

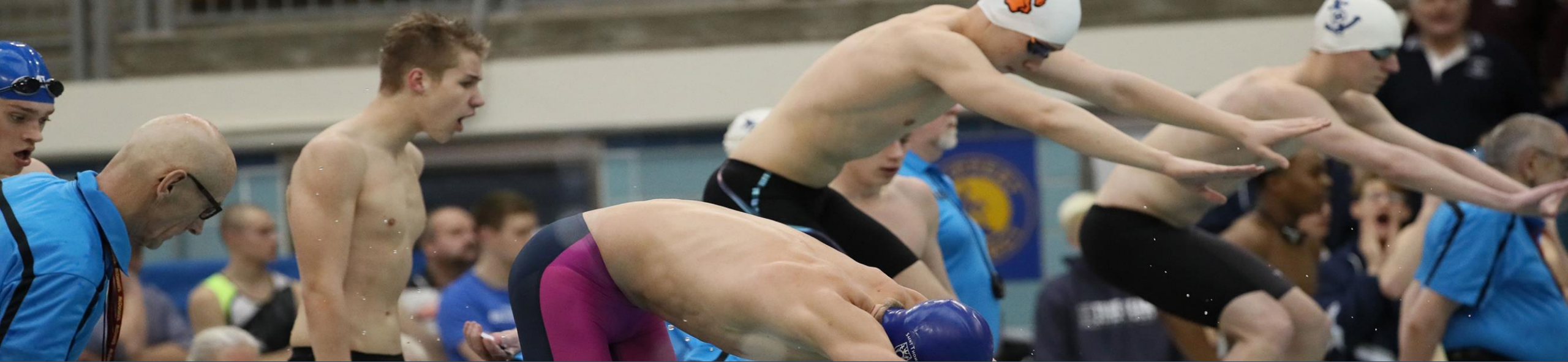
2019-20 NFHS SWIMMING AND DIVING RULES POWERPOINT

National Federation of State
High School Associations



Take Part. Get Set For Life.®

Rules Changes
Major Editorial Changes
Points of Emphasis



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- VISION

- The National Federation of State High School Associations (NFHS) is the national leader for education-based high school athletics and activities, which prepare tomorrow's leaders for the next level of life through innovative programs, healthy participation, achievement, and development of positive relationships.





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

■ MISSION

- The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase participation opportunities and promote sportsmanship.



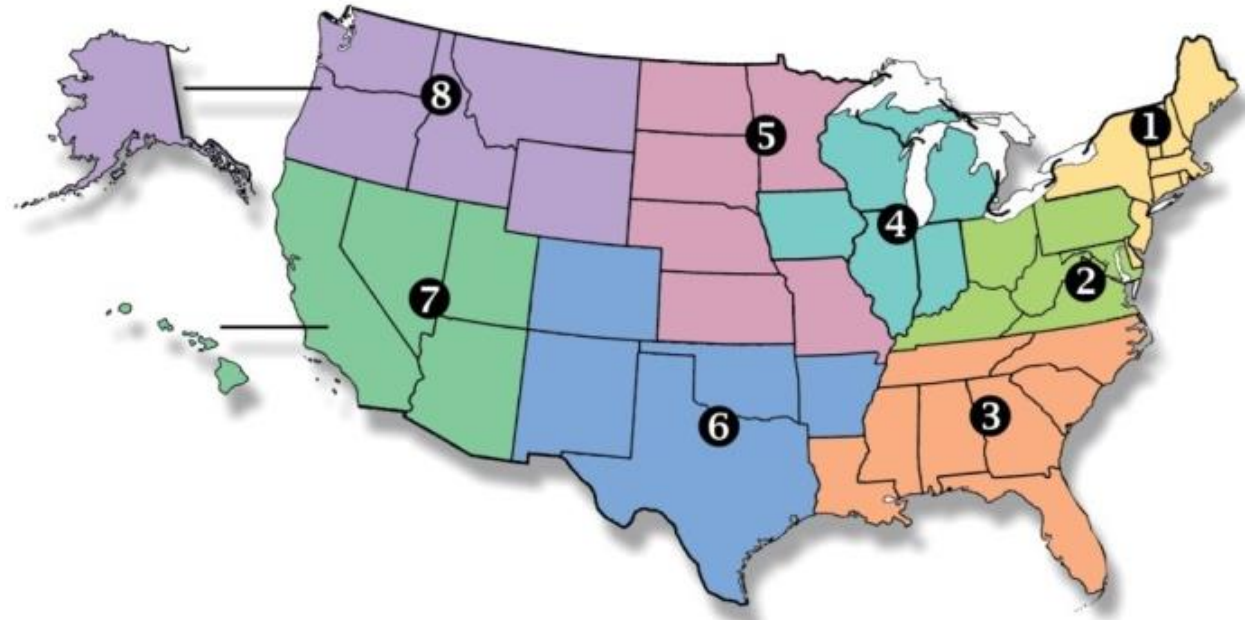
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leadership organization for high school sports and fine arts activities;
 - National authority on interscholastic activity programs.
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 50 member state associations and D.C.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.



NFHS RULES REVIEW COMMITTEE

- The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



Davis Whitfield
Chief Operating
Officer



Lindsey Atkinson
Girls Lacrosse and
Volleyball



Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball and
Swimming & Diving



Elliot Hopkins
Baseball and
Wrestling



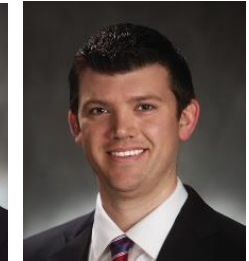
Julie Cochran
Cross Country, Gymnastics,
Field Hockey and
Track & Field



James Weaver
Boys and Spirit



Theresia Wynns
Basketball and
Soccer

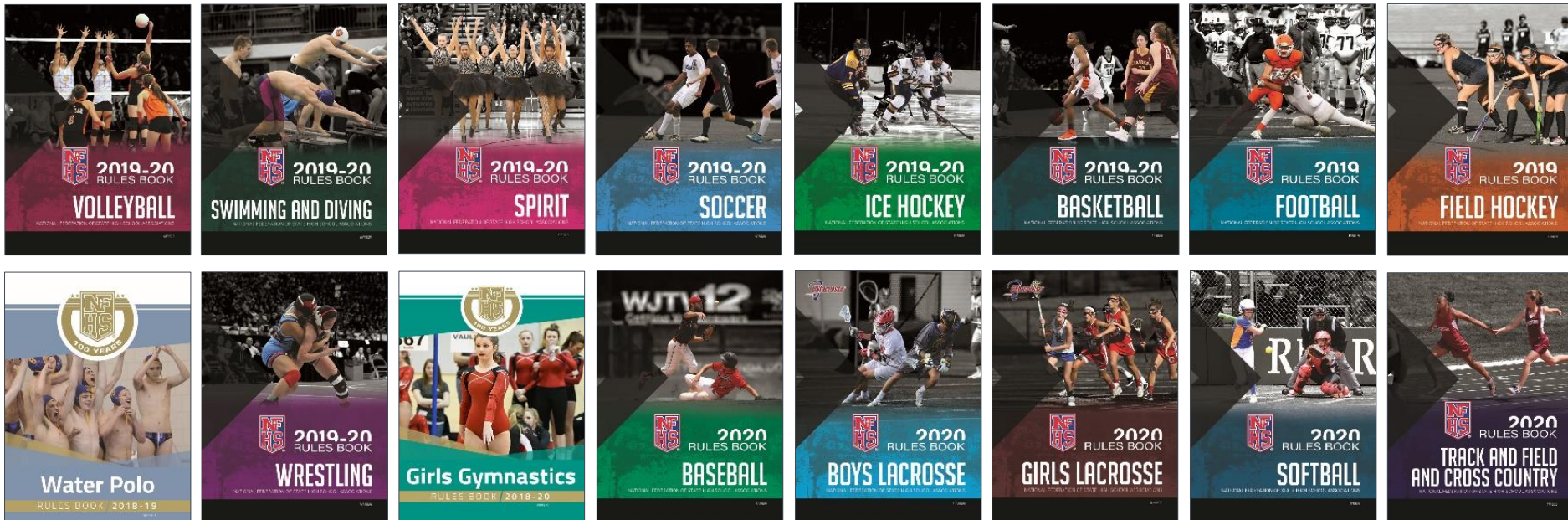


Dan Schuster
Ice Hockey




NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
 - Publishes 4 million pieces of materials annually.



