



2021-22 IHSAA & IGSAU SWIMMING AND DIVING RULES MEETING

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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.



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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."



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HEADS UP: Concussion in High School Sports

IF YOU ARE A PARENT OR GUARDIAN OF A STUDENT PARTICIPATING IN INTERSCHOLASTIC ACTIVITIES, PLEASE READ THIS IMPORTANT INFORMATION FROM IOWA CODE SECTION 280.13C, HEADS UP! PARENTS.

IF YOU ARE A COACH, CONTEST OFFICIAL, OR LICENSED HEALTH CARE PROVIDER FOR AN INTERSCHOLASTIC ACTIVITY, PLEASE READ THIS IMPORTANT INFORMATION FROM IOWA CODE SECTION 280.13C, HEADS UP! COACHES.

IF YOU ARE A STUDENT PARTICIPATING IN INTERSCHOLASTIC ACTIVITIES, PLEASE READ THIS IMPORTANT INFORMATION FROM IOWA CODE SECTION 280.13C, HEADS UP! STUDENTS.


IF YOU ARE A SCHOOL DISTRICT OR NONPUBLIC SCHOOL, PLEASE READ THIS IMPORTANT INFORMATION FROM IOWA CODE SECTION 280.13C, HEADS UP! SCHOOLS.



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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."



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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.



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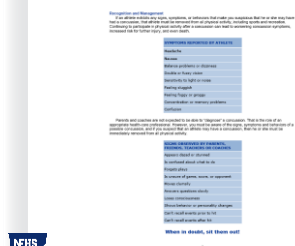
CONCUSSIONS

- **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.




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CONCUSSION RECOGNITION & MANAGEMENT



- Information on concussions can be found at www.iahsaa.org. Click on "Health and Safety" under "Resources" on the IHSAA home page.



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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.




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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

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RULES BOOK

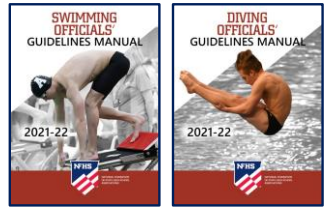


- All officials and schools received a 2020-21 Rules Book
- Will not receive another rule book until the 2022-23 season
- E-book/App also now available





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NFHS SWIMMING AND DIVING PUBLICATIONS

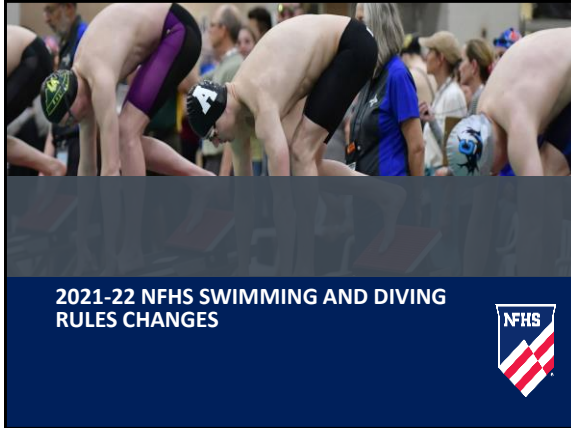


The revised manuals now available under swimming and diving at NFHS.org



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Rule Change

ENTRIES BY INDIVIDUALS 3-2-5

- Changes protocol for declaration of the lead-off swimmer in a relay to be submitted prior to the start of the event.



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Rule Change

UNIFORMS 3-3-5

- Permits competitors to wear suits providing full body coverage for religious reasons.
- The suit must meet the requirements of Rule 3-3-4b(1-3).
- Questions about a specific suit must be addressed by the state association after the meet.



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Rule Change

UNIFORMS 3-3-6c

- Permits the application of temporary adhesives for divers.
- Minimizes hand slippage.
- Aligns with national trends.


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Rule Change

QUALIFYING PROCEDURES 5-4-3, NEW NOTE

- Clarifies protocol for conducting swim-offs and purposes the time can be used for.
- NOTE:** Swim-off times are considered official and can be used for record or other purposes.




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Rule Change

MANAGING DIVING COMPETITION 9-2-1

- During championship meets, diving boards should be open for practice if breaks between sessions extend longer than ten minutes.
- Access to practice dives/approaches should be as equitable as possible but does not require divers to perform an equal number of dives or approaches.





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Rule Change

DIVING CONTESTANTS 9-3-7

- Standing forward takeoffs are permitted.
- Diver must declare intent to the referee prior to the dive.
- The diving referee shall deduct 2 points from each judge's award for violation of the forward approach.


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Rule Change

DIVING CONTESTANTS 9-3-7 PENALTIES

- If the diver does not declare the intent to perform a forward standing takeoff, both penalties will NOT be assessed:
 - Either the diver declares intent to do a standing takeoff and receives a two-point deduction from each judge; or
 - The diver fails to declare intent making it an unsatisfactory dive and receives no more than two points per judge.
- Both calls will be made by the diving referee.




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Rule Change

FORM OF THE DIVES 9-5-2, NEW NOTE

- Describes the starting posing for a standing forward takeoff.
- Adds language to define the number of oscillations permitted.
- The NOTE reminds us that the standing forward takeoff is now considered a violation of the forward approach.





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Rule Change

FORM OF THE DIVES 9-5-4b

- Clarifies only four oscillations are permitted before the diver leaves the board.


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Rule Change

FORM OF THE DIVES 9-5-5

- Added a standing forward takeoff to the description of a balk.
- The balk shall be declared before the dive is scored.
- A diver who fails to declare the intent to perform a forward standing takeoff (receives score of maximum 2 points) and commits a balk (mandatory deduction of 2 points), will receive a score of zero.




