WELCOME

2018 - 19DIAA – NFHS **Swimming & Diving Rules Clinic**





DIAA STAFF

- Thomas E. Neubauer, CMAA Executive Director
- Vacant Coordinator of Interscholastic Athletics Tina M. Bates Secretary



Main Number: 302-857-3365

DIAA PURPOSE

- to preserve and promote the <u>educational</u> significance of interscholastic athletics;
- to ensure that interscholastic sports remain compatible with the <u>educational</u> mission of the member schools;
- to provide for fair competition between member schools;
- to promote sportsmanship and ethical behavior;
- to establish and enforce standards of conduct for athletes, coaches, administrators, officials and spectators;
- · to protect the physical well-being of athletes; and
- to promote healthy adolescent lifestyles.





http://www.doe.k12.de.us/diaa

Starting point for <u>ALL</u> DIAA information and related links





DIAA-webpage



DIAA held their 15th Annual Student Leadership Conference



- VISION
 - The National Federation of State High School Associations (NFHS) is the national leader for education-based high school athletics and activities, which prepare tomorrow's leaders for the next level of life through innovative programs, healthy participation, achievement, and development of positive relationships.



- MISSION
 - The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase participation opportunities and promote sportsmanship.



- NFHS (located in Indianapolis, IN Est. 1920):
 - National leadership organization for high school sports and fine arts activities;
 - National authority on interscholastic activity programs;
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.





- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
 - Publishes 4 million pieces of materials annually.





NFHS RULES BOOK AS E-BOOKS

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Download from iTunes or Amazon

- E-books features:
 - Searchable
 - Highlight areas of interest
 - Make notes
 - Easy navigation
 - Adjustable viewing size
 - Immediate availability
 - FREE for all DIAA
 registered Officials



Rule Change Process

For Coach & Officials

http://www.nfhs.org/RuleChangeProposal

- NFHS Rule Questionnaire <u>March, 2019</u>
 - Yearly input from Coaches/Officials
 - <u>http://www.nfhs.org/sports-resource-</u> <u>content/nfhs-sport-questionnaires/</u>



NFHS.org





playing rules, uniforms, diagrams, articles

NFHS LEARNING CENTER WWW.NFHSLEARN.COM

Professional Development For ALL

- Coaches
- Officials
- Administrators
- Parents
- Students
- Performing Arts





WWW.NFHSLEARN.COM

FREE courses include:

SOCIAL MEDIA

- Bullying, Hazing and Inappropriate Behaviors
- Understanding Copyright and Compliance
- Hazing Prevention for Students
- Concussion in Sports
- Concussion for Students
- Heat Illness Prevention
- Sudden Cardiac Arrest
- Sportsmanship
- Coaching Unified Sports
- Positive Sport Parenting NCAA Eligibility



NFHS OFFICIALS EDUCATION SPORT-SPECIFIC COURSES

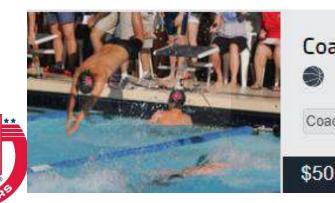
Courses Available **Free for registered DSDOA**



Officiating Swimming and Diving Sport Specific Course

> in

Official



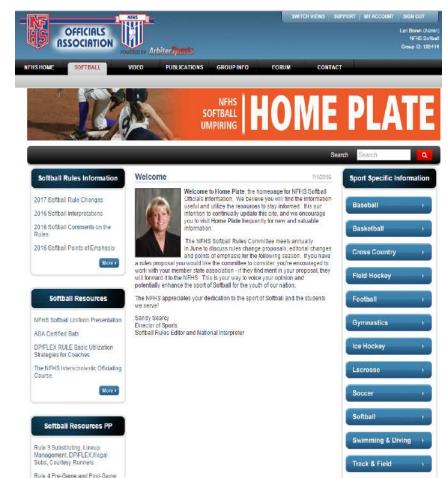
Coaching Swimming Sport Specific Course

Coach

NFHS Officials Association Central Hub

https://www.arbitersports.com

- Contains:
 - Sport information
 - Rules information
 - Rules library
 - Searchable rules book
 - Video content on officiating sport, competition situations and interpretations





Websites4Sports

Your School Site

WebSites4Sports.com

Coaches and A.D.s Updated and accurate information: schedules, rosters, scores, pictures





Sports Medicine

PPE – Medical Card (page 4)

COACHES: You <u>MUST</u> carry every athletes' Medical Card with you at ALL times.

