



**IOWA HIGH SCHOOL
ATHLETIC ASSOCIATION**
1605 S. STORY ST. • P.O. BOX 10 • BOONE, IA 50036-0010
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Dear Swim Coaches and Athletic Directors,

As we prepare to start the boys swim season, we want to highlight information that was shared in the rules meeting and the IHSAA Winter Sports Manual.

2026 State Meet

The 2026 state meet is currently scheduled for February 13 and 14 at the University of Iowa. The qualifying system is the same as last year. All qualifying will still take place via the district meet on Saturday, February 7. 32 individuals will participate in the preliminaries on Friday with 16 making Saturday's final, while all 24 relay teams will swim Saturday. More information related to the state meet will be shared later this winter.

Rules Books, Rule Changes and Points of Emphasis

2025-2026 is an off-year rule book distribution; no books will be mailed.

NFHS rule changes for the 2025-2026 season can be accessed [here](#).

There are only a few points of emphasis highlighted this year please take time to review them [here](#).

2025-2026 Swimming Rules Meeting

The 2025-26 Swimming and Diving Rules Meeting is active through Bound for coaches and through DragonFly for officials. Head coaches are required to view the rules meeting by Monday, December 1 in order to coach in postseason competition. 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. Coaches who do not view this course risk losing their coaching authorization/endorsement.

Bound

Bound is now open and ready for schools to enter their rosters and schedules. Again, there will be 3 checkpoints throughout the regular season: Tuesday, December 9; Tuesday, January 13; and Tuesday, February 3. 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.

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.

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

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."

Para-Swimming Entry

We will again offer a para-swimming division this winter. If you have a para-athlete interested in swimming please complete the following form by January 13th, so we can plan from a district and state meet perspective [2025-26 Para Swimming Entry | IHSAA](#)

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, President, Dustin Rhoads at Ankeny High School (dustin.rhoads@ankenyschools.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,



Tyler Lown
Assistant Director