



2016-17  
Swimming and  
Diving

Brad Alford – Director of Sports  
and Championships

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2016-17 NFHS SWIMMING AND DIVING  
RULES CHANGES




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**2016-17 SWIMMING AND DIVING  
RULES BOOK CORRECTION**

Page 68, 8.3.8 SITUATION C:

RULING: Incorrect ~~correct~~ procedure.

COMMENT: The initial time shall be credited as an official  
time because the relay team was not disqualified for an  
unsporting conduct violation. (3-6-1, 8-3-1, 8-3-2)




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Rule Change

**DEFINITIONS  
RULE 1-5-2 (NEW)**

- ART. 2 . . . A deck change, in whole or in part, is changing into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes.



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Rule Change

**CONDUCT  
RULE 3-6-1d (NEW)**

- ART. 1 . . . No team personnel/competitor shall display unsporting conduct. This includes any act the referee deems unsporting, including, but not limited to, the following:
  - a. making insulting or derogatory remarks, gestures or acts including taunting;
  - b. trying to influence or showing disgust with officials' decisions;
  - c. interfering with meet officials in the performance of their duties;
  - d. deck changing before, during or after the meet.



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Rule Change

**TIMING AND JUDGING  
RULE 6-4-1B**

- The protocol for determining an official time when a touch pad malfunctions on a lane was changed. Backup buttons and/or watch times, as outlined in the protocol, will now determine the official time. New subsections (1,2,3,4) have been added.



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Rule Change

### TIMING AND JUDGING RULE 6-4-1B

b. Malfunction on a lane: When a malfunction is confirmed on a lane, the time shall be determined as follows:

1. If two of the three valid button or watch times agree, that shall be the time for that timing system;
2. If three valid button or watch times disagree, the time of the intermediate button or watch shall be the time for that timing system;
3. If only two valid button or watch times are available, the time shall be the average of those two buttons or the average of the two watch times. The digits representing thousandths of a second shall be dropped with no rounding;
4. If only one valid button or watch time is available, the time of that button or watch shall be the time for that timing system provided it is supported by other information.



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Rule Change

### FORM OF EVENTS RULE 8-2-4C

- ART. 4 . . . The Freestyle:
  - a. The forward start shall be used;
  - b. Any body position, stroke and kick is permitted and any combination of styles may be used;
  - c. The turn requires that some part of the swimmer's body contacts the end wall. The final leg of the individual medley and the medley relay requires the swimmer to be at or past vertical toward the breast before any stroke, kick, or propulsive motion.



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Rule Change

### DIVING RULE 9-4-7 TABLE

- Flying Dives 212 and 312 have been removed from the NFHS Diving Table while Dive 5142 has been added.

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Rule Change

## DIVING RULE 9-5-5

- ART. 5 . . . It is a balk if, in the diving referee's opinion, **after** a diver assumes the starting position **the diver makes an obvious attempt to start the approach or press and stops and from that position interrupts** the continuous execution of the dive prior to the water entry. The balk shall be declared before the dive is scored.



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Rule Change

## DIVING RULE 9-7-5q (NEW)

- A dive is failed if, in the diving referee's opinion, the diver performs an additional bounce(s) on the end of the board after the culminating hurdle.

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2016-17 SWIMMING AND DIVING  
POINTS OF EMPHASIS



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Points of Emphasis

### BACKSTROKE LEDGE

- The backstroke ledge is currently prohibited in high school swimming.



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Points of Emphasis

### FASTENING SYSTEMS

- Swimsuits using fastening systems are not legal for competition.



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Points of Emphasis

### PHOTOGRAPHER GUIDELINES

- 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.



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**Editorial Change**

**UNIFORMS  
RULE 3-3-2C**

- **ART. 2 . . .** The uniform consists of a suit and, if worn, cap(s).
  - a. The suit or cap(s) may display the name and/or number of the competitor, school or mascot.
  - b. Advertising or name other than that permitted in 3-3-2c is prohibited.
  - c. A single visible manufacturer's logo/trademark/reference, no more than 2¼ square inches **with no dimension more than 2¼ inches** is permitted on each item of the uniform (suit and cap(s)).

