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2013-14 NFHS SWIMMING & DIVING AND WATER POLO RULES BOOK

ROBERT B. GARDNER, Publisher
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NFHS Publications

To maintain the sound traditions of this sport, encourage sportsmanship and minimize the inherent risk of injury, the National Federation of State High School Associations writes playing rules for varsity competition among student-athletes of high school age. High school coaches, officials and administrators who have knowledge and experience regarding this particular sport and age group volunteer their time to serve on the rules committee. Member associations of the NFHS independently make decisions regarding compliance with or modification of these playing rules for the student-athletes in their respective states.

NFHS rules are used by education-based and non-education-based organizations serving children of varying skill levels who are of high school age and younger. In order to make NFHS rules skill-level and age-level appropriate, the rules may be modified by any organization that chooses to use them. Except as may be specifically noted in this rules book, the NFHS makes no recommendation about the nature or extent of the modifications that may be appropriate for children who are younger or less skilled than high school varsity athletes.

Every individual using these rules is responsible for prudent judgment with respect to each contest, athlete and facility, and each athlete is responsible for exercising caution and good sportsmanship. These rules should be interpreted and applied so as to make reasonable accommodations for disabled athletes, coaches and officials.

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Published by the NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS,
PO Box 690, Indianapolis, Indiana 46206; Phone: 317-972-6900, Fax: 317.822.5700,
www.nfhs.org. Cover photos courtesy of Paynter Pics, Arizona Interscholastic Association.

2013-14 Swimming and Diving Rules Changes

- 2-7-2b** Track-style starting blocks with wedges are permitted.
- 3-3-3 Penalty** No longer requires the field to “step down” if a swimmer in an illegal suit is observed, but will disqualify the swimmer in violation at completion of the heat.
- 3-5 New** Electronic devices may be used as coaching tools/aids, but shall not be used during competition phase.
- 8-2-2c** Permits a single butterfly kick to follow the start or turn at any time prior to the first breaststroke kick.
- 9-7-4e** Clarifies how long the diver must maintain the straight-body position for the flying one and one half somersault dives.

2013-14 Major Editorial Changes

- 9-5-4** Adds specific wording for back and inward takeoff positions.

2013-14 Editorial Changes

3-3-4, 4-2-1, 8-3-6, 9-3-6c

2013-14 Points of Emphasis

1. General Supervision and Coaching
2. Breaststroke Starts/Turns
3. Electronic Devices
4. Manufacturer's Logo on Suits
5. Taping/Braces

New interpretations in situation play rulings and situations brought up to date with the new rules are marked with an asterisk (*).

Accommodation for special-needs students may be addressed through rules and policies promulgated by a variety of organizations. Four such organizations are:

Special Olympics

1133 19th Street N.W.
Washington, DC 20036
www.specialolympics.org

Disabled Sports USA

451 Hungerford Drive
Suite 100
Rockville, MD 20850
www.dsusa.org

U.S. Paralympics

25 North Tejon
Lower Level 110
Colorado Springs, CO 80903
www.usparalympics.org

USA Swimming

1 Olympic Plaza, Colorado Springs, CO 80909 | www.usaswimming.org

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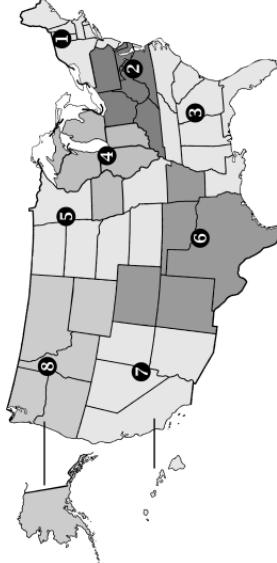
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GUIDELINES FOR MEET WARM-UP

It is recommended that state associations adopt warm-up procedures similar to the example provided below:

Prior to any contestants entering the water to begin warm-ups, there shall be a meeting that includes head coaches and captains from each team and officials (if available). The criteria to be reviewed should include, but is not limited to: warm-up procedure, pool environment, water depth at both ends, jewelry and uniform rules, starting platforms, lane selection, emergency procedures, conference rule differences, lifeguard responsibilities and other pertinent issues. In addition, the following guidelines are recommended for warm-up procedures at all meets:

1. A designated supervisor whose sole responsibility is to observe the warm-up procedures shall be on duty prior to any contestants entering the pool/diving well and throughout the entire warm-up period.
2. Swimmers shall enter the water feet first except for starts which are limited to specified lanes.
3. Specify Lanes 2 and 5 (six-lane pool) or Lanes 2 and 7 (eight-lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
4. Place a cone marker or similar sign on the starting platforms in lanes not specified as one-way sprint lanes.
5. Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool).
6. Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push-off position from the starting end of the pool).
7. May specify lanes for relay practice during the last 15 minutes of the warm-up.
8. Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
9. Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.
10. Swimmers shall not swim in the area where the diving warm-up is occurring.
11. Pool shall be closed during the coaches' meeting.
12. Jewelry shall not be worn during warm-ups.

Meet management or their designee(s) may remove a swimmer, coach and/or team from the deck for violations of these recommendations. In facilities that have warm-up and/or warm-down areas, management shall provide supervision of the area(s) at all times.

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Requests for rule interpretations or clarifications should be directed to the state association which is responsible for administering and conducting the high school swimming and diving program in your state. The NFHS will assist in answering rules questions from state associations whenever called upon.

NOTE: "Shall" denotes mandatory.

Rule 1

Definitions

SECTION 1 PARTS OF THE POOL

ART. 1 . . . The end walls are the walls perpendicular to the race course.

ART. 2 . . . The side walls are the walls parallel to the race course.

ART. 3 . . . The starting end is the wall of the pool where the race begins. The host team will determine the starting end for all races.

ART. 4 . . . The finish end is the wall of the pool where the race ends.

ART. 5 . . . A lane is a designated course of water which is perpendicular to the starting and finish ends.

SECTION 2 TIMING DEVICES

ART. 1 . . . A manual timing device, a stopwatch, is one which must be started and stopped by hand.

ART. 2 . . . A semiautomatic timing device is one which starts manually/ automatically and stops automatically/manually, respectively.

ART. 3 . . . An automatic timing device is one which starts automatically with the starter's device and stops automatically when a contestant touches the finish pad.

SECTION 3 MEET MANAGEMENT

ART. 1 . . . Prior mutual consent requires written documentation, signed by the coaches prior to the start of competition and is permitted only where specified within the rules book.

ART. 2 . . . Score of a forfeited meet shall be 12-0.

ART. 3 . . . Seeding is a process of ranking competitors according to submitted times.

ART. 4 . . . A race officially begins when the swimmers are called to the starting platforms by the referee's/starter's long whistle. (See 4-1-5 Note)

ART. 5 . . . A race officially ends when the last swimmer finishes the race.

ART. 6 . . . A heat is one of a series of races within an event.

ART. 7 . . . A dual meet involves two teams; double-dual involves three teams (Team A vs. Team B, Team A vs. Team C); triple-dual involves three teams (Team A vs. Team B, Team A vs. Team C and Team B vs. Team C); triangular involves three teams that compete among each other for the same points (See 7-1-2f).

ART. 8 . . . A preliminary is a competition designed to advance qualifiers to another round of competition.

ART. 9 . . . A swim-off is part of the preliminary process of qualifying a full

complement of finalists. This occurs when there are more tied swimmers than lanes/places available, or there is a disputed time. The involved swimmers may compete for the available lanes/places.

ART. 10 . . . The finals are concluding competition designed to determine the place winners in an event.

NOTE: Preliminaries and finals are considered one meet.

ART. 11 . . . Timed finals are one or more heats in which final place winners in an event are determined by time. (See 5-3-6)

ART. 12 . . . A championship meet is a culminating meet.

NOTE: An invitational/multi-team meet may be conducted using championship meet format.

ART. 13 . . . A scratch is the withdrawal of a competitor from the remainder of his/her events in the meet.

ART. 14 . . . A declared false start is the withdrawal of a competitor from a specific event.

ART. 15 . . . A dive officially begins when the diver assumes a starting position.

ART. 16 . . . A dive is officially completed when the diver has passed below the surface of the water.

RULE 1, SECTION 3 — PLAY RULING

1.3.4 SITUATION: The official race begins when the swimmers are called to the starting platforms by the referee's/starter's long whistle. **RULING:** Correct procedure. **COMMENT:** The definition with use of the long whistle applies to both the verbal and whistle commands. (Appendix A)

SECTION 4 TEAM PERSONNEL

ART. 1 . . . A team shall consist of one or more competitors.

ART. 2 . . . Team personnel includes all coaches, managers, lap counters and participating or nonparticipating contestants.

SECTION 5 CONDUCT

ART. 1 . . . A violation is an infraction of the rules which causes disqualification of:

- a. a competitor from an event;
- b. a competitor from the meet;
- c. all competitors from one team for an event;
- d. team personnel.

Rule 2

Pool, Lane & Equipment Specifications

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers.

NOTE: Pool, board and equipment specifications for the event of diving are addressed in Rule 9. Diving is subject to Rules 1 through 8 as applicable to the event and participants.

SECTION 1 VARIATIONS IN POOL AND EQUIPMENT

When existing facilities are such that pool dimensions, markings and construction do not meet the standards prescribed by rule, meets may be conducted by prior mutual consent of the competing teams unless state association regulations determine otherwise.

Rules regarding water depth, starting platform height, the distance from starting platform to surface of the water, use of a recall device and backstroke flags shall not be waived by prior mutual consent.

SECTION 2 POOL DIMENSIONS

The swimming pool shall be either 75 feet long (22.860 m) or 82.021 feet long (25 m), measured from the inside walls or from the tile or timing devices attached to the walls, and at least 45 feet wide (13.716 m). A pool 60 feet wide (18.288 m) is recommended.

NOTE: Consideration on the length dimension of new pools being constructed should account for pads being added on the end wall(s) in order to meet the length requirements in Rule 2-2.

SECTION 3 POOL CONSTRUCTION

ART. 1 . . . End walls, and movable bulkheads serving as end walls, shall be parallel and vertical for a distance of 3 feet 6 inches (1.0668 m) below the overflow level of the water, with no protrusions below the surface. Touch pads for automatic timing may be used if they do not shorten the race course beyond minimum specifications. It is recommended end walls be finished with a nonslip surface that extends no less than .8 meters (2 feet 7½ inches) below the water surface.

NOTE: In newly constructed pools, it is recommended that there be a minimum water depth of 4 feet in the starting end, and that inlets on the end walls be at least 2 feet 6 inches below the surface of the water.

Pools constructed with a radius transition from vertical wall to horizontal bottom meet this rule specification provided the 4-foot depth requirement is met

within the 12-inch distance measured out from the end wall when measured from the pool end to 16 feet, 5 inches (5 meters) from the end wall if racing starts are used.

ART. 2 . . . All ladders, steps or stairs shall be recessed into side walls or easily removed for competition.

ART. 3 . . . One hundred foot candles of lighting at water level is recommended.

SECTION 4 POOL MARKINGS

ART. 1 . . . The bottom and walls of pools constructed or refinished shall be white or a light color.

ART. 2 . . . Continuous lines 10-12 inches wide (25 cm) and of a dark color shall indicate the middle of each swimming lane. These lines shall end 60 to 80 inches (1.5 to 2.0 m) from the end walls and the last 10 to 12 inches of the line shall be 36 inches wide (.9144 m), thus forming a broad "T". The center of each lane shall be indicated on the end walls by a 10 to 12 inch line extending vertically at least 3 feet, 6 inches (1.0668 m) below the surface of the water. Markings on the finish pad and bulkheads shall conform to required markings on the end walls.

ART. 3 . . . Visible numbers identifying the lanes shall be provided. The lanes, when practical, should be numbered from right to left as the swimmer stands facing the course.

ART. 4 . . . The top edge of deck level pools shall be marked with a dark color which is distinct from surrounding colors to provide the swimmer with a visual target. It is recommended that the end walls extend at least 2 inches above (5.08 cm) the normal flat surface of the water.

ART. 5 . . . Visible markings on the pool deck or on each lane marker shall be located 16.4 yards (15 m) from each end wall.

RULE 2, SECTION 4 — PLAY RULINGS

2.4.2 SITUATION A: Several schools are invited to participate in a swim meet at a pool that is undergoing renovations. Upon arriving at the pool, one of the teams notices the lack of markings in the pool. **RULING:** Illegal. **COMMENT:** However, meets may be conducted by prior mutual consent of the competing teams unless state association regulations determine otherwise. (2-1)

2.4.2 SITUATION B: A new community recreation center has been built. The markings in the center lane of the pool are: (a) a continuous line 10 inches wide with the last 10 inches forming a 36-inch broad "T"; (b) lines ending 80 inches from the end walls; (c) a line indicating the center of each lane on the end wall by a 10-inch line extending vertically 3 feet, 6 inches below the water surface. **RULING:** (a) (b) and (c) Legal. Pools that have Olympic markings may also serve the needs of high school students provided measurements are legal under Rule 2-4-2.

2.4.5 SITUATION: A coach arrives at another school for a meet and discovers there are no markings for the 16.4 yard (15 m) mark. The coach insists the host school must forfeit all events involving the backstroke. **RULING:** Request denied. **COMMENT:** Markers must be present for events involving the backstroke, butterfly & freestyle. The host school may use temporary markings on the deck. (i.e., traffic cone, duct tape X's on the deck, etc.) and the referee should report the problem to the host school administration.

SECTION 5 LANES

ART. 1 . . . Lane markers are required and shall be continuous, clearly visible floats which indicate the lateral limits of each lane. They shall be attached to and stretched between the end walls, anchored at surface water level in a recessed receptacle. It is recommended there be solid-colored floats within 15 feet (4.572 m) of both end walls in contrast with the center portion of the lane markers.

ART. 2 . . . The width of lanes shall be a minimum of 7 feet (2.134 m). The two lanes next to the side walls may be wider; in such pools, outside lane markers are recommended.

RULE 2, SECTION 5 — PLAY RULING

2.5.2 SITUATION: It is discovered after arrival of the visiting team that lanes are only 6 feet wide, and the referee declares that the meet may not be conducted. **RULING:** Incorrect procedure.

COMMENT: With mutual consent the meet shall be conducted. The proper procedure is for the host team to inform visiting teams at the time of scheduling the meet of aspects of its facility which do not meet specifications for which prior mutual consent is possible. (1-3-1, 2-1)

SECTION 6 WATER CONDITIONS

ART. 1 . . . The water clarity shall be such that the bottom and end lane line markings can be clearly seen while standing at midpoint on either side of the pool deck. The physical condition of the water shall meet standards of chemical balance and treatment as prescribed by that school's local or state health code.

PENALTY: When water conditions do not meet rule specifications, the referee may declare that the meet will not be conducted. (2-7 Penalty 2)

ART. 2 . . . It is recommended that the water temperature be no less than 78 degrees Fahrenheit (26 degrees Celsius) and no more than 82 degrees Fahrenheit (28 degrees Celsius).

ART. 3 . . . The level of the water shall be at the overflow rim of the pool.

RULE 2, SECTION 6 — PLAY RULING

2.6.1 SITUATION: The referee is unable to see the markings on the bottom of a pool prior to the starting of the meet. The referee may declare the meet will not be conducted if the host school cannot correct water clarity. **RULING:** Correct procedure. (2-7 Penalty 2)

SECTION 7 EQUIPMENT FOR SWIMMING EVENTS

ART. 1 . . . All necessary equipment shall be provided by the host team or institution and maintained in proper working condition throughout the competition.

ART. 2 . . . When starting platforms are used:

- a. the minimum water depth at the point of entry for racing starts during practice or competition shall be measured for a distance from the end wall to a minimum of 16 feet, 5 inches (5 meters) from the end wall;
- b. they shall be securely attached to the end walls. The starting platforms shall be numbered the same as the lanes. The top front edge of the platform and

backstroke grips shall be no more than 30 inches (.762 m) above the water level and flush with the pool end wall. The top surface shall be flat with the back-to-front slope not exceeding 10 degrees from the horizontal. It is recommended the top be a minimum of 20 inches square (.508 m) and covered with a nonskid material. Track-style starting blocks with wedges are permitted.

Figure 1

Water Depth from End Wall to the Point of Entry (0-5m)	MAXIMUM Height of Platforms/Decks Above Water Surface
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4 feet or more	30"
Less than 4 feet	Start in water

PENALTIES:

1. When water depth and/or distance of starting platforms from the water surface do not meet rule specifications, the swimmers must start in the water or on the deck, provided water depth is not violated or the meet shall not be conducted. (2-7-2, Figure 1)
2. When water conditions do not meet rule specifications, the referee may declare that the meet will not be conducted.
3. When one or more starting platforms are not securely attached to the deck or end wall, all swimmers shall start in the water, or on the deck, provided the water depth rule is not violated.

ART. 3 . . . The starting signal shall be loud enough to insure a fair start. It is recommended that the starting signal activate a strobe light or similar optical signal to indicate the start to manual timers and hearing impaired swimmers. The strobe light or similar optical signal should be located at the side or end of the pool and be visible from all starting platforms.

NOTE: A pistol capable of discharging live ammunition shall not be used for the starting signal.

ART. 4 . . . A recall device shall be required for all swimming events at all meets.

ART. 5 . . . Backstroke flag lines, suspended approximately 7 feet (2.134 m) above the surface of the water of each lane and 15 feet (4.572 m) from each end wall, shall be required for all events in which the backstroke is swum. For pools constructed after June 2004, proper distance for placement of backstroke flags for 25-yard pools is 5 yards, and for 25-meter pools, 5 meters. At least three pennants of two or more alternating colors shall hang from the line over each lane. The pennants shall be 6 inches to 12 inches wide (15.24 to 30.48 cm), and 12 inches to 18 inches long (30.48 to 45.72 cm).

PENALTY: For not providing backstroke flags which meet rule specifications, the host team shall be disqualified from events which require backstroke flags, the events are not swum and the points shall be awarded to the visiting team(s) in proportion to the number of their submitted entries.

ART. 6 . . . A visual lap-counting system for the 500-yard/400-meter freestyle event shall be required for each visiting swimmer's lane. The system shall consist of a sufficient number of white cards with 12-inch (.3048 m) tall, black, odd, ascending numerals and one solid fluorescent orange card, with or without a numeral.

PENALTY: For not providing an adequate number of visual lap-counting devices for each visiting swimmer's lane, the host team shall be disqualified from scoring in the event. Although all swimmers will participate, only the visiting swimmers shall score points. For not providing an adequate number of visual lap-counting devices for each host swimmer's lane, the affected swimmers from the host team shall participate without the use of the visual lap-counting device or a lap counter.

ART. 7 . . . Timing devices, whether manual, semiautomatic or automatic, shall be calibrated to one-hundredth (.01) of a second. The use of automatic electronic timing is recommended for all swimming meets. However, even when automatic timing is used, a manual timing device shall be used for each lane as a backup.

ART. 8 . . . The touch pads for automatic timing shall be centered in the lanes. It is recommended that touch pads cover the entire width of the lane.

ART. 9 . . . It is recommended the meet score be posted and/or announced throughout the meet.

RULE 2, SECTION 7 — PLAY RULINGS

2.7.2 SITUATION A: A swimmer (a) places a towel over the starting platform for the start of the 50-yard freestyle, (b) places a towel over the touchpad for the start of the 100-yard backstroke. The referee requires the swimmer to remove the towels before the start of the race. **RULING:** In (a) use of the towel is legal, in (b) use of towel on touchpad is illegal. **COMMENT:** The referee may allow the use of the towels if the facility manager allows them. No towel may be placed over the touch pad as it may interfere with the automatic timing equipment or become loose in the water.