PRACTICES & GAMES

This is page 4 from their Physical Forms [DIAA PPE]

SCHOOL ATHLETE MEDICAL CARD

(Parent/Guardian: please print and complete Sections 1, 2 & 3)

NAME	SPORT(S).					
AGE:GRADE:BI	RTH DATE:GU	JARDIAN NAME:				
ADDRESS:						
PHONE: (H)	(W)	(C)	(P)			
	contact in case of emergency:					
		PHONE(s):				
NAME:		_t notic(on				
NAME:		PHONE(s):				
NAME:		PHONE(s):				
NAME: Preference of Physician (and	d permission to contact if need	PHONE(s): ed):				
NAME: Preference of Physician (and NAME:	d permission to contact if need	PHONE(s):ed):PHONE:				

	Section 2: MEDICAL INFORMATION	
MEDICAL ILLNESSES:		
LAST TETANUS (mo/yr):	ALLERGIES	
MEDICATIONS:		
(any medications that may be take	n during competition require a physician's note)	
PREVIOUS HEAD/NECK/BACK	INJURY:	
HEAT DISORDER OR SICKLE O	'ELL TRAIT:	
PREVIOUS SIGNIFICANT INJU	RIES:	
ANY OTHER IMPORTANT MEL	DICAL INFORMATION:	

Section 3: Consent for Athletic Conditioning, Training and Health Care Procedures

I hereby give consent for my child to participate in the school's athletic conditioning and training program, and to receive any necessary healthcare reatment including first aid, diagnostic procedures, and medical treatment, that may be provided by the treating physicians, nurses, athletic trainers, co other healthcare providers employed directly or through a contract by the school, or the opposing team's school. The healthcare providers have my permission to release my child's medical information to other healthcare practitioners and school officials. In the event I cannot be reached in an emergency I give permission for my child to be transported to receive necessary treatment. Tunderstand that Delaware Interscholastic Athletic Association or its associates may request information regarding the athlete's health status, and I hereby give my permission for the release of this information as long as the information does not personally identify my child **Parent/Guardian Signature:** _______ **Date:**_______

Cleared without restrictions

<u>Section 4:</u> Clearance for Participation Cleared with the following restrictions:

Health Care Provider's Signature:

MD/DO, PA,NP Date

For office use only This card is valid from April 1, 20 through June 30, 20 Note: If any changes occur, a new card should be completed by the parentiguardian. The original card should be kept on file in the school athletic director's or athletic trainer's office. A copy should be kept in the sports' athletic kits. This card contains personal medical information and should be treated as confidential by the school, its employees, agents, and contractors.

Name of School.

Sports Medicine

Sudden Cardiac Arrest

- All students must have annual PPE & answer the 12 AHA approved heart history questions.
- All students must sign the SCA Fact Sheet on PPE form
- Coaches must hold valid CPR certification.
- Concussion:
- Parents and Athletes must read and sign PPE Concussion information sheet
- Coaches and Officials must take the NFHS Concussion
 Education Course once every 2 years





DIAA Concussion Protocol

Shows Signs or Symptoms

- a. Remove from play Official or Coach
- b. Evaluated by a Qualified Healthcare Professional

Qualified Healthcare Professional (QHCP) is a MD, DO, School Nurse, Nurse Practitioner, Physician's Assistant or Athletic Trainer (ATC)

IF CLEARED at that time by the QHCP, athlete may return to play that day.



DIAA Concussion Protocol

If <u>NOT CLEARED</u> by QHCP at that time, athlete CANNOT return to play that day.

At this point, athlete must have <u>written clearance</u> from a QUALIFIED PHYSICIAN to return to practice or play.

Failure to comply = INELIGIBLE athlete





Emergency Action Plan [EAP]

- Create an
- Action Plan and
- practice it.



