



2023-24 IHSAA & IGHSAA SWIMMING AND DIVING RULES MEETING

National Federation of State High School Associations

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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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CONCUSSION RECOGNITION & MANAGEMENT



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CONCUSSION RECOGNITION & MANAGEMENT



- Additional information on concussions can be found at www.iahhsaa.org. Click on "Information on Sports Concussions" on the IHSAA home page.

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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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RETURN TO PLAY PROTOCOL

- **Step 1-** Athlete has received written medical clearance from a licensed health care provider to begin the return-to-play process, AND the athlete is back to regular activities, including school, without experiencing any concussion signs, symptoms, or behaviors for a minimum of 24 hours.
- **Step 2-** Low impact, light aerobic exercise. Walking or stationary cycling at slow to medium pace. No resistance/weight training.
- **Step 3-** Basic exercise, such as running in the gym or on the field. No helmet or other equipment.
- **Step 4-** Noncontact, sport-specific training drills (dribbling, ball handling, batting, fielding, running drills) in full equipment. Resistance/weight training may begin.
- **Step 5-** Full contact practice and participation in normal training activities.
- **Step 6-** Contest participation



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RETURN TO PLAY PROTOCOL



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RETURN TO LEARN PROTOCOL- HOUSE FILE 2442

- Personnel of a school district or accredited nonpublic school with enrolled students who participate in an extracurricular interscholastic activity which is a contest in grades seven through twelve shall develop a return-to-learn plan based on guidance developed by the Brain Injury Association of America in cooperation with a student removed from participation in an extracurricular interscholastic activity and diagnosed with a concussion or brain injury, the student's parent or guardian, and the student's licensed health care provider to accommodate the student as the student returns to the classroom.



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SCHOOL CONCUSSION MANAGEMENT PROTOCOL - EXAMPLE



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EMERGENCY ACTION PLAN (EAP)

- An EAP is necessary for any school and all of the venues within these institutions where athletes exercise. The EAP provides information to ensure response to an emergency is rapid, appropriate, controlled and precise. All personnel involved with the organization of athletic activities share a professional and legal responsibility to ensure that guidelines are in place to manage any emergency that could arise. The EAP defines the standard of care for these situations, and therefore an institution without an EAP can be found to be negligent in cases of catastrophic injuries.
- While health care providers are usually responsible for the writing of this document, all those involved with athletic teams (athletic directors, team physicians, athletic trainers, athletic training students, coaches, strength and conditioning coaches, local EMS services) need to be aware and knowledgeable with its contents. It is best to also involve EMS in the writing of the EAP and have the medical director for the school/university approve its contents



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BENEFITS OF AN EMERGENCY ACTION PLAN

- Risk management strategy: lead to prevention of athletic injury
- Readily prepared for emergency situations
- Ensures that appropriate care is provided in a timely manner
- Decrease chance of legal action taking place
- Protects liability of ATC, Coaches & school administration
- Leads to a more effective emergency response



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EAP COMPONENTS

- **Emergency Personnel** – Describe the emergency team involved when the EAP is activated and the roles of each person.
- **Emergency Communication** – What communication devices are available, where, what number to call in an emergency, specific information and directions to the venue to provide to EMS response team.
- **Emergency Equipment** – Location of equipment should be quickly accessible and clearly listed. Equipment needs to be maintained on a regular basis.
- **Medical Emergency Transportation** – Describe options and estimated response times for emergency transportation.
- **Venue Directions with a Map** – (should be specific to the venue, and provide instructions for easy access to venue)
- **Roles of First Responders** – Establish scene safety and immediate care of the athlete, activation of EMS, equipment retrieval, direction of EMS to the scene
- **Emergency Action Plan for Non-Medical Emergencies** – These emergencies can refer to the school emergency action plan if one is in place



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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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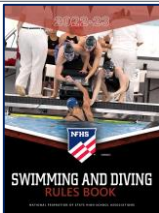
DIVING EXAM

- 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 2022-23 Rules Book
- Will not receive another rule book until the 2024-25 season



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NFHS SWIMMING AND DIVING PUBLICATIONS



The revised manuals will be available by July 1, 2023.



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Rule Change

UNIFORMS SECTION 3 NOTE

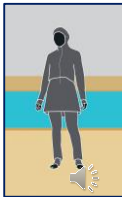
- Moved **NOTE** addressing accommodations to the beginning of Rule 3-3 Uniforms;
- Added language specifying suit constructions rules which cannot be waived:
 - suit must be constructed of a woven/knit textile material,
 - suit must be permeable 100% to air and water,
 - suit must not aid speed, buoyancy or body compression.