2.7.2 SITUATION B: During the 200-yard individual medley, the referee discovers the starting platform in Lane 5 has become loose and is not securely attached to the deck. The host team is unable to repair it. The referee requires all swimmers to use a deck or in-water start for the remainder of the meet. **RULING:** Correct procedure. **COMMENT:** When one or more starting platform is not securely attached, all swimmers shall start in the water or on the deck, provided the water depth rule is not violated. (2-7-2 Penalty 3)

2.7.2 SITUATION C: The water level in a pool is low due to mechanical problems. The coaches mutually agree to use the (a) 18-inch starting blocks (b) deck starts even though the water is not 4 feet deep at the designated point of entry. **RULING:** Illegal in both. **COMMENT:** Water depth, distance of the starting platforms or deck starts from the water, and other rules in place to minimize risk to the swimmers CANNOT be waived. (2-1, 2-7-2 Penalty 1 and 2)

***2.7.2 SITUATION D:** The visiting team arrives at the site and sees that the starting platforms are track-style with a wedge. The head coach inquires about legality to the referee who responds legal platforms. **RULING:** Legal.

2.7.4 SITUATION: As a recall device, a school chooses to use: (a) an air horn, (b) the starting console horn, (c) a recall rope placed beyond 15 m. **RULING:** (a), (b) and (c) are legal. **COMMENT:**

When a recall rope is used it should be placed far enough from the starting wall (beyond 15 m) to assure that all swimmers have surfaced after the start of the race. (8-2-1e, 8-2-3f, 8-2-4d)

2.7.5 SITUATION: For a dual meet, backstroke flag lines: (a) are 5 feet above the surface of the water; (b) have two pennants above Lane 3; (c) have two pennants of the same color in succession over Lane 4; (d) are 10 feet from one of the end walls; or (e) are missing or unavailable. **RULING:** In (a), (b), (c), (d) and (e) the host team's competitors are disqualified from events which involve the backstroke; the events are not conducted, and the visiting team receives points for each swimmer or team entered in those events. **COMMENT:** The referee may provide a break in action equal to the length of time it takes to conduct the eliminated events unless coaches agree to a shorter break. (2-7-5 Penalty, 4-1-5)

2.7.9 SITUATION: Since there is no public address system available at a meet, the meet score is not announced during a dual meet. The coaches are advised that they may obtain the current meet score from the scorer's table at any time during the meet. **RULING:** Correct procedure.

Rule 3

Team Personnel

SECTION 1 ENTRIES BY TEAMS

ART. 1 . . . In championship meets, (unless conference or league determine otherwise) each team shall be permitted a maximum of four entries in an individual event and one team in a relay event.

ART. 2 . . . In other meets, each team shall be permitted a maximum of:

- a. two entries per individual and relay event in a pool with five lanes or less;
- b. three entries per individual and relay event in a pool with six lanes or more;
- c. by prior mutual consent, in a pool with eight lanes or more, each team shall be permitted as many additional entries as may be equally provided for both teams;
- d. unless state association policy determines otherwise, unlimited team entries shall be permitted at invitational, triangular and nonvarsity meets. However, the individual entry rule shall be followed. (3-2-1)

RULE 3, SECTION 1 — PLAY RULINGS

3.1.1 SITUATION: The Sunset League permits each team in the league championship to enter a maximum of six competitors in the 50 free and 100 free. **RULING:** Correct procedure. **COMMENT:** Local leagues and/or conferences may modify the maximum number of entries from each team in an event for championship meets.

3.1.2 SITUATION A: In a dual meet conducted in an eight lane pool, teams mutually agree to a maximum of four entries for each team in individual events and three entries each in relays. **RULING:** Incorrect procedure. **COMMENT:** The number of permissible entries in relays is to be the same as the number of permissible entries in individual events, but no more than two relays per school may score. (3-1-2c, 7-1-2e)

3.1.2 SITUATION B: Team A hosts a large invitational sanctioned by the state association. The entry form permits each team to enter an unlimited number of swimmers in each event with each individual swimmer limited to a maximum of four events, no more than two of which may be individual events. **RULING:** Legal. (3-1-2d, 3-2-1)

SECTION 2 ENTRIES BY INDIVIDUALS

ART. 1 . . . A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events. Prelims and finals are considered one meet.

Unless state association policy determines otherwise:

- a. exhibition competitors are permitted. An exhibition swim/dive shall count as one of the four allowed entries, does not score points, but may count as a qualifying time and is subject to disqualification;
- b. pentathlon-type meets may be conducted with unlimited individual entries.

PENALTY: For a competitor(s) participating in, or attempting to participate in, more than the allowable number of events, the competitor(s) is disqualified from that event and further competition.

ART. 2 . . . In all meets all competitors, once officially entered (unless scratched), shall compete in all races, heats and rounds of competition (excluding swim-offs and legally declared false starts) for which they qualify except when an illness or injury certified by a physician or the referee forces a competitor to withdraw. This applies to individual members of relay teams (not entire teams) as well as to competitors in individual events. A competitor may be reinstated by the referee in a later event after illness/injury if a physician or referee verifies recuperation.

PENALTIES:

1. For submitting an entry card which is incomplete, inaccurate or delivered late, the competitor or relay team shall be disqualified from that event.
2. In nonchampionship meets, a competitor who has officially been entered in an event but does not compete shall be disqualified from that event only.
3. (Championship meets only) For failing to compete in all races, heats and rounds for which he/she has qualified or entered (exception in body of rule), the competitor shall be disqualified from further competition. The competitor shall not be disqualified from events in subsequent rounds for which he/she has previously qualified (previous performances not nullified).

ART. 3 . . . In championship meets and other multiple team meets, a competitor officially becomes a participant in an individual event when the official entry card is delivered to the meet director, or meet director's designee, at the specified time and place. The entry card or form bearing the name of the event must contain the competitor(s)' first and last names, coach's signature (where applicable), school name, and submitted time, if one exists.

A competitor may withdraw from a preliminary event or final, including diving, with a declared false start. Notice must be given to the referee, or referee's

designee by the swimmer, diver, coach or other team personnel, at a specified time. The event shall still count as an entry for the competitor. However, it does not disqualify the competitor from further competition or nullify previous performances.

In each relay event, eight individuals may be designated, and it shall not count as an entry unless the competitor actually competes in the event. Any of these eight individuals may swim in the prelims, swim-offs and/or finals provided he/she does not exceed the permitted entries for the meet. Only the four swimmers declared on the relay card, including the relay lead-off swimmer, which shall be submitted at a specified time and place prior to the start of the event, are permitted to report to the blocks and compete. In case of illness or injury to one of the four swimmers, it shall be reported to the referee and any one of the remaining swimmers designated on the relay entry card may replace the ill/injured swimmer provided he/she does not exceed the allowable entries. The ill/injured swimmer shall not be charged with an entry.

NOTE: By state association adoption, schools may enter their relay teams without individual names. It shall not count as an entry unless the competitor actually competes in the event. Any individual on the team may swim in the prelims, swim-offs and/or finals provided he/she does not exceed the permitted entries for the meet.

PENALTIES:

1. For submitting an entry card which is incomplete, inaccurate or delivered late, the competitor or relay team shall be disqualified from that event.
2. (Championship meets only) For failing to compete in all races, heats and rounds for which he/she has qualified or entered (exception in body of rule), the competitor shall be disqualified from further competition. The competitor shall not be disqualified from events in subsequent rounds for which he/she has previously qualified (previous performances not nullified).

ART. 4 . . . In other meets, a competitor officially becomes a participant in all events when the official entry card or diving scoresheet bearing the name of the event, that competitor's first and last name, coach's signature (where applicable), name of school and lane assignment is submitted to the referee or the referee's designee. The referee shall specify the time of submission of entries, and changes may be submitted to the referee, or the referee's designee, prior to the start of the race, after which there shall be no changes.

PENALTY: For submitting an entry card which is incomplete, inaccurate or delivered late, the competitor or relay team shall be disqualified from that event.

ART. 5 . . . For relay events in all meets, the coach shall submit to the referee, or the referee's designee, the name of the lead-off swimmer for the relay not later than the conclusion of the race. There is no penalty for incorrectly listing the name of the lead-off swimmer for the relay as it is required for record-keeping purposes only.

ART. 6 . . . When it is detected that a competitor is bleeding, has an open wound, has any amount of blood on his/her suit, or has blood on his/her person, he/she shall be directed to leave the activity until the bleeding is stopped, the wound is covered, the suit and/or body is appropriately cleaned, and/or the suit is changed before returning to competition.

When this occurs prior to the start of a relay race, the start shall be delayed while the competitor receives proper treatment or is replaced by another legal entry off the relay entry card. Once a relay race begins and blood is detected in the starting area or on a competitor who is not in the water (except the fourth swimmer when in the water), the race shall be stopped. The area and competitor shall be properly treated and the race re-swum after an appropriate recovery period. If the bleeding cannot be stopped, the wound is not properly covered or there is no legal substitute on the relay card, the relay team shall forfeit the race.

ART. 7 . . . Any competitor who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the meet and shall not return to the meet until cleared by an appropriate health-care professional. (See NFHS Suggested Guidelines for Management of Concussion Appendix H.)

RULE 3, SECTION 2 — PLAY RULINGS

3.2.1 SITUATION A: During the swimming of the 500-yard freestyle, it is discovered a swimmer from Team B has already competed in both the 100-yard and 200-yard freestyle events. The coach of Team B concedes this swimmer is disqualified from the 500-yard event, but maintains the swimmer may be entered in the final relay. **RULING:** The swimmer is disqualified from the 500-yard freestyle and further competition in the meet. (3-2-1 Penalty)

3.2.1 SITUATION B: In a championship meet with preliminaries and finals, a swimmer is entered in the 50-yard freestyle, the 100-yard freestyle and listed for all three relays: (a) the coach has the swimmer declare a false start in the 100-yard freestyle to use him/her in all three relays; (b) the swimmer qualified for finals in the 50 but not the 100 freestyle, and competes in the 200 medley and 400 freestyle relays in the prelims. He/she then competes in the 50 freestyle and all three relays in the finals. **RULING:** (a) Illegal; A declared false start counts as an event so Swimmer A has exceeded the individual entry limitation (b) Illegal; Prelims and finals are considered the same meet and a competitor is permitted to compete in a maximum of four events. (3-2-3, 3-2-1 Penalty, 1-3-10 Note)

3.2.1 SITUATION C: At the district qualifying meet, a swimmer qualifies in two individual events and swims on the 200 medley and 200 freestyle qualifying relays. Since the swimmer's name also appeared on the school's qualifying 400 freestyle relay card, the coach decides to let the swimmer participate on the 400 freestyle relay at the state meet and not the 200 freestyle relay. **RULING:** Legal. Swimmer is competing in only four events per meet. Each state association meet (district, regional, state) is considered a separate meet unless the state association specifically organizes the championship series differently. (3-2-2)

3.2.1 SITUATION D: A swimmer participates in the preliminary heat of the 100-yard butterfly, but does not qualify for the finals in this event. The swimmer does qualify for finals in the 100 breaststroke, 200 medley and 200 free relay. The swimmer's name appears on the 400 free relay

card, which he did not swim. The swimmer competes in the finals of the 400 free relay. **RULING:** Illegal. The swimmer has already participated in four events. (1-3-10 Note, 3-2-1 Penalty)

3.2.1 SITUATION E: In a dual meet in which Team B is far enough ahead to win the meet before the 100 yard breaststroke event, Swimmer B-1 (an exhibition swimmer) finishes the race in first place with a new pool record time. Swimmer B-2 (also exhibition) touches the wall with only one hand on each turn. Swimmer B-3 finishes last in the race. **RULING:** It is announced that Swimmer B-1 has set a new pool record, Swimmer B-2 was disqualified. The swimmers from Team A are awarded points for first, second and third, and Swimmer B-3 is awarded points for fourth. Unless state association policy determines otherwise, exhibition swimmers are charged with an event, are subject to disqualifications, may set records and/or make qualifying times, but may not score.

3.2.1 SITUATION F: Team A hosts a multi-team pentathlon meet. The meet consists of five events (100 yard butterfly, 100 yard backstroke, 100 yard breaststroke, 100 yard freestyle and 200 yard individual medley). Unlimited entries are permitted to each team provided each individual competes in all five events. **RULING:** Legal provided state association policy does not determine otherwise. (3-2-1b)

3.2.2 SITUATION A: In a non-championship meet, Swimmer A is competing in the 100 freestyle and fails to report to the starting block at the referee's signal. Consequently, Swimmer A does not compete and is disqualified from that event and from further competition. **RULING:** Incorrect procedure. In non-championship meets, a swimmer who fails to compete in an event is disqualified from that event only, without further penalty. (3-2-2 Penalty 2)

3.2.2 SITUATION B: In a championship meet, Swimmer A competes in the preliminary of the 100 butterfly and qualifies for finals. At or prior to the time specified Swimmer A (a) withdraws from the finals of that event with a declared false start; (b) does not withdraw from the finals of that event with a declared false start and fails to report to the starting block at the referee's signal during finals of that event. **RULING:** (a) Swimmer A is allowed to withdraw from the finals of that event without further penalty (the preliminary event still counts as one of the swimmer's events); (b) Swimmer A is disqualified from further competition. (3-2-2 Penalty 3, 3-2-3 Penalty 2)

3.2.2 SITUATION C: In a championship meet, the second swimmer from Team A's 200-yard freestyle relay fails to report to the block at the referee's signal. Consequently, Team A does not compete, is disqualified from the event and all four swimmers are disqualified from further competition. **RULING:** Incorrect procedure. While Team A was correctly disqualified, only that swimmer who did not report to the blocks should have been disqualified from further competition. (3-2-3 Penalty 2)

3.2.2 SITUATION D: During the preliminaries of a championship meet, Swimmer A competed in the 200 IM, qualifying for finals, yet fails to swim the prelims of the 100 butterfly for which he/she is entered. **RULING:** Swimmer A is disqualified from the 100 butterfly and any other events for which he/she had not previously qualified. The swimmer may still compete in the 200 IM in finals. (3-2-3, 3-2-2 Penalty 3, 3-2-3 Penalty 2)

3.2.2 SITUATION E: Swimmer A is competing in the 200 freestyle, swallows water and is unable to complete the race. **RULING:** Swimmer A is disqualified from the 200 freestyle with no further penalty.

3.2.3 SITUATION A: The lead-off swimmer in the medley relay commits a false start. The four participants on that relay team are disqualified from the event, but complete the swim with the no recall starting protocol. **RULING:** Correct procedure. **COMMENT:** Once the final entry card is turned in, the designated members of each relay team are considered to have competed in that event regardless of a false start by lead swimmer. The race is completed without a recall and the entry disqualified at the end of the race. (3-2-5, 8-1-3 Penalty 2, 8-1-4)

3.2.3 SITUATION B: In a championship meet, Swimmer A competes in two individual events and is listed on the 400-yard freestyle relay. The swimmer does not swim in the preliminary round of the 400-yard freestyle relay, but replaces Swimmer D on the relay in the finals. **RULING:** Legal.

Any of the eight swimmers who are listed on relay entry form are eligible to compete in preliminaries, finals or both, provided the entry limits are not exceeded. (3-2-3 Note)

3.2.3 SITUATION C: In a championship meet, a swimmer competes in the prelims of the 200 medley relay and the 200 IM and declares a false start in the 100 breaststroke: (a) as his heat steps up to the blocks; (b) to the referee at the designated time and place. **RULING:** (a) Illegal because the race has already started.(b) Correct procedure, recorded as a withdrawal from the 100 breaststroke. In (a) the swimmer may refuse to step onto the starting platform (DQ for unnecessarily delaying the start), swim the race for time or false start (DQ), which may still result in swimming the race with the no recall false start. Only if the swimmer is not present at the blocks should the athlete be disqualified from further competition. (1-3-4, 1-3-14, 3-2-2 Penalty 3, 8-1-3a)

3.2.3 SITUATION D: In a championship meet, a competitor declares a false start in the prelims of the 100 butterfly by notifying the referee at the designated time and place. He is: (a) allowed to enter another individual event; (b) disqualified from further competition. **RULING:** (a) and (b) Incorrect procedure. A declared false start counts as an entry but does not disqualify the competitor from further competition or nullify any previous results. (3-2-1, 3-2-3)

3.2.3 SITUATION E: A competitor informs the meet referee that he/she is declaring a false start in the championship finals 100 butterfly. The referee may place the fastest qualifier in consolation heat into the championship final and the first alternate may be placed into the consolation final with both heats reseeded. **RULING:** Correct procedure. State associations may elect to fill the lanes or leave the vacant lane open.

3.2.3 SITUATION F: A state association allows relay entries in their championship meet to be submitted without the individual competitors' names. **RULING:** Correct procedure. **COMMENT:** The state association may require that relay entries note the names of up to eight individual competitors and limit participation in that relay to those eight identified competitors. (3-2-3 Note)

3.2.3 SITUATION G: In a dual meet, the relay card submitted declares the names of four swimmers competing in the relay event: (a) the relay card also designates the name of the lead-off swimmer who actually swims in the lead-off position; (b) designates the name of the lead-off swimmer, but prior to the start of the race, the lead-off swimmer is changed to one of the other three declared swimmers and the coach submits the change to the referee or the referee's designee, prior to the conclusion of the race; (c) the relay card does not designate which of the four declared swimmers is the lead-off swimmer, but the coach submits to the referee or the referee's designee, the name of the lead-off swimmer prior to the conclusion of the race. **RULING:** (a), (b) and (c) correct procedure. The name of the lead-off swimmer is to be submitted to the referee, or the referee's designee, not later than the conclusion of the race. (3-2-5)

3.2.3 SITUATION H: In a championship meet, Swimmer A competes in the preliminaries of the 100 freestyle, qualifies for finals and withdraws from the finals of that event with a declared false start. Prior to the specified time for declared false starts, Swimmer A notifies the referee that he wants to revoke the declared false start. Swimmer A is allowed to swim in the finals of that event. **RULING:** Correct procedure. A declared false start may be revoked by the swimmer, coach or other team personnel if the revocation is made at or prior to the specified time for declared false starts.

3.2.4 SITUATION: Upon arriving at the pool, the coach is informed by the person running the scoring table that all of his/her Team's entries must be submitted prior to the start of the meet as an electronic entry format (i.e., Meet Manager) is being utilized. The coach protests to the referee that due to the competitive nature of this dual meet, he/she would like to submit his/her entries prior to the start of each event. The referee (a) states that all entries must be submitted at the start of the meet and cannot be changed due to the time constraints under which the event is being conducted under; (b) states that all entries will be submitted at the start of the meet, but these

entries can be changed prior to each event. **RULING:** (a) incorrect procedure; (b) correct procedure. **COMMENT:** When electronic programs are used, it is recommended that schools submit their roster in advance of the meet to speed up the entry process. Individual entries can be presented prior to the start of each race.

3.2.6 SITUATION A: The 200 freestyle relay has begun. It is noted the second swimmer's foot is bleeding as he/she leaves the block. The race is stopped. The race will be re-swum after an appropriate recovery period and the contaminated area is properly treated. **RULING:** Correct procedure.

3.2.6 SITUATION B: It is noticed during the fourth leg of the 200 medley relay that the swimmer has a bloody nose. The referee stops all competition. **RULING:** Incorrect procedure. Since the freestyle swimmer is the fourth swimmer, the race shall not be stopped.

SECTION 3 UNIFORMS

ART. 1 . . . It is recommended all swimmers and divers on the team wear suits of identical coloring and pattern. 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. Girls shall wear suits which cover the buttocks and breasts.

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 2 $\frac{1}{4}$ square inches is permitted on each item of the uniform (suit and cap(s)).
- d. An American flag, not to exceed 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on each item of the uniform.

NOTE: The FINA mark and/or individual barcode on certain swimsuits designating that the suit has been approved for FINA and/or USA Swimming competition is not considered to be a second manufacturer's logo nor a form of advertising. Such swimsuits with a FINA marking shall be legal for NFHS competition.

PENALTIES: When an official discovers a competitor wearing illegal attire as described in Article 2, the official shall:

1. when observed prior to the start of the heat/dive, notify the competitor to make legal the attire before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from the event/dive and shall not be eligible for further competition until in legal attire;
2. when observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time/score and he/she shall not be eligible for further competition until in legal attire.

ART. 3 . . . Suits worn by swimmers (excluding divers) shall be limited to the following requirements:

- a. only one swimsuit shall be permitted in competition. (A swimmer with spe-

- cial 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), except for one post-construction, impermeable school name and/or logo which shall not exceed 9 square inches;
 3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
 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.
- c. Swimsuits with a FINA marking, if otherwise legal, shall be legal for NFHS competition.