NFHS RULES BOOK AS E-BOOKS

National Federation of State High School Associations




GET NFHS RULES ON YOUR MOBILE DEVICE

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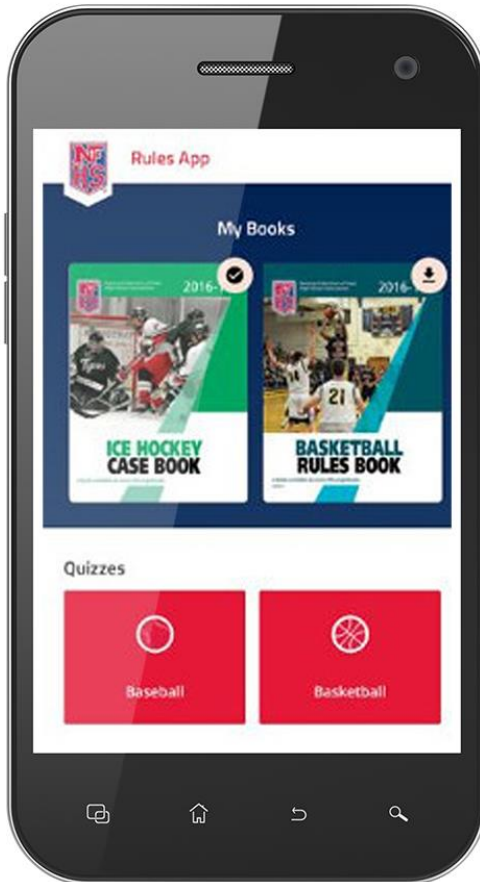
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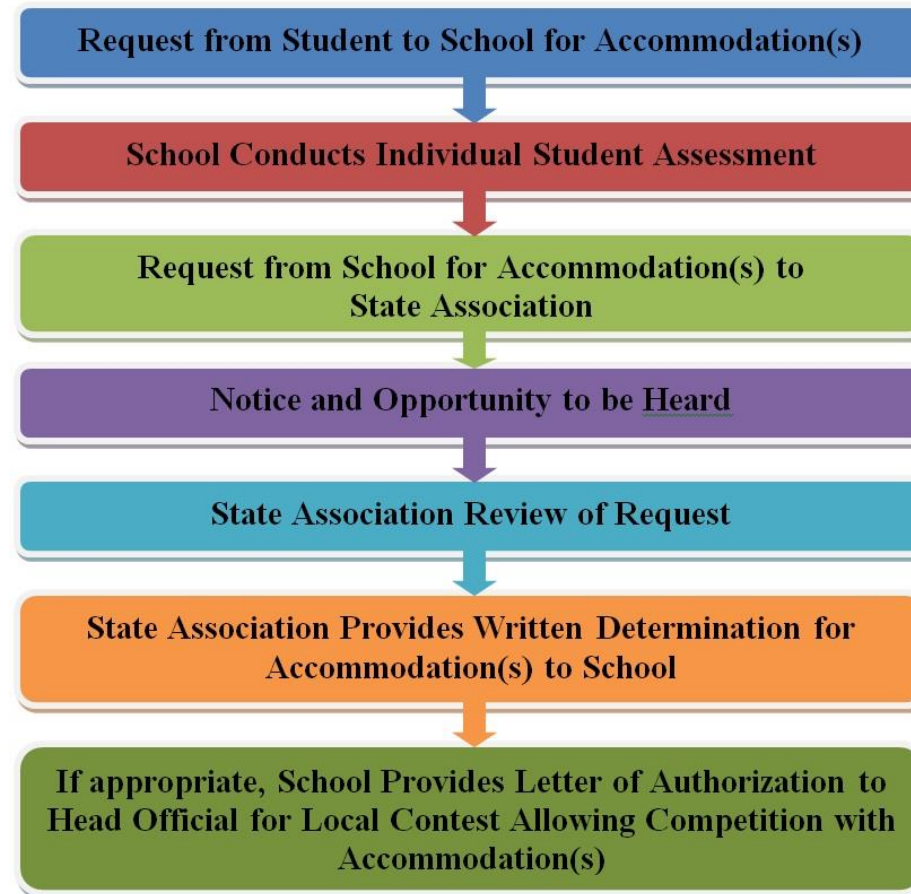
NEW NFHS RULES APP

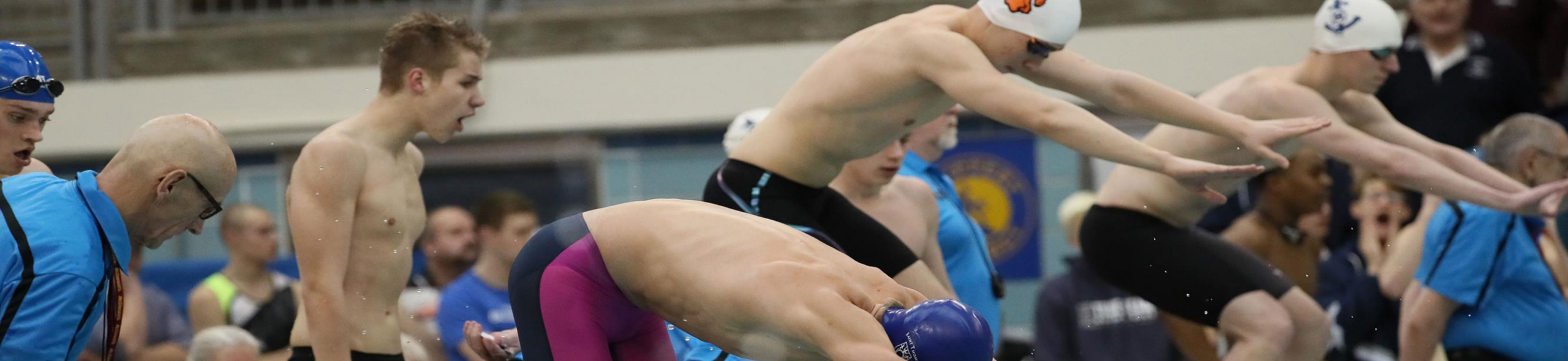


- Rules App features:
 - Searchable
 - Highlight notes
 - Bookmarks
 - Quizzes for all sports
 - Easy navigation
 - Immediate availability
 - Free to paid members of the NFHS Coaches and Officials Associations
 - www.nfhs.org/erules for more information



GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS





Rule Changes

2019-20 NFHS SWIMMING AND DIVING



UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

- **Rule 3-3** has been reorganized to identify penalties for specific uniform violations. No other changes were made to these rules.
- **Rule 3-3-1** recommends that all swimmers and divers wear suits of identical coloring and pattern.



UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

- **Rule 3-3-2** contains all language addressing suit coverage:
 - Suits shall be of one piece;
 - A competitor shall not be permitted to participate wearing a suit that is not of decent appearance;
 - Boys shall wear suits which cover the buttocks and shall not extend above the waist or below the top of the kneecap;
 - Girls shall wear suits which cover the buttocks and breasts and shall not extend beyond the shoulders or below the top of the kneecap, nor cover the neck.



UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

■ 3-3-2 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, notify the coach of the competitor to make the swimsuit legal;
- When observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive;



UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

- **Rule 3-3-3** addresses information that can be placed on the suit or cap:
 - Competitor's name, school name, school nickname or logo;
 - Advertising or name other than that permitted in 3-3-2c is prohibited;
 - Size of a single visible manufacturer's logo/trademark/reference;
 - Size of one American flag or memorial patch;
 - The FINA mark and/or individual barcode.



UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

- **Rule 3-3-4** addresses suit construction for swimmers (excluding divers):
 - Constructed of a woven/knit textile material;
 - Must be permeable except for one post-construction, school name and/or logo not to exceed 9 square inches;
 - May not aid buoyancy;
 - May not have fastening systems other than a waist tie for a brief or jammer and elastic material in the terminal ends.



UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

- **Rule 3-3-3 and 3-3-4 PENALTIES:** When an official discovers a competitor wearing illegal attire as described in Articles 3 and 4, the official shall:
 - When observed prior to the start of the heat/dive, notify the coach or the competitor to make the swimsuit legal;
 - When observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat;



UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

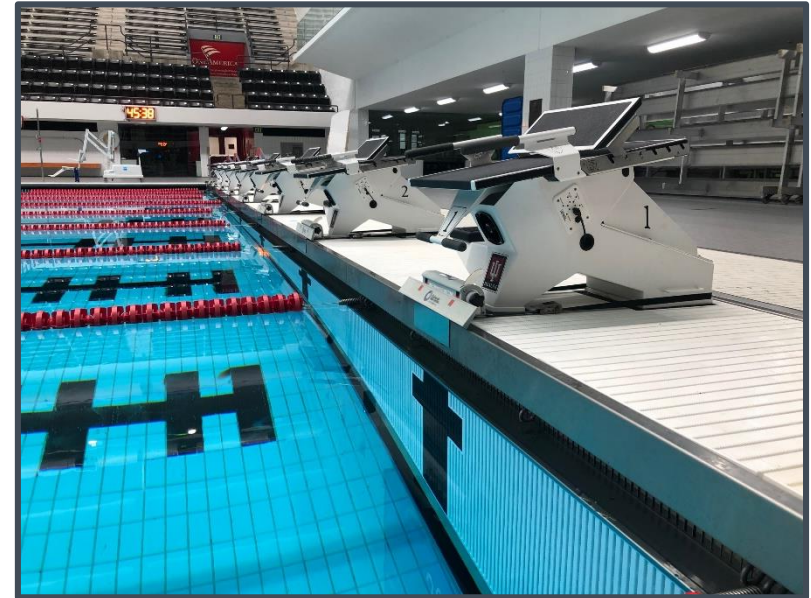
- The remaining articles have been renumbered:
 - **Rule 3-3-5** addresses speed, buoyancy, body compression and adhesives.
 - **Rule 3-3-6** requires coaches to verify that all competitors are legally attired.



FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e

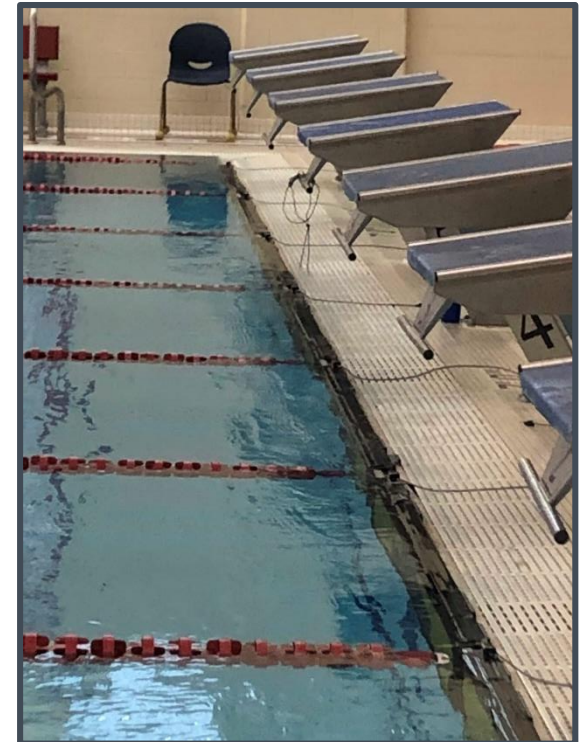
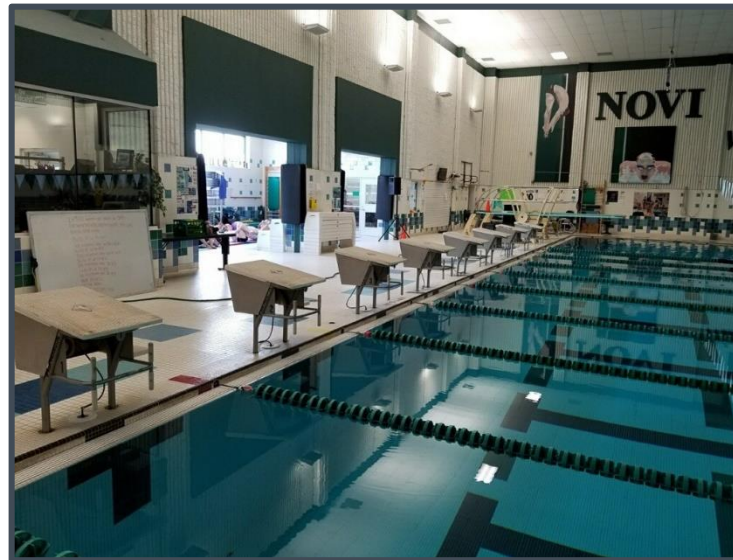
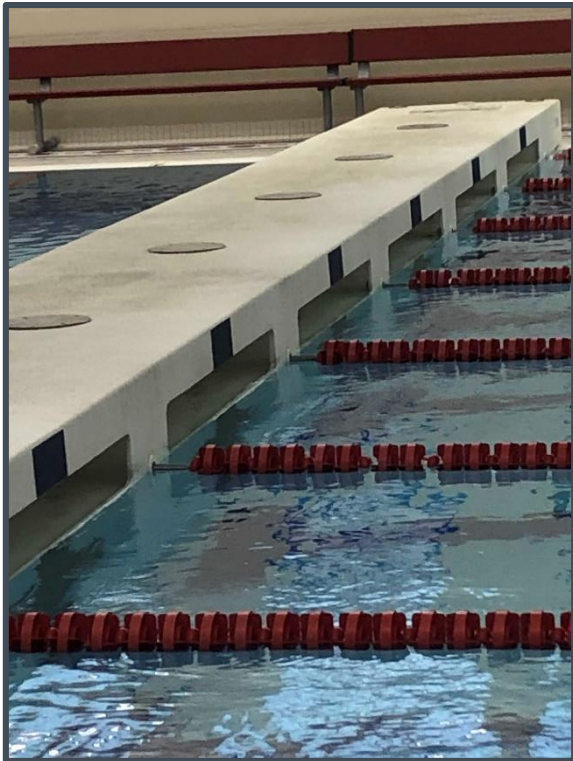
- **Rule 8-1-7:** To finish the race, the swimmer shall contact the finish end in the manner prescribed by the stroke.



FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e

Rule 1-1-1: The end walls are the walls perpendicular to the race course.



FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e

- **Rule 8-2-1g**

The backstroke finish requires completion of the required distance and contact with the touchpad or finish end by any part of the swimmer with some part of the body at or above the surface.

