of the season is available on the DIAA website – and will be sent to Diving coaches.





COACH ROSTER

- Be sure to include contact information in WebSites4Sports.com
- Or, send your name, phone number(s) and email address to: FK42@aol.com
- Thank you - and have a Great Season!