PENALTIES: When an official discovers a competitor wearing an illegal swimsuit by the wearing of two suits or a suit which is of an illegal construction, the official shall:

1. when observed prior to the start of the heat, notify the competitor to make the swimsuit legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat, the competitor is disqualified from that event and shall not be eligible for further competition until in a legal swimsuit;
2. when the race has officially begun (see Rule 1-3-4), disqualify the competitor at the completion of the heat;
3. when the starting device has been activated, disqualify the competitor at the completion of the heat; nullify the competitor's performance time and he/she shall not be eligible for further competition until in a legal swimsuit.

ART. 4 . . . Competitors shall not wear or use any device to aid their speed, buoyancy or body compression. A foreign substance may be applied to the body. The referee shall require a competitor using an excessive amount of a foreign substance to remove it before competing. The use of tape is permitted to treat a documented medical condition which allows a competitor to compete, but not gain an advantage over the remainder of the field. The meet referee must be presented with signed documentation from an appropriate health-care professional before permitting the athlete to compete. Tape may be used by divers to support the wrists in a preventative manner without medical documentation.

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and exten-

uating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

PENALTY: When team personnel/competitor uses an unapproved artificial device during an event, the competitor(s) is disqualified from further competition.

ART. 5 . . . A competitor shall not wear jewelry. When it is discovered that any competitor is wearing jewelry prior to the start of that heat/round, he/she shall not be permitted to participate in an event/dive until the jewelry is removed.

- a. Medical-alert medals are not considered jewelry, must be taped to the body and alert may be visible.
- b. Religious medals are not considered jewelry, must be worn under the uniform and taped to the body.
- c. Hair-restraining devices are considered legal, provided they are functioning and are being worn in the hair during the event.

NOTE: When the competitor starts an event/round and is observed with jewelry he/she shall complete that heat/round and be notified to remove the jewelry before becoming eligible for any further participation. The competitor's coach shall be notified of the violation (4-2-2).

PENALTY: When an official discovers a competitor wearing jewelry a subsequent time within the same meet, the official shall:

1. when prior to the start of the heat/round, notify the competitor to remove the jewelry before becoming eligible to compete;
2. when during or after the heat/round, notify the competitor and his/her coach at the completion of that heat/round of his/her ineligibility to compete in that heat/round and disqualification from the event (or a failed dive) for failure to remove jewelry;
3. notify the competitor he/she is ineligible to compete in further competition until compliant with Rule 3-3-5.

ART. 6 . . . Prior to the meet, the coach shall verify with the meet referee that all his/her competitors are legally attired and not wearing jewelry.

RULE 3, SECTION 3 — PLAY RULINGS

3.3.2 SITUATION A: The first swimmer of a relay team is in the water when an official notices the fourth swimmer has an illegal logo on his/her cap and swimmer 4 does not change or reverse the cap prior to standing on the block. The referee disqualifies the relay team from the event. **RULING:** Legal. **COMMENT:** Any relay swimmer may change his/her attire prior to taking a position on the starting platform. The referee will notify the swimmer he/she may not compete in further competition until the uniform is made legal at the completion of the race and the official shall notify a coach of the swimmer of the violation and restriction. (1-3-4, 3-3-2, 3-3-6)

3.3.2 SITUATION B: A swimmer places the initials of a friend who is struggling with cancer on his/her suit to show support. **RULING:** Illegal. **COMMENT:** Commemorative and memorial patches, no larger than 4 square inches, may be worn on the uniform with written state association approval. The intent of this rule is the patch has a special meaning to the entire team, not just one swimmer. In this instance, the swimmer could place something on his/her warm-ups, a towel, etc. (3-3-2 Penalty)

3.3.2 SITUATION C: A swimmer steps up onto the starting platform wearing a swim cap with a legal manufacturer's logo/trade name but also containing a separate embossment of the manufacturer's model name on the lower edge of the cap in the same color as the cap. **RULING:** Legal only if the embossment is the same color as the cap and not clearly visible.

3.3.2 SITUATION D: A swimmer is observed wearing a swim cap containing a manufacturer's logo/trade name which appears to exceed 2 $\frac{1}{4}$ square inches. **RULING:** The size of the manufacturer's logo/trade name is measured while the cap is off the head. If that measurement exceeds 2 $\frac{1}{4}$ square inches, the cap is illegal and the swimmer will be directed to remove or replace the cap.

3.3.2 SITUATION E: Team A swimmers are wanting to place a screened commemorative logo on their caps to celebrate the 100 year anniversary of the high school. The coach is concerned that the language of the rule refers to "patch." The coach through the school AD checks with the state association to see if this is within the rule. The state association approves the screened commemorative logo on the cap providing all size requirements are met. **RULING:** Correct procedure. **COMMENT:** Both the suit and cap are considered uniform in swimming. Due to the nature of the material of a cap it is not practical to affix a patch so a screened logo is more appropriate. (3-3-2)

3.3.2 SITUATION F: A swim team designed a cap in honor of winning several consecutive state championships by adding one school logo for every year they won the state meet. Being the third consecutive year, each swim cap had three school logos on the cap. **RULING:** Legal. Restrictions limit manufacturer/advertising logos, and not school logos.

3.3.2 SITUATION G: The referee calls the swimmers to the block with a long whistle. While the swimmers are standing on the block, the referee notices that the swimmer in Lane 4 is wearing a club team cap. (a) All swimmers are asked to step down and the swimmer in Lane 4 is disqualified, (b) all swimmers are asked to stand up and the swimmer in Lane 4 is asked to remove or turn their cap inside out, (c) the referee starts the event and at the conclusion of the race disqualifies the swimmer in lane 4 for wearing illegal attire. **RULING:** (a) and (b) are incorrect procedure. (c) correct procedure 3-3-2b and 3-3-3 Pen. **COMMENT:** Once the swimmers are called to the block the race has started (1-3-4)

3.3.2 SITUATION H: (a) A swimmer reports to the starting area wearing two caps. The referee instructs the swimmer to remove one cap; (b) After competing in an international meet, a swimmer provides his/her entire team a souvenir swim cap that has several international flags and one American flag each measuring 2x3 inches. The referee allows the team to swim in the cap since everyone on the team is wearing the same cap; (c) during a race a swimmer wearing two caps loses the top cap. The top one is the team cap, and the bottom one the souvenir cap from situation b. The referee disqualifies the swimmer. **RULING:** (a) and (b) Incorrect procedures; (c) correct procedure. **COMMENT:** (a) The wearing of more than one cap is legal; (b) one visible logo/trade manufacturer's mark or reference name not exceeding 2 $\frac{1}{4}$ square inches and not exceeding 2 $\frac{1}{4}$ inches in any dimension and one American flag not exceeding 2x3 inches are permissible on each item of uniform apparel; (c) when the top cap comes off the cap being displayed must be of a legal nature. (3-3-2)

3.3.3 SITUATION A: Following completion of the first heat of the 200 IM, with all swimmers out of the pool and the next heat waiting to be called to the starting platform, the coach of Team A approaches the referee to complain that a swimmer from Team B was wearing two suits during his/her participation in the first heat of the 200 IM. No official had observed the swimmer being in two suits. The referee lets the meet continue with no violation by the swimmer from Team B as no official observed a violation. **RULING:** Correct procedure. **COMMENT:** The referee will only call violations observed and not based on a complaint from a coach. The referee may choose to address the matter with the swimmer's coach if he/she deems necessary.

3.3.3 SITUATION B: As the competitors are reporting to the start of the heat/race, the referee/starter notices the competitor in lane 5 has on a drag suit over a legal swimsuit. The refer-

ee/starter informs the competitor only one suit may be worn in competition and if the drag suit can be removed without delay of the start, the competitor may swim. **RULING:** Correct procedure. (3-3-2 Penalty 1)

***3.3.3 SITUATION C:** The starter directs the swimmers to "Take you mark" and observes the swimmer in lane 5 wearing two suits. The heat is conducted and at completion the swimmer in lane 5 is disqualified. **RULING:** Correct procedure. **COMMENT:** Following the completion of the heat/race, the coach from the disqualified swimmer's school should be called to the table and notified of the reason for the disqualification. Only one legal, one-piece suit shall be worn in competition. (3-3-2 Penalty 2)

3.3.3 SITUATION D: A female swimmer reports for the 50-yard freestyle event wearing a full body suit. **RULING:** Illegal. **COMMENT:** Only a suit meeting the style requirements in Rule 3-3-2 may be worn.

***3.3.3 SITUATION E:** A female swimmer reports for her event and steps up on the starting platform at the command and under her one-piece suit it is obvious she is wearing (a) a 'sports bra', (b) a two-piece suit, (c) a bikini brief only. The referee allows the heat/race to be swum. If a disqualification is necessary, it takes place at the completion of the heat. **RULING:** Correct procedure. **COMMENT:** Only one swimsuit shall be permitted in competition unless the swimmer has a special need and has a letter of authorization from his/her state association that should be presented to the referee prior to the beginning of meet competition.

3.3.3 SITUATION F: A swimmer reports to the starting blocks wearing a suit which has the school logo imprinted on the back using a plastic decal. The logo measures (a) 3 inches by 3 inches; (b) 4 inches by 4 inches. **RULING:** (a) Legal; (b) Illegal. **COMMENT:** A school logo may be placed on the suit, post-construction, but the size of the logo, even if impermeable, can be no greater than 9 square inches.

3.3.3 SITUATION G: The first heat of the 500-yard freestyle is a) completed and as the swimmers are exiting the pool area, b) not yet completed with the last swimmer touching the end wall, and the referee clearly notices a second set of straps extending beyond those of the swimmer's legal suit in lane 3. The referee calls the coach of swimmer in lane 3 to the table and verifies the wearing of the second suit and whether or not there is a letter of approved customization from the state association. With no letter, the coach is instructed in (a) that the swimmer is not eligible for further competition until in a legal suit and in (b) the swimmer is disqualified from that event and is not eligible for further competition until in a legal suit. **RULING:** Correct procedure. **COMMENT:** Should a situation arise regarding the wearing of a second suit other than the obvious drag/trainers suit, which is considered a second suit, the official should contact a member of the school's coaching staff to verify the wearing of the second item and if there is a letter of authorization, a disqualification is not necessary. (3-3-2 Penalty 3)

3.3.3 SITUATION H: A diver takes his/her position on the board and the diving referee observes the diver has on two suits. The dive is completed with no action from the diving referee. **RULING:** Correct procedure. **COMMENT:** The restriction on the wearing of more than one suit applies only to swimming events and not the event of diving.

3.3.3 SITUATION I: A female diver reports for the diving event wearing a two-piece suit. The referee does not allow the diver to compete in the event. **RULING:** Correct procedure. **COMMENT:** Only one-piece suits may be worn during competition.

3.3.4 SITUATION A: A swimmer during the 50 free jams, breaks or dislocates his/her index finger as he/she finishes his/her race. The athletic trainer/coach tapes two or more fingers together to stabilize the injury. The swimmer reports to the block to compete in the 100 free. The referee allows the swimmer to compete. **RULING:** Legal. **COMMENT:** Tape may be worn for valid medical reasons to cover a wound or treat an injury only.

3.3.4 SITUATION B: A competitor wearing a small digital stopwatch that attaches to the out-

side of the goggles steps onto the starting platform. The goggles allow you to see a timepiece in the corner of the lenses. The starter starts the race, an official signals a disqualification and the competitor is disqualified at the conclusion of the race. **RULING:** Correct procedure. **COMMENT:** Competitors shall not wear or use any device to aid speed or buoyancy. (3-3-4 Penalty, 1-3-4)

3.3.4 SITUATION C: During the pre-meet warm up the referee notices three swimmers from the same team wearing kinesio tape. Swimmer A has a double strip on his/her calf, Swimmer B has a sports tape design wrapped around his/her knee and Swimmer C has a compression sports tape design on his/her shoulder. The coach is only able to produce documentation from a health care professional for Swimmer C. The official asks Swimmers A and B to remove their tape. **RULING:** Correct procedure. **COMMENT:** Competitors shall not wear or use any device to aid their speed, buoyancy or body compression. Tape may only be used to cover a wound or for a documented injury.

3.3.4 SITUATION D: A swimmer with a: (a) hand missing wears a small hand paddle on her forearm approved by the state association; (b) foot missing wears a standard size swim fin on the lower part of that limb. **RULING:** (a) Legal provided the hand paddle is the approximate size of her other hand, she gains no unfair advantage and the swimmer/coach presents written approval by the state association; (b) illegal. The fin is larger and more flexible than the natural foot, providing the swimmer with an unfair advantage. (3-3-4 Penalty)

***3.3.4 SITUATION E:** During the pre-meet warmup, the referee notices (a) competitor with a knee brace, (b) competitor with a neoprene sleeve on his/her knee. **RULING:** (a) Legal with state association approval; (b) illegal. **COMMENT:** Competitors shall not wear or use any device to aid their speed, buoyancy or body compression. (3-3-4)

3.3.5 SITUATION A: A competitor is observed wearing jewelry (a) while the swimmer is walking to the starting platform prior to the start of the swimmer's event; (b) after the swimmer has been called (long whistle is blown) onto the starting platform and the starter is ready to begin the race; (c) after the diver assumes a starting position; (d) while the swimmer is competing in an event. **RULING:** (a) The swimmer is directed by the official to remove the jewelry and shall not be permitted to participate in the event until the jewelry is removed; (b), (c) and (d) the competitor is allowed to complete the event, the official will direct the competitor to remove the jewelry, and the competitor will not be permitted to participate in any subsequent events until jewelry is removed. **COMMENT:** The official in (b), (c) and (d) shall notify a member of the competitor's coaching staff of the violation and restriction. (1-3-4, 1-3-15, 3-3-5 Penalty, 3-3-6, 4-2-2e)

3.3.5 SITUATION B: A diver in Round 3 takes her position on the diving board. The official notices that she has on earrings. The same diver had been notified in Round 1 and had removed the earrings to compete. After the dive, the referee rules the dive as failed and notifies the diver and his/her coach as to the diver being ineligible for any further diving or swimming competition unless he/she removes the illegal item. **RULING:** Correct procedure. **COMMENT:** When a subsequent violation is discovered after the initial notification to the coach and competitor the dive is a failed dive and notification of ineligibility to compete unless the jewelry is removed. (3-3-6 Penalty)

3.3.5 SITUATION C: A competitor steps onto the starting platform or assumes a starting position on the diving board with: (a) an elastic band in her ponytail; (b) a rope bracelet; (c) earrings, (d) a "scrunchy" or rubber band on the wrist. **RULING:** (a) is legal, provided the hair restraint device is functioning and being worn in the hair during the event; (b), (c) and (d) are illegal and the referee shall direct the competitor to remove the illegal jewelry after completion of this race/dive and not permit further competition until the illegal jewelry is removed and shall notify the competitor's coach. (4-2-2e)

3.3.6 SITUATION: A referee: (a) at the coaches meeting; (b) at a captain's meeting; (c) makes an announcement on pool deck, that no jewelry is allowed during competition. The referee informs

the coaches and swimmers that this serves as their first warning. **RULING:** Incorrect procedure. **COMMENT:** The intent of the rule was that the referee is to warn the swimmer wearing jewelry individually as he/she reports to the starting area.

SECTION 4 LAP COUNTER

The use of a visual lap counting system is optional although a visual lap counting system must be provided for visiting teams. (2-7-6) When a visual lap counting system is used, one person shall be designated by each coach/competitor in the 500-yard/400-meter freestyle to operate the visual lap counting system. The lap counters shall be positioned on the deck at the end of the pool opposite the starting end within the lateral limits of the lane of the competitor for whom each is counting. The lap counter changes the visual counter to the next higher odd number, or fluorescent orange card, as the competitor makes each turn at the starting end. (The solid fluorescent orange card is shown to indicate the final length of the race.) The visual count may be supplemented by a verbal count.

PENALTY: For the lap counter aiding the swimmer, violating deck position, or interfering in any manner with the competition, the competitor in that lane shall be disqualified.

RULE 3, SECTION 4 — PLAY RULING

3.4 SITUATION A: Swimmer A does not want to use a lap-counting system, but wants a teammate to be in the position of the lap counter, verbally counting laps aloud during the event. (a) Swimmer A is disqualified; (b) lap counter is disqualified; (c) official asks that all students not using the lap-counting equipment return to the spectators' section during the competition. **RULING:** (a) and (b) incorrect procedure; (c) legal. **COMMENT:** The position at the end of the pool is not for cheering, but for the specific function of utilizing a lap-counting system supplemented by a verbal count.

3.4 SITUATION B: During a dual meet, one of the swimmers from Team A who is serving as a lap counter for the 500-yard freestyle accidentally drops the lap counter into the pool while the race is in progress. After all the swimmers have turned at the shallow end of the pool, he/she slips into the water and retrieves the lap counting device. He/She did not receive permission from the official, but also did not interfere with the race and had exited the water before all swimmers had turned at the other end of the pool. (a) There is no disqualification as the counter did not interfere with any of the competitors in the race; (b) the swimmer in the counter's lane is disqualified; (c) all swimmers in the race from Team A are disqualified and the counter is disqualified from further competition in the meet. **RULING:** (a) and (b) are incorrect procedure; (c) is correct procedure. (Rule 3-6-3 Pen. 1)

3.4 SITUATION C: The lap counter during the 500-yard/400-meter freestyle changes to the next higher number (a) as the swimmer passes the backstroke flag after making the turn; (b) as the swimmer makes his/her turn at the starting end. The official disqualifies the swimmer. **RULING:** Incorrect procedure. **COMMENT:** The official should remind the counter to change the number when the swimmer has made his/her turn; however, changing the number at any other time is not considered the basis for disqualification of the swimmer.

SECTION 5 ELECTRONIC DEVICES

Team personnel may use electronic devices to transmit or record information pertaining to a competitor's performance, provided the location does not interfere with administration of the meet as determined by the meet referee. Electronic devices shall not be used to transmit information to the competitor(s) during the race or dive.

NOTE: State associations may also have policies in place to further address the use of electronic devices.

PENALTY: A competitor and other team personnel (e.g. coach, manager, etc.) involved in the violation shall be disqualified from further participation/coaching in the meet for unsporting conduct.

RULE 3, SECTION 5 — PLAY RULING

***3.5 SITUATION A:** The coach from Team A uses his/her smartphone to record splits and then transmits this data to other coaches and athletes. **RULING:** Legal.

COMMENT: Electronic devices may be used to record and transmit data/images after the event is completed. (3-5)

***3.5 SITUATION B:** A competitor is using a recording device or camera on his/her body during a race. **RULING:** Illegal. **COMMENT:** Electronic devices may not be used to record and transmit data/images during a race. (3-5)

SECTION 6 CONDUCT

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.

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

PENALTIES:

1. Team personnel shall be disqualified from further participation for unsporting conduct. For excessive unsporting conduct, team personnel (as defined in 1-4-2) may be ejected from the competition area.
2. When a spectator(s) becomes unruly or interferes with the orderly progress of the meet, the referee shall suspend the meet until meet management removes the individual(s) from the premises.

ART. 2 . . . No team personnel/official/competitor shall use any form of tobacco product from the time they arrive at the site of the competition until they leave following completion of the meet.

PENALTY: Team personnel/competitors shall be disqualified from further participation for the use of any tobacco product.

ART. 3 . . . No team personnel/competitor shall enter the water without the referee's approval.

PENALTIES:

1. All participants from a team shall be disqualified from that race/heat when a nonparticipating team member enters the water during the race (and that person is disqualified from further competition).
2. A competitor shall be disqualified from the event for:
 - a. entering the water before the race without the referee's permission;
 - b. re-entering the water during the race without the referee's approval.
 - c. In the case of diving, entering the water without the diving referee's permission
3. When all competitors have completed a race and a competitor enters/re-enters the water without the referee's approval, that competitor shall be disqualified from his/her next scheduled event.

ART. 4 . . . Swimmers shall swim in their assigned lanes throughout the race and shall not interfere with a swimmer in another lane.

PENALTY: A competitor shall be disqualified from the event for:

- a. not swimming in his/her assigned lane throughout the race;
- b. interfering with a swimmer in another lane.