- **Rule 8-2-2h**

The breaststroke finish requires completion of the required distance and contact with the touchpad or finish end with both hands simultaneously, not necessarily on the same plane.



FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e

- **Rule 8-2-3g**

The butterfly finish requires completion of the required distance and contact with the touchpad or finish end with both hands simultaneously, not necessarily on the same plane.

- **Rule 8-2-4e**

The freestyle finish requires completion of the required distance and contact with the touchpad or the finish end by any part of the swimmer.



FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e, 8-3-5

- **Rule 8-3-5:** Each swimmer of a relay team must contact the finish end at the conclusion of his or her leg of the relay in accordance with the finish rule applicable to the stroke being swum.



THE POOL, BOARD AND EQUIPMENT

9-1-3

- A fulcrum, which can be moved and set at varying positions between 5 feet 1 inch and 7 feet 6 inches (1.549 m and 2.286 m) from the rear of the diving board, is required.



CHOICE OF DIVES

9-4 TABLE

- The degree of difficulty of four dives has been changed:

Dive No.	T/C	P/B	S/A
BACK DIVES			
201 Back Dive	1.5	1.6	1.7
202 Back 1 SS.....	1.5	1.6	1.7
203 Back 1½ SS	2.0	2.3	2.5
204 Back 2 SS.....	2.0	2.3	—
205 Back 2½ SS	3.0	3.2	—
REVERSE DIVES			
301 Reverse Dive	1.6	1.7	1.8
302 Reverse 1 SS.....	1.6	1.7	1.8
303 Reverse 1½ SS	2.1	2.4	2.7
304 Reverse 2 SS.....	2.1	2.4	2.9
305 Reverse 2½ SS	3.0	3.2	—



FORM OF THE DIVES

9-5-6

- The flight shall be either in the:
 - a. straight position where the body shall not be bent either at the knees or hips. The feet shall be together and the toes pointed. The position of the arms is at the option of the diver;
 - b. pike position in which the body shall be bent at the hips, the legs must be kept straight at the knees, the feet shall be together, and the toes pointed. The position of the arms is at the option of the diver;
 - c. tuck position in which the body shall be compact, is bent at the knees and hips with the knees and feet close together within the bodyline of the shoulders. The hands shall be on the lower legs and the toes pointed;
 - d. free position in which a combination of positions may be used to perform twisting dives.

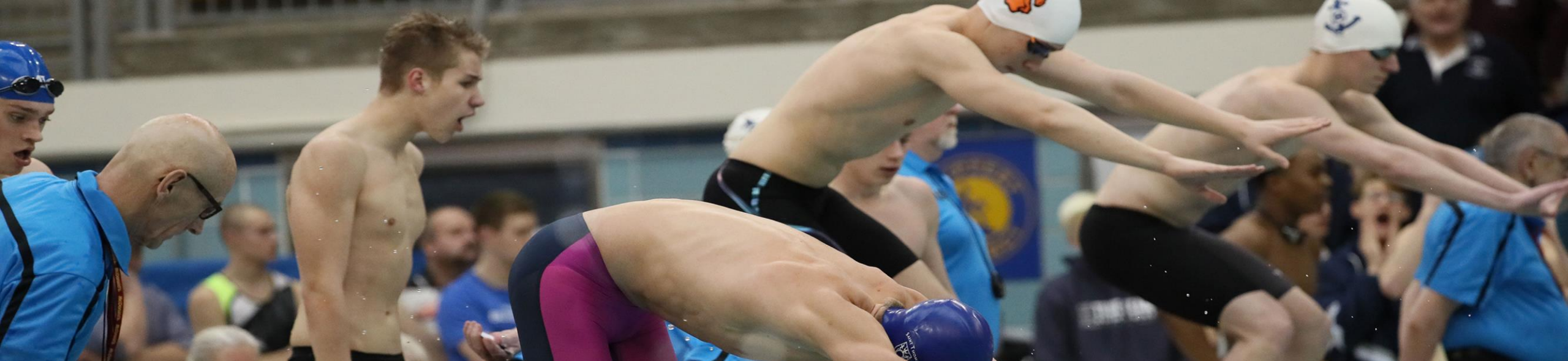
AWARDING POINTS

9-7-4 NOTE

- A dive is unsatisfactory if, in the diving referee's opinion:

NOTE: In a championship meet, the diving referee may consult with a designated member of the judging panel concerning a possible unsatisfactory dive.





Major Editorial Changes

2019-20 NFHS SWIMMING AND DIVING



AUTHORIZED OFFICIALS

4-1-2

- In championship meets ~~multi-team~~ meets, a meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during a meet. Judgment calls of officials are not subject to review by this committee. The decisions of the meet committee are final.

THE REFEREE

4-2-2e

- During the meet, the responsibilities of the referee are to:

Notify the competitor's coach of an observed violation of 3-3-2 ~~3-3-5~~ during competition. This may be accomplished with a verbal announcement if the competitor's coach cannot be reached without delay of the meet.



CHOICE OF DIVES

9-4-1d TABLE

- A row in the **Figure 9 Table** was omitted from the previous rule book and has been reinserted to Rule 9-4-1d.

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.

FIGURE 9

NOTE: When there are more than 32 divers entered, all divers should be permitted to complete the preliminaries (5 dives). However, the sponsoring organization has the right to reduce the field to 32 divers after three rounds. With the field thus reduced, the remaining two dives of the preliminaries are performed, followed by semifinals and finals.



Points of Emphasis

2019-20 NFHS SWIMMING AND DIVING





PREVENTING SHALLOW WATER BLACKOUT

- **How to Avoid Shallow Water Blackout**
 - Never hyperventilate
 - Never ignore the urge to breathe
 - Never swim alone
 - Never play breath holding games
 - No repetitive underwater laps





SUIT COVERAGE

- Suit Coverage:
 - Continues to be a focus;
 - Language addressing coverage and the protocol for addressing violations has been reorganized in the rules book;
 - Pre-meet coaches and athlete meetings requires the coach to verify that his/her athletes are properly and legally equipped;
 - Recommend that school administrators and coaches address suit coverage with parents and athletes during their pre-season meetings.





ACCOMMODATIONS FOR STUDENTS WITH A DISABILITY

- Accommodations for Students With a Disability Updates:
 - Updated language for hearing and visual impairments;
 - Updated images of official's signals for forward and backstroke starts;
 - Updated images of modified starting positions;
 - Available in the 2019 NFHS Swimming Officials Guidelines Manual.





SUB-VARSITY COMPETITION

- State associations may modify events and distances for non-varsity competition.
- NFHS playing rules are written specifically for varsity competition.
- Modifications for levels other than varsity are at the discretion of the state association.

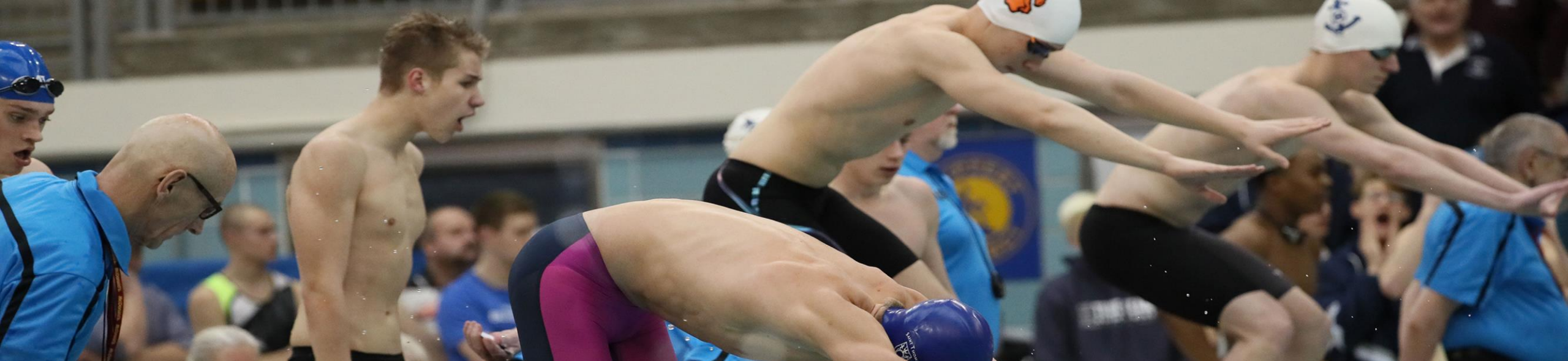




PRE-MEET CONFERENCE

- In situations where conducting a pre-meet conference is impractical:
 - State associations may determine an alternative method of compliance;
 - Topics that should be covered are listed in the NFHS Swimming Officials Guidelines Manual;
 - Must provide appropriate information for athletes, coaches, and meet officials to assure that the stated purposes for the pre-meet conference are met.