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Editorial Change

### CONDUCT RULE 3-6-1 NOTE

ART. 1 . . . No team personnel/competitor shall display unsporting conduct. This includes any act the referee deems unsporting, including, but not limited to, the following:

- a. making insulting or derogatory remarks, gestures or acts including taunting;
- b. trying to influence or showing disgust with officials' decisions;
- c. interfering with meet officials in the performance of their duties.
- d. deck changing before, during or after the meet.

**NOTE:** The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances, including on the basis of relative ability, race, gender or national origin.



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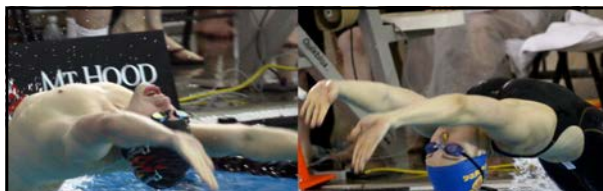
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### NFHS OFFICIALS ASSOCIATION CENTRAL HUB




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### NFHS OFFICIALS ASSOCIATION CENTRAL HUB

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



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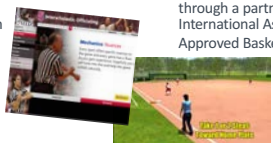
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## NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- 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
- Course is FREE to NFHS Officials Association members, non-members fee is \$20
- NFHSLearn.com
- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
- Animated mechanics videos for softball and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials



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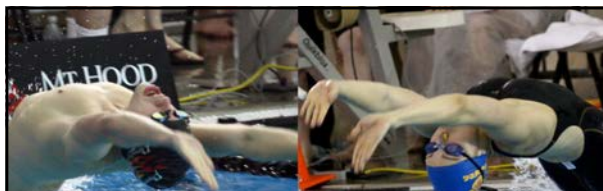
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## NFHS LEARNING CENTER




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## THE NFHS LEARNING CENTER

- **Mission:** Provide ongoing professional development for Coaches, Administrators, Students, Parents and Officials on the role they play within interscholastic athletics and activities.



www.nfhslearn.com

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**WWW.NFHSLEARN.COM**

- Register on NFHSLearn.com and receive the following great benefits:
  - Immediate access to all 18 NFHS free courses
  - Opportunity to receive email updates on your sport, upcoming courses and much more
  - Access coursework 24/7/365
  - Access completion certificates 24/7/365




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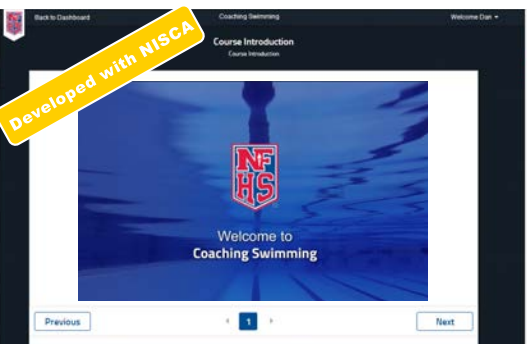
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**Coaching Swimming**

Developed with NISCA



**National Leader in Interscholastic Education**

- 51 Member State Associations
- Over 18,500 High Schools
- Over 11 million Students

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**SWIMMING AND DIVING OFFICIALS' GUIDELINES MANUALS**

- The revised manuals are available August 1 on the following website locations:
  - <http://www.nfhs.org/activities-sports/swimming-diving/>
  - <https://arbitersports.com>




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**NFHS SWIMMING AND DIVING PUBLICATIONS**



2016-17  
**SWIMMING AND DIVING RULES BOOK**

The Rules Book, Scorebook and other swimming and diving materials can be ordered:

- online at [www.nfhs.com](http://www.nfhs.com)
- by calling 1-800-776-3462



OFFICIAL NFHS DIVING SCORE SHEET

www.nfhs.org

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**THANK YOU!**

[www.nfhs.org](http://www.nfhs.org)




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**Swimming and Diving Approved Board Items**

- + Required: For a high school coach to sit on a judges panel, he/she must pass NCHSAA diving judge test.