Coach/Advisor Name:			Activity:				Level:	Level:		
1 911 TEAM 🌈		2 CPR/AED TEAM 🕑			3	AED TEA	м Ş			
					GET THE AED					
CALL 911. Explain emergency. Provide location.			1. Position person on back.			PRACTICE	EVENTS			
Closest	PRACTICE	EVENTS	 Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each 		Closest AED					
hone				compression. 3. Take turns with other responders as needed		Student 1				
MS Access oint			Coach			Student 2				
itreet			Student 1				GET THE ATHLETIC			
ntersection			Student 2			Typical				
Student 1			Student 3	N AED ARRIVES, TU	IT ON AND	Student 1				
Student 2				FOLLOW VOICE PR		Student 2				
	ANCE IN ENS Array	Point. Take to victim.		thing from chest. trode pads as directed by	voice prompts.	Judentz	· · · · · · · · · · · · · · · · · · ·			
MEETAMBOL	PRACTICE	EVENTS	3. Stand clear	 Stand clear while AED analyzes heart thythm. Keep area clear if AED advises a shock. 			CALL 911 for all medical emergencies.			
Entry Door/Gate			5. Follow devi	ce prompts for further a akes over, give AED to At	tion.	If unresponsive and not breathing normally, begin CPR and get the AED.				
			4 HEAT STROKE TEAM					5		
Student 1			4		ILLAI STI			1.11		
		11	4	PRACTICE	EVENTS]	PREPARE TUB D	AILY		
Student 2	.TS. Provide location	and victim's name.	Tub	PRACTICE	Contraction Contraction		PREPARE TUB D PRACTICE	AILY EVENTS		
Student 2	. TS. Provide location NAME	and victim's name. CELL	Tub Location	PRACTICE	Contraction Contraction	Student 1	NORMAL STREET, STORES	200ets		
Student 2	and the state of the state of the state of the	organize and an only of the test of the	Tub	PRACTICE	Contraction Contraction	Student 1 Student 2	NORMAL STREET, STORES	200ets		
Student 2	and the state of the state of the state of the	organize and an only of the test of the	Tub Location Water Source	PRACTICE	Contraction Contraction	Student 2 1. Remove e 2. Immerse a	PRACTICE quipment/excess clothing thiete into cold (ce water)	EVEN TS		
Student 2 CALL CONTAC Athletic Frainer	and the state of the state of the state of the	organize and an only of the test of the	Tub Location Water Source Location	PRACTICE	Contraction Contraction	Student 2 1. Remove e 2. Immerse a "If no tub: entire boo 3. Monitor vi	PRACTICE quipment/excess clothing thile te into cold ice water cold shower or rotating co ly tal signs.	EVEN TS		
Student 1 Student 2 CALL CONTAC Athletic Trainer Athletic AD Student 1	and the state of the state of the state of the	organize and an only of the test of the	Tub Location Water Source Location Ice Source Location	PRACTICE	Contraction Contraction	Student 2 1. Remove e 2. Immerse a "If no tub: entire boc 3. Monitor w 4. Cool First, a. Cool u	PRACTICE quipment/excess clothing thile te into cold ice water cold shower or rotating co y	EVENTS Move to shade. tub, stir water. old. wet towels over the		





Practice Policies

DIAA Regulation 1008/1009-4.2

- ALL practice days (school and non-school day):
- One day of no activity per seven day period
- A minimum of 21 calendar days of practice prior to the first competition date (<u>11-30-2018</u>)
- Student must practice at least 7 calendar days prior to participating in a contest



Practice Policies

DIAA Regulation 1008/1009-4.2

School day practices limited to two (2) hours

Non-School days

- A limit of no more than two (2) practices with physical activity
- No practice can be longer than three (3) hours in length
- A grand total of five (5) hours of physical activity daily
- When having 2 practice session in a day; there MUST be a one hour minimum cooling period between the two practice sessions



- DIAA is a 100% compliant member of the NFHS
- Adoptions/Modifications of NFHS Rules

DIAA website \rightarrow Sports \rightarrow DIAA Approved Polices OR DIAA website \rightarrow Sports \rightarrow Spring \rightarrow Specific Sport





GAME EJECTION PROCEDURE

- Incident Report Form (found on either website)
- Must be sent to Incident Chair by next morning
 - Please censor when sending ejection reports.
 ex. S\$%T, F#\$K etc .
- The DIAA Office must be notified by noon of the next day so the school AD can be notified.



APPEAL OF GAME EJECTION

- Cannot appeal ejection for Sportsmanship
- Can appeal non-Sportsmanship related removals or disqualifications
 - when technical violations occur (not many of these)



BENCH PERSONNEL RULE

- Players are never to leave the bench (or competing area) to enter competing area to get involved in a confrontation.
- Only the HEAD COACH may enter unsolicited to break up an altercation.



PROHIBITION AGAINST USE OF TOBACCO PRODUCTS

- Very Simple: <u>DON'T SMOKE*</u>, <u>DON'T CHEW</u>, <u>DON'T DIP</u> *E-cigarettes included
- Code of Conduct

DIAA Regulations 1007.1.2.1.5.2 - Coaches

1007.1.2.1.5.4 - Officials

Please review, as well as 1007.1.2.1.5.3 – Participants

The use of social media must be CAREFULLY explained,

reinforced and monitored. NFHS Learn Course





Sportsmanship

The practice of good sportsmanship is one of the primary goals of interscholastic athletics.

