

2016-17 IHSAA/IGHSAA Swimming & Diving Rules Meeting






Jared Chizek, IHSAA
Jason Eslinger, IGHSAA






Rules Meeting Attendance - Coaches





- Boys' **AND** Girls' Head Coaches must attend/view every year.
- Assistant coaches are encouraged, but not required, to attend/view.
- Coaching authorization renewal-coaches responsibility to keep track of credit renewal.
- BoEE website: www.boee.iowa.gov



MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES




ALL 7-12 coaches (paid or volunteer) are required to view the NFHS course, **"Concussion in Sports"** before the beginning of their respective sport season. Information regarding accessing this course has been sent to your school administrator.



CONCUSSIONS

Iowa Code Section 280.13C states, in part,

- **Annually**, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union.
- The student and student's parent or guardian shall sign and return the concussion and brain injury information sheet to the student's school **prior to the student's participation in any interscholastic activity for grades seven through twelve.**



A FACT SHEET FOR PARENTS AND STUDENTS HEADS UP: Concussion in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding athletes in grades 7 - 12 who participate in interscholastic interscholastic activities. Please visit the Department of Education's Parent and Student Handbook 280.13C, Brain Injury Protocol.

(1) It shall be the responsibility of the participant (parent or guardian) to inform coach or certified official (teacher, athletic trainer, or behavior consultant) with a concussion or brain injury in an interscholastic interscholastic activity.

(2) A coach or certified official shall not be held liable for a concussion or brain injury if the participant or guardian is notified of the participant's condition and the participant or guardian does not consent to the participant's continued participation in interscholastic interscholastic activities.

(3) The participant's "Licensed health care provider" means a physician, physical therapist, chiropractor, behavioral optometrist, podiatrist, nurse, podiatrist, mental health professional, or dentist who is licensed or certified to practice.

(4) Interscholastic interscholastic activity means any interscholastic interscholastic activity, contest, or practice, including sports, chess, or chess-related.

What is a concussion?
A concussion is a temporary condition that can be caused by a bump, blow, or jolt to the head or body. Signs or symptoms include loss of consciousness, headache, dizziness, or nausea.

What symptoms should I do I think my child has a concussion?

1. **LOSE THE MATHS**
 - Losing or having trouble with math
 - Trouble remembering things
 - Trouble following directions
2. **Blurry vision**
 - Trouble seeing things clearly
 - Trouble seeing things double
3. **Headache**
 - Trouble seeing things clearly
 - Trouble seeing things double

What are the signs and symptoms of a concussion?
The signs and symptoms of a concussion can appear immediately or be delayed for days or weeks. The signs and symptoms of a concussion can include:

- Headache
- Dizziness
- Nausea
- Trouble seeing things clearly
- Trouble seeing things double
- Trouble following directions
- Trouble remembering things
- Trouble following directions
- Trouble following directions
- Trouble following directions


STUDENTS

Know your rights as a student:

- You have the right to refuse to participate in interscholastic interscholastic activities.
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IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON


Information on concussions provided by the Centers for Disease Control and Prevention: www.cdc.gov/concussion



CONCUSSIONS


Iowa Code Section 280.13C continued –

- If a student's coach or contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, **the student shall be immediately removed from participation.**
- A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and **the student has received written clearance to return to participation from the health care provider.**




CONCUSSIONS

- **Coach Removal** – Iowa law requires a **student's coach who observes** signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., **to remove the student from participation immediately and the student shall not return until the coach, or school's designated representative, receives written clearance to return** from a licensed health care provider.



CONCUSSIONS

- **Contest Official Removal** – Iowa law requires a **contest official who observes** signs, symptoms, or behaviors consistent with a concussion or brain injury during scrimmages, contests, etc., **to remove the student from participation immediately and that official, or a designated contest official at the contest/event, must receive the written clearance to return** from a licensed health care provider **before the student can return to participation in that contest/event**, including an event that takes place over multiple days.



Concussion Recognition & Management

Concussion Recognition and Management

If an athlete exhibits any signs, symptoms, or indications that make you suspicious that he or she may have had a concussion, that athlete should be removed from all physical activity, including sports and recreation, and referred to a physician for evaluation. Concussions can lead to long-term complications if not properly managed.

CONCUSSION INDICATORS OR SIGNS

- Headache
- Nausea
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish
- Memory loss or amnesia
- Concentration or memory problems
- Sluggishness

Parents and coaches are not expected to be able to "diagnose" a concussion. That is the role of an eligible physician, and if you suspect that an athlete may have a concussion, that he or she should be referred to a physician for evaluation.


Other concussion symptoms

- Appears dazed or stunned
- Is confused about what he or she is doing
- Doesn't know his or her position, person or team
- Experiences a lapse in consciousness
- Has a headache
- Shows changes in behavior or personality
- Has trouble sleeping
- Has a change in appetite
- Has trouble with school
- Has a change in mood
- Has a change in personality
- Has a change in behavior
- Has a change in personality
- Has a change in behavior
- Has a change in personality


When in doubt, sit them out.

- Complete information on concussions can be found at www.iahhsaa.org. Click on "Information on Sports Concussions" on the IHSAA home page.

