



2019-20 IHSA & IGSAU SWIMMING AND DIVING RULES MEETING

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

Jared Chizek, IHSAA
Jason Eslinger, IGSAU



MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES



Concussion in Sports
Elective Course

Student Coach Parent Administrator Official


Free! Completions: 161023 +

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."



HEADS UP: Concussion in High School Sports


IF YOU ARE A PARENT OR GUARDIAN OF A STUDENT PARTICIPATING IN INTERSCHOLASTIC ACTIVITY...

IF YOU ARE A STUDENT PARTICIPATING IN INTERSCHOLASTIC ACTIVITY...

IF YOU ARE A COACH OR OFFICIAL...


IF YOU ARE A HEALTH CARE PROVIDER...

IF YOU ARE A STUDENT...




CONCUSSIONS

Iowa Code Section 280.13C continued – "If a student's coach, contest official, or licensed health care provider or an emergency medical care provider 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.



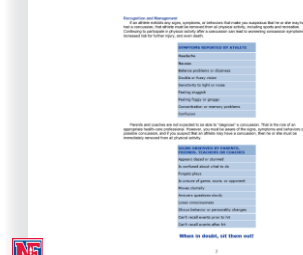

CONCUSSIONS

- 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


More 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



Take Part. Get Set For Life.™

National Federation of State High School Associations



Important 2019 Regular Season Dates

First Practice Date: Monday, August 12 (Week 6)

First Competition Date: Monday, August 26 (Week 8)



Take Part. Get Set For Life.™

National Federation of State High School Associations



IGHSAA REGIONAL MEET INFORMATION

- 2019 Regional Diving Meet: Thursday, Oct. 31
- 2019 Regional Swimming Meet: Saturday, Nov. 2



Take Part. Get Set For Life.™

National Federation of State High School Associations



REGIONAL DIVING

There will be three regional diving meets on Thursday, October 31.

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 26 high scoring divers for a total of 32 state-qualifying divers.



Take Part. Get Set For Life.™

National Federation of State
High School Associations



REGIONAL DIVING

All divers must have a valid 11-dive meet before competing in the regional diving meet.



Take Part. Get Set For Life.™

National Federation of State
High School Associations



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.



Take Part. Get Set For Life.™

National Federation of State
High School Associations



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.



Take Part. Get Set For Life.™

National Federation of State
High School Associations



2019 PRELIM/FINAL FORMAT

State Diving Finals: Friday, Nov. 8
State Swimming Prelims: Friday, Nov. 8
State Swim Finals: Saturday, Nov. 9



Take Part. Get Set For Life.™

National Federation of State
High School Associations



OFFICIALS REMINDERS



Take Part. Get Set For Life.™

National Federation of State
High School Associations



DIVING EXAM

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



Take Part. Get Set For Life.™

National Federation of State
High School Associations



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 IGHAU website – then click on the swimming & diving tag
- Phone: 515-401-1830
Email: jasoneslinger@ighsau.org



Take Part. Get Set For Life.™

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION INFORMATION




IMPORTANT DATES



- First Legal Practice Date - Monday, November 11
- First Legal Competition Date - Monday, November 25
- District Swim Meets - Saturday, February 8
- State Swim Meet - Saturday, February 15




QUIKSTATS REQUIREMENT

Completed by Tuesday at 3:00 PM

- December 10, 2019
- January 14, 2020
- February 4, 2020
- February 18, 2020

RULES BOOK



- All officials and schools received a 2018-19 Rules Book
- Will not receive another rule book until the 2020-21 season
- E-book/App also now available




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 December 2



SWIMMING AND DIVING OFFICIALS' MANUALS



The revised manuals will be available August 1 on the following website locations:
<http://www.nfhs.org/activities-sports/swimming-diving/>
<https://arbitersports.com>



www.nfhs.org



Rule Changes

2019-20 NFHS SWIMMING AND DIVING



Rule Change

UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

- **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.



www.nfhs.org

Rule Change

UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

- **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.



www.nfhs.org

Rule Change

UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 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;



www.nfhs.org

Rule Change

UNIFORMS**3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES**

- **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.



www.nfhs.org

Rule Change

UNIFORMS**3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES**

- **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.



www.nfhs.org

Rule Change

UNIFORMS**3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES**

- **Rule 3-3-3 and 3-3-4 PENALTIES:** When an official discovers a competitor wearing 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;



www.nfhs.org

Rule Change

UNIFORMS**3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES**

- 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.

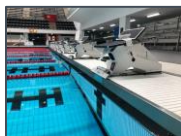


www.nfhs.org

Rule Change

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.



www.nfhs.org

Rule Change

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.




www.nfhs.org

Rule Change

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.




www.nfhs.org

Rule Change

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.





www.nfhs.org

Rule Change

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.



www.nfhs.org

Rule Change

THE POOL, BOARD AND EQUIPMENT

9-1-3

- A fulcrum, which can be moved and set at varying positions between 5 feet 1 inch and 7 feet 6 inches (1.549 m and 2.286 m) from the rear of the diving board, is required.

www.nfhs.org


Rule Change

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 1 1/2 SS	2.0	2.3	2.5
204 Back 2 SS	2.0	2.3	—
205 Back 2 1/2 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 1 1/2 SS	2.1	2.4	2.7
304 Reverse 2 SS	2.1	2.4	2.9
305 Reverse 2 1/2 SS	3.0	3.2	—




www.nfhs.org

Rule Change

FORM OF THE DIVES

9-5-6

- The flight shall be either in the:
 - 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;
 - 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;
 - 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;
 - free position in which a combination of positions may be used to perform twisting dives.




www.nfhs.org


Rule Change

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.





www.nfhs.org



Major Editorial Changes


2019-20 NFHS SWIMMING AND DIVING



Editorial Change

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.




www.nfhs.org

Editorial Change

THE REFEREE 4-2-2e

- During the meet, the responsibilities of the referee are to:

Notify the competitor's coach of an observed violation of ~~3-3-2~~ ~~3-3-5~~ during competition. This may be accomplished with a verbal announcement if the competitor's coach cannot be reached without delay of the meet.



www.nfhs.org

Editorial Change


CHOICE OF DIVES 9-4-1d TABLE

- A row in the **Figure 9 Table** was omitted from the previous rule book and has been reinstated 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.



www.nfhs.org



Points of Emphasis

2019-20 NFHS SWIMMING AND DIVING



Points of Emphasis

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



www.nfhs.org

Points of Emphasis

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.



www.nfhs.org

Points of Emphasis

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.



www.nfhs.org

Points of Emphasis

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.



www.nfhs.org

Points of Emphasis

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.



www.nfhs.org

Points of Emphasis

OFFICIALS RECRUITMENT

- High school officials are needed in this sport;
- Administrators, coaches, and officials can help by reaching out to recruit:
 - Graduating seniors
 - Area college students
 - Parents of former athletes
 - Retired coaches
 - Officials in other sports



IHSAA/IGHSAU CONTACT INFORMATION

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



IGHSAU – Jason Eslinger
jasoneslinger@ighsau.org
515-401-1830



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

