




## 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

Recognition and Management

If an athlete exhibits any signs, symptoms, or behaviors that make you suspicious that he or she may have had a concussion, the athlete must be removed from all athletic activity, including practice and competition. Concussion is not a "game-time" diagnosis. Concussion must be treated by a licensed health care provider. Do not allow the athlete to return to play until cleared by a licensed health care provider.

CONCUSSION INDICATORS BY CATEGORY
Headache
Nausea
Blurred vision or double vision
Sensitivity to light or noise
Balance problems
Memory impairment
Speech impairment
Loss of consciousness
Seizures


Parents and coaches are not expected to be able to "diagnose" a concussion. That is the role of all licensed health care professionals. However, removal from play at the site, suspension and removal of a student from play, and if appropriate, removal from play for the remainder of the season, are necessary to prevent further injury.

RECOGNITION, SUSPICION OR DIAGNOSIS
Reported head or neck injury
Is confused about what he or she is doing
Is unable to remember events that should have occurred
Is unable to recall conversations
Is unable to recall events prior to his or her injury
Is unable to recall events after his or her injury


Remove the athlete, with these signs!

- Complete information on concussions can be found at [www.iahsaa.org](http://www.iahsaa.org). Click on "Information on Sports Concussions" on the IHSAA home page.

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## Iowa Girls High School Athletic Union Information



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## Important 2017 Regular Season Dates

First Practice Date: Monday, August 7 (Week 6)

First Competition Date: Monday, August 21 (Week 8)



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## IGHS AU REGIONAL MEET INFORMATION

- 2017 Regional Diving Meet: Thursday, Oct. 26
- 2017 Regional Swimming Meet: Saturday, Oct. 28



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## REGIONAL DIVING

There will be three regional diving meets on Thursday, October 26.

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

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.



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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 tag
- Phone: 515-401-1830  
Email: [jasoneslinger@ighsau.org](mailto:jasoneslinger@ighsau.org)



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## IOWA HIGH SCHOOL ATHLETIC ASSOCIATION INFORMATION

## Coaches Information

- First Legal Practice Date - Monday, November 6
- First Legal Competition Date - Monday, November 20
- District Swim Meets - Saturday, February 3
- State Swim Meet - Saturday, February 10






## QuikStats Requirement


REQUIRED REPORTING OF MEET RESULTS  
[www.quikstatsiowa.com](http://www.quikstatsiowa.com)

Completed by Tuesday at 3:00 PM


- December 5, 2017
- January 9, 2018
- January 30, 2018
- February 13, 2018

## Rules Book






- All officials and schools received a 2016-17 Rules Book
- Will not receive another rule book until the 2018-19 season
- E-book also now available
- Visit [www.nfhs.org/ebooks](http://www.nfhs.org/ebooks) for more information





## 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 27

## 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://nfhs-swimming-diving.arbitersports.com/front/105415/Site>



## 2017-18 NFHS SWIMMING AND DIVING RULES CHANGES



Rule Change

### MEET MANAGEMENT RULE 1-3-12

- ART. 12 . . .** A championship meet is a culminating meet, **as determined by state association policy.**
- NOTE:** An invitational/multi-team meet is not considered a championship meet, but may be conducted using championship meet format. Non-championship meets may be conducted using the championship meet format.



Rule Change

### EQUIPMENT FOR SWIMMING EVENTS RULE 2-7-6 LAP COUNTER RULE 3-4

**Rule 2-7-6 . . .** The system shall consist of a sufficient number of white cards with 12-inch (.3048 m) tall, black, odd, ascending **or descending** numerals and one solid fluorescent orange card, with or without a numeral.

**Rule 3-4 . . .** The lap counter changes the visual counter to the next higher **or lower** odd number, or fluorescent orange card



Rule Change

### UNIFORMS RULE 3-3-2a

- ART. 2 . . .** The uniform consists of a suit and, if worn, cap(s).
  - The suit or cap(s) may display **the name and/or number of the competitor, the competitor's name, school name, school nickname, and/or the school mascot logo.**



Rule Change

### CONDUCT RULE 3-6

- 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:
- making insulting or derogatory remarks, gestures or acts including taunting;
  - trying to influence or showing disgust with officials' decisions;
  - interfering with meet officials in the performance of their duties;
  - deck changing before, during or after a meet;
  - use of electronic devices to transmit information to the competitor(s) during the race or dive;**
  - use any form of tobacco product from the time the team personnel/competitor arrive at the site of the competition until they leave following completion of the meet;**
  - performing any on-site shaving before, during or after the meet.**




Rule Change

## CONDUCT RULE 3-6

**NOTE:** The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances.

**PENALTY:** Team personnel/**competitor** shall be disqualified from further participation in the meet, including all events in which the competitor previously qualified, for unsporting conduct. For excessive unsporting conduct, team personnel (as defined in 1-4-2) may be ejected from the competition area.




Rule Change

## CONDUCT RULE 3-6

**ART. 2 . . .** No team personnel/competitor shall display unacceptable conduct. This includes any act the referee deems unacceptable, including, but not limited to, the following:

- a. willful failure to follow the directions of a meet official;
- b. using profanity whether or not directed at someone or any action which could bring discredit to the individual or his/her school;
- c. not swimming in his/her assigned lane throughout the race and interfering with a swimmer in another lane;
- d. contacting, or walking on, the bottom of the pool for the purpose of gaining an advantage;
- e. not leaving the pool promptly when requested to do so by the referee.

**PENALTY:** Team personnel/competitor shall be disqualified from that event or the next event, whichever is appropriate.