1007.1.2.1.5.2 The function of the coach is to educate students through participation in interscholastic athletics. (.1) Demonstrate high ideals, good habits and desirable attitudes...



1007.1.2.1.5.4 Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility.

Special Accommodations Requests

Medical, Religious, Other

Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.





GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS







Recommended Contest Assignment Guidelines

- Read the Code of Ethics
- Read and follow the guidelines
- Do NOT put yourself in a situation where your integrity, ethics and character are questioned
- Follow appropriate lines of communication.



Tournament Manual

- DIAA website: Forms and Manuals → DIAA Manuals
- Review General Information and Sport Specific Information
- Pay attention to important dates
 - Team report deadline



NFHS Campaign My Reason Why – Year 3



- #MyReasonWhy
- Myreasonwhy.com
- Promote the value of interscholastic athletics

Social Media Profile



Facebook

Page: Delaware Interscholastic Athletic Association Link: www.facebook.com/DelawareInterscholasticAthleticAssociation



Twitter

Page: DIAA Handle: @DIAA_Delaware



Instagram Handle: DIAA_Delaware

NFHS Social Media NFHS and Coaches Education @NFHS_Org @NFHSNetwork



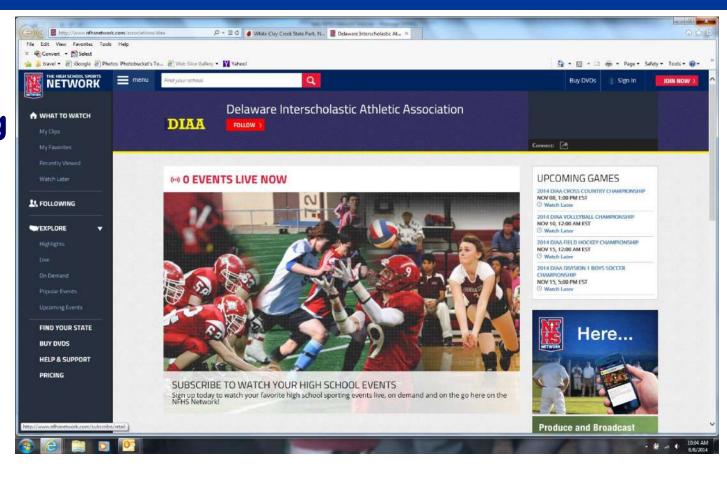






NFHS Network

"Live" Web streaming Of DIAA Events \$9.95 per month







Thank you for your support of Interscholastic Athletics!







2018-19 SWIMMING AND DIVING RULES POWERPOINT

National Federation of State High School Associations Take Part. Get Set For Life.®



Rules Changes Major Editorial Changes Points of Emphasis



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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 - National leadership organization for high school sports and fine arts activities;
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 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 50 member state associations and D.C.;
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
 - Publishes 4 million pieces of materials annually.



NFHS RULES BOOK AS E-BOOKS

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Searchable

 Highlight areas of interest

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- Make notes
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- Rules App features:
 - Searchable
 - Highlight notes
 - Bookmarks
 - Quizzes for all sports
 - Easy navigation
 - Immediate availability
 - Free to paid members of the NFHS Coaches and Officials Associations
 - <u>www.nfhs.org/erules</u> for more information





2018-19 NFHS SWIMMING AND DIVING RULES CHANGES





- The NFHS Swimming and Diving Rules Committee addressed the organization of the Rule 1:
 - Terms referring to meets have been consolidated;
 - Section headings are reordered;
 - Definitions have been added.





- Seeding is the process of assigning competitors into heats, lanes, and/or dive order by time or score.
- A meet is a series of events.
- A meet announcement is the information provided to participating teams and officials regarding the meet type, format, course, events, schedule, procedures, etc.



Rule Change

DEFINITIONS RULE 1-4-8, 3-1-2, 5-1-1 NOTES, 7-1-2, 7-1-3, 9-2-4

Types of Meets:

- Dual meet two teams;
- Double-dual meet three teams, scored as two separate meets;
- Triple-dual meet three teams, scored as three separate meets;
- Multi-team meet three or more teams, each competing for the same points:
 - A championship meet is a culminating meet, as determined by state association policy;
 - A non-championship meet is a scored meet which is not required to utilize championship rules.