National Federation of State High School Associations



Iowa Girls High School Athletic Union Information



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Important 2016 Regular Season Dates

First Practice Date: Monday, August 8 (Week 6)

First Competition Date: Monday, August 22(Week 8)



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IGHSAU REGIONAL MEET INFORMATION

- 2016 Regional Diving Meet: Thursday, Oct. 27
- 2016 Regional Swimming Meet: Saturday, Oct. 29



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REGIONAL DIVING

There will be three regional diving meets on Thursday, October 27.

Regional Diving will consist of three regionals (two swimming regionals each). Each regional winner qualifies for the State Meet (a total of six auto qualifiers), plus the next 24 high scoring divers for a total of 30 state-qualifying divers.



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JUDGING AT REGIONAL DIVING

Regional diving will have seven judges. Three officials will be assigned to each meet. Two coaches from each swim region will be selected by lot for a total of seven (7) judges. Schools competing in diving must have a coach available to judge in the regional competition.



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QUIK STATS INFORMATION

Quik Stats Reporting will be EVERY WEEK. Times will be checked every Tuesday during the regular season. Meet through Saturday must be uploaded to the QuikStats database by Tuesday morning.



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OFFICIAL RECOMMENDATIONS

- Recommending Officials is **REQUIRED**
- Available online
- This is mandatory and coaches will have 30 days after the state meet to complete.



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OFFICIALS REMINDERS



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DIVING EXAM ON OFFICIALS' CENTRAL HUB

Girls' Officials that wish to officiate diving **MUST** pass a diving exam. This short exam can be found in the officials hub section of the IGHSAU website. If you do not officiate diving, you are not required to take the diving exam.

Please visit the following address:
www.ighsau.arbitersports.com



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REMINDERS



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Diving Reminder

- Divers are reminded that they are allowed one approach or entry per warm up. Divers must return to the end of the line following their approach or entry.



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IGHSAU WEBSITE

- ALL swimming & diving-related news will be posted to the IGHSAU website first.
- To check swim related items – click on “Coaches” on the IGHSAU website – then click on the swimming & diving teag
- Don’t hesitate to call
Phone: 515-288-9741
Email: jasoneslinger@ighsau.org



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IOWA HIGH SCHOOL ATHLETIC ASSOCIATION INFORMATION



Coaches Information



- First Legal Practice Date - Monday, November 7
- First Legal Competition Date - Monday, November 21
- District Swim Meets - Saturday, February 4
- State Swim Meet - Saturday, February 11



QuikStats Requirement



REQUIRED REPORTING OF MEET RESULTS

www.quikstatsiowa.com

Completed by Tuesday at 3:00 PM

- December 6, 2016
- January 10, 2017
- January 31, 2017
- February 14, 2017



Rules Book



- All officials and schools will receive a 2016-17 Rules Book
- Will not receive another rule book until the 2018-19 season
- E-book also now available - \$5.99
- Visit www.nfhs.org/ebooks for more information



SWIMMING AND DIVING RULES BOOK

A book available at www.nfhs.org/ebooks

Officials Information



- Register with the organization whose athletes you will be officiating. If you officiate both boys' and girls' swimming, you will need to register with both organizations.
- All officials used at High School meets (9-12) must be licensed with the appropriate organization.
- At least one official at Junior High meets must be licensed.



Officials Information



- All registered active officials are annually required to:
 - View an IHSAA sponsored rules meeting
 - Pass the open book exam, given a maximum of three attempts to pass
- Both must be completed prior to working any 7-12 meet
- Officials wanting to work the district and state meet must complete their availability form by 4 PM on November 28

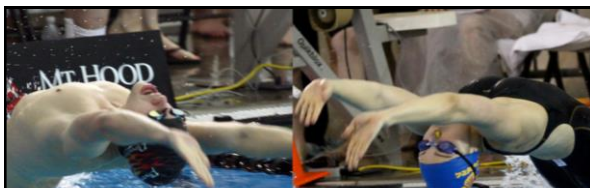


Swimming and Diving Officials' Guidelines Manuals



- The revised manuals are available August 1 on the following website locations:

<http://www.nfhs.org/activities-sports/swimming-diving/>
<https://arbitersports.com>



2016-17 NFHS SWIMMING AND DIVING RULES CHANGES



Rule Change

DEFINITIONS RULE 1-5-2 (NEW)

- **ART. 2 . . . A deck change, in whole or in part, is changing into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes.**



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Rule Change

CONDUCT RULE 3-6-1d (NEW)

- **ART. 1 . . .** No team personnel/competitor shall display unsporting conduct. This includes any act the referee deems unsporting, including, but not limited to, the following:
 - a. making insulting or derogatory remarks, gestures or acts including taunting;
 - b. trying to influence or showing disgust with officials' decisions;
 - c. interfering with meet officials in the performance of their duties;
 - d. deck changing before, during or after the meet.



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Rule Change

TIMING AND JUDGING RULE 6-4-1B

- The protocol for determining an official time when a touch pad malfunctions on a lane was changed. Backup buttons and/or watch times, as outlined in the protocol, will now determine the official time. New subsections (1,2,3,4) have been added.



