



**2020-21 IHSAA & IGSAU SWIMMING AND DIVING RULES MEETING**

National Federation of State High School Associations



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1

**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.



2

**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."*



3

**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 COACH OR PARTICIPANT...**

**IF YOU ARE A STUDENT...**

**IF YOU ARE A HEALTH CARE PROVIDER...**

**IF YOU ARE A SCHOOL ADMINISTRATOR...**

**IF YOU ARE A VOLUNTEER...**

**IF YOU ARE A STUDENT...**

**IF YOU ARE A HEALTH CARE PROVIDER...**

**IF YOU ARE A SCHOOL ADMINISTRATOR...**


**IF YOU ARE A VOLUNTEER...**

**IF YOU ARE A STUDENT...**

**IF YOU ARE A HEALTH CARE PROVIDER...**

**IF YOU ARE A SCHOOL ADMINISTRATOR...**


**IF YOU ARE A VOLUNTEER...**



4

**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."*



5

**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.



6

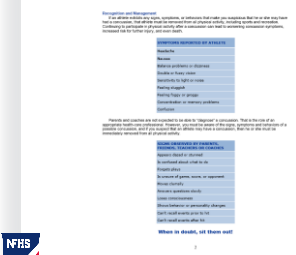
## CONCUSSIONS

- **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.




7

## CONCUSSION RECOGNITION & MANAGEMENT



- Information on concussions can be found at [www.iahsaa.org](http://www.iahsaa.org). Click on "Health and Safety" under "Resources" on the IHSAA home page.



8

## 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.




9

## 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





10

## RULES BOOK




- All officials and schools will receive a 2020-21 Rules Book
- Will not receive another rule book until the 2022-23 season
- E-book/App also now available





11

## NFHS SWIMMING AND DIVING PUBLICATIONS



- The revised manuals will be available July 1 on the swimming and diving page of the NFHS site



[www.nfhs.org](http://www.nfhs.org)

12





13

Rule Change

### PARTS OF THE POOL 1-1-1

- The end wall is the vertical portion of the pool, contiguous surface of the deck and overflow gutter, the front of the starting block or platform, or the touchpad at the end of the course.



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14

Rule Change

### PARTS OF THE POOL 1-1-1

- Open spaces on the side of the blocks or the open space of the gutter are not considered part of the end wall.

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15

Rule Change

### MEET MANAGEMENT 1-4-5, 1-4-6

- A dive round is the completion of one dive by each participant.
- A dive session is a series of dive rounds culminating in a break.

Note: The remaining articles have been renumbered.




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16

Rule Change

### OTHER RULES AFFECTED 9-2-1, 9-4-1d

- Practice dives are **only** permitted during specified warm-up times **prior to each session**.
- In championship meets, the dives to be performed during each **session** of championship competition are as follows:

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.




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17

Rule Change

### OTHER RULES AFFECTED 9-4-2, 9-4-4, 9-4-5

- The number of qualifiers for each **session** of competition is the predetermined number of divers with the cumulative highest score for all rounds of competition.
- After the preliminary **session**, the number of qualifiers shall be four more than the number of places to be scored.
- After the semifinal **session**, the number of qualifiers shall be equal to the number of places to be scored.




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18

Rule Change

## UNIFORMS 3-3-3 NOTE, 3-3-4c

- NOTE: The FINA mark and/or individual barcode and/or the USA Swimming approved check-mark logo on certain suits 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 suits with a FINA marking and/or check-mark, if otherwise legal, shall be legal for NFHS competition.





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19

Rule Change

## UNIFORMS 3-3-3 NOTE, 3-3-4c

- Suits with a FINA marking and/or the USA Swimming approved check-mark logo, if otherwise legal, shall be legal for NFHS competition.


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20

Rule Change

## TIMING AND JUDGING 6-3-2

- The official time is the time registered by touchpad, button(s) or stopwatch(es) when the swimmer completes the race. The order of finish shall be determined by integration of the official time for each lane.



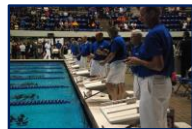

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21

Rule Change

## TIMING AND JUDGING 6-3-4

- The backup system shall be operative for all races but shall be used only for lanes in which the automatic equipment malfunctions or time is not properly recorded.