Formats of Meets:

- Timed finals are meets that have events consisting of one or more heats in which final place winners in an event are determined by time;
- Preliminaries and finals meets have at least two rounds in each event before final place winners are determined;
- Mixed format meets have events which are competed as timed finals and other events which are competed as preliminaries and finals.





Preliminaries and Finals Meets:

- Preliminaries are competitions designed to advance qualifiers to another round of competition;
- Finals are a concluding competition designed to determine the place winners and points in an event;
- A swim-off is part of the preliminary process of qualifying a full complement of finalists;
- By state association adoption, an alternate qualifier is one of the next two fastest swimmers/relays after the finalists are designated.



POOL MARKINGS RULE 2-4-5

- Visible markings shall be provided which are located 16.4 yards/15 meters from each end wall, on both sides of the pool deck. The markings may also be placed on each lane marker.
- Deck markings take precedence.



EQUIPMENT FOR SWIMMING EVENTS RULE 2-7-2b

Backstroke starting ledges are not permitted in high school swimming.





EQUIPMENT FOR SWIMMING EVENTS RULE 2-7-2c

- If one or more starting platforms are not securely attached to the deck or end wall, the following options may be used provided the water depth rule is not violated:
 - all swimmers shall start in the water;
 - all swimmers shall start on the deck;
 - any affected lane(s) may be excluded with prior mutual consent.

NOTE: When water depth and/or distance of starting platforms from the water surface do not meet rule specifications, the swimmers must start in the water or on the deck, provided water depth is not violated or the meet shall not be conducted.





- The referee's authority begins as he/she is available on deck, which shall be at least 30 minutes before the start of the meet.
- The referee shall conduct a pre-meet conference with the starter, a captain and a coach from each team to review meet procedures, special instructions and any unusual pool conditions.



ORDER AND LENGTH OF EVENTS RULE 5-1-2a

- In non-championship meets, by prior mutual consent of competing teams, the diving event may be held first, last or simultaneously with the swimming events.
- Regardless of when the diving event is conducted, there shall be a break of at least 15 minutes, with at least 10 minutes warmup in the water, prior to the 100-yard butterfly.



- Rule 5-3 has been reorganized to clarify the assignment of lanes in meets ranging from dual meets up to multi-team meets.
- In dual meets, the visiting team shall have the choice of the odd or even numbered lanes. In pools with an odd number of lanes, a lane shall be voided and the lanes renumbered if necessary.



 In non-championship multi-team meets and double dual/triple dual meets, the lane assignments below shall be used.

TEAMS	LANES	LANE ASSIGNMENT
	AVAILABLE	
3	6	1-4; 2-5; 3-6 (By lot)
3	8	1-4; 2-5; 3-6 (By lot) with 2 lanes open or seed
3	9	1-4-7; 2-5-8; 3-6-9 (By lot)
3	10	1-4-7; 2-5-8; 3-6-9 (By lot) with 1 lane open or seed
4	6	By seeding
4	8	1-5; 2-6; 3-7; 4-8 (By lot)
4	9	1-5; 2-6; 3-7; 4-8 (By lot) with 1 lane open or seed
4	10	1-5; 2-6; 3-7; 4-8 (By lot) with 2 lanes open or seed
5	6, 8 or 9	By seeding
5	10	1-6; 2-7; 3-8; 4-9; 5-10 (By lot)



 In seeded timed finals meets, lane assignments shall be made in descending order of seeded positions of swimmers or relay teams according to lanes as follows:

Lane No.	1	2	3	4	5	6	7	8	9	10
5 Lane Pool	5	3	1	2	4	113				
6 Lane Pool	5	3	1	2	4	6				
7 Lane Pool	7	5	3	1	2	4	6			
8 Lane Pool	7	5	3	1	2	4	6	8		
9 Lane Pool	9	7	5	3	1	2	4	6	8	
10 Lane Pool	9	7	5	3	1	2	4	6	8	10



In timed finals events, fastest seeded swimmers or relay teams shall be placed as a group in the last heat, the next fastest seeded swimmers or relay teams as a group in the next to last heat, and so forth as in the following pattern:

HEAT	LANE NO.							
NO.	1	2	3	4	5	6		
1		32	30	31				
2	29	27	25	26	28			
3	23	21	19	20	22	24		
4	17	15	13	14	16	18		
5	11	9	7	8	10	12		
6	5	3	1	2	4	6		



In preliminary races, the final three heats consist of the fastest seeded competitors, with the fastest in the last heat, the second fastest in the next to last heat, the third fastest in the second to last heat, the fourth fastest in the last heat, and so on. If more than three heats are necessary, the assignment in additional heats is determined as in timed final events. For example, the following plan shall operate when there are 32 swimmers in six lanes for preliminaries.