Swimming and Diving Reminders

2019-20 NFHS SWIMMING AND DIVING





EXHIBITION COMPETITORS

1-2-3, 3-2-1c, 9-3-1

- **Rule 1-2-3:** Exhibition competitors are permitted unless state association policy determines otherwise. An exhibition competitor is a non-scoring contestant in a regularly scheduled and scored event.
- **Rule 3-1-2c:** Each team shall be permitted an equal number of additional entries in a pool with eight lanes or more.
- **Rule 9-3-1:** The number of team entries permitted in swimming and diving events shall be the same.



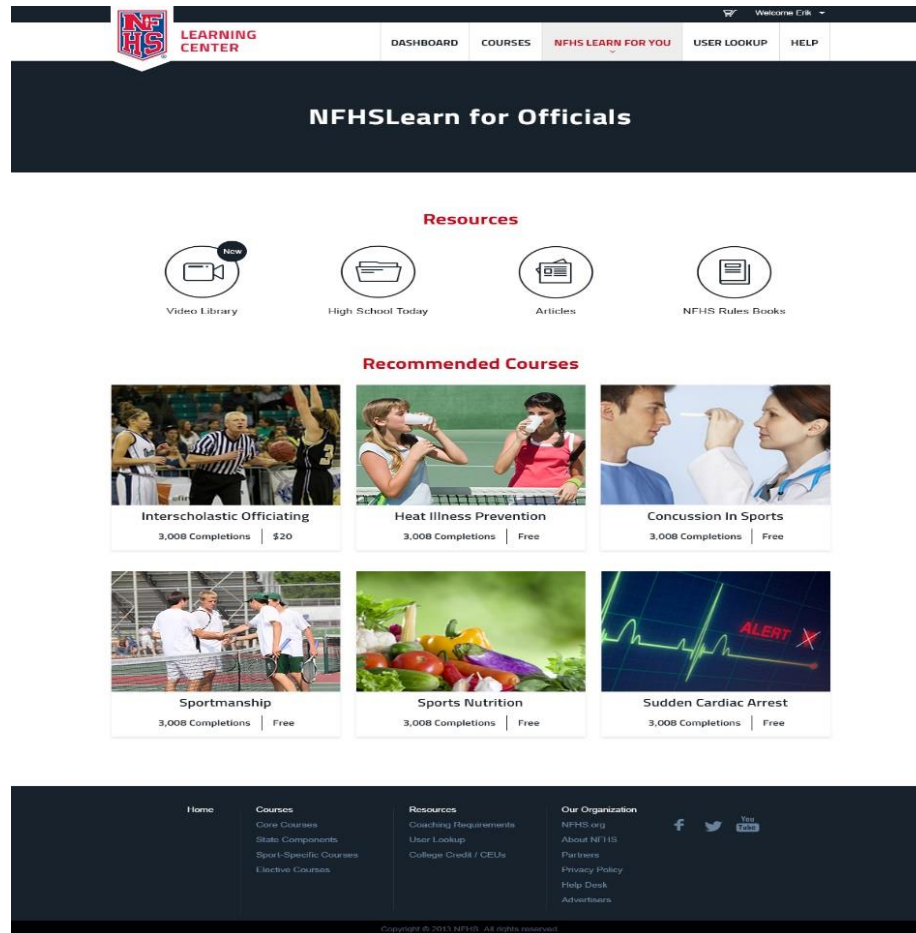


NFHS OFFICIALS EDUCATION



SPORTS-SPECIFIC OFFICIATING COURSES

WWW.NFHSLEARN.COM



- Introduction to mechanics and techniques used in each sport
- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics vary based on the needs of the officials in the sport
- NFHS Officials Association members cost is \$10
- Non-members - course is \$20
- API available to state associations to collect results





NFHS OFFICIALS EDUCATION SPORT-SPECIFIC COURSES

▪ Courses Available

- Officiating Football
- Soccer – Fouls and Misconduct
- Swimming and Diving
- Officiating Wrestling
- Officiating Basketball
- Umpiring Softball
- Officiating Volleyball – Ball Handling

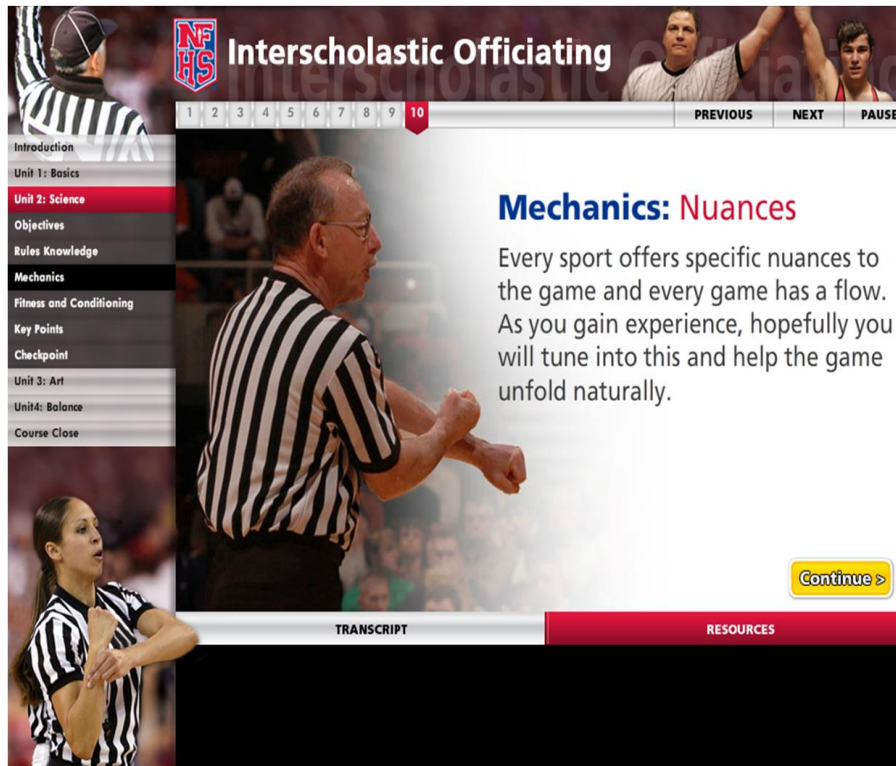
▪ Future Courses

- Officiating Baseball
- Basketball – Three-Person Mechanics
- Field Hockey
- Track and Field
- Volleyball – Overlapping
- Softball – Mechanics
- Communication Among Officials and Coaches
- Soccer - Offside



INTERSCHOLASTIC OFFICIATING

WWW.NFHSLEARN.COM



- Introduction to skills and concepts used as an official
- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: basics of becoming and staying an official, science of officiating, art of officiating, how to combine these skills for successful officiating
- Course is **FREE** to any **NFHS Officials Association member**
- Non-members course is \$20
- API available to state associations to collect results





Welcome To The New NFHS Video Library!