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Rule Change

TIMING AND JUDGING RULE 6-4-1B

- b. Malfunction on a lane: When a malfunction is confirmed on a lane, the time shall be determined as follows:
1. If two of the three valid button or watch times agree, that shall be the time for that timing system;
 2. If three valid button or watch times disagree, the time of the intermediate button or watch shall be the time for that timing system;
 3. If only two valid button or watch times are available, the time shall be the average of those two buttons or the average of the two watch times. The digits representing thousandths of a second shall be dropped with no rounding;
 4. If only one valid button or watch time is available, the time of that button or watch shall be the time for that timing system provided it is supported by other information.



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Rule Change

FORM OF EVENTS RULE 8-2-4C

- **ART. 4 . . .** The Freestyle:
 - a. The forward start shall be used;
 - b. Any body position, stroke and kick is permitted and any combination of styles may be used;
 - c. The turn requires that some part of the swimmer's body contacts the end wall. The final leg of the individual medley and the medley relay requires the swimmer to be at or past vertical toward the breast before any stroke, kick, or propulsive motion.

PUSHING OFF THE WALL IS NOT CONSIDERED PROPULSIVE MOVEMENT



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Rule Change

DIVING RULE 9-4-7 TABLE

- Flying Dives 212 and 312 have been removed from the NFHS Diving Table while Dive 5142 has been added.



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Rule Change

DIVING RULE 9-5-5

- **ART. 5 . . .** It is a balk if, in the diving referee's opinion, after a diver assumes the starting position the diver makes an obvious attempt to start the approach or press and stops and from that position interrupts the continuous execution of the dive prior to the water entry. The balk shall be declared before the dive is scored.



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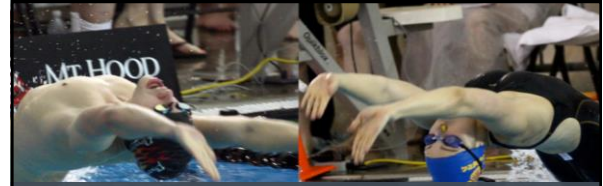
Rule Change

DIVING RULE 9-7-5q (NEW)

- A dive is failed if, in the diving referee's opinion, the diver performs an additional bounce(s) on the end of the board after the culminating hurdle.



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2016-17 SWIMMING AND DIVING MAJOR EDITORIAL CHANGES



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Editorial Change

RULE 3-3-2C

- **ART. 2 . . .** The uniform consists of a suit and, if worn, cap(s).
 - a. The suit or cap(s) may display the name and/or number of the competitor, school or mascot.
 - b. Advertising or name other than that permitted in 3-3-2c is prohibited.
 - c. A single visible manufacturer's logo/trademark/reference, no more than 2¼ square inches **with no dimension more than 2¼ inches** is permitted on each item of the uniform (suit and cap(s)).



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Editorial Change

RULE 3-6-1 NOTE

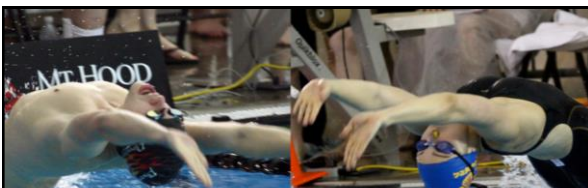
ART. 1 . . . No team personnel/competitor shall display unsporting conduct. This includes any act the referee deems unsporting, including, but not limited to, the following:

- a. making insulting or derogatory remarks, gestures or acts including taunting;
- b. trying to influence or showing disgust with officials' decisions;
- c. interfering with meet officials in the performance of their duties.
- d. deck changing before, during or after the meet.

NOTE: The NFHS disapproves of any form of taunting which is intended **or designed** to embarrass, ridicule or demean others under any circumstances. **including on the basis of relative ability, race, gender or national origin.**



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2016-17 SWIMMING AND DIVING POINTS OF EMPHASIS



Points of Emphasis

BACKSTROKE LEDGE

- The backstroke ledge is currently prohibited in high school swimming.



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FASTENING SYSTEMS

- Swimsuits using fastening systems are not legal for competition.



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PHOTOGRAPHER GUIDELINES

- Guidelines for photographer access should be clearly defined prior to the swimming and diving event. It is recommended that State Associations and event hosts consider the areas, and specifically the angles, for photography of swimmers that they consider appropriate/inappropriate and set reasonable guidelines.



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IHSAA/IGHSAU Contact Information

IHSAA – Jared Chizek
jchizek@iahsaa.org
515-432-2011



IGHSAU – Jason Eslinger
jasoneslinger@ighsau.org
515-288-9741



CAUTION: DO NOT STOP THIS PRESENTATION OR CLOSE YOUR BROWSER

At the conclusion of the verification page, you will be provided with a certificate of completion.

Coaches – please print three (3) copies of the verification certificate
One for your records
One for your administrator
One for your coaching authorization renewal

Officials – please print one copy of the verification certificate for your files

You may now click on the button to the right of your screen that says:

I'm FINISHED Watching the Rules Meeting Video
You will be directed to the verification screen followed by the verification certificate