ART. 5 . . . No competitor shall contact the bottom of the pool for the purpose of gaining an advantage during a race.

PENALTY: A competitor shall be disqualified from the event for contacting, or walking on, the bottom of the pool for the purpose of gaining an advantage.

ART. 6 . . . Competitors shall leave the pool promptly when requested to do so by the referee.

PENALTY: A competitor who does not leave the pool promptly when requested to do so by the referee shall be disqualified from that event or the next event in which he/she is entered, whichever is appropriate.

ART. 7 . . . No team personnel/competitor shall perform any on-site shaving before, during or after the meet.

PENALTY: Team personnel/competitors shall be disqualified from further participation for on-site shaving.

RULE 3, SECTION 6 — PLAY RULINGS

3.6.1 SITUATION A: A competitor is disqualified for bending over the pool edge to splash water on himself/herself prior to the race. **RULING:** Incorrect procedure. **COMMENT:** If the referee determines there was interference with an official or the touch pad is activated during a race, the disqualification would be correct. (3-6-3, 4-2-2d)

3.6.1 SITUATION B: A spectator interferes with the conduct of the meet. The referee suspends

the meet until the meet management has removed the spectator from the premises. **RULING:** Correct procedure. (3-6-1 Penalty 2)

3.6.1 SITUATION C: While waiting behind the starting platform for a race to begin, Swimmer A taunts an opponent on the basis of relative ability. **RULING:** Swimmer A is disqualified from further competition. (3-6-1 Penalty 1)

3.6.1 SITUATION D: After the command "Take your mark," Swimmer A claps his hands while assuming the starting position. The starter releases the swimmers by instructing them "stand up" and "warns" Swimmer A. **RULING:** Correct procedure. **COMMENT:** If Swimmer A repeats this behavior, he/she shall be disqualified from the remainder of the meet due to unsporting conduct. (3-6-1 Penalty 1)

3.6.3 SITUATION A: Just prior to an event, but without the referee's permission, A-2 jumps into the water. **RULING:** A-2 is disqualified from the competitor's next scheduled event. (3-6-3 Penalty 2a)

3.6.3 SITUATION B: A swimmer trips and falls in the water while trying to step onto the starting platform prior to the start of an event. **RULING:** The referee may allow the swimmer to compete. Although competitors may not enter the water prior to an event, the referee may determine that disqualifying a competitor who accidentally has fallen would constitute obvious unfairness and may set aside this application of the rule. (3-6-3 Penalty 2, 4-1-5)

3.6.3 SITUATION C: At the conclusion of the 400-yard freestyle relay, the first swimmer in Lane 3 jumps in the water to congratulate the final swimmer: (a) before all teams have finished the race; (b) after all teams have finished the race. **RULING:** (a) Illegal, relay team in Lane 3 is disqualified from the event; (b) no penalty. **COMMENT:** In (b), since the 400 freestyle relay is the last event, there is no subsequent event to disqualify the individual from. (3-6-3 Penalty 1a, 2, 3)

3.6.3 SITUATION D: A-3 finishes the 500-yard freestyle far ahead of the field, sits on the deck with his feet in the water, and then returns to the water: (a) before all the other competitors have finished the race; (b) after all competitors have finished. **RULING:** In (a), A-3 is disqualified from the 500-yard freestyle. In (b), A-3 is disqualified from his/her next scheduled event, if any. In both situations, the referee may permit the swimmer to re-enter the water. (3-6-3 Penalty 1, 2, 3)

3.6.3 SITUATION E: Just prior to the 500-yard freestyle, Team B's Swimmer A cannot be located and fails to report for the event as was listed on the entry card. During the event, Swimmer A comes out of the locker room, realizes she should be swimming, and dives into her lane and starts competing. The referee disqualifies her, and any teammates swimming in this race/heat from the event and Swimmer A is disqualified for the remainder of the meet. **RULING:** Correct procedure. **COMMENT:** Although the swimmer was listed as a participant in that event, she has failed to report for the start of the race and therefore is a nonparticipant at the time of entering the water, which disqualifies her from further competition. (3-2-2, 3-2-2 Penalties, 3-6-3 Penalties)

3.6.3 SITUATION F: A diver jumps into the water without the diving referee's permission (a) between dives, (b) re-enters the water after a dive. **RULING:** In both (a) and (b) the diver is disqualified from the event for entering the water without permission of the diving referee.

3.6.3 SITUATION G: While the 500-yard freestyle is being contested at a postseason championship meet, the counter for the swimmer in Lane 1 in his excitement falls in the water as his teammate makes a surge over the final 50 yards of the race. At the conclusion of the race, the referee disqualifies (a) the swimmer in Lane 1, (b) another swimmer from their team who is swimming in Lane 4, (c) two other swimmers from their team who swam in an earlier heat. **RULING:** (a) and (b) correct procedure; (c) incorrect procedure.

3.6.4 SITUATION A: During a backstroke turn, the swimmer in Lane 2 executes a legal turn, but while underwater enters into Lane 3 (without interfering with the swimmer in that lane), resurfaces in Lane 2 and completes the event in that lane. The swimmer is disqualified. **RULING:** Correct procedure. A swimmer must swim in his/her assigned lane throughout the event. (3-6-4 Penalty)

3.6.4 SITUATION B: A swimmer finishes the 500-yard freestyle. She moves into another swimmer's lane to congratulate her teammate prior to completion of the event. The referee (a) ignores it, as she didn't interfere with the swimmers that are still competing; (b) disqualifies the swimmer that crossed to the other lane. **RULING:** (a) Incorrect procedure; (b) correct procedure. Swimmers shall remain in their assigned lanes throughout the race.

3.6.5 SITUATION A: During the 500-yard freestyle, a competitor stands on the bottom of the pool for a brief rest, then pushes off the bottom and continues swimming. **RULING:** Legal. **COMMENT:** The NFHS Swimming and Diving Rules Committee has not interpreted Rule 3-6-5 so rigidly as to penalize swimmers who contact the pool bottom for the purpose of resting, regardless of the manner in which they leave contact with the pool bottom after the rest. However, walking on the bottom or bouncing down the race course would be illegal. In addition, it would be illegal to stand on the bottom in the backstroke, breaststroke and butterfly events because this would violate the provisions of the body position.

3.6.5 SITUATION B: A swimmer pushes off the pool bottom after mistakenly thinking the race has concluded. The swimmer did not do so for the purpose of gaining an advantage. The swimmer should: (a) be disqualified for stopping; (b) be ignored because in the judgment of the referee, the mistake was not done for the purpose of gaining an advantage; (c) be scratched from any remaining events. **RULING:** (a) and (c) incorrect; (b) correct procedure. **COMMENT:** If, in the judgment of the referee, the error was not to gain an advantage, the swimmer would receive no penalty. (3-6-5 Penalty)

Rule **4** *Officials and Their Duties*

NOTE: Diving officials are covered in Rule 9.

SECTION 1 AUTHORIZED OFFICIALS

ART. 1 . . . Championship swimming competition shall be administered by a referee, starter, stroke inspectors, turn, takeoff and finish judges, timers, a scorer, a recorder and an announcer.

ART. 2 . . . 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 are not subject to review by this committee. The decision of the meet committee is final.

ART. 3 . . . Nonchampionship meets shall be administered by a number of officials sufficient to properly conduct the meet. It is recommended a minimum of two officials administer dual meets.

ART. 4 . . . The meet referee retains clerical authority over the contest through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the referee had jurisdiction. State associations may intercede in the event of unusual incidents before, during and after the referee's jurisdiction has ended or in the event that a contest is terminated prior to the conclusion of regulation play.

ART. 5 . . . The referee is the head official and is responsible for making decisions on matters not specifically covered by the rules, setting aside application of a rule during a meet or ordering a race re-swum when there is obvious unfairness. The referee shall have general supervision of other officials and shall meet promptly with them in order to make a ruling on any situation. The referee's decision is final.

NOTE: In non-championship meets when one official assumes the responsibilities of both the referee and the starter, the rules book and all related materials shall reference this position as the referee/starter.

ART. 6 . . . Electronic devices shall not be used to verify or review officials' decisions made during the meet.

ART. 7 . . . It is recommended that officials dress uniformly in white attire or other attire that is approved by the state association.

RULE 4, SECTION 1 — PLAY RULINGS

4.1.1 SITUATION: The referee does not see whether a turn judge signaled a violation, but the official reports the violation as instructed. **RULING:** The referee should confirm with the turn judge that his or her hand was raised to signal a violation. If the judge had not raised his/her hand, there should be no disqualification unless the referee had also personally observed the violation. (4-1-3, 4-2-1c, 4-4-2b, 4-2-2d)

4.1.2 SITUATION A: In a championship meet where the entry deadline is the day prior to competition, Team A arrives late for the meet because of mechanical problems with their bus. The meet committee convenes and determines Team A may be permitted to participate in the remainder of the meet even though they did not participate in all events for which they were entered due to lateness. **RULING:** Correct procedure. **COMMENT:** The meet committee has the authority to waive rules in such unusual circumstances.

4.1.3 SITUATION: A stroke inspector raises a hand overhead to signal a violation and then points to the lane where the violation occurred. Following the event, the referee directs the official not to indicate the lane. **RULING:** The referee has this authority. However, the improper signal should not affect the referee's decision regarding the disqualification. (4-4-2b, 4-1-3, 4-1-5)

4.1.5 SITUATION A: In a championship meet midway through the 100-yard backstroke: (a) a backstroke flag line breaks and two swimmers stop when they make contact with the line; (b) a lane marker breaks and interferes with a swimmer; (c) the lights go out. The referee stops the event until repairs are completed, the swimmers have recovered, and the race is re-swum. **RULING:** Correct procedure. If equipment cannot be repaired, the meet committee shall determine if and how the meet will be completed.

4.1.5 SITUATION B: During (a) the 100-yard backstroke event in a dual meet, or (b) the championship preliminaries of the 100-yard backstroke event, a swimmer does a flip turn at the halfway mark. As the swimmer touches the timing pad during the turn, it becomes dislodged and abruptly moves upward and then proceeds to sink to the bottom of the pool. This pad movement clearly, and negatively affects the turn and the race of the backstroker in that lane. In (a), the referee orders the race to be re-swum; in (b) the meet committee determines that the swimmer may re-swim the race. **RULING:** Correct procedure. **COMMENT:** In a dual meet, the referee is responsible for making decisions on matters not specifically covered by the rules. In a championship meet, the situation could be referred to the meet committee which has the authority to make such decisions. Either decision is correct as deemed by the determining body. (4-1-2)

4.1.5 SITUATION C: A turn judge does not signal a violation during the 100-yard breaststroke. However, immediately after the conclusion of the race, the turn judge reports to the referee and indicates that he/she observed that the swimmer in his/her lane (a) only made a one hand touch on the first turn, (b) took two strokes underwater after the third turn. **RULING:** No disqualification for either (a) or (b). **COMMENT:** The turn judge did not adhere to the required procedure as called for in 4-5-2b.

***4.1.6 SITUATION:** A competitor missed the touch pad on the finish and placed third, though it appeared that he/she finished first. The coach shows the meet referee images of the touch from a recording device. **RULING:** Illegal. **COMMENT:** Electronic devices shall not be used to verify decisions made during the meet. (4-1-6)

SECTION 2 THE REFEREE

ART. 1 . . . The referee's authority begins as he/she is available on deck, which shall be at least 30 minutes before the meet, the referee shall be available to:

- a. see that all equipment necessary for proper conduct of the meet is in the proper place and condition;
- b. see that the pool is properly marked;
- c. assign or delegate duties to officials as necessary for proper meet management and review responsibilities with each;
- d. before nonchampionship meets, if necessary, conduct a pre-meet conference with the starter, a captain and a coach from each team to review meet procedures, special instructions and any unusual pool conditions.

ART. 2 . . . During the meet, the responsibilities of the referee are to:

- a. check that each swimmer takes the proper lane, call them to step onto the starting platform or pool deck, and signal the starter that the starting commands may begin;
- b. order an event to start without delay when a contestant fails to report promptly;
- c. be in position and carry a sounding device to assure a fair start and notify each swimmer who is disqualified for a false start;
- d. determine disqualifications and notify competitors and/or their coaches of infractions and resulting disqualifications. This may be accomplished with a verbal announcement if the competitor and/or coach cannot be reached without further delay of the meet;
- e. notify the competitor's coach of an observed violation of 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.
- f. confirm that no athlete violates the individual entry limitation;
- g. resolve any disagreement in a race in a timely manner;
- h. see that the meet progresses without delay and results are announced promptly;
- i. assist in the judging of diving as needed;
- j. assure all competition is conducted according to the rules;
- k. signal by raising one hand over the head with open palm immediately upon discovering any swimming violation, except on relay takeoffs and no-recall false starts in meets using dual confirmation;

- I. prohibit the use of any bells, sirens, horns or other artificial noisemakers during the meet by fans or team personnel;
- m. declare a dual meet a forfeit when conditions described in 7-2-3 are met;
- n. determine if there is a need for the integration of backup times;
- o. stop or suspend competition or suspend/terminate a contest whenever the elements require. Be familiar with the NFHS Lightning Guidelines. (See Appendix K.)

ART. 3 . . . Within one hour after the meet, the referee shall check the scorer's tabulations; record the time the meet was completed and sign the scoresheet, thus establishing the official score. The meet score can be reviewed and clerical errors corrected within 48 hours of the completion of the meet.

RULE 4, SECTION 2 — PLAY RULINGS

4.2.2 SITUATION A: A turn judge who is in good position gives no signal for a violation as a swimmer makes a breaststroke turn, but the referee, who is also observing the turn, detects a violation and raises one hand overhead. **RULING:** The swimmer is disqualified. **COMMENT:** Failure of the turn official to signal a violation does not invalidate the violation. If the referee observed the violation, the referee shall disqualify the swimmer, thus assuring competition is fairly conducted according to rules of the event.

4.2.2 SITUATION B: In a nonchampionship meet, a takeoff judge signals a violation, but the referee also observed the exchange and does not disqualify the swimmer. **RULING:** If convinced there was not a violation, the referee, whose decision in such matters is final, may overrule the takeoff judge and not disqualify the swimmer. (4-1-5, 4-2-2d)

4.2.2 SITUATION C: In a meet using dual confirmation on relay takeoffs, the second swimmer in Lane 2 of the 200-yard freestyle relay leaves early. Following the finish of the heat, the judges confirm the violation. By this time, the coach and swimmers have left the area. The referee (a) has the disqualification announced on the PA system and proceeds with the next race and/or (b) proceeds with the meet and notifies the competitor and coach of the infraction as soon as possible. **RULING:** Both are correct procedure. The intent of this rule is to assure proper notification. However, unnecessary delay of the meet should be avoided.

4.2.2 SITUATION D: During prelims of a championship meet a coach reports to the referee that a swimmer may have exceeded his/her individual entry limitation. The referee: (a) does nothing, (b) investigates the number of entries for the swimmer. **RULING:** (a) incorrect procedure; (b) correct procedure. **COMMENT:** It is the duty of the referee to confirm that no athlete violates the individual entry limitation rule. It is recommended the referee, or a person designated by the referee, check for competitors in possible violation of the individual entry limitation on a regular basis during ALL meets (especially after relays) and at the conclusion of the meet. (4-10-1e)

4.2.2 SITUATION E: The event is called and the referee turns the swimmers over to the starter without realizing that swimmers assigned to Lanes 2 and 4 are in the wrong lanes: (a) The race is completed and the mistake is noticed before the start of the next race; (b) the mistake is not discovered until after the next race has started. **RULING:** (a) and (b) swimmers in Lanes 2 and 4 are disqualified from the event for not swimming in their assigned lane. Administrative violations/infractions may be enforced until the scoresheet is signed or up to one hour after the conclusion of the meet. (3-6-4a Penalty)

4.2.2 SITUATION F: A diver is on the board ready to begin her approach. The diving referee notices an elastic hair device around the diver's wrist. The diver completes the dive and after exiting the water the official notifies the diver and a member of the school coaching staff that the diver may not compete further until the jewelry is removed and the diver then becoming legal. **RULING:**

Correct procedure. **COMMENT:** The official should not interrupt the dive once the competitor is on the board ready for approach. There would not be a disqualification on the first violation. The official does have the responsibility to notify the diver and a coach of the violation and restriction. (3-3-5 Penalty)

4.2.3 SITUATION A: When a coach returns home from a meet and reviews the scoresheet, he/she discovers that it is incorrect and actually his/her team won the meet. The coach contacts the host meet management to correct the score. **RULING:** The meet score can be reviewed and clerical errors corrected within 48 hours of the completion time recorded by the referee.

4.2.3 SITUATION B: Thirty minutes after completion of the meet and prior to signing the scoresheet, the referee notices that Swimmer A swam the 200 free, 100 fly, 100 back and 400 free relay and disqualifies him/her from the 100 back and the 400 free relay. **RULING:** Correct procedure.

COMMENT: The referee has up to one hour to make changes before signing the scoresheet as official. Note: Clerical errors only can be corrected within 48 hours of the meet. (3-2-1 Penalty)

SECTION 3 THE STARTER

ART. 1 . . . The starter shall:

- a. follow the procedures in Rules 8-1-1 and 8-1-2;
- b. discharge a sounding device for the lead swimmer during the 500-yard/400-meter freestyle event when that swimmer has two lengths plus 5 yards remaining to swim in the race.

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

RULE 4, SECTION 3 — PLAY RULING

4.3.1 SITUATION A: The starter, to signal the remaining distance for the lead swimmer in the 500 yard/400-meter freestyle, discharges the sounding device with (a) one length of the pool remaining (b) two lengths plus 5 yards remaining. **RULING:** (a) Incorrect procedure and (b) correct procedure.

4.3.1 SITUATION B: At an outdoor dual meet, the official decides to use a standard 22-caliber pistol with starting blanks as the sounding device for the 500-yard freestyle. **RULING:** Improper procedure. **COMMENT:** A pistol capable of discharging live ammunition shall NOT be used at any high school competition.

SECTION 4 STROKE INSPECTORS

ART. 1 . . . For championship meets, there shall be at least two stroke inspectors, one positioned on each side of the pool, each moving along the length of the swimming course.

ART. 2 . . . Stroke inspectors shall:

- a. from the start of the race, examine the swimming strokes, from end wall to end wall, of the competitors assigned to the lanes in the half of the pool nearest the side from which they are observing;
- b. signal by raising one hand overhead with open palm immediately upon discovering a violation of the legal swimming stroke, kick or body position;
- c. report the violation to the referee immediately following the race.

RULE 4, SECTION 4 — PLAY RULING

4.4.2 SITUATION: A stroke inspector assigned to Lanes 1, 2 and 3 signals a stroke violation for a contestant in Lane 4. **RULING:** The referee shall not disqualify the contestant in Lane 4

unless the referee or the stroke inspector assigned to Lanes 4, 5 and 6 observed the violation.

COMMENT: Situations may arise when it would be advisable to assign a stroke inspector to lanes not located in the near half of the pool. Such cases would include lack of deck space or glare from windows or the sun. (4-1-2, 4-1-5)

SECTION 5 TURN JUDGES

ART. 1 . . . For championship meets, turn judges shall assume positions from which they have an unobstructed view of the swimmers and end wall of the lanes for which they are responsible.

ART. 2 . . . Turn judges shall:

- a. examine the last stroke prior to the turn, the turn, the exit from the turn until completion of the first full stroke and the finishes of the competitors in their assigned lane(s);
- b. signal by raising one hand overhead with open palm immediately upon observing a violation of the legal turn or finish;
- c. report the violation to the referee immediately following the race.

SECTION 6 RELAY TAKEOFF JUDGES

ART. 1 . . . Takeoff judges shall assume a position at the starting end or at the side of the pool at the starting end to observe first the feet on the takeoff of the departing swimmer, then the touch of the incoming swimmer's hand.

ART. 2 . . . Dual confirmation may be used at all meets.

ART. 3 . . . Dual confirmation is recommended for relays.