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Rule Change

FORM OF THE DIVES 9-5-5

- Unsatisfactory dives that receive a two-point deduction are not considered "Fail Dives", because the diver technically scores points and then receives a deduction. They are considered Zero Sum Dives.
- Examples are:
 - failing to come out of a somersault after committing a balk;
 - performing a dive in clearly the wrong position on an undeclared standing forward takeoff;
 - balking and then hitting the board;
 - failing to come out of a twist with a balk or undeclared standing forward takeoff.




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Rule Change

DIVING OFFICIALS 9-6-2i, 9-6-4 NEW

- Permits announcer errors to be immediately corrected by allowing a diver to perform the correct dive prior to the next dive.
- Defines process to rectify announcing errors that occur during diving competition.




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Rule Change

AWARDING POINTS 9-7-4f, 9-7-5, 9-8-2c

- 9-7-4f: An undeclared standing forward takeoff was added to the unsatisfactory category.
- 9-7-5: A dive performed from a forward standing position was removed from the failed category.
- 9-8-2c: Added forward standing takeoff to the list of takeoffs in which the feet cannot leave the board without a mandatory deduction.




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2021-22 NFHS SWIMMING AND DIVING MAJOR EDITORIAL CHANGES





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Editorial Change

MEET MANAGEMENT 1-4-2

- Seeding is the process of assigning competitors into heats **by time in swimming and by score or by lot in diving.**


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Editorial Change

UNIFORMS 3-3-2 PENALTIES 1 & 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 ... If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from that event/dive and shall not be eligible for further competition until in **legal attire**;
 - When observed after the heat/dive officially begins ... disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time/score and the competitor shall not be eligible for further competition until in **legal attire**.




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Editorial Change

STROKE JUDGES 4-1-1, 4-4, 4-4-1, 4-4-2, 4-5-3, 4-7

- SECTION 4 STROKE JUDGES**
For championship meets, there shall be at least two stroke **judges**, one positioned on each side of the pool, each moving along the length of the swimming course.



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Editorial Change

TIMING AND JUDGING

6-2-2, 6-4-1b(3)

- 6-1-2: When using timing devices that calibrate to the thousandth of a second, the last decimal place shall be dropped **so the official time reads in the hundredths.**
- 6-2-2: The digits representing thousandths of a second shall be dropped **so the official time reads in the hundredths.**
- 6-4-1b(3): The digits representing thousandths of a second shall be dropped **so the official time reads in the hundredths.**



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Editorial Change

RELAY EVENTS

8-3-3

- The first swimmer of a relay team, once called to the starting platform by the referee's **long whistle**, shall not change the swimming order in the relay event with any teammate.



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Editorial Change

DIVING OFFICIALS

9-6-1, 9-6-5

- 9-6-1: ... Judges may award 10 to 0 points for any dive, independent of the other **officials judges**, except when the diving referee instructs the judging panel to award a maximum point value for an unsatisfactory or failed dive.
- 9-6-5: The scorer shall list the award given each dive by each judge **in the proper order...**



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Editorial Change

MANDATORY DEDUCTIONS

9-8-2d

- ART. 2 . . . Each diving judge shall deduct ½ -2 points for:
 - d. Spreading the knees **wider than the shoulders** in the tuck position.

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Editorial Change

STATE ADOPTION TABLE


- New to the 2021-22 Swimming and Diving Rules Book is a State Association Adoption Chart found on page 91.
- The chart identifies all allowable state association adoptions found within the rules book – providing a summary of the rule and rules references.

STATE ASSOCIATION ADOPTION CHART	
State associations may voluntarily adopt specific coverage in the following:	
1. Exhibition swimmers are permitted unless state association policy determines otherwise.	1-3-3
2. Determination of which meets are considered qualifying championship meets.	1-4-10(MT)
3. Use of alternate quarters in a final round parallel. (3-4-6, 3-4-3)	1-4-10(F)
4. In facilities that do not meet pool dimensions, markings, and construction, meets may be conducted unless state association regulations determine otherwise.	2-1
5. Local leagues and/or conferences may modify the maximum number of entries from each team in any event(s) for championship events unless prohibited by state association policy.	3-1-1
6. In non-championship multi-team meets, unseeded team entries are permitted unless state association policy determines otherwise. However, the individual entry rule shall be followed. (3-2-1)	3-1-2a
7. May enter relay teams without the names of the competitors.	3-2-3(MT)
8. Commemorative or memorial patches may be worn on jersey for special occasions, not to exceed four square inches.	3-3-3a




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2021-22 NFHS SWIMMING AND DIVING POINTS OF EMPHASIS




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Points of Emphasis

SUGGESTED MEET WARMUP PROCEDURES

- Review appropriate supervision protocol, safety suggestions, management of sprint lanes, and lane selection;
- Warm-up procedures should focus on risk minimization;
- Communicate protocol to visiting teams;
- Coaches should ensure their athletes adhere to site procedures.




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Points of Emphasis

RESPONSIBILITIES FOR COUNTING LENGTHS

- If a lap counter malfunction occurs, it is competitor's responsibility to count proper lengths in the 500-yard freestyle event;
- If lap counter aids competitor, the competitor is disqualified;
- If lap counter enters water during race, all competitors of the team in the race are disqualified;
- If the starter sounds the warning device at the incorrect time competitors shall not be penalized for circumstances beyond their control.




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Points of Emphasis

UPDATING DIVING RULES

- Diving rules were updated, clarified, and enhanced:
 - Forward standing takeoffs are now permitted;
 - Temporary adhesives are now permitted;
 - Diving warmup times between sessions are defined;
 - Protocol for correcting announcer errors during competition.



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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



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IHSAA/IGHSAU CONTACT INFORMATION

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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 link to the bottom of your screen that says:
Click here to go to the verification page
You will be directed to the verification screen followed by the verification certificate



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