Search For Your Sport Below

Video Filters

Sort By

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Total videos: 373



3-Man Mechanics - Runners At ...

Baseball



UIL Court Coverage - Trail Of...

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WE THANK THEM FOR THEIR PARTICIPATION AND SUPPORT.

Final Run Out Before Start

Cross Country



Football Mechanics: Coin Toss...

Football



Ice Hockey Rules Concepts - B...

Ice Hockey



NFHS Soccer Rules: Referee Me...

Soccer

NFHS OFFICIALS ASSOCIATION CENTRAL HUB

<https://nfhs-fieldhockey.arbitersports.com/front/105408/Site>

- Contains:
 - Sport information
 - Rules information
 - Rules library
 - Searchable rules book
 - Video content on officiating sport, competition situations and interpretations





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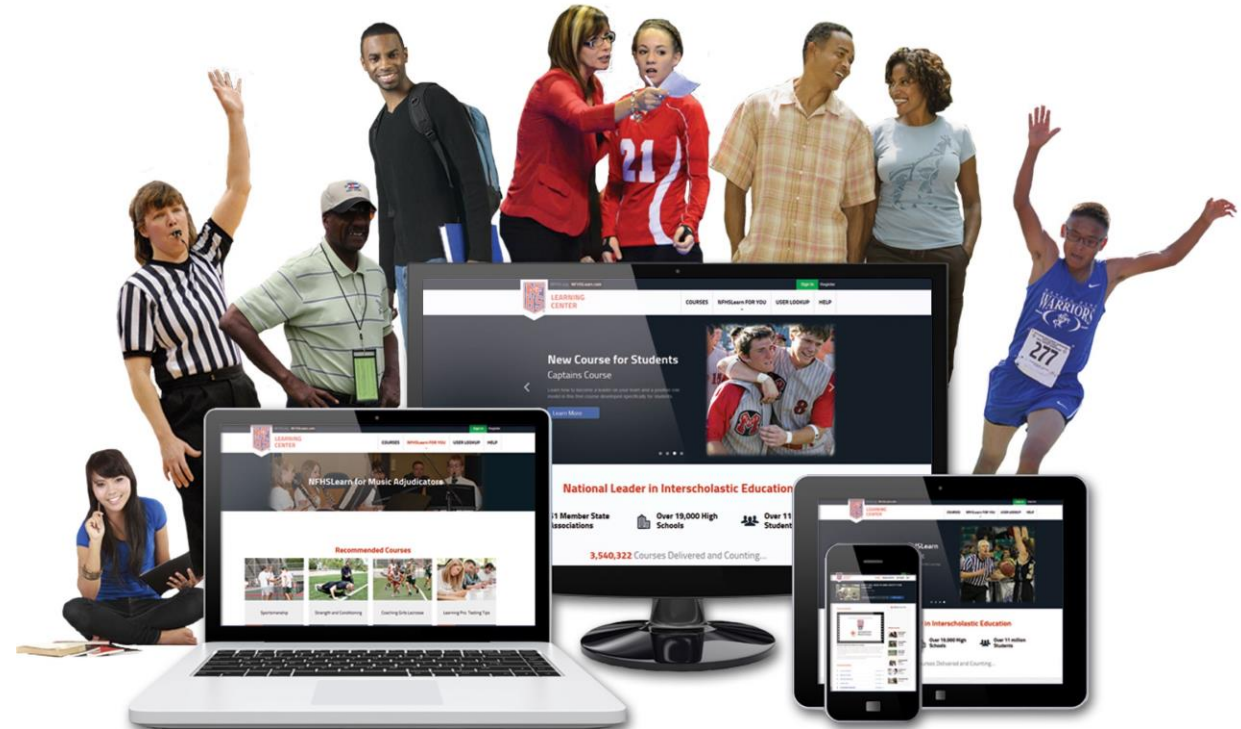


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■ Professional Development For ALL

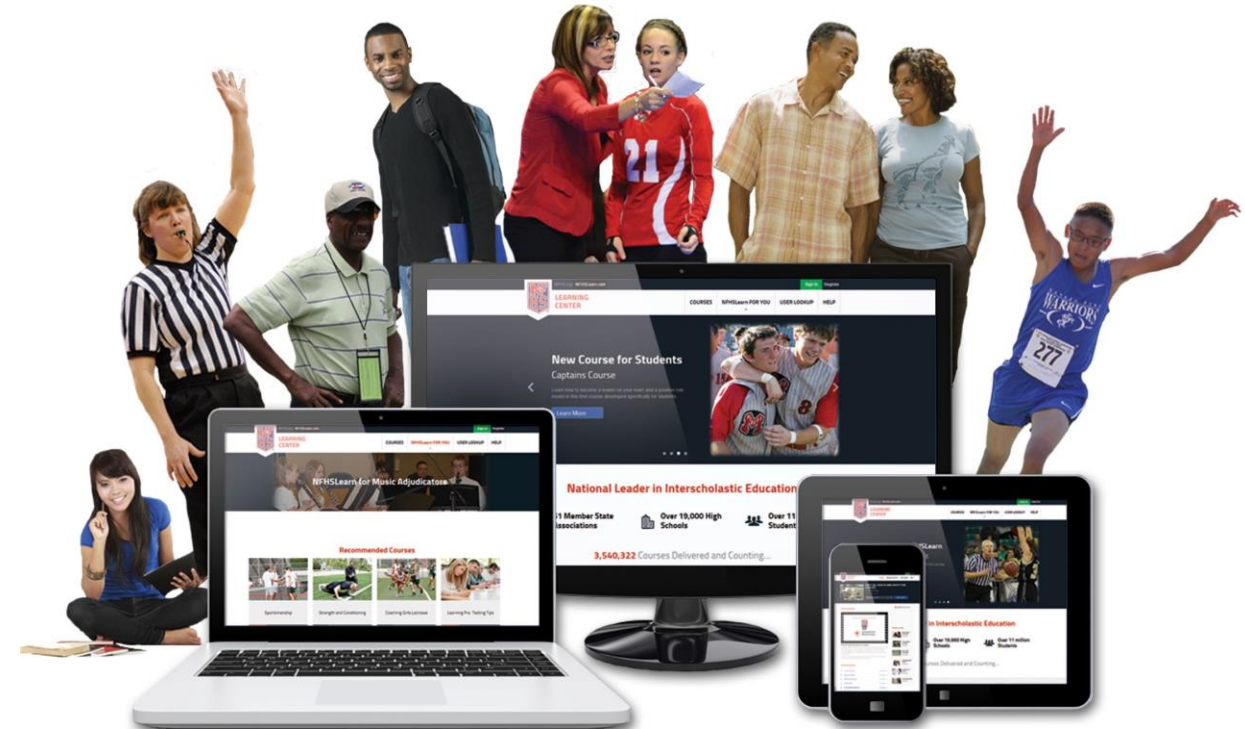
- Coaches
- Officials
- Administrators
- Parents
- Students
- Performing Arts