HEAT NO.	LANE NO.							
	1	2	3	4	5	6		
1		32	30	31				
2	29	27	25	26	28			
3	23	21	19	20	22	24		
4	15	9	3	6	12	18		
5	14	8	2	5	11	17		
6	13	7	1	4	10	16		



QUALIFYING PROCEDURES RULE 5-4-2

In preliminaries and finals meets, the fastest swimmers from the preliminaries of each event shall qualify for the finals and the next fastest swimmers shall qualify for consolation finals. If there are fewer competitors than the total number of scoring lanes, the finals heat shall be filled even if that leaves two or fewer competitors in the consolation finals heat.

LANES AVAILABLE	Qualifiers for Finals Heat and	Scoring (Rule 7)		
	Consolation Heat			
4	Up to 4	Up to 8 places		
6	Up to 6	Up to 12 places		
8	Up to 8	Up to 16 places		
9	Up to 9	Up to 18 places		
10	Up to 10	Up to 20 places		





2018-19 NFHS SWIMMING AND DIVING MAJOR EDITORIAL CHANGES





- Exhibition competitors are permitted, unless state association policy determines otherwise. An exhibition competitor:
 - has been designated by his or her coach to be a non-scoring contestant in a regularly scheduled and scored event; can be used to manage meet score.
 - must adhere to rules regarding event entry, starting, judging, timing and conduct;
 - shall not be counted in the number of entries per event allowed each team; however, the event does count toward the number of events an individual competitor may enter;



• may use his/her performance as a qualifying time/diving score.

WATER CONDITIONS RULE 2-6, 2-7-2 PENALTY

ART. 1... The water clarity shall be such that the bottom and end lane line markings can be clearly seen while standing at midpoint on either side of the pool deck. The physical condition of the water shall meet standards of chemical balance and treatment as prescribed by that school's local or state health code.

ART. 2... The level of the water shall be at the overflow rim of the pool.

PENALTY: When water conditions above do not meet rule specifications, the referee may declare that the meet will not be conducted.

ART. 3... It is recommended that the water temperature be no less than 78 degrees Fahrenheit (26 degrees Celsius) and no more than 82 degrees Fahrenheit (28 degrees Celsius).



PENALTY 2: When water conditions do not meet rule specifications, the referee may declare that the meet will not be conducted.

AUTHORIZED OFFICIALS RULE 4-1-2

- In 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.





2018-19 NFHS SWIMMING AND DIVING POINTS OF EMPHASIS





- Student athletes must wear uniforms of decent appearance, including suit coverage. If individuals or teams are in violation of this rule, officials are encouraged to contact the head coach of the offending team, rather than the student, requesting that the student athletes be appropriately equipped with uniforms that meet specified standards.
- Swimmers and/or divers who are not meeting the rule shall not compete.



GUIDELINES ON LIGHTNING OR THUNDER DISTURBANCES

- Revised by NFHS Sports Medicine Advisory Committee in March 2018.
- Activities should be suspended at first sound of thunder or sighting of lightning.
- Do not resume activities until 30 minutes after last thunder is heard or lightning is seen.



GUIDELINES ON LIGHTNING OR THUNDER DISTURBANCES

- Host management should have plan in place:
 - Assign staff member to monitor weather conditions;
 - Develop evacuation plan;
 - Develop criteria for suspension and resumption;
 - Review policy annually.
- Both indoor and outdoor swimming pools should be included in this plan.



GUIDELINES ON LIGHTNING OR THUNDER DISTURBANCES

- Many indoor facilities are grounded for electricity;
- However, lightning can enter building through plumbing, lighting, and heating;
- Avoid the riskiest locations in a lightning or thunder disturbance;
- Large bodies of water, including swimming pools, are not lightning safe.



SCRATCHES/DECLARED FALSE STARTS/FAILING TO COMPETE

Championship Meet:

- Scratch withdrawal from remainder of events.
- Declared False Start withdrawal from an event:
 - must be done by designated time and place;
 - is counted as an entry and competitor may participate in other events.
- Failure to Compete does not report for event:
 - disqualified from further competition;
 - exception unless due to medical reason.