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### Board Approved Items

- + Skill Development/Dead Periods
  - Dead Periods lengthened
    - Fall: August 1 - September 15
    - Winter: October 31 - December 15
    - Spring: February 13 - April 1
      - Also during football skill development
- + Unlimited numbers during skill development
  - Max of 1.5 hours a day
- + Playoff Berths/Qualifications/Seeding
  - 1 year pilot for all sports

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### Board Approved Items

- ❖ Pre-participation physicals require once every 395 days
- ❖ Require game officials to obtain and record the name of the game day administrator in charge of the event.
  - ❖ If no administrator is available, the Head Coach will be designated as the game day administrator.
  - ❖ Game day administrator will assign staff to monitor lightening
- ❖ 2017-18: WBGT readings must be taken by the AT/FR or designee not more than 30 minutes before the beginning of practice. Subsequent readings must be taken whenever water/rest breaks are taken or every 30 minutes, whichever comes first

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### Board Approved Items

- + Fines for non-compliance maxed at \$2,500.
  - If a school/personnel has been non-compliant earlier in the academic year, the fine(s) are not reduced.
- + \$500 penalty for practicing a student not currently enrolled at school.
- + Sports Wagering Position Statement

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### Important Dates

Start	Monday, October 31
1 <sup>st</sup> Contest	Monday, November 14
Reporting	Saturday, January 28 8:00 p.m.
Regionals	Friday, February 3 Saturday, February 4
States	1A/2A: Thursday, February 9 4A: Friday, February 10 3A: Saturday, February 11

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### Number of Contests

- Pre-season
  - 2 varsity scrimmages
  - Does not count toward season limitation
  - Multi-team scrimmages are allowed
- Regular Season
  - 3 scheduled meets per week
  - 1 per day individual limit
- Post Season
  - Varsity conference meets are considered part of the state playoffs
  - Does not count toward season limitation

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### Referees

- Schools are responsible for securing
  - Minimum 2 per school
- Proper number of meet officials for times to be official
  - Referee and two stroke and turn judges be required for meets using six or fewer lanes.
  - Referee and three stroke and turn judges be required for meets using more than six lanes.
- Payment
  - Referee: \$51
  - Stroke and Turn: \$26
  - Starter: \$26

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### MaxPreps

- Official Statistics Provider of the NCHSAA
  - Promote your student-athletes
  - Instructions can be found on the NCHSAA website

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### Sportsmanship

The quality of responsible behavior characterized by a spirit of generosity and a genuine concern for opponents, officials and teammates.

- Wholesome athletic environment
- Good Sportsmanship > Victory
- Modest in victory, gracious in defeat
- Respecting judgment and integrity of game officials
- Role modeling good behavior

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### Ejection Policy

- + Fighting
- + Leaving the bench area
- + Flagrant contact
- + Biting
- + Taunting, baiting or spitting toward an opponent or official
- + Profanity
- + Obscene gestures
- + Disrespectfully addressing an official

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### Ejection Follow-Up

- + Teaching & Modeling Behavior Course
  - Required for any coach ejected during a contest
  - Required for any coach who has player (s) ejected for fighting
- + NFHS Sportsmanship Course
  - For any ejected/disqualified player
  - Free, on-line course (nfhslearn.com)
- + All certificates must be sent to NCHSAA

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### Inclement/ Hot Weather Guidelines

- The following should be considered when scheduling practice:
- + Time of day
  - + Intensity level of practice
  - + Equipment worn
  - + Environmental conditions
- + High Temperature and high humidity create a dangerous situation for athletes. High humidity and low temperature can also cause serious heat-related problems.
  - + Water/fluid replacement breaks recommended each 20 or 30 minutes. (depending on practice conditions)
  - + Check with your AD on your LEA's and school's policy pertaining to practice on days of extreme heat.