Rule Change


## CONDUCT RULE 3-6

**ART. 3 . . .** When a spectator becomes unruly or interferes with the orderly progress of the meet, the referee shall suspend the meet until meet management resolves the situation and the meet can proceed in an orderly manner.

**ART. 4 . . .** No team personnel/competitor shall enter the water without the referee's approval.

**PENALTIES:**


1. All participants from a team shall be disqualified from that race/heat when a nonparticipating team member enters the water during the race (and that person is disqualified from further competition).
2. A competitor shall be disqualified from the event for:
  - a. entering the water before the race without the referee's permission;
  - b. re-entering the water during the race without the referee's approval.
  - c. in the case of diving, entering the water without the diving referee's permission
3. When all competitors in that event have completed a race and a competitor in that event enters/re-enters the water without the referee's approval, that competitor shall be disqualified from his/her next scheduled event.



Rule Change

## AUTHORIZED OFFICIALS RULE 4-1-8 (NEW)

**ART. 8 . . .** No participant, coach, administrator or game official shall use alcohol or any form of tobacco product (e-cigarette or similar items) beginning with arrival at the competition site until departure following the completion of the contest.



Rule Change

## RELAY EVENTS RULE 8-3-5a,b,c RELAY TAKEOFF JUDGES 4-6-1

**ART. 5 . . .** On the takeoff, the second, third and fourth swimmers on a relay team may be in motion before the previous swimmer finishes. The swimmer shall remain in contact with the starting platform/pool deck until the previous swimmer has finished. However, moving from the back of the starting platform to the front is permitted provided the swimmer is on the starting platform and does not initiate the action from the pool deck.

**NOTES:**



- a. On starts from the deck, the second, third and fourth swimmers must use the forward start with at least one foot at the edge of the deck. The body may be in motion but no intentional movement of the feet is permitted.
- b. For in-water starts, the second, third and fourth swimmers need only maintain contact with the end wall with a foot until the previous swimmer has finished.
- c. When starting block wedges are installed, the second, third and fourth swimmers must have at least one foot in contact with the surface of the starting platform in front of the wedge, during takeoff.



Rule Change

## RELAY TAKEOFF JUDGES RULE 4-6-4



**ART. 4 . . .** For championship meets ~~or when~~ dual confirmation is **used required**:

Rule Change

## FORM OF THE DIVES RULE 9-5-2

**ART. 2 . . .**The forward approach shall begin with not less than three steps and finish with a hurdle, defined as a jump off one foot to a landing on both feet at the end of the board. The diver may use **additional** steps, hops, leaps and/or jumps during the initial steps and before the culminating hurdle. The forward take-off shall be from both feet simultaneously to an adequate height to perform the dive.



2017-18 SWIMMING AND DIVING  
MAJOR EDITORIAL CHANGES



Editorial Change

## UNIFORMS RULE 3-3-2 NOTE

**NOTE:** The FINA mark and/or individual barcode on certain swimsuits designating that the suit has been approved for FINA and/or USA Swimming competition is not considered to be a second manufacturer's logo nor a form of advertising. Such swimsuits with a FINA marking shall be legal for NFHS competition, **if otherwise legal.**




Editorial Change

## AWARDING POINTS RULE 9-7-5m

A dive is failed if, in the diving referee's opinion, the diver:

- m. commits two balks **on the same dive;**




2017-18 SWIMMING AND DIVING  
POINTS OF EMPHASIS



Points of Emphasis

## SUIT COVERAGE

- Per rule 3-1 student athletes should be wearing 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.



## Points of Emphasis

## ACCOMMODATIONS FOR DISABLED ATHLETES

- Accommodations for student with special needs may be addressed through the rules and policies set forth by a variety of organizations (Special Olympics, Disabled Sports USA, US Paralympics, USA Swimming, etc.). In addition, by state association permission, additional accommodations can be made provided those do not fundamentally alter the sport, heighten risk, or place opponents at a disadvantage.



## Points of Emphasis

## WARM UP

- Meet Directors and Coaches are encouraged to review the "Suggested Meet Warm Up Procedures" located at the front of the NFHS Swimming and Diving Rules Book. Supervision, safety suggestions for pace/sprint lane practices, lane selection and other pertinent issues are highlighted to aid in the organization and precautionary measures suggested, prior to hosting a meet.



## Points of Emphasis

## VALID TIMES WITH A SINGLE MANUAL WATCH

- The referee is responsible for making decisions on matters not specifically covered by the rules. In the case of a timing malfunction, he/she is expected to utilize "other information" or data such as his/her place pick of the order of finish, times on other lanes, etc., to make sure the single data point (watch/button) is reasonably accurate. Referees have the authority to reject times that are clearly inaccurate and to determine placing without assigning a specific time to a swimmer.



## Points of Emphasis

## RESPONSIBILITY OF THE SWIMMER IN DISTANCE EVENTS:

- When counter malfunctions occur - i.e.: the lap counter is inadvertently dropped into the water. It is the responsibility of the swimmer to know their lap count and continue the race. Accidental error by the counter should not result in disqualification of the swimmer.



## Points of Emphasis

## POSITION STATEMENT ON OFFICIAL'S ROLE

The Rules for swimming and diving exist to ensure fair competition in a positive, safe and healthy environment.

Athlete performances in swimming and diving inevitably involve both physical and emotional components. When enthusiastic responses accompany/follow an athlete's performance in competition, officials should be careful to avoid intervention unless absolutely necessary.

If a celebratory response violates Rules 3-6-1 and 2 and is considered unsporting or unacceptable, it should be sanctioned accordingly.



## IHSAA/IGHSAU Contact Information

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