ART. 4 . . . For championship meets or when dual confirmation is used:

- a. a judge shall be assigned to observe the departing swimmer's feet, then the touch of the incoming swimmer;
- b. in addition, one judge shall be positioned on each side of the pool to judge the takeoffs in lanes on the nearer half of the pool, at the starting end;
- c. upon observation of a violation, the judge shall record in writing the order number of the swimmer committing the violation and the lane in which it occurred. The side judge shall wait until the last competitor of the heat is in the water before signaling an observed violation by raising a hand, with open palm, overhead. Following the heat, the side judges and takeoff judges shall, without consulting each other, report in writing any violations to the referee. Only if the side judge and takeoff judge record the same violation is the relay team disqualified.

ART. 5 . . . For other meets:

- a. one takeoff judge shall be positioned on each side of the pool to judge the takeoff lanes in his/her nearer half of the pool at the starting end;
- b. when a takeoff judge observes a violation, this shall be indicated by raising one hand overhead with an open palm;
- c. immediately following the race, the takeoff judge shall report the violation to the referee.
- d. dual confirmation is recommended.

RULE 4, SECTION 6 — PLAY RULINGS

4.6.1 SITUATION: In a premeet officials' meeting, the referee instructs the relay takeoff judges to visually sight first the feet on the takeoff of the departing swimmer, then the touch of the incoming swimmer's hand. **RULING:** Correct procedure. (4-2-1c, 4-6-4a)

4.6.2 SITUATION: In a championship meet where dual confirmation is being used, the referee is serving as one of the side takeoff judges. The second swimmer in the freestyle relay leaves the block early. The takeoff judge notes on a card the violation but gives no signal. The side takeoff judge waits until the last swimmer of the heat enters the water, then raises a hand to signal a violation after noting on his/her card. **RULING:** Correct procedure. **COMMENT:** In dual confirmation situations, the takeoff judges give no signal of a violation and the side judge waits until the last swimmer of the heat is in the water before signaling. Individual takeoff judges do not have to be assigned to each lane. Both officials shall note his/her observation on a card. (4-6-3, 4-6-4c)

SECTION 7 FINISH JUDGES

The number and duties of finish judges shall be determined in accordance with the judging procedure operative for the meet.

SECTION 8 TIMING EQUIPMENT OPERATOR

ART. 1 . . . The timing equipment operator:

- a. shall be responsible for the automatic and semi-automatic timing equipment, including the scoreboard (if used).
- b. reports to the referee.

ART. 2 . . . The equipment shall be located so that the operator is able to observe all turns and finishes, preferably on the side of the pool where the referee is positioned.

ART. 3 . . . The operator shall:

- a. ensure that the electronic timing system starts properly.
- b. assure the timing system is registering proper laps completed for each lane, and add or subtract touches as necessary.
- c. observe whether each swimmer touches the finish pad.
- d. report to the referee any discrepancies, including but not limited to a missed touch on the finish pad, a pad touch that does not register, missing back-up button times, discrepancies of more than .30 seconds or greater between pad time and button time or any system problem affecting the accuracy of the times.

RULE 4, SECTION 8 — PLAY RULING

4.8.3 SITUATION: In a meet being conducted with automatic timing and judging equipment, a contestant touches the pad but does not activate the touch pad. **RULING:** If the head lane timer verifies the touch was made, the contestant finished the race when the pad was touched. Backup timers shall stop their watches at the touch. (4-8-3c, 4-9-2)

SECTION 9 TIMERS

ART. 1 . . . The chief timer shall instruct each timer before the meet how to time a race, read the watch, when to reset the watch and how to determine the official time.

ART. 2 . . . A head lane timer shall be assigned to each lane. This person shall record the times for the assigned lane and deliver a time card to the chief timer. This person shall determine if the swimmer has touched the finish end (or touch pad if automatic timing/judging equipment is used) and, for the 500-yard/400-meter freestyle, shall keep a written tally of the number of laps completed by the swimmer in that lane.

ART. 3 . . . The number and duties of timers who shall act officially in timing competition shall be determined in accordance with the timing procedure operative for the meet. In meets where only manual timing is used to determine official times, there shall be a minimum of two timers per lane. Three are recommended.

ART. 4 . . . An alternate timer may be assigned by the chief timer to be used only if an official timing device malfunctions.

RULE 4, SECTION 9 — PLAY RULINGS

4.9.1 SITUATION: In a meet using automatic timing, the chief timer instructs all back-up timers to activate their timing devices when the swimmer in their lane touches the finish end wall or touch pad. **RULING:** Correct procedure. (4-9-2, 6-2-1, 8-1-7)

4.9.3 SITUATION: The referee requires the meet to provide two timers per lane. **RULING:** Correct procedure. **COMMENT:** In meets using only manual timing to determine official times, two timers per lane are required with three recommended.

SECTION 10 MEET MANAGEMENT SOFTWARE OPERATOR

ART. 1 . . . The meet management software operator shall:

- a. report to the referee;
- b. be responsible for using software to produce seeding or event/heats for individual and team entries, scoring and results in accordance with NFHS rules;
- c. produce heat sheets and result sheets for each session, including final team scores at completion of meet;
- d. ensure final results include diving results in meet score;
- e. use software options as necessary to determine if individual entry limits are violated.

SECTION 11 THE RECORDER

The recorder calculates the order of finish of all contestants in accordance with the judging procedure operative for the meet.

SECTION 12 THE SCORER

ART. 1 . . . The scorer shall:

- a. record the official time, order of finish, contestant(s) name, team and points scored for each event;
- b. maintain current cumulative team scores for the meet;
- c. operate, or direct an assistant to operate, the visible scoring device;
- d. assist in the tabulation of diving scores.

SECTION 13 THE ANNOUNCER

ART. 1 . . . The announcer shall:

- a. make the calls for events;
- b. announce the results of events, including disqualifications;
- c. make other statements which may help competitors, officials and spectators know the progress of the meet;
- d. announce the final score.

Rule**5****Meet Management****SECTION 1 ORDER AND LENGTH OF EVENTS**

ART.1 . . . The event order for all meets shall be as follows:

- | | | |
|------|---------------|-------------------|
| (1) | 200 yd./m | medley relay |
| (2) | 200 yd./m | freestyle |
| (3) | 200 yd./m | individual medley |
| (4) | 50 yd./m | freestyle |
| (5) | 1 m | diving |
| (6) | 100 yd./m | butterfly |
| (7) | 100 yd./m | freestyle |
| (8) | 500 yd./400 m | freestyle |
| (9) | 200 yd./m | freestyle relay |
| (10) | 100 yd./m | backstroke |
| (11) | 100 yd./m | breaststroke |
| (12) | 400 yd./m | freestyle relay |

NOTE: By state association adoption:

- a. these events may only be modified for nonvarsity and invitational competition;
- b. order of events may be modified for state championships.

ART. 2 . . . In nonchampionship meets:

- a. by prior mutual consent of competing teams, the diving event may be the first event;
- b. there shall be a break of at least 15 minutes, with at least 10 minutes warmup in the water, prior to the 100-yard butterfly (unless competing coaches verbally agree to shorten the time);
- c. in 20-yard pools, it is recommended the 200-yard medley events be 160-yard events and the 50-yard freestyle be a 60-yard event.

ART. 3 . . . In championship meets, by state high school association adoption, the diving event may be the first event with a brief warmup in the water prior to the medley relay. Prior to the 100-yard butterfly, there shall be a break of at least 15 minutes, with at least 10 minutes warmup in the water.

RULE 5, SECTION 1 — PLAY RULINGS

5.1.1 SITUATION A: In a varsity dual meet, the two teams agree to: (a) swim a 400-yard IM in place of a 200-yard IM; (b) three meter diving instead of one meter. **RULING:** Illegal. **COMMENT:**

Modification of events is only permitted by state association adoption for junior varsity or invitational meets. (5-1-1 Note a)

5.1.1 SITUATION B: A dual meet is being conducted with junior varsity and varsity competition occurring at the same time. The junior varsity teams swim shorter races than the varsity. **RULING:** Legal provided the state association permits such modifications for junior varsity competition. (5-1-1 Note a)

5.1.1 SITUATION C: In a dual varsity meet, the coaches verbally agree to conduct the 200-yard freestyle relay event between diving and 100-yard butterfly. **RULING:** Illegal. **COMMENT:** The order of events may be modified only for state championship meets by state association adoption. (5-1-1 Note b)

SECTION 2 SEEDING

ART. 1 . . . In preliminary heats, or in finals for which there are 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 for which qualifying is necessary, the time to be considered for the purposes of seeding shall be the best time made during qualifying races.

ART. 3 . . . The highest seeded competitor is the swimmer with the fastest qualifying time or submitted time.

ART. 4 . . . Swimmers with identical submitted times shall be seeded successively by lot.

ART. 5 . . . Swimmers with no submitted times shall be seeded lowest by lot.

SECTION 3 LANE AND HEAT ASSIGNMENTS

ART. 1 . . . In championship meets, lane assignments shall be made in descending order of seeded positions according to lanes as follows:

Lane No.	1	2	3	4	5	6	7	8	9	10
5 Lane Pool	5	3	1	2	4					
6 Lane Pool	5	3	1	2	4	6				
7 Lane Pool	7	5	3	1	2	4	6			
8 Lane Pool	7	5	3	1	2	4	6	8		
9 Lane Pool	9	7	5	3	1	2	4	6	8	
10 Lane Pool	9	7	5	3	1	2	4	6	8	10

ART. 2 . . . In dual meets, the visiting team shall have the choice of the odd or even numbered lanes for all swimming events. In pools with an odd number of lanes, a lane shall be voided and the lanes renumbered if necessary.

ART. 3 . . . In other meets, lane assignments shall be according to the following plan:

TEAMS	LANES AVAILABLE	LANE ASSIGNMENT
3	6	1-4; 2-5; 3-6 (By lot)
3	9 or 10	1-4-7; 2-5-8; 3-6-9 (By lot)
4	6	By seeding
4	8	1-5; 2-6; 3-7; 4-8 (By lot)
5	6, 8 or 9	By seeding
5	10	1-6; 2-7; 3-8; 4-9; 5-10 (By lot)

ART. 4 . . . There shall be a minimum of three competitors or relay teams seeded in any preliminary heat or timed final heat.

ART. 5 . . . In preliminary races, the final three heats 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 necessary, 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.

NOTE: When there are seven to 12 competitors, there shall be two seeded heats.

HEAT NO.	LANE NO.					
	1	2	3	4	5	6
1		32	30	31		
2	29	27	25	26	28	
3	23	21	19	20	22	24
4	15	9	3	6	12	18
5	14	8	2	5	11	17
6	13	7	1	4	10	16

ART. 6 . . . In timed final events, fastest seeded swimmers shall be placed as a group in the last heat, the next fastest seeded swimmers as a group in the next to last heat, and so forth as in the following pattern:

HEAT NO.	LANE NO.					
	1	2	3	4	5	6
1		32	30	31		
2	29	27	25	26	28	
3	23	21	19	20	22	24
4	17	15	13	14	16	18
5	11	9	7	8	10	12
6	5	3	1	2	4	6

RULE 5, SECTION 3 — PLAY RULINGS

5.3.2 SITUATION: The host team chooses to void the third lane for a dual meet in a five lane pool. **RULING:** The host team may void any of the five lanes. **COMMENT:** While it is the host team's prerogative to choose the lane to be voided, it is recommended the host team inform the

visiting team at the time the meet is scheduled and that it void the same lane for all dual meets so visiting teams will come to know what to expect. (4-2-1d)

5.3.3 SITUATION: There are three teams competing in a nonchampionship meet being conducted in an eight-lane pool. The host team is planning on seeding the entries to place them in the lanes for competition. **RULING:** Incorrect procedure. **COMMENT:** The teams will draw lots for lanes.

5.3.5 SITUATION: There are 21 swimmers in the preliminaries of the 100-yard breaststroke event of a championship meet held in a six lane pool. The meet management places three swimmers in the first heat and six swimmers in the other three heats. Prior to the start of the event, a swimmer in the first heat becomes ill and cannot compete, leaving two contestants in that heat.

RULING: The heat placement shall not be changed. (5-3-4)

SECTION 4 QUALIFYING PROCEDURES

ART. 1 . . . Swimmers shall qualify for finals only on the basis of official time.

ART. 2 . . . When 12 place scoring is used in championship and other multiple team meets, the six fastest swimmers from the preliminaries of each championship event shall qualify for the finals. The next six fastest swimmers shall qualify for consolation finals.

ART. 3 . . . Swimmers with identical qualifying times shall be positioned successively in finals by draw. When the draw excludes one of the tying swimmers from the six qualifiers, a swim-off shall determine the qualifiers from among those with identical qualifying times.

ART. 4 . . . A swim-off should, when possible, be conducted no later than 45 minutes after the last heat of the last event in which any of the swimmers with disputed qualifications have competed during that session of the meet. Swimmers shall have a 25 minute period between the swim-off and any other event in which they are a participant. When a competitor is disqualified during, or fails to compete in, a swim-off, that competitor automatically takes the lower position resulting from the swim-off.

NOTE: If the swim-off involves relay teams, any team member listed on the relay entry card may compete in the swim-off provided he/she does not exceed the individual entry limitation.

ART. 5 . . . The next two highest nonqualifiers shall be named in order to guarantee a full complement of finalists. Alternate qualifiers shall be used provided there is no delay in the meet.

ART. 6 . . . Alternate qualifiers with identical qualifying times shall be selected successively by a swim-off for a possible vacated place(s) in the finals or consolation finals unless the tied alternates agree to an ordering by draw or similar method.

RULE 5, SECTION 4 — PLAY RULINGS

5.4.3 SITUATION A: Two swimmers may compete in a swim-off in order for one to qualify for the finals. The winner of the swim-off posts a faster time than any previous qualifier. **RULING:** The time achieved in a swim-off is not considered for seeding. The time used for seeding is the time

the swimmer achieved which resulted in the swim-off. **COMMENT:** If the times are identical in the swim-off, additional swim-offs shall be conducted to break the tie.

5.4.3 SITUATION B: In qualifying for the finals, Swimmers A and B have identical times but Swimmer A is judged to have finished ahead of Swimmer B in that heat. Swimmer A is positioned ahead of Swimmer B in the finals. **RULING:** Incorrect procedure. **COMMENT:** The swimmers shall be positioned successively by draw. (5-4-1)

5.4.4 SITUATION A: In a relay swim-off, the coach of Team A elects to use two different swimmers who are listed on the relay entry card rather than two of the swimmers who actually competed in the preliminary event where the tie occurred. **RULING:** Legal. **COMMENT:** Any team member listed on the official relay entry may compete in the swim-off, provided individual entry limitations are not exceeded. (5-4-4 Note)

5.4.4 SITUATION B: In the 200-yard freestyle, Swimmers A and B have identical times in prelims for the last qualifying place in the finals. The meet referee schedules the swim-off (a) at the conclusion of the 500-yard freestyle; (b) between heats of the 500-yard freestyle; (c) after the 400 freestyle relay. **RULING:** In (a) and (c), correct procedure, providing that the swimmers have a 25 minute period of rest between the swim-off and any other event. In (b), incorrect procedure. **COMMENT:** The intent of the rule for the swim-off is not to interrupt the flow of the meet and certainly not an event. The referee need not wait until the last event of either swimmer to hold the swim-off.

5.4.5 SITUATION A: Two minutes before the scheduled start of the consolation finals, the coach of the fastest qualifier informs the referee that his/her swimmer has become ill. The alternate qualifier (13th place) may be moved into the consolation finals, which may then be reseeded. **RULING:** Correct procedure. (4-1-1, 4-1-2)

5.4.5 SITUATION B: Two alternate qualifiers have been named for an event. A championship finalist: (a) is injured or becomes ill prior to the consolation final; (b) becomes ill or is injured between the consolation and championship finals; (c) fails to show for the finals. **RULING:** In (a), an alternate qualifier may swim because the consolation and championship finals have not yet begun and the finals may be reseeded. In (b) and (c), the finals are conducted without an alternate qualifier because the event is already being conducted. (4-1-1, 4-1-2)

Rule **6**

Timing and Judging

SECTION 1 OFFICIAL TIME

ART. 1 . . . The official time shall be recorded to the hundredth of a second.

ART. 2 . . . When using timing devices that calibrate to the thousandth of a second, the last decimal place shall be dropped so the official time reads in hundredths.

SECTION 2 MANUAL TIMING

ART. 1 . . . When timing a race, each timer shall start the watch instantly at the sound/flash of the starting device and stop the watch at the instant the competitor being timed touches the finish end or pad.

ART. 2 . . . The official time, when three watches record different times, is the time of the middle watch. If two watches record the same time, that time is official. If only two buttons or watches are available, the official time shall be the

average of those two button or watch times. The digits representing thousandths of a second shall be dropped with no rounding.

RULE 6, SECTION 2 — PLAY RULINGS

6.2.2 SITUATION A: During a swim meet, a two button back-up timing system was used when the facility suffered a power surge and the timing system malfunctioned. The swimmers were awarded the fastest time on one watch. **RULING:** Incorrect procedure. **COMMENT:** If only two buttons or watches are available, the official time shall be the average of those two button or watch times.

6.2.2 SITUATION B: During a swim meet, the back-up timing system had to be used when the facility suffered a power surge. All three watches had different times, and the swimmer was awarded the fastest time. **RULING:** Incorrect procedure. **COMMENT:** When three watches record different times, the official time is taken from the middle watch. If two watches record the same time, that time is official.

SECTION 3 AUTOMATIC TIMING AND JUDGING

ART. 1 . . . Automatic Timing Equipment consists of:

Uniform Electronic start with a touch pad finish.

Back up systems consist of:

a. Semi-Automatic (button(s)) with a uniform electronic start and timer operated buttons at finish

b. Manual Watch(es) started and stopped by timers

ART. 2 . . . When recorded by a properly operating automatic timing and judging system, the pad time shall be the official time (computed to the hundredth) and the order of finish shall be determined by integration of those times.

ART. 3 . . . The use of automatic relay judging equipment is permissible. (See Appendix B)

ART. 4 . . . The backup system, using at least one manual timing device for each lane, shall be operative in all meets. The backup system shall be operative for all races but shall be used only for lanes in which the automatic equipment malfunctions. The relative order of finish for competitors in lanes in which the equipment functions properly shall not be changed during the integration of backup times. A difference of more than 0.3 seconds between automatic and backup times may indicate a potential malfunction.

RULE 6, SECTION 3 — PLAY RULINGS

6.3.2 SITUATION: During an invitational meet using electronic timing and watches as backup, the electronic system shows the overall heat finish as 4,5,6,3,2,7,1 and 8. The referee changes the order of finish to 5,4,6,3,2,7,1 and 8; (a) the timing system shows a malfunction in Lanes 4 and 5 (b) there is no verifiable timing system malfunction but this is the order referee believes is correct. **RULING:** (a) Correct procedure and (b) incorrect procedure. **COMMENT:** The referee has the responsibility to determine the need to integrate backup times if he/she would have been notified there was a timing system malfunction. To change order based solely on official's opinion of order and no timing malfunction is not correct. (4-2-2n, 6-3-4)

6.3.4 SITUATION A: When automatic timing is being used, the pad time is 1:35.40. There is no

backup time and the average of the two watches is 1:34.80. There is no indication of pad malfunction. **RULING:** Official time is 1:35.40. **COMMENT:** In absence of an indication of a malfunction, pad time is official. (6-3-2)

6.3.4 SITUATION B: In the final heat of the 50-yard freestyle, the automatic timing system malfunctions for Lane 5. The backup system of timing shall be used for Lane 5 only. The backup time shall be adjusted (6-4-1b) and integrated into the finish order. **RULING:** Correct procedure. **COMMENT:** Relative order of the malfunctioning lanes cannot be changed during integration of times.

SECTION 4 INTEGRATION OF BACKUP TIMES

ART. 1 . . . When the referee determines there is a malfunction of the primary (automatic or semi-automatic) timing system, and decides there is a need to integrate backup times, the following procedures should be followed:

- Malfunction for a Heat: If there is a malfunction of the primary timing system, other equipment or the equipment operator when the system is equally incorrect for all lanes in a heat and the order of finish is accurate, the time shall be adjusted. To adjust, calculate the average difference between the primary times and the valid backup times. Then add or subtract, when appropriate, that difference to the primary times of every lane in that heat to determine each swimmer's official time.