SCRATCHES/DECLARED FALSE STARTS/FAILING TO COMPETE

Non-Championship Meet:

- Scratch withdrawal from remainder of events
- Declared False Start withdrawal from an event:
 - must be done by designated time and place;
 - is counted as an entry, and competitor may participate in other events.
- Failure to Compete does not report for event:
 - disqualified from that event only.





DIAA / DSDOA

National Federation of State High School Associations



DIAA / DSDOA

Take Part. Get Set For Life.™

Procedures



- In 2018-19 season, the Girls events will precede the Boys events at Dual meets.
- DIAA 2019 Tournament dates are
 - Feb 20-21 for Prelims
 - Diving Prelims on Feb 19
 - February 23 for Championship Finals
- Entry deadline is Tuesday, February 12



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.





- Most Starts will use an electronic starting system e.g., Colorado, megaphone
- Teams are encouraged to provide an electronic starting system or air-horn
 - Default starts will be with a 'whistle'
- A bell or other signal will be used in the 500.



SCORERS PROCEDURES

- Scoresheet and Entry Count forms may not be filledout 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 COUNT FORM

DSDOA - E		TEAM						Date					
					Girls			Boys		page			
	Opponen									,		1.0	
Swimmer Nam	ne (Last, First)	200 MR	200 Free	200 IM	50 Free	Diving	100 Fly	100 Free	500 Free	200 FR	100 Back	100 Breast	400 FR
Albert, Susie													
Baker, Joan													
Cannon, Alyssa													
Decker, Marcis													
Fitz, Sandy													



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.



Boys

رما ات Date: EVENT 200 Medley Relay	116 1 1 1	Adams swimmer A B	PL G	TIME 9,15,34	score 3	SCORE	CORE SHEI Schu J. 12, 51 J. 16, 51 J. 16, 23	2	WASWINGTON SWIMMER A B	3. 0 ⊥N 6	score	SCORE 6 1 7	Sci 71ME 2.10.00 2.12.4.0		JEFFERSON SWIMMER A B	2	EVENT 200 Medley Relay
200 Free	1 4	R. Simpson J. CROWL	5	2,02,00		7/13	1.5546 1.5540	34	CTLYNDON J. CALLAHAN	36	14	7/14	1.50.08 1.50.38	1 2	S PALMER D. LOWDEN	2	200 Free
200 I.M.					-						-						200 I.M.
50 Free												1					50 Free
Diving														+			Diving
100 Fly																	100 Fly
100 Free					1							$\left[\right]$					100 Free
500 Free								-				\uparrow	\				500 Free

INDIVIDUAL 4-3-1

RELAY 6-3-1

83



- Electronic entry for Tournament
 - deadline February 12
 - 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 – 2019 TOURNAMENT

	GIRLS		BOYS								
Meter	Yard	Event	Yard	Meter							
-	-	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
 - Meet Guidelines for Coaches
 - Tournament Qualifying Times
 - Score Sheets
 - Entry Count form
 - Double-dual Score Sheet and procedure
 - Diving Sheets (6- and 11-dive)
 - Voluntary Dive letter



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 2019 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 2018-19

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





- Be sure to have your email address listed on websites4sports.
- Or, send your name, home address, phone number(s) and email address to: FK42@aol.com
- Thank you and have a Great Season !







NFHS OFFICIALS EDUCATION





NFHS LEARNING CENTER



NFHS LEARNING CENTER WWW.NFHSLEARN.COM

- Professional Development For ALL
 - Coaches
 - Officials
 - Administrators
 - Parents
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- Over 1.3 Million courses delivered in 2017
- Over 6.7 Million courses since 2007 launch
- Over 55 courses available
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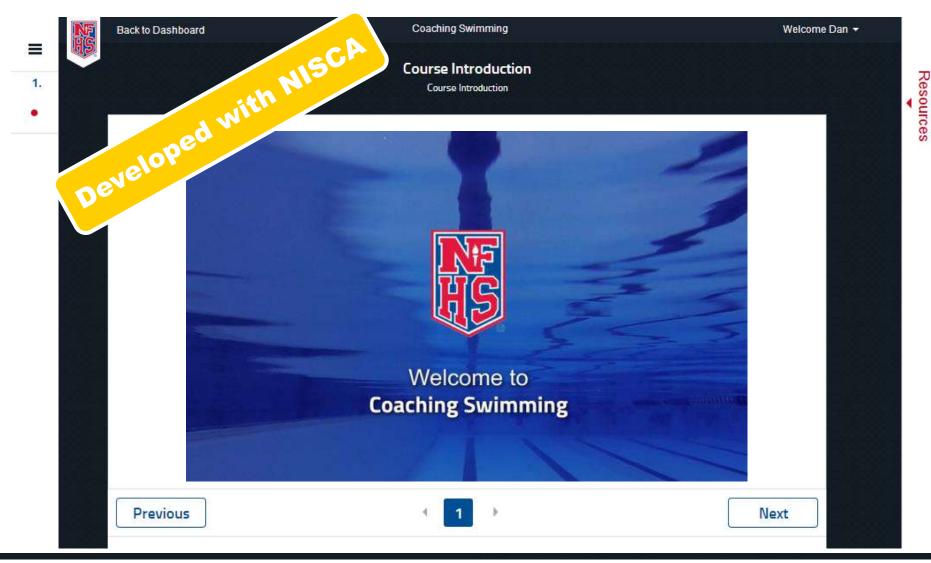
WWW.NFHSLEARN.COM