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ACCOMMODATIONS

- Modifications that do not require state association approval:
 - Wearing of 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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ACCOMMODATIONS

- Modifications that do require state association approval:
 - Wearing of additional attire (beyond the single suit) for purposes of bodily support or modesty, not religious in nature;
 - Use of devices to assist a disabled swimmer (e.g., tap pole for notifying blind swimmer of approach to a turn);
 - Use of artificial devices to replace a missing limb or extremity;
 - Use of tape of any kind is permitted only for medical necessities and requires letter from certified medical professional. (3-3-5d) 


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Rule Change

UNIFORMS 3-3-2

- Removed language specifying a competitor must compete in a suit that is of decent appearance;
- Eliminates the subjectivity of “decent appearance” for an official when making an illegal suit determination;
- Officials are responsible for adjudicating:
 - waist to knee coverage or shoulder to knee coverage
 - single suit coverage


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Rule Change

STARTS & FINISHES 8-1-3d, PENALTY 2, 8-1-6 PENALTY

- Requires a written record for dual confirmation of a false start;
- Aligns with requirement of a written record for dual confirmation of a relay takeoff during a championship meet;
- Provides an additional level of accountability.

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Rule Change

FORM OF INDIVIDUAL EVENTS 8-2-1g BACKSTROKE

- Removes language requiring some part of the body be at or above the surface during the backstroke finish;
- Once some part of the swimmer's head has passed the final 5-yard/5-meter mark immediately prior to reaching for the backstroke finish, the swimmer may now be completely submerged and continue propulsive movements until touching the wall.



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Rule Change

FORM OF INDIVIDUAL EVENTS 8-2-2d BREASTSTROKE

- Removed language prohibiting sculling after the initial pull-out following the start or turn;
- There is no competitive advantage;
- Difficult to observe.



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Rule Change

FORM OF INDIVIDUAL EVENTS 8-2-2d BREASTSTROKE PULLOUT

- The requirement of arms moving in the same horizontal plane was eliminated;
- Will permit swimmer to begin pullout without being perfectly level on the breast;
- Difficult to observe by officials.



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Rule Change

FORM OF INDIVIDUAL EVENTS 8-2-2e BREASTSTROKE KICK

- The legs no longer need to be in the same horizontal plane during the kick.
- Language addressing flexion and extension of the knee during the kick was removed.
- While vertical movement created by knee flexion/extension will still be prohibited, so are all other vertical movements regardless of their origin.



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Rule Change

FORM OF INDIVIDUAL EVENTS 8-2-2f,g BREASTSTROKE TURN AND FINISH

- The turn requires a simultaneous touch with separated hands not necessarily on the same plane at, above, or below the water surface.
- The finish requires a simultaneous touch with separated hands not necessarily on the same plane at, above, or below the water surface.



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Rule Change

FORM OF INDIVIDUAL EVENTS 8-2-2f,g BREASTSTROKE TURN AND FINISH

Separated Hands – Separated means that hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

Legal



Not Legal





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Rule Change

FORM OF INDIVIDUAL EVENTS 8-2-3c BUTTERFLY

- The requirement of arms moving in the same horizontal plane was eliminated;
- Will permit swimmer to begin the stroke without being perfectly level on the breast;
- Difficult to observe.



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Rule Change

FORM OF INDIVIDUAL EVENTS 8-2-3e, g BUTTERFLY TURN AND FINISH

- The turn requires a simultaneous touch with separated hands not necessarily on the same plane at, above, or below the water surface.
- The finish requires a simultaneous touch with separated hands not necessarily on the same plane at, above, or below the water surface.



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Rule Change

CHOICE OF DIVES 9-5 DIVING TABLE

- The following dives were eliminated from the NFHS Diving Table:
 - 104A Forward 2ss (straight);
 - 304A Reverse 2ss (straight);
 - 402A Inward 1ss (straight);
- Removal of these dives is a risk minimization measure.



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Rule Change

AWARDING POINTS 9-7-4c (NEW)

- A dive is unsatisfactory if, in the referee's opinion the diver's head is unsafely close to the diving board during the dive;
- The diving referee shall be seated in direct line with the end of the diving board;
- The determination is made as the diver's head passes through the plane of the diving board.