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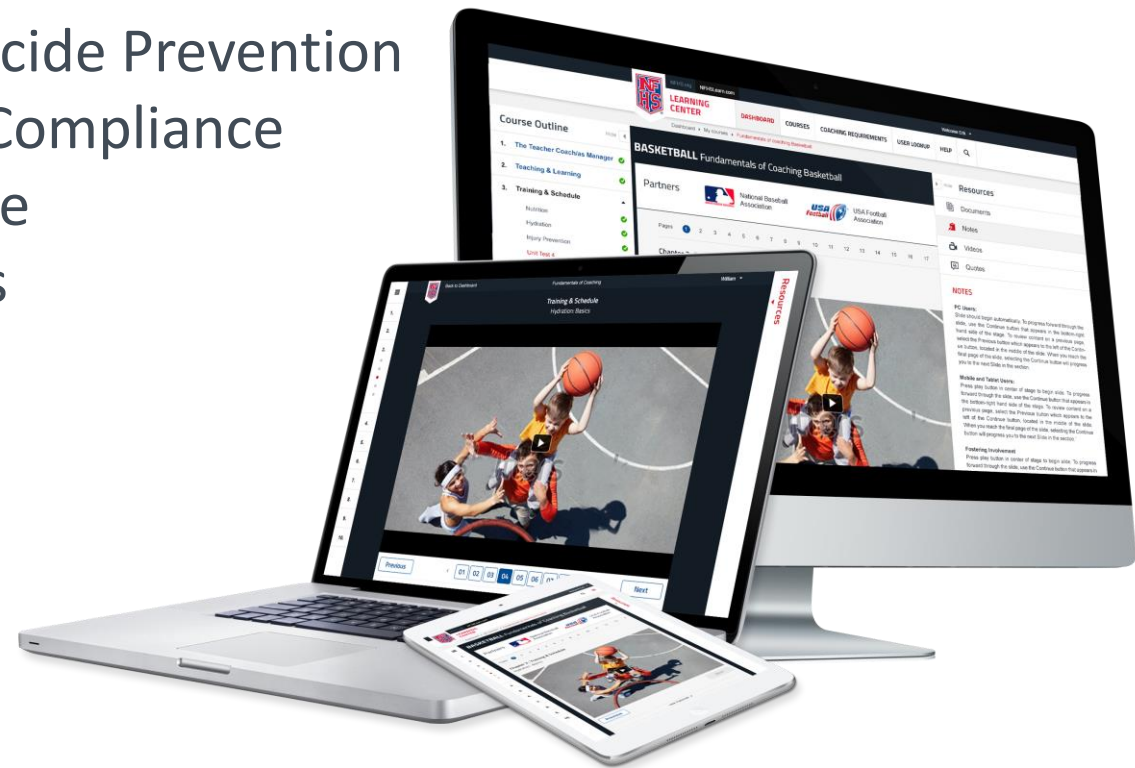
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 - Protecting Students from Abuse
 - Hazing Prevention for Students
 - Coaching Unified Sports
 - ACL Injury Prevention
 - Sportsmanship
 - And many more



Coaching Swimming

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1.

Resources

Developed with NISCA

Course Introduction

Course Introduction



Welcome to
Coaching Swimming

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National Leader in Interscholastic Education



**51 Member State
Associations**



**Over 18,500
High Schools**



**Over 11 million
Students**



Coaching Diving

Course Objectives

- Coaching Fundamentals: components of a dive, direction designations and position designations
- Dryland: body positioning, drills, basic jumping skills and hurdle progressions
- Forward and Backward Dives: feet-first entry, front fall-in, headfirst entry
- Inward, Reverse and Twisting Skills: demonstrations and testing

Units

- Teaching Methodology
- Fundamentals
- Dryland Skills
- Forward Skills
- Backward Skills
- Inward Skills
- Reverse Skills
- Twisting Skills



Officiating Swimming & Diving

Course Objectives

- Understand the roles of professionalism, rules knowledge, and communication and how they help ensure a fair meet.
- Know how to consistently identify swimming violations in each type of event.
- Learn the elements of a proper dive and how to score dives appropriately.

Units

- Elements of Professional Development
- Officiating Swimming
- Officiating Diving
- Judging Practicum

Unlimited access to course for 1 year from the date of purchase

Approved by NFHS for 3 course clock hours



NFHS NETWORK



NFHS NETWORK

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.



www.NFHSnetwork.com



27 DIFFERENT SPORTS AND ACTIVITIES





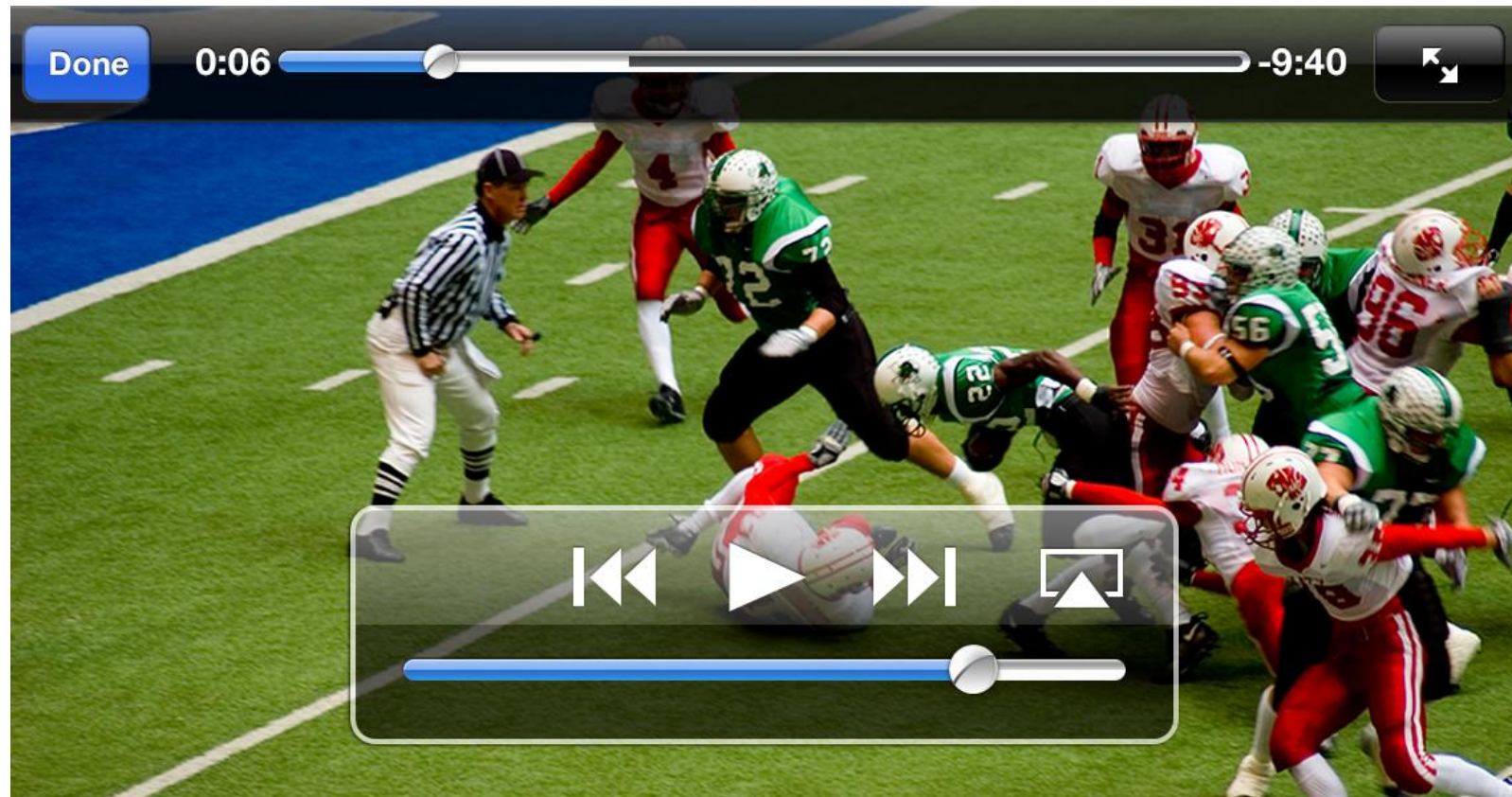
CIF Sections (9), TAPPS, VISAA, CNESSPA, OVAC, PSAL