FREE courses include:

- Bullying, Hazing and Inappropriate Behaviors
- Understanding Copyright and Compliance
- Hazing Prevention for Students
- Concussion in Sports
- Concussion for Students
- Heat Illness Prevention
- Sudden Cardiac Arrest
- Sportsmanship
- Coaching Unified Sports
- Positive Sport ParentingNCAA Eligibility



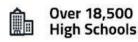
Coaching Swimming



National Leader in Interscholastic Education



51 Member State Associations



Over 11 million Students



Course Objectives

- Coaching Fundamentals: components of a dive, direction designations and position designations
- Dryland: body positioning, drills, basic jumping skills and hurdle progressions
- Forward and Backward Dives: feet-first entry, front fall-in, headfirst entry
- Inward, Reverse and Twisting Skills: demonstrations and

Units

- Teaching Methodology
- Fundamentals
- Dryland Skills
- Forward Skills
- Backward Skills
- -Inward Skills
- Reverse Skills
- Twisting Skills



Founded 1934 VIS CA[®] Founded 1934 Officiating DIVING Swimming & Diving

Course Objectives

- Understand the roles of professionalism, rules knowledge, and communication and how they help ensure a fair meet.
- Know how to consistently identify swimming violations in each type of event.
- Learn the elements of a proper dive and how to score dives appropriately.

Units

- Elements of Professional Development
- Officiating Swimming
- Officiating Diving
- Judging Practicum

Unlimited access to course for 1 year from the date of purchase Approved by NFHS for 3 course clock hours





NFHS NETWORK





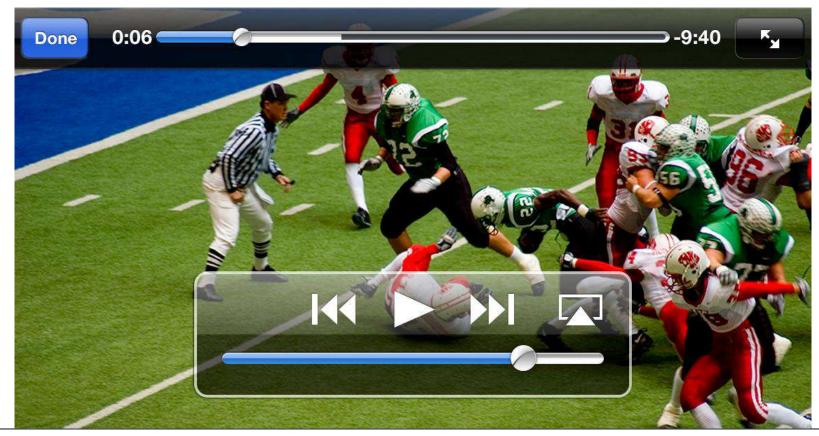
- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.







View from mobile...





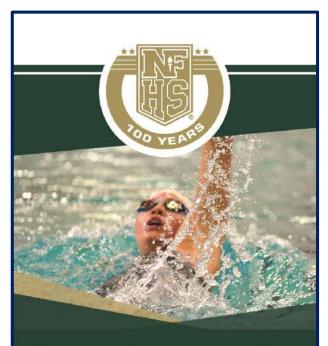
www.NFHSnetwork.com



NFHS SWIMMING AND DIVING RESOURCES



NFHS SWIMMING AND DIVING PUBLICATIONS



Swimming and Diving RULES BOOK 2018-19

UUK 2010-1:

The Rules Book, Scorebook and other swimming and diving materials can be ordered:

- online at <u>www.nfhs.com</u>
- by calling 1-800-776-3462

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