

National Federation of State  
High School Associations

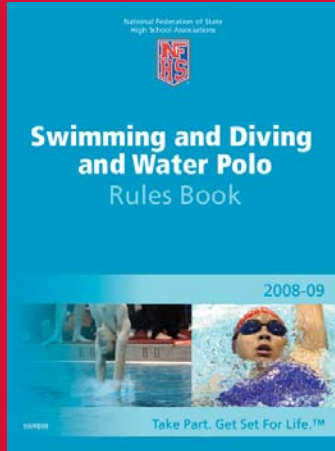


*2009-10*  
*Swimming and Diving*

Rules Changes  
Major Editorial Changes  
Points of Emphasis

Take Part. Get Set For Life.™

National Federation of State  
High School Associations



Take Part. Get Set For Life.™

## *Posting of Scores*

### *Rule 2-7-9*

- It is **recommended** that the score be posted and/or announced throughout the meet
  - At many dual meet locations, there is no announcer or available PA system
  - If not posted, it is important for coaches to have easy access to this information at the scorer's table



- This change more accurately reflects what is actually occurring at meets due to restrictions of not having a PA system readily available.

## Competition Suits Rule 3-3-1

- Suits shall be of one piece
- A competitor shall not be permitted to participate wearing a suit that is not of decent appearance



One piece suit - legal



Two piece suit - illegal

- The inclusion of language permitting the wearing of a two piece suit is outdated.
- Manufactured competition suits are of one piece.
- Recreational two piece suit is not appropriate for competition.

## *Competition Suits*

### *Rule 3-3-2*

- Suits worn by swimmers shall be limited to the following requirements:
  - a) only one swimsuit shall be permitted in competition. (A swimmer with special needs may request customization through his/her school to the state association.)
  - b) the swimsuit shall be:
    - 1) constructed of a woven/knit textile material;
    - 2) permeable (100 percent to air and water);
    - 3) made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;



## *Competition Suits*

### *Rule 3-3-2 (cont.)*

- 4) made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings, and waist openings); and
- 5) constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.



## *Officials Uniform Rule 4-1-5*

- It is recommended that officials dress uniformly in white attire or such other attire that is **approved by the state association**



- Although the preferred swimming and diving officials uniform consists of all white attire, for various reasons state associations have determined other uniform styles better meet their needs.
- It is important that regardless of the uniform, all officials should arrive at the meet prepared to meet all requirements.

## *Sounding Device*

### *Rule 4-3-1b New Note*

- NOTE: The sounding device shall not be a pistol capable of discharging live ammunition



- It is not appropriate to use a live weapon at a school event and in the vast majority of states the state law prohibits firearms on schools grounds.

## *Sounding Device Rule 4-3-1b New Note*

**Sounding Device  
Closed Barrel**



**Live Firearm  
Open Barrel Pistol**



- The sounding device may be a closed barrel pistol and cannot discharge a live round of ammunition.
- The pistol on the right is an open barrel pistol that can fire live ammunition and is now addressed by rule to be illegal for the starter to use.

## *Backstroke Start Rule 8-1-2*

- ...Prior to the command “Take your mark” and until the feet leave the wall following the starting signal, the swimmer’s feet, including the toes, shall not be above or curling over the lip of the gutter or pool edge. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.



- This change in the backstroke start allows the swimmer to assume the same position for the start regardless of legal water level.
- This consistency is now the same as being able to assume the same starting position for a forward start.
- Swimmers should be released and notified if assuming a starting position other than that allowed by rule.

## *Backstroke Start* *Rule 8-1-2*



**Toes under  
water**



**Legal**



- It is legal to have the feet on the endwall with the toes under the water.

## *Backstroke Start* *Rule 8-1-2*



**Toes out of water**



**Legal**



- A swimmer may also place the feet against the endwall with the toes above the water...but not curling over the gutter or above the gutter.

## Backstroke Start Rule 8-1-2



Toes curled  
on top of  
gutter



Illegal

- This start is illegal as the swimmer has placed the toes curled over the top of the gutter.

## *Finishing the Race*

### *Rule 8-1-7*

- To finish the race, the swimmer shall contact the finish end in the manner prescribed. When automatic timing/judging equipment is used, the swimmer must contact the touch pad **or end wall between the lane lines where the touch pad should be located, when in the proper position.**



- This change clarifies where the swimmer must contact the endwall to officially complete the race when a touch pad has become dislodged and is no longer in the proper position.