See table below:

Lane	Primary Time	Watch Time	Watch Minus PadTime	Heat Adj.	Official Time	Final Place
1	54.62	59.47	+4.85	4.91	59.53	5
2	54.78	59.65	+4.87	4.91	59.69	6
3	53.91	58.84	+4.93	4.91	58.82	2
4	52.96	57.88	+4.92	4.91	57.87	1
5	53.99	58.99	+5.00	4.91	58.90	3
6	54.15	59.07	+4.92	4.91	59.06	4
Total diff			+29.49			
Ave diff				4.91		

Calculations: 1) Add the differences between the primary (pad) and backup times for each lane (total equals 29.49). 2) Divide the total difference by the number of lanes to determine the average adjustment for each lane (29.49 / 6 = 4.915). 3) Drop the digits after hundredths for a heat adjustment of 4.91. 4) Add the adjustment onto each primary (pad) time to obtain the official time.

- Malfunction on a lane: When a malfunction is confirmed on a lane, the valid back up time for that lane shall be adjusted by calculating the average difference between the valid primary and valid back-up times of the other

lanes in the heat. This will be done by adding, or subtracting when appropriate, that average difference to the valid back-up time of the lane where the malfunction occurred to determine that swimmer's official time.

See table below:

Lane	Primary Time	Backup Time	Pad Minus Backup	Adj. Time	Official Time	Final Place
1	59.61	59.47	0.14		59.61	5
2	59.78	59.65	0.13		59.78	6
3	58.93	58.84	0.09		58.93	2
4	57.96	57.88	0.08		57.96	1
5	-----	58.99	-----	59.09	59.09	3
6	59.15	59.07	0.08		59.15	4
		Total diff	0.52			
		Ave diff	0.10			

Calculations: 1) Add the differences between the primary (pad) and back-up times for each lane which has a valid primary and valid back-up time (total equals 0.52). 2) Divide the total difference by the number of lanes which have a valid primary and valid backup time to determine the average adjustment for each lane ($0.52/5 = 0.1040$). 3) Drop the digits after hundredths for a heat adjustment of 0.10. 4) Add the adjustment onto the back-up time for the lanes where the malfunction occurred to obtain the official time ($58.99 + 0.10 = 59.09$).

RULE 6, SECTION 4 — PLAY RULING

6.4.1 SITUATION: The primary timing system completely fails during the preliminaries of the breaststroke event. The referee: (a) asks for the use of backup system; (b) scores and records places without an official time; (c) uses estimated times provided by people in the stands who may have had watches running; (d) schedules a re-swim after the last event. **RULING:** (a) and (d) correct procedure; (b) and (c) Incorrect procedure. **COMMENT:** The referee must determine the best way to rectify a failed system. Since conditions of the event cannot be duplicated, an event should only be re-swum as a last resort. If places can be determined but qualifying times are needed to advance to the next level of competition, and backup times are not available, the referee could authorize the event to be re-swum. (6-4-1a)

SECTION 5 BACKUP JUDGING SYSTEM

ART. 1 . . . The ballot system may be used as a backup judging system for failure of automatic or semiautomatic judging and timing equipment or as a primary system whenever automatic or semiautomatic judging and timing equipment is not available. If the ballot system is used, two finish judges, one on each side of the pool at the finish wall, shall determine independently the order of finish of

swimmers in all lanes, and list the order of finish by lanes on the card provided and deliver the card immediately to the recorder.

ART. 2 . . . Timers shall read their watches independently. The head lane timers record the times for their lane on the card provided, and deliver the card immediately to the chief timer.

ART. 3 . . . The chief timer shall collect all time cards, check them for accuracy and deliver the cards to the recorder.

ART. 4 . . . If the decisions of both judges agree, that order of finish is official regardless of times.

ART. 5 . . . If the decisions of the judges differ, the order of finish of each swimmer is determined by adding the numerical value of the place given that swimmer by each judge and the numerical value of the official time. For example, in the 50-yard freestyle, if swimmers A, B and C have identical times of 22.10 and D has a time of 22.20, then A, B and C receive a ballot value of "1" and D receives "2". The swimmer having the lowest total is the winner. If two or more swimmers have identical totals, the result is a tie.

Rule **7**

Scoring

SECTION 1 PLACES AND POINTS

ART. 1 . . . Individuals and relay teams must complete an event to be eligible to place and score points. A competitor who is disqualified from an event shall not be eligible to score points in that event, except when disqualified during a swim-off.

ART. 2 . . . In dual meets, double duals, or triple duals, points are awarded for places as follows:

- a. maximum of two entries per team;
Relays: 6-3-1-0;
Individual Events: 4-3-1-0;
 - b. maximum of three entries per team;
Relays: 8-4-2-0;
Individual Events: 6-4-3-2-1-0;
 - c. maximum of four entries per team;
Relays: 10-5-3-0;
Individual Events: 8-6-5-4-3-2-1-0;
 - d. double dual/triple dual: scoring will follow entries per team as listed under dual meets;
 - e. only two relay teams may score for each team in each relay event;
- NOTE:** By prior mutual consent, any of the above scoring systems may be used in any dual, double-dual or triple-dual meet. If agreement on scoring systems cannot be reached, the system in 7-1-2(b) will be used.

- f. triangular meets with two or more entries per team per event: scoring shall follow 7-1-3a and 7-1-3b; only two relay entries per team shall be scored.

ART. 3 . . . In championship and other multiple team meet scoring, including triangular meets, points are awarded for places as follows:

a. Individual Events

Places	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th
5	6	4	3	2	1															
6	7	5	4	3	2	1														
7	8	6	5	4	3	2	1													
8	9	7	6	5	4	3	2	1												
9	10	8	7	6	5	4	3	2	1											
10	14	11	10	9	8	6	4	3	2	1										
12	16	13	12	11	10	9	7	5	4	3	2	1								
14	18	15	14	13	12	11	10	8	6	5	4	3	2	1						
16	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1				
18	22	19	18	17	16	15	14	13	12	10	8	7	6	5	4	3	2	1		
20	24	21	20	19	18	17	16	15	14	13	11	9	8	7	6	5	4	3	2	1

- b. For all relays, double the individual points possible for that place.

ART. 4 . . . In case of a tie by two or more competitors for any place scoring in an event, the points for all places involved in the tie shall be divided equally among the tying competitors.

ART. 5 . . . A consolation finalist shall not place higher than the highest contested place in the consolation finals.

RULE 7, SECTION 1 — PLAY RULINGS

7.1.2 SITUATION A: By prior mutual consent, a dual meet conducted in a six-lane pool is to be scored using four lane scoring. Both teams enter three competitors for each event. **RULING:** Legal. **COMMENT:** Each team may enter three competitors but since they have consented to use four-lane scoring, each team must designate the two lanes which will score. (7-1-2e Note)

7.1.2 SITUATION B: In a dual meet conducted in a six-lane pool, each team has three entries in the 200 freestyle relay. Team A's entries finish first, second and fourth; Team B's entries finish third, fifth and sixth. However, Team A's first-place finisher is disqualified for a false start. **RULING:** Team A receives points for first and third places; Team B receives points for second. Although a team may enter as many teams in the relay events as individuals in the individual events, only two relay teams from each school may score points. (7-1-2e)

7.1.2 SITUATION C: A dual meet is being held in a six-lane pool. School A and B each have entered three relay teams in the 400 freestyle relay. School A's relay teams finish 1, 2 and 3 with School B's relay teams finishing 4, 5 and 6. The scorer awards first and second place points to School A's first two relay entries and awards the third place points to School B's highest placing team. **RULING:** Correct procedure. **COMMENT:** Although a school may enter more than two relay teams 7-1-2e provides that only two relay teams from a school may score.

7.1.2 SITUATION D: In a dual meet conducted in a six-lane pool, the host team, without the prior consent of the visiting team, specifies that the meet will be scored. Relays: 6-3-1-0; Individual events: 4-3-1-0. **RULING:** Illegal. **COMMENT:** If prior mutual consent is not obtained, scoring for that meet will be in accordance with 7-1-2b. (3-1-2b, 7-1-2e Note)

7.1.4 SITUATION: In a dual meet conducted in a six-lane pool, there is a three-way tie for sec-

ond place. Each of the three swimmers is awarded 3 points and the next swimmer to finish is awarded 1 point for fifth place. **RULING:** Correct procedure. (7-1-2b, 7-1-4)

7.1.5 SITUATION: After the consolation heat and prior to the championship heat, a swimmer in the 100-yard backstroke withdraws due to injury. The coach of the top finisher in the consolation finals requests that his/her swimmer receive the points for sixth place. **RULING:** Incorrect procedure. **COMMENT:** Consolation finalists shall not place higher than the highest place in the consolation finals.

SECTION 2 TEAM SCORING

ART. 1 . . . The winning team is the team which has accumulated the greatest number of points at the end of the scheduled events.

ART. 2 . . . A tie shall be declared when teams accumulate the same number of points at the end of the scheduled events.

ART. 3 . . . A forfeited dual meet is scored 12-0. The meet referee may declare a dual meet a forfeit when a:

- a. team, without prior notification to the host team, is not ready to start the meet within 30 minutes of the scheduled starting time;
- b. team refuses to continue competition after the meet has started; or
- c. coach has been requested to leave and no authorized school personnel is present to assume responsibility for the team.

ART. 4 . . . When a meet is suspended due to power failure or other unforeseen circumstances, it may be resumed from the point of suspension unless state association rules determine otherwise. Resumed meets start from the point of suspension with the score and entries the same as they were at the time the meet was suspended.

RULE 7, SECTION 2 — PLAY RULING

7.2.3 SITUATION: The visiting team is more than 30 minutes late for the scheduled start of the meet: (a) the host school is not notified; (b) the host school is notified of the delay. **RULING:** (a) Referee may declare a forfeit; (b) either the meet begins late or the coaches mutually agree on a time to reschedule the meet. **COMMENT:** The score in (a) is 12-0 for the forfeiture. (1-3-2)

Rule 8

Swimming Events

SECTION 1 STARTS AND FINISHES

ART. 1 . . . For the forward start, upon the starting command “Take your mark,” swimmers shall promptly assume a stationary position with their foot/feet at the front edge of the platform or pool deck. When all swimmers are stationary, the starter shall activate a starting device.

NOTE: With referee/starter permission, a swimmer may start in the water. The swimmer shall step in the water feet first, must be stationary and have at least one hand in contact with the starting platform or end wall. A backstroke start is not permitted.

ART. 2 . . . For the backstroke start, swimmers shall step in the water feet first, and face the starting end with both hands in contact with the end of the pool or the starting platform. Upon the starting command "Take your mark," swimmers shall promptly assume a stationary position. When all swimmers are stationary, the starter shall activate a starting device. Prior to the command "Take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall not be above or curl 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 curling the toes over the lip of the gutter, before the start, is prohibited.

NOTE: Suggested Guidelines for Starters' Protocols for forward and backstroke starts can be found in Appendix A.

ART. 3 . . . Subject to the discretion of the referee/starter, (referee and starter in championship meets), an infraction/false start occurs when a swimmer:

- a. unnecessarily delays reporting for the start or assuming a starting position;
- b. does not step into water feet-first for an in-water start;
- c. does not remain stationary immediately prior to the start. Other swimmers are to be released by the starter's command, "Stand up;" or
- d. leaves the mark before the starting signal.

PENALTIES:

- 1. The swimmer or relay team is disqualified from the event**
 - a. And shall not swim when in violation of items a-d above;
 - b. If the starting signal has been given before the disqualification is declared, the race shall continue without recall. (See 8-1-4)
- 2. These same penalties apply in championship meets when there is dual confirmation.**

ART. 4 . . . When one or more swimmers have obtained an unfair advantage at the start, the race shall continue without recall.

NOTES:

1. If the recall signal is activated inadvertently, the race is recalled and the referee/starter (referee and starter in championship meets) may disqualify the swimmer(s) leaving the mark before the starting signal.

PENALTY: The swimmer or relay team is disqualified from the event.

2. The referee/starter may recall the entire heat when he/she is not satisfied that the race was properly started. It is not necessary to charge any swimmer with a false start under these conditions.

ART. 5 . . . For the forward start, swimmers may stand up or step off the starting platform after the command "Stand up," but they shall not unnecessarily enter the water nor delay a new start.

ART. 6 . . . For the backstroke start, swimmers may release from the starting position after the command "Stand up," but they shall not leave the starting area nor unnecessarily delay a new start.

PENALTY: When there is dual confirmation by the referee and starter of a false start the swimmer or relay team is disqualified from the event.

ART. 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.

RULE 8, SECTION 1 — PLAY RULINGS

8.1.1 SITUATION A: A swimmer: (a) requests permission to start in the water for an event requiring the forward start, (b) dives into the pool after requesting permission for an in-water start. **RULING:** (a) legal, (b) illegal. For ALL in-water starts, the swimmer shall step into the water feet-first. (8-1-1 Note, 8-1-3b)

8.1.1 SITUATION B: A swimmer, who had initially placed both feet at the front edge of the starting platform: (a) drops one foot back as the starter says, "Take your mark"; (b) assumes a "track start" position, with one foot placed on the front edge of the block. **RULING:** Both (a) and (b) are legal.

8.1.1 SITUATION C: Swimmer A, using the forward start, comes down, grabs the block, becomes stationary and then moves forward and enters the pool. Swimmer B dives into the water because of swimmer A's movement. **RULING:** A false start shall be charged to swimmer A for not remaining stationary and swimmer A is disqualified; swimmer B should not be penalized if entry due to Swimmer A's actions. (8-1-3c and d)

8.1.1 SITUATION D: Following the command "Take your mark", one competitor remains standing upright with one foot at the front edge of the starting platform. **RULING:** Legal. The starter could give the command "Stand up", then determine if that is the starting position for that competitor. If this is not the swimmer's starting position and he/she does not take the starting position again after the starter gives the command, the swimmer's failure to assume a starting position could result in a disqualification.

8.1.1 SITUATION E: For in-water relay starts, the first swimmer must be stationary and have at least one hand in contact with the end wall until the starter activates the starting device. The second, third and fourth swimmers need only maintain contact with the end wall with a foot until the previous swimmer has finished. **RULING:** Correct procedure. (8-3-5 Notes)

8.1.1 SITUATION F: In an event using the forward start, the swimmer in lane 2 does not assume the proper starting position at the command, "Take your mark." The starter directs all swimmers to "Stand up" and reminds them of the legal starting position. **RULING:** Proper procedure. **COMMENT:** While it is the responsibility of the coach to have the swimmers familiar with the parameters of a legal start, the starter should remind swimmers of the legal starting position, if necessary, then repeat the starting sequence. (8-1-3a)

8.1.2 SITUATION A: For the backstroke start, the swimmer in lane 1 moves one foot out of the water and curls the toes over the gutter after the starting device is activated, but before leaving the wall. The swimmer is disqualified after the race. **RULING:** Correct procedure. **COMMENT:** The starter's responsibilities are to ensure a fair start for all swimmers. Once the starting signal has been given the violation becomes a stroke violation, not a false start/infraction. (8-1-4, 8-2-1c))

8.1.2 SITUATION B: In backstroke, a swimmer assumes a starting position: (a) with one foot in the water and one foot against the wall, but out of the water; (b) with toes curled over the gutter, but out of the water; (c) both feet placed on the pad/wall, with both feet and toes under the surface. **RULING:** (a) and (c) Correct procedure and (b) incorrect procedure. **COMMENT:** In (b), the starter shall direct all swimmers to "stand up" and remind them of the legal starting position. (8-1-6)

8.1.3 SITUATION A: In a championship meet, swimmer A fails to show up for his/her event. The other swimmers are on the blocks and Swimmer B false starts. Swimmer A appears with his/her entry card, if not computerized, at the end of the heat assuming the race will be re-swum

and that he/she may now enter. The referee applies Rules 8-1-3 and 4 and swimmer B is disqualified from the event and swimmer A is disqualified from further competition as defined in the penalty. **RULING:** Correct procedure. (8-1-3a, 8-1-3d, 8-1-3 Penalty, 3-2-3 Penalty, 1-3-4)

8.1.3 SITUATION B: In a championship meet, an infraction/false start is called by the starter but not confirmed by the referee. No infraction/false start is charged. **RULING:** Correct procedure.

COMMENT: In championship meets, dual confirmation by the starter and the referee is required.

(8-1-3c & d)

8.1.4 SITUATION: At the starting signal, the referee observes Lane 7 is moving, but also determines that his/her movement is a result of one of the timers in Lane 7 sneezing. **RULING:** The referee should activate a recall device and recall the heat. The swimmer in Lane 7 should not be charged with a false start. **COMMENT:** If neither the referee nor starter is able to recall the heat the swimmer in Lane 7 should not be charged with a false start and the results of the heat should be recorded as official. (8-1-4)

8.1.5 SITUATION: A competitor dives in the water when the starter says "Stand up". **RULING:** If, in the referee's opinion, the command "Stand up" caused the competitor to leave his/her mark, no false start shall be charged. (4-2-2d)

8.1.7 SITUATION A: In a race being timed with automatic timing, a timer stops his/her watch or backup button when: (a) a backstroker crosses the vertical plane of finish wall above the touch pad; (b) a swimmer touches a non-sensitive area of the pad, (c) a swimmer touches the finish pad, but not hard enough to activate the pads. **RULING:** (a) Incorrect procedure; (b) and (c) correct procedure. **COMMENT:** The official time for all swimmers is when they contact the finish pad. In (b) and (c) the referee should use the backup times. (6-2-1)

8.1.7 SITUATION B: In a race being timed with automatic timing, a swimmer touches the finish end, but not the finish pad, and the timers stop their watches or backup buttons when the timing pad: (a) has moved out of position during the race; (b) has fallen off the gutter during the race; (c) does not cover the width of the lane. **RULING:** (a), (b) and (c) Correct procedure. The referee has the discretion to use backup times in these instances. (4-1-5, 6-2-1)

8.1.7 SITUATION C: During the swimming of the 200 freestyle relay, the touch pad is dislodged and partially falls toward the bottom of the pool. As a result, the final relay swimmer misses the touch pad but touches the wall in an area where the touch pad should have been located. **RULING:** Legal finish.

8.1.7 SITUATION D: The lead-off backstroke swimmer in the 200 medley relay finishes his/her relay leg by touching the end wall above the touch pad. The second swimmer leaves the starting block after the backstroke swimmer has touched the end wall, but before the swimmer has touched the touch pad. **RULING:** Legal. **COMMENT:** Only the final swimmer on the relay must contact the touch pad to legally finish the race. The first three swimmers only need contact the end wall to complete their relay leg. (8-3-6)

SECTION 2 FORM OF INDIVIDUAL EVENTS

ART. 1 . . . The Backstroke:

- a. The backstroke start shall be used;
- b. Any stroke is permitted. The body shall remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn;
- c. Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the starting signal is not permitted;
- d. Any kick is permitted;
- e. The swimmer may be completely submerged during the turn or for a distance of not more than 16.4 yards (15 meters) after the start and each

turn. By that point, some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimmer must remain on the surface except for turns and finishes;

- f. The turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flag, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed, provided such rotation is accompanied by an initiation of the turning action or continuation into the wall.

1. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by an upward or downward, underwater movement of the head.

After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted.

The swimmer shall assume a position on the back before the feet leave the wall;

- g. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end by any part of the swimmer.

PENALTY: Swimmer shall be disqualified from the event for form violations.