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Rule Change


AWARDING POINTS 9-7-4c






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2023-24 NFHS SWIMMING AND DIVING
MAJOR EDITORIAL CHANGES




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Editorial Change

POOL MARKINGS 2-4-2, TABLE 2-1

Pool Markings	Before January 1, 2023	After January 1, 2023
Width of line on pool bottom	10 to 12 inches (25 to 30.48 cm.)	8 to 12 inches (.20 to .30 cm.)
Length of cross line	36 inches (.9144 m.)	3 feet 4 inches (1.0 m.)
Line terminates from end wall	60 to 80 inches (1.5 to 2.0 m.)	6 feet 7 inches (2.0 m.)
Length of end wall targets below water	3 feet 6 inches (1.0668 m.)	Minimum of 3 feet 4 inches (1.0 m.) below water


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Editorial Change

SEEDING 5-2-1, 5-2-2

- ART. 1 . . . In preliminary heats, **or finals which have no preliminaries**, the time to be considered for purposes of seeding shall be the best competitive time for each swimmer as listed on the entry card and submitted to the meet committee (championship meets) or referee (other meets).
- ART. 2 . . . In races **which require qualifying**, the time to be considered for the purposes of seeding shall be the best time made during qualifying races.


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Editorial Change

LANE AND HEAT ASSIGNMENTS 5-3-6

- ART. 6 . . . In preliminary races, the final three heats **shall** consist of the fastest seeded competitors with the fastest in the last heat, the second fastest in the next to last heat, the third fastest in the second to last heat, the fourth fastest in the last heat, and so on. If more than three heats **are needed**, the assignment in additional heats is determined as in timed final events. For example, the following plan shall operate when there are 32 swimmers in six lanes for preliminaries.

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Editorial Change

APPENDIX B

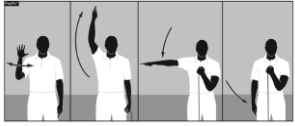



FIGURE 1 – FORWARD START

A. Twist hand at chin level – short whistles;
 B. Arm overhead – **long whistle** – swimmer steps onto starting block;
 C. Arm moves to shoulder level – signal to “take your mark”;
 D. Arm moves to side of body – starting signal;

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Editorial Change

APPENDIX B

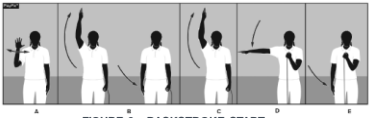



FIGURE 2 – BACKSTROKE START

A. Twist hand at chin level – short whistles;
 B. Arm overhead – **long whistle** – swimmer enters water; drop arm to side while swimmer enters water;
 C. Arm overhead – swimmer returns to backstroke start position;
 D. Arm moves to shoulder level – signal to “take your mark”;
 E. Arm moves to side of body – starting signal.

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**2023-24 NFHS SWIMMING AND DIVING
POINTS OF EMPHASIS**

NFHS 

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RISK MINIMIZATION

- The NFHS serves as the national authority on competition rules while promoting fair play and seeks to minimize risk of injury for student participants.
- On an ongoing basis, the rules committee assesses and minimizes risks, to the extent consistent with the sound traditions of the sport.
- Changes related to risk minimization included the backstroke finish, the diving table, and the establishment of a penalty for a diver's head being too close to the board.



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NATIONAL TRENDS

- The NFHS Swimming and Diving Rules Committee consistently monitors national trends having to do with technical rules, technology, and behavior.
- The committee is cognizant of the philosophy of the NFHS membership, the health and safety of the competitor and financial considerations that may present a competitive advantage, while also preserving/protecting the important values of education-based athletics, good citizenship, and personal responsibility.
- This year the uses of electronic devices and backstroke ledges was a specific focus of the Swimming and Diving Rules Committee.



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PARTICIPANT AND SPECTATOR UNSPORTING CONDUCT

- The 2023 NFHS Swimming and Diving Questionnaire revealed a dramatic increase of negative behavior on the pool deck.
- Under Rule 3-6-1, unsporting conduct includes making insulting or derogatory remarks, gestures or acts including taunting, attempting to influence, showing disgust, or interfering with an official.
- Rule 3-6-2 addresses unacceptable conduct, specifically profanity, whether or not directed at someone or any action which could bring discredit to the individual or school.



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DESIGNATED AREAS FOR PHOTOGRAPHERS

- Guidelines for photographer access should be clearly defined prior to the swimming and diving event.
- It is recommended that state associations and event hosts consider the areas, and specifically the angles, for photography of swimmers that they consider appropriate/inappropriate and set reasonable guidelines.
- Photographers should not be located directly behind the starting blocks.
- Athletes with cell phones should be instructed photos behind the starting blocks are not permitted.



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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/IGHS AU 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 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