## *Finishing the Race* *Rule 8-1-7*



**Pad in proper  
position**



**Pad moved out of  
proper position**



- Here we see two legal, official finishes.
- The first swimmer finishes the race by touching the pad, which is in the proper location.
- The second swimmer, due to the touch pad becoming dislodged and not in position, must now touch the endwall where the pad should have been in order to finish the race.
- The swimmer does not have to adjust his/her finish into the wall when the touch pad is in the wrong location.

## *In-Water Starts*

### *Rule 8-3-5 Note*

- For in-water starts, the second, third and fourth swimmers need only maintain contact with the end wall with a foot until the previous swimmer has finished



- Previously, the rule did not specifically address the second through fourth swimmers in a relay and what is required for legal in water starts for the race.
- This language confirms what has been the application of Rule 8-3-5.

## *Relay Lead-off Swimmer Official Time Rule 8-3 New 8*

- The lead-off swimmer on a relay may be credited with an official time for his/her relay leg provided all requirements of the start, stroke and finish are legal.
  - a. A lead-off time remains valid if the relay team is disqualified due to a violation (other than conduct) by one of the subsequent relay competitors.
  - b. A lead-off time shall be nullified should the relay team be disqualified for Conduct, under Rule 3-5.



- Stroke Violation Disqualification – Lead-off time will stand
- Starting Violation Disqualification – Lead-off time will stand
- Conduct Violation (Rule 3-5) – Lead-off time will be nullified

- Rule 8-3 did not specifically address whether the lead-off swimmer could retain an official time for the comparable individual event distance if the relay team was disqualified.
- Fully automatic time is required to use the time of a lead-off swimmer.
- If the relay team is disqualified for any swimming rule violation other than conduct, the time may stand.
- Should the disqualification occur under Rule 3-5, all times are nullified.

National Federation of State  
High School Associations



*2009-10*  
*Swimming and Diving*  
Major Editorial Changes

Take Part. Get Set For Life.™

## *Editorial Changes*

- Rule 3-2-7 Clarifies “physician” is “MD/DO”
- Rule 4-1-3 Change “championship” to NOTE “nonchampionship”
- Appendix C Starting Position: Forward-Diver should demonstrate A.2.a good posture with arms in a position of diver’s choice



National Federation of State  
High School Associations



*2009-10*  
*Swimming and Diving*  
Points of Emphasis

Take Part. Get Set For Life.™

## *Points of Emphasis - Posting and Announcing of Meet Scores*

- It is recommended the meet score be posted and/or announced
- When not practical, for reasons such as no PA system or limited personnel to work the meet, the score does not have to be posted or announced
- Coaches must be able to approach scorer's table to confirm score



## *Points of Emphasis - Posting and Announcing of Meet Scores*

- Referee should periodically verify score with official scorer
- The posting and announcing of the score keeps coaches and athletes apprised of meet progress
- Keeps fans involved and informed of competition between teams



## *Points of Emphasis - Legal Competitive Suits*

- Wearing a two piece suit is outdated
- Competition suits are manufactured as one piece
- The recreational two piece suit is not appropriate for high school competition



## *Points of Emphasis - Pistol Used as Sounding Device*

- Inappropriate to use a pistol capable of discharging live ammunition in an educational setting
- If a pistol is used as the sounding device, it shall be disabled from being able to discharge live ammunition
- Most states, by state law, prohibit firearms on school property and at school events



## *Points of Emphasis – Lead-off Swimmers Establishing Official Time*

- When using fully automatic timing, the lead-off swimmer of a relay may record an official time for the individual event of the same distance
- Legs two, three and four may not record an official time for comparable individual events
- Should the relay team be disqualified, the lead-off swimmer may retain an official time provided the disqualification was not for conduct violations under Rule 3-5



## *Points of Emphasis – Compliance with Entry Rules Using Electronic Entry*

- Use of electronic software for entries and meet management is popular and efficient
- Merging electronic entries with NFHS rules may create a few administrative issues
- The state association, or meet management, should communicate with participating schools on how entries shall be submitted within the spirit of the rules
- Use of electronic meet management software does not change rules for coaches being able to change entries even though they may have been submitted earlier