ART. 2 . . . The Breaststroke:

- a. The forward start shall be used;
- b. The body shall remain on the breast except while executing a turn;
- c. On the start or turn, one arm stroke beyond the hipline followed by one breaststroke kick may be made while the swimmer is underwater; anytime before the breaststroke kick, a single butterfly kick is permitted. Some part of the head must break the surface before the hands turn inward at the widest part of the second stroke after the start and after each turn;
Thereafter:
 1. the hands shall not be brought back beyond the hipline;
 2. some part of the head must break the water surface sometime during each stroke cycle (one arm pull followed by one leg kick) except after the final arm pull to the turn or finish.
- d. There shall be no sculling with the hands at the end of the first arm stroke following the start or turn;
- e. The stroke requires that the arms shall move simultaneously and in the same horizontal plane, without any alternating movement. Both hands shall be pushed forward from the breast simultaneously on, above or under the surface of the water. Elbows must remain under the water except for the last stroke at the turn/finish of the prescribed distance (butterfly recovery is not permitted at any time);
- f. The kick requires the feet be drawn up with the knees bent. The feet must be turned outward during the propulsive part of the kick. All movement of the legs and feet shall be simultaneous and in the same horizontal plane. No scissors, flutter, or downward butterfly kick (developed from a flexing and extending of the knee) is permitted except as provided in 8-2-2c above;
- g. The turn requires a simultaneous touch with two hands, not necessarily on

- the same plane, after which any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The legal body position shall be regained prior to the first arm pull;
- h. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end with both hands simultaneously, not necessarily on the same plane.

PENALTY: Swimmer shall be disqualified from the event for form violations.

ART. 3 . . . The Butterfly:

- a. The forward start shall be used;
- b. The body shall remain on the breast except while executing a turn. After the start and after the turn, the swimmer is allowed one or more leg kicks, but only one arm pull under water;
- c. The stroke requires that both arms simultaneously pull backward under the water, then simultaneously recover over the water. At any given time, corresponding points on both hands shall be at the same horizontal plane;
- d. The kick requires that both legs and feet move up and down simultaneously in the vertical plane. Scissors, breaststroke and alternating up and down movements of the legs are not permitted;
- e. The turn requires a simultaneous touch with two hands, not necessarily on the same plane, after which any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The legal body position shall be regained prior to the first arm pull;
- f. The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimmer must remain on the surface except for turns and on the finish;
- g. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end with both hands simultaneously, not necessarily on the same plane.

PENALTY: Swimmer shall be disqualified from the event for form violations.

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 contact the end wall;
- d. The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimmer must remain on the surface except for turns and finishes;
- e. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or the finish end by any part of the swimmer.

PENALTY: Swimmer shall be disqualified from the event for form violations.

ART. 5 . . . The individual medley begins with the forward start. Competitors shall swim the butterfly for the first quarter of the required distance of the complete race, the backstroke for the second quarter, the breaststroke for the third quarter and any stroke other than backstroke, breaststroke or butterfly for the last quarter. Each section must be finished in accordance with the finish rule that applies to the style concerned.

PENALTY: Swimmer shall be disqualified from the event for form violations.

RULE 8, SECTION 2 — PLAY RULINGS

8.2 SITUATION: A swimmer in the (a) backstroke, (b) breaststroke, (c) butterfly has stopped approximately 5 yards from the wall prior to the turn and rested. The swimmer has permitted his/her body to become vertical. The swimmer is not in the process of executing a turn. **RULING:** The swimmer in (a), (b) and (c) is disqualified for a violation of body position for the respective stroke. **COMMENT:** The swimmer in each of these situations has violated the stroke requirements. The backstroke requires the swimmer to remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn. Likewise, in the breaststroke and butterfly, the swimmer's body shall remain on the breast except while executing a turn. (8-2-1b, 8-2-2b, 8-2-3b)

8.2.1 SITUATION A: As the head of a backstroker passes under the flags (at 20 yard mark), he/she rotates past the vertical towards the stomach, then glides and kicks into the wall with arm extended. **RULING:** Legal. **COMMENT:** Kicking and gliding is permitted throughout the turn and the touch provided no additional arm pull occurs. (8-2-1f)

8.2.1 SITUATION B: A swimmer in the backstroke event: (a) uses the elementary backstroke; (b) touches the wall with both hands simultaneously; (c) uses the butterfly kick. **RULING:** (a), (b) and (c) are legal. (8-2-1b, d, f, g)

8.2.1 SITUATION C: A swimmer does a legal backstroke turn, but does not use a flip turn. The swimmer is on his/her back before the feet leave the wall. The opposing coach insists the swimmer be disqualified for failing to do a legal turn. **RULING:** Legal turn, no action by the official. **COMMENT:** The backstroke turn does NOT require the use of a flip turn. (8-2-1f)

8.2.1 SITUATION D: At the start of the backstroke event, Swimmer A is completely submerged and only the swimmer's chin breaks the surface of the water by the 15 meter mark. **RULING:** Legal. **COMMENT:** After the start and each turn, the swimmer may remain completely submerged for a distance of not more than 16.4 yards (15 meters). By that point, part of the swimmer's head must have broken the surface of the water. The chin is part of the head (8-2-1e)

***8.2.1 SITUATION E:** A competitor in the backstroke event does a turn and misses the wall, but remains on his/her back and sculls to the wall to touch. **RULING:** Legal. **COMMENT:** The competitor shall remain on his/her back during the process of returning to the wall. (8-2-1b,f)

8.2.2 SITUATION A: During the recovery phase of the breaststroke, a swimmer thrusts his/her arms forward and upward, forcing the arms and elbows completely above the surface of the water. **RULING:** Illegal. The hands may recover under, on or over the water provided the elbows remain in contact with water and a butterfly recovery is not used. (8-2-2e)

8.2.2 SITUATION B: After a start/turn, a breaststroke contestant sculls with the hands at the end of the underwater arm pull. **RULING:** Illegal hand movement resulting in disqualification. (8-2-2d, 8-2-2 Penalty)

8.2.2 SITUATION C: On the reach for the wall, a breaststroker touches with both hands simultaneously, but not on the same plane and the shoulders are not horizontal: (a) at the turn; (b) at the finish. **RULING:** Both are legal. (8-2-2g) and (8-2-2h)

8.2.2 SITUATION D: A breaststroke contestant turns in such a manner that the body is on the back when the feet leave the wall; but, prior to the first arm pull or leg kick, the body returns to breast down with arms in the same horizontal plane. **RULING:** Illegal. The shoulders shall be at or past the vertical towards the breast when the feet leave the wall (8-2-2g)

8.2.2 SITUATION E: A breaststroker's head goes beneath the surface of the water as he/she is completing a stroke cycle during the race. **RULING:** Legal provided his/her head had broken the surface of the water some time during that stroke cycle. [8-2-2c(2)]

8.2.2 SITUATION F: During the start of the breaststroke event, Swimmer A's head breaks the surface of the water after the hands turn inward at the widest part of the second arm stroke but prior to the arms beginning the recovery part of the second arm stroke. Swimmer A is disqualified. **RULING:** Correct procedure. **COMMENT:** The head must break the surface of the water before the hands turn inward at the widest part of the second arm stroke at the start and after each turn. (8-2-2c)

8.2.2 SITUATION G: The referee disqualifies a breaststroker for pulling the hands past the hipline as she swims down the pool even though the head breaks the surface of the water on each stroke cycle. **RULING:** Correct procedure. **COMMENT:** Pulling the hands past the hiplines is only permitted on the first arm stroke following the start or turn. [8-2-2c, c(1)]

8.2.2 SITUATION H: At the finish of a race a breaststroker completes his/her final stroke cycle (one arm pull, one kick) and takes an additional arm pull prior to touching the wall. **RULING:** Legal. **COMMENT:** A stroke cycle is defined as one arm pull followed by one kick. An incomplete stroke cycle (final arm pull without kick) is permitted into the turn and finish. [8-2-2c(2)]

***8.2.2 SITUATION I:** A competitor in the breaststroke, prior to the initiation of the arm pull, takes (a) a dolphin kick followed by one arm stroke beyond the hipline, followed by a breaststroke kick; (b) two downward dolphin kicks. **RULING:** (a) legal and (b) illegal. **COMMENT:** On the start or turns, one arm stroke beyond the hipline followed by one breaststroke kick may be made while the swimmer is underwater; a single butterfly kick is permitted before the breaststroke kick. (8-2-2c)

8.2.3 SITUATION A: A butterfly swimmer inadvertently: (a) drags one arm in the water and fails to make a simultaneous arm recovery; (b) catches one arm under a lane marker and fails to make a simultaneous arm recovery. **RULING:** In both (a) and (b) the stroke is illegal and the competitor is disqualified. (8-2-3c, 8-2-3 Penalty)

8.2.3 SITUATION B: A contestant in the 100-yard butterfly: (a) drops one shoulder into the turn; (b) drops one shoulder on the finish; (c) kicks partially on side after turn. **RULING:** (a) legal; (b) legal; (c) legal, provided swimmer regains body position prior to the first pull. (8-2-3e, 8-2-3g)

8.2.3 SITUATION C: A swimmer in the 100-yard butterfly dives in and kicks the first lap under water. **RULING:** Illegal. **COMMENT:** A swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface. (8-2-3f)

8.2.4 SITUATION A: A swimmer misses the wall during the turn of the 500 freestyle. Upon realizing that the wall was missed, the swimmer sculls back to the wall, touches the wall and continues the swim. **RULING:** Legal. **COMMENT:** There is not a specific body position in freestyle. Since the turn requires some part of the swimmer's body to contact the end wall, the swimmer can scull back and touch the wall if missed on the turn. (8-2-4b, c)

8.2.4 SITUATION B: A contestant in the 50 freestyle does a flip turn and kicks the remaining lap under water. **RULING:** Illegal. **COMMENT:** A swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. (8-2-4d)

8.2.4 SITUATION C: A contestant swims backstroke during a freestyle event, but does not abide by the backstroke turn rule. **RULING:** Legal. **COMMENT:** The contestant may turn by the rules of

the freestyle, which permit any manner of turn provided the swimmer contacts the wall. (8-2-4b,c)

8.2.5 SITUATION A: In the individual medley event, the swimmer rotates to his/her stomach while finishing the backstroke leg. An official disqualifies the swimmer for the position of the body during the finish of the leg. **RULING:** Correct procedure. **COMMENT:** The transition from backstroke to breaststroke is a finish during the individual medley. Swimmers shall be disqualified for violating the backstroke position before touching the finish pad. (8-2-1b, 8-2-5, 8-2-5 Penalty)

8.2.5 SITUATION B: A swimmer in the individual medley (or medley relay) swims the final quarter of the race using: (a) elementary backstroke; (b) butterfly with a breaststroke kick; (c) breaststroke with a flutter kick. **RULING:** (a) illegal; (b) and (c) legal. Since any stroke swum on the back is considered to be backstroke, in (a), the swimmer would be repeating that stroke; since (b) and (c) are not legal forms of fly and breast, such strokes would not be considered repetitions of fly and breast. (8-2-5, 8-3-1)

SECTION 3 RELAY EVENTS

ART. 1 . . . The medley relay is swum by a team of four competitors, each swimming one quarter of the required distance of the race. The first shall use the backstroke start and swim backstroke; the second shall swim breaststroke; the third, butterfly; and the fourth shall swim any stroke other than backstroke, breaststroke or butterfly. Each swimmer shall adhere to the position, stroke, kick, turn and finish rules governing the stroke being swum. (See 8-3-6)

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

ART. 2 . . . The freestyle relay is swum by a team of four competitors, each swimming one quarter of the required distance of the race in any style, adhering to the turn and finish rules of the freestyle event. The first swimmer of the relay team must use the forward start. (8-1-1, 8-3-5, 8-3-6)

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

ART. 3 . . . All other relay events shall be swum in accordance with all rules governing the strokes involved. In the backstroke relay events, all takeoffs except the initial start shall be from a forward start, after which the swimmers are permitted one immediate arm pull in the prone position prior to turning over on their backs.

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

ART. 4 . . . The first swimmer of a relay team, once called to the starting platform by the referee, shall not change his/her swimming order in the relay event with any teammate.

ART. 5 . . . On the takeoff, the second, third and fourth swimmers on a relay team may be in motion before the previous swimmer finishes. The swimmer shall remain in contact with the starting platform/pool deck until the previous swimmer has finished. However, moving from the back of the starting platform to the

front is permitted provided the swimmer is on the starting platform and does not initiate the action from the pool deck.

NOTES:

1. On starts from the deck, the second, third and fourth swimmers must use the forward start with at least one foot at the edge of the deck. The body may be in motion but no intentional movement of the feet is permitted.
2. 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.

ART. 6 . . . 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 such stroke; however only the final swimmer is required to contact the finish pad and in accordance with Rule 8-1-7.

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

ART. 7 . . . The first three members of relay teams shall leave the water by the finish end of their lane promptly after finishing their quarter of the race.

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

ART. 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 unsporting conduct) by one of the subsequent relay competitors.
- b. A lead-off time shall be nullified should the relay team be disqualified for unsporting conduct under Rule 3-6 or for any entry rule violation under Rule 3-2.

RULE 8, SECTION 3 — PLAY RULINGS

8.3 SITUATION: A coach needs to win the last relay in order to win the meet. (a) The coach enters a swimmer to swim both the lead-off and the anchor leg of a relay. (b) A coach enters a swimmer as the leadoff swimmer on one relay team and as the anchor swimmer on another relay team in the same event. **RULING:** Both are Illegal. **COMMENT:** A competitor may only be entered once in an event. (3-2-3, 3-2-1 Penalty, 1-3-10 Note)

8.3.1 SITUATION: In the medley relay automatic timing is used and the backstroke swimmer breaks the plane of the end of the pool, but fails to touch the end wall or pad. The breaststroke swimmer takes off. **RULING:** Disqualification. Correct procedure. **COMMENT:** Each swimmer must touch the end of the pool prior to the relay exchange and adhere to the position, kick, turn and finish rules of the stroke being swum except that it is not necessary to touch the timing pad until the end of the final leg of the relay. (8-2-1g, 8-3-1 Penalty, 8-3-6)

8.3.4 SITUATION: After being called to the blocks for the 200-yard freestyle relay, the swimmers decide to reverse their order of swim. **RULING:** Illegal. **COMMENT:** Once called to the blocks the first swimmer must swim first. The second, third and fourth swimmers may switch their order.

8.3.5 SITUATION A: For deck starts in relay events, all four swimmers must be stationary and have at least one foot at the front edge of the deck. **RULING:** Incorrect procedure. **COMMENT:** The

second, third and fourth swimmers must assume a position with at least one foot at the front edge of the deck, but the remainder of their body may be in motion prior to the finish of the incoming swimmer except no intentional movement of the feet. (8-3-5 Notes 1)

8.3.5 SITUATION B: During a relay using in-water starts, the second swimmer stands on the bottom of the pool. Just before the incoming swimmer completes his/her leg, the second swimmer places both feet on the wall and begins to push off the wall but does not lose contact with the wall until after the 1st swimmer has touched the end wall. **RULING:** Legal procedure.

8.3.6 SITUATION A: In the 200-yard medley relay, the third swimmer did not touch the touch pad at the end of his/her leg of the relay. He/she did touch the end of the pool. The final swimmer entered the water and completed the race. **RULING:** Legal. **COMMENT:** It is not necessary to touch the timing pad until the final leg of the relay.

8.3.6 SITUATION B: The second swimmer on Team A's 400 freestyle relay completes his/her leg of the relay but instead of touching the pad or end wall, sticks his/her hand into the gutter area above the touchpad. The swimmer breaks the vertical plane of the end wall but has no legal touch when the next swimmer leaves the block. **RULING:** Improper exchange. **COMMENT:** Rule 8-3-6 requires the swimmers must contact the finish end.

8.3.7 SITUATION A: A third swimmer of a 400-yard freestyle relay team completes that leg of the race but continues to swim. **RULING:** The relay team is disqualified. (8-3-7 Penalty)

8.3.7 SITUATION B: Due to unusual pool construction, relay swimmers are unable to leave the pool from the finish end of their assigned lanes. **RULING:** The referee shall designate a permissible alternative point of exit for each lane. (4-1-5)

8.3.8 SITUATION A: During the swimming of the 200-medley relay, (a) the second swimmer leaves the starting blocks before the first swimmer has completed his relay leg; (b) the butterfly swimmer is observed using an illegal kick. In both situations, the referee disqualifies the relay team but allows the initial (backstroke) swimmer to receive an official time for his relay leg. **RULING:** Correct procedure. **COMMENT:** The lead-off swimmer on a relay may be credited with an official time for his/her relay leg when the relay team is disqualified for other than an unsporting conduct violation by one of the subsequent members of the relay team or an entry rule violation that did not affect the swim of the first swimmer. (3-6, 3-2, 8-3-1, 8-3-8)

8.3.8 SITUATION B: After completing the initial leg of the 400 free relay, the lead-off swimmer of Team A is observed taunting the members of the Team B relay. The referee disqualifies the Team A relay and declares that the time achieved by Team A's lead-off swimmer may not be recorded as an official time. **RULING:** Correct procedure. **COMMENT:** When any unsporting conduct violation (3-6) is committed by any member of the relay, the lead-off swimmer cannot receive credit for their time in that event. (8-3-1, 8-3-2)

8.3.8 SITUATION C: After Team A finishes first in the 200 free relay, the (a) lead-off swimmer; (b) the third swimmer; (c) a non-competing Team member – jumps into the water to congratulate the final swimmer before all other relay teams in the event have finished the relay. The referee disqualifies Team A, and declares that the initial relay split may not be credited to the lead-off swimmer as an official time. **RULING:** Correct procedure. **COMMENT:** Regardless of which swimmer committed the conduct violation (3-5), the initial time shall not be credited as an official time when the relay team is disqualified for an unsporting conduct violation. (8-3-1, 8-3-2)

8.3.8 SITUATION D: At the final meet of the dual meet season, a coach realizes that one of his swimmers has not yet qualified for the 100-yard freestyle event in the state tournament. The swimmer is eligible for the 400 freestyle relay, but the team has only two additional swimmers eligible for the relay. The coach enters the relay using a fourth swimmer that has already participated in four events. The relay is disqualified for an illegal entry; however, the lead-off swimmer has achieved the qualifying time standard for the state tournament. **RULING:** Incorrect. **COMMENT:** A lead-off relay swimmer may not be credited with an official time if the relay is disqualified for an illegal entry rule violation. (8-3-1, 8-3-2, 8-3-8b)

Rule **9**

Diving Competition

NOTE: Diving competition is subject to the preceding rules with the following modifications and amplifications.

SECTION 1 THE POOL, BOARD AND EQUIPMENT

ART. 1 . . . The diving pool may be separate from or part of the swimming pool and the following standards for clearance and water depth are recommended for one meter diving, with the measurement from the:

- a. end of board to anchoring pool wall, 6 feet (1.829 m);
- b. center of board to center of another board, 8 feet (2.438 m);
- c. center of board to pool side wall, 10 feet (3.048 m);
- d. end of board to forward pool wall, 29 feet (8.839 m);
- e. top of board at the take-off end to ceiling overhead, 16 feet (4.877 m);
- f. water depth at any point 2-5 feet in front of the end of board, must be 12 feet (3.658m) or more, except for pools constructed prior to January 1987, where water depth 2 to 5 feet in front of the end of the board must be a minimum of 10 feet (3.045m).
- g. maximum depth reduction rate of diving pools which do not exceed minimum depth requirements, 6 1/4 percent for a distance of 16.5 feet forward (6.096 m) from the end of the board and 6 feet (1.829 m) back and to the sides. Deeper pools may have proportionately steeper depth reduction rates.

PENALTIES:

1. When diving equipment is such that the event cannot be conducted, the host team is disqualified from that event and points shall be awarded the visiting team(s) in proportion to their number of submitted entries in the event.
2. When diving is not conducted because of inadequate water depth and:
 - a. written notice is given to the opponents at least two weeks prior to the first home meet or a date specified by the state association, diving is not conducted and no points awarded;
 - b. no written notice is given, the visiting team(s) shall be awarded points in proportion to their number of entries and the host team shall not score.
3. If the host team's facility meets the minimum depth recommendations and the visiting team has eliminated diving from its program because its facility does not meet the depth standard, the host team (and all teams with diving entries) shall dive, places shall be awarded to the competitors and their points shall be included in the total team score.

ART. 2 . . . The diving board shall be horizontal and 1 meter (± 5 cm) above the water surface, measured from the top of the board. The board shall be 16 feet

long (4.877 m) and 20 inches wide (.508 m), and the entire top surface shall be covered with a nonskid material.

PENALTY: When diving equipment is such that the event cannot be conducted, the host team is disqualified from that event and points shall be awarded the visiting team(s) in proportion to their number of submitted entries in the event.

