



# IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

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November 11, 2019

Dear Swimming Coaches, Athletic Directors and Officials:

As we start the boys swim season, we want to pass along the rules changes and other important information that was mentioned in the online rules meeting and the 2019-20 IHSAA Winter Sports Manual.

## **2019-2020 IMPORTANT DATES**

District Competition: Saturday, February 8, 2020 – 12:00 pm

State Competition: Saturday, February 15, 2020 – 12:30 pm @ Campus Recreation and Wellness Center, Iowa City

## **2019-2020 INFORMATION**

### **2019-20 Rules Books**

Each swimming school and official were notified when they received a 2018-19 Rules Book prior to the start of last season that they would not receive a copy of the 2019-20 NFHS Swimming and Diving Rules Book as the IHSAA sends out rules books on an every other year basis. We have a limited number of 2019-20 Swimming and Diving Rules Books available in our office if one desires to have a new rules book. Please contact Laura Brooker in our office to check the availability of these rules books before completing the IHSAA Officials Order Form found under the Officials page on the IHSAA web site. Each school and registered official will receive a new rules book in the fall of 2020.

### **2019-2020 Swimming Rules Meeting**

The 2019-20 Swimming and Diving Rules Meeting is active on the IHSAA website. Head coaches are required to view the rules meeting by Monday, December 2 in order to coach in postseason competition. Officials are required to view the rules meeting and pass the swimming examination in order to become registered and work any high school meet. Our rules meeting is the same as the girls' meeting, so if you watched the meeting earlier this fall, you have met the requirement for the year.

### **Concussion in Sports: What You Need to Know Course**

All 7-12 coaches (head, assistant, paid, volunteer) are required to view the online concussion course before the first day of practice. This requirement is through legislative action and is being administered by the IHSAA. Your school has been receiving reminders for all coaches who have not completed this requirement.

Coaches who do not view this course risk losing their coaching authorization/endorsement.

### **QUIKSTATS**

QuikStats is now open and ready for schools to enter their rosters and schedules. Each school's roster should have rolled over and the grade of the athletes has advanced by one grade. Again, there will be 3 checkpoints throughout the regular season: Tuesday, December 10; Tuesday, January 14; and Tuesday, February 4. All meets completed through the previous Saturday of each reporting date need to be entered by the check date. Meet results must also be entered by the Tuesday after both the district and state meet. The penalty for failure to report on time is:

**First Offense:** a letter/e-mail to the head coach and athletic director from the IHSAA sport administrator giving 3 days to comply with the mandate.

**Second Offense:** a letter to the athletic director with a copy to the principal and superintendent from the IHSAA executive director, giving 3 days to comply with the mandate.

**Third Offense:** IHSAA member school's expense allowances will be withheld by the IHSAA in the sport in which the third offense occurred.

### **2019-20 Rules & Editorial Changes**

Here is a link to the NFHS rule and editorial changes for the current season:

<https://www.nfhs.org/sports-resource-content/swimming-and-diving-rules-changes-2019-20/>. Due to the extensive formatting change to Rule 3, please look at the PDF version of the rules meeting for the exact wording of the rule:

<https://www.iahsaa.org/wp-content/uploads/2019/09/RulesMeetingReferenceSwimming.pdf>.

### **District Meet Information**

The six district meets will be held on Saturday, February 8, 2020, at 12:00 pm. District sites will be posted on our web site in the coming weeks.

### **State Meet Information**

The state meet will be held at the Campus Recreation and Wellness Center in Iowa City on Saturday, February 15, 2020, at 12:30 pm. As last year, all seats in the competition pool area will be reserved, and each state meet qualifying school will have an opportunity to purchase tickets directly over the pool. More information regarding the state meet will be sent out in the future in a separate email.

**PROPER SUPERVISION OF SWIMMERS** - Section 641-15.4(4)"d"(4) of the Iowa Code states, "For a structured swimming program, such as lap swim, competitive swimming, water exercise classes, swim lessons, and physical education classes a life guard is not required provided the program is supervised by an instructor, teacher, or **coach who is a lifeguard or has current certification from the American Red Cross in basic water rescue, first aid, and infant, child and**

**adult CPR; or equivalent training approved by the Department of Health. “An instructor, teacher, or coach may be responsible for a MAXIMUM of 30 persons within a structured activity. If more than 30 persons are involved (*in or out of the water*) in a structured activity, a second qualified supervisor **MUST** be present.”**

**Iowa High School Swim Coaches Association**

Coaches are reminded of the networking and leadership opportunities and student-athlete awards that are available to members of the Iowa High School Swim Coaches Association. Please contact Rick Loeffelholz at Hempstead High School (rloeffelholz@dbqschools.org) for additional information.

We hope you have a great start to the season. Again, don't hesitate to contact me with any concerns throughout the season.

Sincerely,

Jared Chizek  
Assistant Director