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### Dead Periods

Summer 2016	July 4-July 10 and July 18-24
Fall 2016	August 1 through September 15
Winter 2016	N/A (In Season)
Spring 2017	February 13 through April 1
Summer 2017	July 3-July 9 and July 17-July 23

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### Swimming Regional Entries with Direct Athletics

- Sign into [www.directathletics.com](http://www.directathletics.com)



You may sign in and out changing times and updating entries until the **entry deadline of 8pm on Saturday, January 28.** {Sign-in before this date, in case of difficulty}

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### Swimming Regional Entries with Direct Athletics

- Update Contact Information



When you register your contact information with Direct Athletics, make sure you are giving the **coach's phone number** where he/she can be reached on **January 28th or 29th**. If there are any issues with your entries, this is the number we'll call. Do this for both Women's & Men's.

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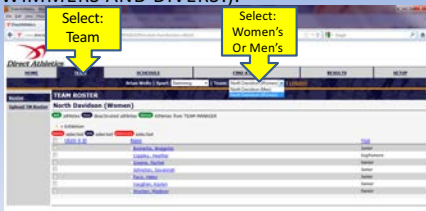
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### Swimming Regional Entries with Direct Athletics

Register the appropriate information for all your athletes (SWIMMERS AND DIVERS!).



Make sure you hit the "SUBMIT" button each and every time you update information so that it's saved.

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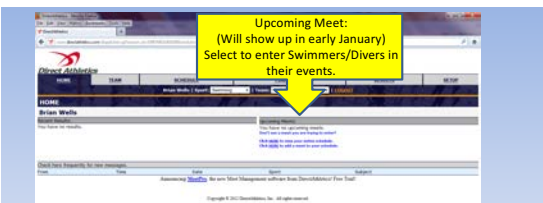
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### Swimming Regional Entries with Direct Athletics



- ENTRIES MUST BE COMPLETED BY THE ENTRY DEADLINE OF:  
SATURDAY, January 28 @ 8:00 P.M.

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### Swimming Regional Entries with Direct Athletics

- Swimming Entries:
  - Make sure all athletes are entered in ONLY 2 INDIVIDUAL EVENTS.
  - Be sure to enter your RELAY EVENTS
  - Teams may enter no more than four swimmers per individual event and no more than one team per relay

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### Swimming Regional Entries with Direct Athletics

- Diving Entries
  - Divers **must** have successfully competed in at least one meet during the regular season in order to enter regional competition.
- Enter best diving score from season into Direct Athletics, then complete the diving entry form found online at:  
<http://www.diverline.com/DiveVerifierProgram.htm>  
**Two copies must be brought to the diving meet.**

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### Swimming Regional Entries with Direct Athletics

- ❖ A printed copy of the **DirectAthletic entries**, along with the **NCHSAA master eligibility list** for the swimming and diving team, must be signed by the principal, and coaches must present this at check in at all regional meets.
- ❖ Make a copy for presentation at the diving regional also.

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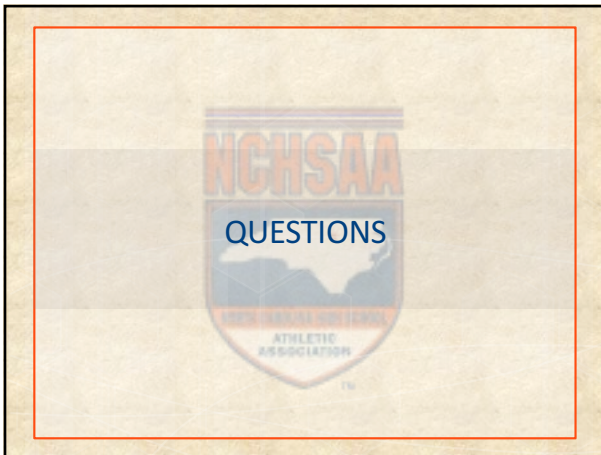
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**Eligibility**

PowerPoint

- + Required viewing for all coaches
- + Should be done with the athletic director
- + Includes opportunities to discuss concussions/sudden cardiac arrests/sickle cell, etc.