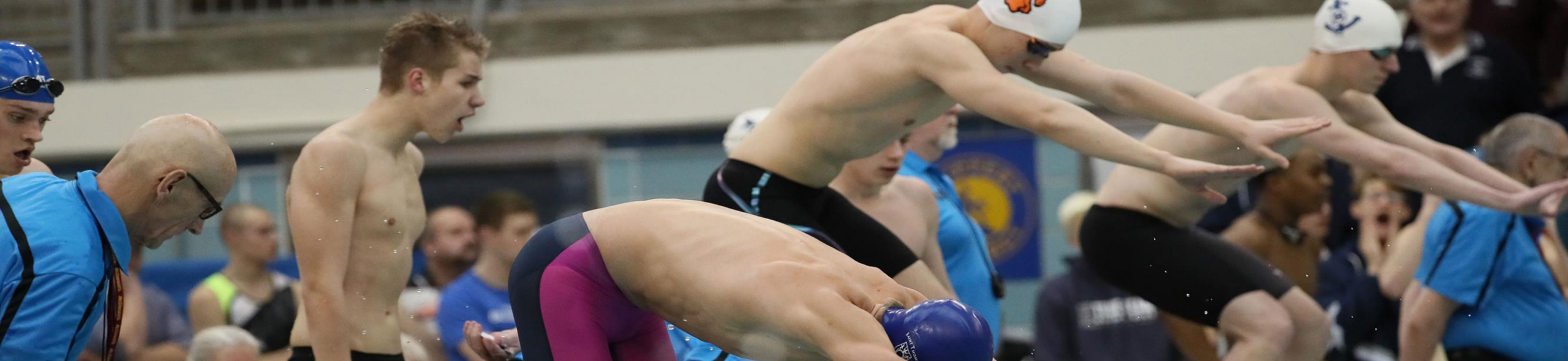
A map of the United States with state boundaries outlined. Most states are colored yellow. California, Texas, and Hawaii are colored gray. The map is set against a dark background with various sports organization logos faintly visible.



NFHS NETWORK

- View from mobile...



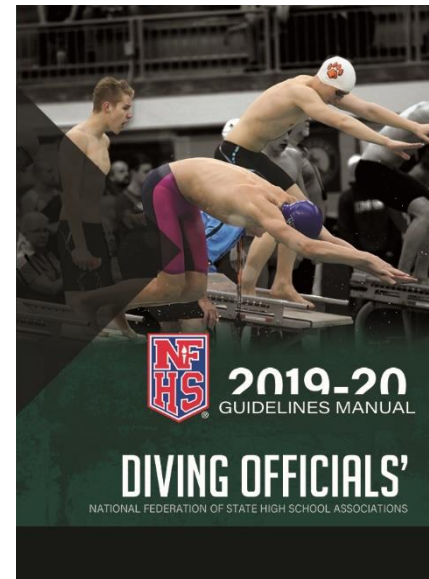
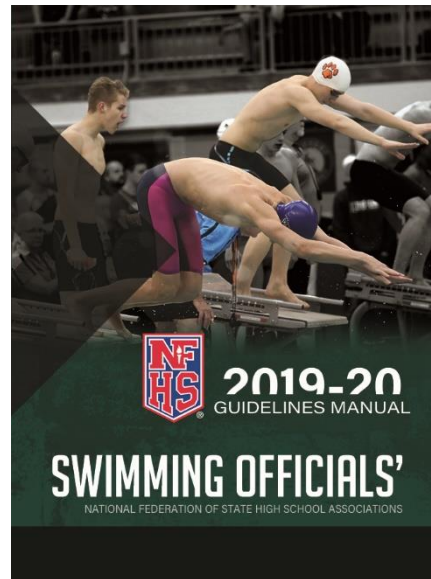


Resources

2019-20 NFHS SWIMMING AND DIVING



NFHS SWIMMING AND DIVING OFFICIALS' GUIDELINES MANUALS



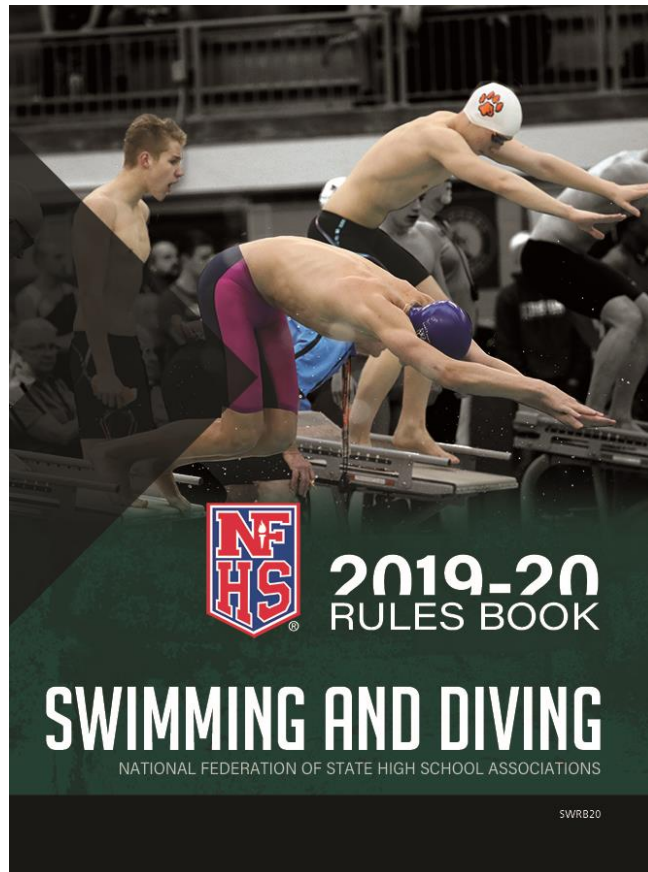
The revised manuals will be available August 1 on the following website locations:

<http://www.nfhs.org/activities-sports/swimming-diving/>

<https://arbitersports.com>



NFHS SWIMMING AND DIVING PUBLICATIONS



The Rules Book, Scorebook and other swimming and diving materials can be ordered online at www.nfhs.com, or by calling 1-800-776-3462.

OFFICIAL NFHS DIVING SCORESHEET														
											ORDER OF FINISH			
Name _____ Grade _____ School _____											TOTAL POINTS AWARDED			
Meet _____ Site _____ Date _____											Diving Order			
Class _____ Varsity _____ J. V. _____ Male _____ Female _____														
PRELIMS (Dives 1-5: 2 Vol. & 3 Opt.)														
Dive Order	Dive No./ Dive Position <small>(Dive Number First)</small>	DIVE DESCRIPTION	JUDGES SCORES									Judge Total	Drop of Set	POINTS AWARDED
1			1	2	3	4	5	6	7	8	9			
2														
3														
4														
5														
SEMI-FINALS (Dives 6, 7, 8 -- 2 Vol. & 1 Opt.)														
6														
7														
8														
FINALS (Dives 9, 10, 11 -- 1 Vol. & 2 Opt.)														
9														
10														
11														
Signed: _____											TOTAL POINTS AWARDED			
Diver: _____											DUAL MEETS:			
Coach: _____											Let voluntary dive first. Spaces 2-6 for optional dives.			
Referee: _____											CHAMPIONSHIP & OTHER 11-DIVE MEETS:			
											Let dives in each section per Rule 9-4-1.			
											Total D.D. Voluntary Dives _____			
											Total D.D. Optional Dives _____			

SWRB20

SWD-06



THANK YOU

National Federation of State High School Associations

PO Box 690 | Indianapolis, IN 46206

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