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22

Rule Change

## DIVING CONTESTANTS 9-3-3

- Entries by Individuals** - A diver officially becomes a participant when:
  - in championship meets, the official entry **card/scoresheet** bearing that diver's first and last name, event and school affiliation is submitted at the time and place specified by the meet manager;




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23

Rule Change

## DIVING CONTESTANTS 9-3-5

- Diving Scoresheets** - Each diver shall submit a diving scoresheet, signed by both the contestant and the coach on the lines provided for those signatures, which includes the number, written description, position, degree of difficulty (with the number and degree of difficulty of the voluntary dive(s) circled or otherwise clearly identified), and order in which the dives will be attempted for all levels of the competition, preliminaries through finals.



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24



25

Editorial Change

### TIMERS 4-9-2

- A head lane timer shall determine if the swimmer has touched the finish end (or touchpad if automatic timing/judging equipment is used) and, for the 500-yard/400-meter freestyle, shall keep a written tally of the number of laps completed by the swimmer in that lane.

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26

Editorial Change

### GUIDELINES FOR OFFICIATING SWIMMERS WITH DISABILITIES - APPENDIX B

**FIGURE 1 - FORWARD START**

- Twist hand at chin level - short whistle;
- Arm overhead - swimmer steps onto starting block;
- Arm moves to shoulder level - signal to "take your mark";
- Arm moves to side of body - starting signal;

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27

Editorial Change

### GUIDELINES FOR OFFICIATING SWIMMERS WITH DISABILITIES - APPENDIX B

**FIGURE 2 - BACKSTROKE START**

- Twist hand at chin level - short whistles;
- Arm overhead - swimmer enters water; drop arm to side while swimmer enters water;
- Arm overhead - swimmer returns to backstroke start position;
- Arm moves to shoulder level - signal to "take your mark";
- Arm moves to side of body - starting signal.

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28



29

Points of Emphasis

### COMMUNICATION BETWEEN THE REFEREE AND TABLE

- Referee must establish a line of communication with timing system operator and meet management software operator.
- Meet prior to the contest to discuss responsibilities:
  - starts and finishes;
  - number of laps completed;
  - entry limits;
  - discrepancies between touchpad and backup times;
  - Order of finish.


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30

Points of Emphasis

## ESTABLISHING THE OFFICIAL TIME

- Legal finish - when first point of contact is:
  - Touchpad - that time shall be official;
  - Touchpad but a malfunction is determined - integrate backup time with results from other lanes;
  - End wall – utilize backup system and other available data points to verify backup system is accurate (order of finish, times in other lanes, etc.).





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31

Points of Emphasis

## DIVING ENTRIES

- Two-step process for a championship meet:
  1. Entry as diving participant
  2. Submission of scoresheet


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32

Points of Emphasis

## SIGNALS FOR OFFICIATING SWIMMERS WITH DISABILITIES

- Updated images of official signals;
- Specific accommodations for visually and hearing impaired;
- State associations may establish official training;
- Accommodation questions can be addressed with NFHS.




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33

Points of Emphasis

## OFFICIALS STARTING MECHANICS

- The starter has the responsibility to ensure that all swimmers receive a fair and equitable start.
- IHSAA and IGSAU follow NFHS rules and mechanics and not USA Swimming




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34

Points of Emphasis

## OFFICIALS MECHANICS – VERBAL PREPARATORY COMMANDS - FORWARD START

- To bring the swimmers to the starting area, the announcer or referee/starter announces the event/distance/heat, "This is the 200-yard freestyle, heat 2";
- Referee/starter blows a long whistle;
- Immediately says, "Step up";
- If necessary, blows whistle or asks for quiet;
- When swimmers are stationary, gives the command, "Take your mark";
- When swimmers are stationary, activates the starting signal.
- Note: If a swimmer(s) has not responded to the whistle indicating he/she should step up or step in, the referee/starter should give the verbal commands




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35

Points of Emphasis

## OFFICIALS MECHANICS – VERBAL PREPARATORY COMMANDS - BACKSTROKE START

- To bring the swimmers to the starting area, the announcer or referee/starter announces the event/distance/heat, "This is the 200-yard medley relay, heat 2";
- Referee/starter instructs the swimmers to, "Step in";
- When the swimmers have surfaced, blows a long whistle to have the swimmers return to the wall and instructs the swimmers to "Place your feet";
- If necessary, blows whistle or asks for quiet;
- When swimmers are stationary, gives the command, "Take your mark";
- Observes whether or not any feet or toes are above or curling over the gutter or pool's edge;
- When swimmers are stationary, activates the starting signal.
- Note: The referee/starter may give the command, "Place your feet," after blowing the second long whistle and before giving the "Take your mark" command.



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36

**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



37

**IHSAA/IGHSAU CONTACT INFORMATION**

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38

**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



39