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**Eligibility**

Preseason Meeting

- + Required attendance by all parents
- + Time to share rules, regulations, expectations, philosophy etc.
- + Time to get all required signatures--pledges, Gfeller-Waller information, etc.
- + Eligibility and Authorization

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**Eligibility**

- + Eligibility Checklist
  - Use to ensure school has done its due diligence

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### Clinic Attendance

Head coaches in football, soccer, volleyball, basketball, wrestling, swimming, baseball, softball, golf, track & field and lacrosse must attend an NCHSAA approved State Rules Clinic.

- + Must be completed prior to coaching in the first contest; subject to \$400 fine, in addition to a \$500 fine if he/she actually coaches in the contest
- + Can be satisfied at the NC Coaches' Association Clinic being held here in Greensboro—July 18-21

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### Clinic Attendance

+ If the head coach cannot attend the NCCA clinic or is not hired until afterwards, the requirement can also be met at one of the statewide officials' clinics, which are posted on the NCHSAA Website under clinics. Please note that several volleyball and soccer clinics for officials occur prior to the NCCA Clinic.

- + **Athletic directors cannot satisfy this requirement by attending a rules' session in place of the head coach**

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### Coaches' Education

NFHS Fundamentals of Coaching Course

- + **All** coaches must have satisfied the requirement prior to first contest.
- + Complete prior to first contest; subject to a \$500 fine; continuing to coach without completion = another \$500

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### Coaches' Education

#### Concussion Management Certification

- + The **NFHS Concussion Course** (free on-line course) or an equivalent course must be completed annually by all coaches
- + **Prior to the first date of practice for that sport**; subsequently, the certificate of completion must be on file at the individual school; subject to \$500 fine

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### Gfeller-Waller Concussion Law

#### Requirements of the Law:

- + Concussion signs and symptoms
  - Given prior to participation
  - Parents/athletes sign indicating "receipt of" Return to Play (RTP) form signed by a physician licensed to practice medicine
  - An up-to-date Emergency Action Plan (EAP)
    - Must be on-file
    - Must be posted
    - Must be updated annually
- + **"When in doubt, sit them out"**

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### Cardiac Safety Program

All NCHSAA member schools must have a Cardiac Safety Program to include three (3) components:

- + Appropriate number of AEDs on Campus
- + AED maintenance program (battery checks, maintain, replacement at appropriate intervals)
- + Required viewing of short AED/CPR video for all supervising adults (teachers, coaches, administrators)

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**Safety Policy**

Effective Aug 1, 2017

That all head and paid coaches must be CPR/AED certified.



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**Coaches' Education**

“Education is a journey, not a destination”



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**Coaches' Education**

Accredited Interscholastic Coach (AIC)

- + Requires completion of 4 courses:
  - Fundamentals of Coaching
  - 1<sup>st</sup> Aid, Health & Safety for Coaches
  - Sport Specific Course or Teaching Sports Skills
  - Concussion in Sports (Free)



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### Coaches' Education

Certified Interscholastic Coach (CIC)

- + Completion of AIC requirements
- + Plus:
  - Teaching & Modeling Behavior
  - Engaging Effectively with Parents
  - Sportsmanship
  - Creating a Safe and Respectful Environment
  - Strength & Conditioning
  - 2 additional courses (User Choice)

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### Transfer Policy

- + If a bona fide change of residence—no transfer waiver necessary
- + Transfer packet with forms are on-line; password protected
- + Work with athletic director to ensure students meet residence rule requirements

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### THANK YOU

- + Get involved with student services
- + Visit the NCHSAA website often
- + Pick-up your card as you leave today
  - Enter your code into the computer immediately to get credit for attendance
  - Deadline for entry is August 15, 2016
  - Avoid \$400 fine for your school

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