ART. 3 . . . A fulcrum, which can be moved and set at varying positions between 5 feet 6 inches and 7 feet 6 inches (1.676 m and 2.286 m) from the rear of the diving board, is required. However, it is permissible to limit the range of movement of the fulcrum if the diving facility does not conform to one or more of the recommendations of Rule 9-1-1. The board shall remain horizontal with the fulcrum in any position.

PENALTY: When diving equipment is such that the event cannot be conducted, the host team is disqualified from that event and points shall be awarded the visiting team(s) in proportion to their number of submitted entries in the event.

ART. 4 . . . A water agitation system is recommended which produces water surface agitation extending for 5 feet (1.524 m) beyond the end of the board with a width of 2 feet (.6096 m).

RULE 9, SECTION 1 — PLAY RULINGS

9.1.1 SITUATION A: After two rounds of the diving competition, the diving equipment becomes inoperative. **RULING:** If the equipment can be repaired quickly, the diving should be temporarily delayed and the repair made. If the repair will take some time, (e.g. more than five minutes) the diving referee should meet with coaches to determine a mutually agreed upon time for rescheduling the diving. It may be rescheduled between one of the later swimming events or, more preferably following the final relay. If the board is not ready for use following the final relay, the host team divers are disqualified and points are divided by the visiting teams in proportion to the number of entries each has in the diving competition. (9-1-1 Penalty 1, 4-1-2)

9.1.1 SITUATION B: The host team's facility does not have the proper water depth to conduct diving. The host school (a) decides to make diving an optional event with no team points awarded; (b) notifies visiting teams of inadequate water depth the day prior to the scheduled meet. **RULING:** (a) and (b) are incorrect procedures. Diving shall not be conducted and the visiting team(s) shall be awarded points in proportion to its number of submitted entries and the host team shall not score. Written notice must be given to opponents at least two weeks prior to the host team's first home meet or a date specified by the state association for no points to be awarded for the diving event. (9-1-1 Penalty 2)

9.1.1 SITUATION C: The host team's facility has the proper water depth to conduct diving, but the visiting team does not have a diving team because its facility does not have adequate water depth. The host team dives, places are awarded the competitors and their points are included in the host team's total score. **RULING:** Correct procedure. (9-1-1 Penalty 3)

9.1.2 SITUATION: Team A arrives at the site of a dual meet. This is the first time the two schools have competed. The coach of Team B notifies the coach of Team A that the length of the diving board is only 15 feet and would like to go ahead and conduct the event with prior mutual consent. Both coaches agree but the referee denies the action of consent and will not permit the event to be conducted. **RULING:** Correct procedure. **COMMENT:** Rule 9-1-2 states specifically the

dimensions of the diving board. These specifications are not recommended and the rule does not provide for a "prior mutual consent" to set aside these requirements. The referee was correct to not conduct this event. The host team is disqualified from the event and points shall be awarded the visiting team in proportion to the number of entries submitted. (4-2-2j, 9-1-2 Penalty)

SECTION 2 MANAGING DIVING COMPETITION

ART. 1 . . . Practice dives are permitted only prior to each session of the swimming meet, and the divers are permitted one practice approach, with or without a water entry, immediately prior to the start of diving competition.

ART. 2 . . . The order of divers in championship meets, determined by the meet director, shall be either by lot or by seeding based on the diver's best competitive 11 dive score submitted. If seeding by dive scores, divers without 11 dive scores shall be seeded by lot at the beginning of the diving order. The same relative position of divers shall be maintained for all levels of competition. The default method for determining the order of the diving competition shall be by lot for a championship meet or meet conducted under a championship format.

ART. 3 . . . In dual meets, the divers from the visiting team have the choice of the odd or even diving positions. If there is only one or two visiting divers, the contestant(s) has the choice of any visitor's position in the diving order. If there is only one or two home divers, the contestant(s) has the choice of any home team position in the diving order.

ART. 4 . . . In triple dual and triangular meets, the order of divers shall correspond to the lane assignments drawn by lot. (e.g. 1-4, 2-5, 3-6)

ART. 5 . . . When more than one diving board is available for competition, divers shall have their preference as to which board to use for each dive.

RULE 9, SECTION 2 — PLAY RULINGS

9.2.1 SITUATION: In a championship meet, after the 50 freestyle and prior to the diving event, (a) the diving referee does not allow practice approach dives due to time constraints; (b) divers are allowed to warm up from the 50 freestyle up to diver introductions, but are not allowed an additional practice approach after introductions. **RULING:** (a) Incorrect procedure; (b) correct procedure. The diver should be allowed a warm-up dive or approach after a long break, regardless of time constraints.

9.2.2 SITUATION A: The announcer arranges the diving sheets in the order of finish after the preliminaries and semifinals. The second diver in the contest is leading, and because the diving sheets have been mistakenly rearranged by the announcer, this diver is the first called in the finals. The first diver performs a dive and receives poor scores before the error in the order of dives is discovered. Upon this discovery, the diving competition is started over, with the leading diver given a new attempt in the proper order. **RULING:** No penalty is assessed, but the diver may not be allowed to repeat the dive. As soon as the error was found, the diving order is adjusted, leaving out the diver who had already performed in this round. The divers shall reassume, for the remaining dives, the same positions which prevailed in the preliminaries and semifinals. (9-2-2, 9-6-2h)

***9.2.2 SITUATION B:** Absent any determination by the meet director, the order of divers in championship meets, shall be determined by (a) lot; (b) by 11 dive score; (c) by a combination

of lot and seeding; (d) by score after the first five rounds. **RULING:** (a) correct; (b), (c) and (d) are incorrect. (9-2-2)

SECTION 3 DIVING CONTESTANTS

ART. 1 . . . The number of team entries in diving competition shall be the same as in the swimming events for that meet.

ART. 2 . . . The diving event shall count as an individual event entry for the competitor.

ART. 3 . . . A diver officially becomes a participant when:

- a. in championship meets, the official entry card/scoresheet bearing that diver's first and last name, event and school affiliation is submitted to the meet manager;
- b. in other meets, the scoresheet, signed by the coach and the diver, bearing the diver's first and last name and school affiliation is submitted to the referee or designee at the time and place specified by the referee;
- c. in all meets, the diving scoresheet is signed by the coach and diver, and if not signed by both shall not be accepted for review.

NOTE: The signatures of the coach and diver indicate that the diver is capable of performing all of the dives listed on the diving scoresheet and confirm the accuracy of the submitted scoresheet (i.e., dive number, position and dive order). If obtaining the diving scoresheet electronically, a method shall be designed to have the coach and diver sign the diver's scoresheet prior to the competition.

ART. 4 . . . A diver may withdraw from a diving competition by giving notice to the referee.

ART. 5 . . . Each diver shall submit a diving scoresheet, signed by both the contestant and the coach on the lines provided for those signatures, which includes the number, written description, position, degree of difficulty (with the number and degree of difficulty of the voluntary dive(s) circled), and order in which the dives will be attempted for all levels of the competition, preliminaries through finals. The dive number and position shall be the official description of the dive, and take precedence. In championship meets, this scoresheet shall be submitted to the meet committee at the specified time and place with changes permitted until 60 minutes prior to the start of the diving competition. Correction of errors noted by the diving referee shall be permitted until the start of the diving competition.

In other meets, the referee shall specify the time and place that diving scoresheets shall be submitted for review by the diving referee.

PENALTY: For not submitting a complete diving scoresheet at the specified time and place, the diver is disqualified from the event.

ART. 6 . . . If a diver makes an error in listing the position of a dive, the diver may change the position provided the error is discovered and protested by the diver to the diving referee prior to performing the dive.

- a. If changed to a position with a lower degree of difficulty, that dd shall apply.

- b. If changed to a higher degree of difficulty, the original dd is used to compute the final score.
- c. The diver shall then perform the dive as corrected and the degree of difficulty shall be adjusted if applicable.

PENALTIES:

1. A diver will not be permitted to change the position if the listed dd for the new position would cause the true dd total for the 5 voluntary dives to exceed 9.0.
2. If a change in position of a voluntary dive causes the true dd to exceed 9.0 and is not detected prior to the next dive(s) being performed, the dive causing the dd to exceed 9.0 shall be failed.

ART. 7 . . . All divers must perform without assistance from any other person, except when an attendant is needed to create water agitation.

RULE 9, SECTION 3 — PLAY RULINGS

9.3.1 SITUATION: A meet is scheduled in a six lane pool. The coaches mutually agree to permit additional exhibition swimmers to fill any unused lanes during the swimming events. The visiting team has two divers and the host team has five divers. The host team coach insists he will enter three scoring divers and two exhibition divers. **RULING:** Incorrect procedure. **COMMENT:** By prior mutual consent, excess exhibition entries may be permitted up to the total event entries determined by the number of lanes in the pool. In the above situation, there should be a maximum of six divers.

***9.3.4 SITUATION:** A competitor may withdraw from (a) dual meet, (b) trials of a championship meet, (c) finals of a championship meet by declaring a false start and reporting this to the referee. **RULING:** Legal. **COMMENT:** The referee should notify the scoring table of declared false starts. (9-3-4, 3-2-3, 1-3-14)

9.3.5 SITUATION A: In a championship meet, the diving scoresheet submitted by a diver lists one fewer than the number of dives needed to fulfill all rounds of competition. **RULING:** The contestant is disqualified unless the error was discovered and corrected during the referee's review of the diving scoresheet. (9-3-5 Penalty, 9-6-2a)

9.3.5 SITUATION B: Instead of the second dive listed on the diving scoresheet, the third dive is announced. The diver, not hearing the announcement, performs the dive which is listed second on the diving scoresheet. **RULING:** The dive should be judged and scored as performed. The error made by the announcer shall not penalize the diver. **COMMENT:** If a judge does not feel he/she can adequately evaluate the dive because of anticipating a different dive would be performed, the judge may ask the diving referee to order the dive performed again. (9-6-2h, 9-6-3)

9.3.5 SITUATION C: A diver submits a diving scoresheet for a championship meet which is signed by the diver and the coach. It has been reviewed by the officials. During the ninth round of diving, it is discovered that the diver has listed the dive number, written description and dd correctly, but has not indicated dive position. **RULING:** Failed dive. Dive number and position are the official description of a dive. Responsibility for accuracy rests with the diver and coach. (9-6-2a, 9-7-5l)

9.3.5 SITUATION D: A coach and/or diver fail to sign a diving scoresheet and it is discovered: (a) prior to the event and is corrected; (b) after the event has begun; (c) after the event is completed. **RULING:** (a) Correct procedure, diver is not disqualified; (b) and (c) no penalty for this violation once the event has begun and the diving referee accepted the improperly signed sheets. The referee shall not accept diving scoresheets for review which have not been signed by the coach and the diver. (9-3-3c)

9.3.5 SITUATION E: The diver has listed and circled dive #401 B and degree of difficulty 1.5 (inward dive pike position, degree of difficulty 1.5). **RULING:** Correct procedure. The circling of the dive number and the degree of difficulty of the voluntary dive are part of an official diving sheet entry.

9.3.5 SITUATION F: A diver submits a diving scoresheet listing the correct written description of a dive, but a lower dd than the dive calls for. (a) This is noticed by the meet referee prior to the start of competition and the referee directs that the dd be changed to the proper number. (b) It is not noticed until that dive is announced. The referee directs that the dd be changed to the proper number. **RULING:** (a) and (b) correct procedure. The dive number and position is the official description of a dive. This brings the dd into line with the official description of the dive. **COMMENT:** If the dive is one of the voluntary dives, the total dd for the five voluntary dives should be re-checked to assure it does not exceed 9.0.

9.3.6 SITUATION A: A diver submits a diving scoresheet prior to the specified time and place. However, the third dive is announced as an inward dive in pike position. The diver informs the referee that he does that dive in a straight position. The referee permits the diver to perform the dive in the straight position and instructs the scorer to compute the score using the dd for the pike position. **RULING:** Correct procedure. If the dive had been changed to a position (tuck) with a lower dd, the lower dd would be used to compute the final score. (9-3-6) **COMMENT:** When changing positions for voluntary dives, they cannot be changed to exceed a total of 9.0.

9.3.6 SITUATION B: The diver has listed and circled dive #201 A as his/her voluntary dive with a degree difficulty of 1.7. When the dive is announced, the diver advises the referee that the position should be pike. **RULING:** The referee permits the diver to perform the dive in the pike position, but he/she must take the lower degree of difficulty of 1.6. (9-3-6) **COMMENT:** When changing positions for voluntary dives, they cannot be changed to exceed a total of 9.0.

SECTION 4 CHOICE OF DIVES

ART. 1 . . . In championship meets, the competition shall consist of five voluntary dives and six optional dives.

- a. The five voluntary dives shall come from each of the five groups, with their assigned dd having a sum total of 9.0 or less. (See 9-3-6 and 9-3-6 Penalties.)
- b. The six optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through semifinals.
- c. All five groups must be represented through the semifinals (the first eight rounds).
- d. The dives to be performed during each round of championship competition shall be as follows:

No. of Contestants	Preliminaries	Semifinals	Finals
(Performed in any order within each round of competition.)			
1-32	Any 2 vol. & 3 opt.	2 vol. & 1 opt.	1 vol. & 2 opt.

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.

PENALTIES:

1. When the total degree of difficulty for voluntary dives exceeds 9.0, the dive or dives that causes the total degree of difficulty to exceed 9.0 will be failed.
2. Once the diving competition has started, the following errors on the dive sheet shall result in the disqualification of the offending diver:
 - a. four or less dives are designated as voluntary;
 - b. four or less groups are listed in the first eight dives;
 - c. five or less dives are designated as optional dives.

ART. 2 . . . The number of qualifiers of each round of competition is the pre-determined number of divers with the cumulative highest score for all rounds of competition. When there is a tie for the final qualifying position, all divers who are tied advance to the next round of competition.

ART. 3 . . . The next two highest nonqualifiers shall be named in order to guarantee a full complement of finalists. Alternate qualifiers shall be used provided there is no delay in the meet.

ART. 4 . . . After the preliminary round, the number of qualifiers shall be four more than the number of places to be scored.

ART. 5 . . . After the semifinal round, the number of qualifiers shall be equal to the number of places to be scored.

ART. 6 . . . In other meets, the competition shall consist of one voluntary dive which shall be done first – Week 1 = forward group, Week 2 = back group, Week 3 = inward group , Week 4 = twisting group, Week 5 = reverse group, etc., and five optional dives, coming from at least four of the five groups and which may include any of the dives other than the voluntary dive. Any dive from a group may be designated as a voluntary dive. It will receive its assigned dd through 1.8. Any designated voluntary dive with a dd greater than 1.8 will be assigned a dd of 1.8.

NOTE: For interstate competition, the voluntary dive group of the week shall follow the schedule of the host school's state unless state association policy determines otherwise.

ART. 7 . . . Only dives listed on the accompanying diving table shall be performed.

ART. 8 . . . No diver shall repeat a dive in a single meet. All dives of the same number, whether tuck, pike, straight or free position, are considered the same dive.

RULE 9, SECTION 4 — PLAY RULINGS

9.4.1 SITUATION A: For a championship meet, a diver submits a diving scoresheet listing two optional dives from the same group through the semifinal round. **RULING:** The second optional dive receives a zero unless the error is discovered and corrected prior to the start of the diving competition. (9-4-1b)

Dive No.	C	B	A	Tuck Pike	Straight	Free	Dive No.	C	B	A	Tuck Pike	Straight	Free	
FORWARD DIVES														
101 Forward Dive.....	1.2	1.3	1.4	—	—	—	5111 Forward Dive, $\frac{1}{2}$ Twist.....	1.6	1.7	1.8	—	—	—	
102 Forward 1 SS.....	1.4	1.5	1.6	—	—	—	5112 Forward Dive, 1 Twist.....	—	—	2.0	—	—	—	
103 Forward 1½ SS.....	1.6	1.7	2.0	—	—	—	5121 Forward 1 SS, $\frac{1}{2}$ Twist.....	—	—	—	—	—	1.7	
104 Forward 2 SS.....	2.2	2.3	2.6	—	—	—	5122 Forward 1 SS, 1 Twist.....	—	—	—	—	—	1.9	
105 Forward 2½ SS.....	2.4	2.6	—	—	—	—	5124 Forward 1 SS, 2 Twists.....	—	—	—	—	—	2.3	
106 Forward 3 SS.....	2.9	—	—	—	—	—	5126 Forward 1 SS, 3 Twists.....	—	—	—	—	—	2.8	
107 Forward 3½ SS.....	3.0	3.3	—	—	—	—	5131 Forward 1½ SS, $\frac{1}{2}$ Twist.....	—	—	—	—	—	2.0	
112 Forward Flying 1 SS.....	1.6	1.7	—	—	—	—	5132 Forward 1½ SS, 1 Twist.....	—	—	—	—	—	2.2	
113 Forward Flying 1½ SS.....	1.8	1.9	—	—	—	—	5134 Forward 1½ SS, 2 Twists.....	—	—	—	—	—	2.6	
BACK DIVES														
201 Back Dive.....	1.5	1.6	1.7	—	—	—	5136 Forward 1½ SS, 3 Twists.....	—	—	—	—	—	3.1	
202 Back ½ SS.....	1.5	1.6	2.5	—	—	—	5152 Forward 2½ SS, 1 Twist.....	3.0	3.2	—	—	—	—	
203 Back ¾ SS.....	2.0	2.3	—	—	—	—	5211 Back Dive, $\frac{1}{2}$ Twist.....	—	—	—	—	—	—	
204 Back 2 SS.....	2.2	2.5	—	—	—	—	5212 Back Dive, 1 Twist.....	—	—	—	—	—	—	
205 Back 2½ SS.....	3.0	3.2	—	—	—	—	5222 Back 1 SS, $\frac{1}{2}$ Twist.....	—	—	—	—	—	1.7	
212 Flying Back 1 SS.....	1.6	1.7	—	—	—	—	5223 Back 1 SS, 1½ Twists.....	—	—	—	—	—	1.9	
REVERSE DIVES														
301 Reverse Dive.....	1.6	1.7	1.8	—	—	—	5225 Back 1 SS, 2½ Twists.....	—	—	—	—	—	2.3	
302 Reverse 1 SS.....	1.6	1.7	1.8	—	—	—	5311 Reverse Dive, $\frac{1}{2}$ Twist.....	—	—	—	—	—	2.7	
303 Reverse 1½ SS.....	2.1	2.4	2.7	—	—	—	5312 Reverse Dive, 1 Twist.....	—	—	—	—	—	2.1	
304 Reverse 2 SS.....	2.3	2.6	2.9	—	—	—	5321 Reverse 1 SS, $\frac{1}{2}$ Twist.....	—	—	—	—	—	1.8	
305 Reverse 2½ SS.....	3.0	3.2	—	—	—	—	5322 Reverse 1 SS, 1 Twist.....	—	—	—	—	—	2.1	
312 Flying Reverse SS.....	1.7	1.8	—	—	—	—	5323 Reverse 1 SS, $\frac{1}{2}$ Twists.....	—	—	—	—	—	2.5	
INWARD DIVES														
401 Inward Dive.....	1.4	1.5	1.8	—	—	—	5325 Reverse 1 SS, 2½ Twists.....	—	—	—	—	—	2.4	
402 Inward 1 SS.....	1.6	1.7	2.0	—	—	—	5331 Reverse 1½ SS, $\frac{1}{2}$ Twist.....	2.7	2.9	—	—	—	2.8	
403 Inward 1½ SS.....	2.2	2.4	—	—	—	—	5333 Reverse 1½ SS, $\frac{1}{2}$ Twists.....	—	—	—	—	—	2.2	
404 Inward 2 SS.....	2.8	3.0	—	—	—	—	5335 Reverse 1½ SS, 2½ Twists.....	—	—	—	—	—	2.6	
405 Inward 2½ SS.....	3.1	3.4	—	—	—	—	5351 Reverse 2½ SS, $\frac{1}{2}$ Twists.....	—	—	—	—	—	3.0	
412 Inward Flying SS.....	2.0	2.1	—	—	—	—	5411 Inward Dive, $\frac{1}{2}$ Twist.....	—	—	—	—	—	2.0	
413 Inward Flying 1½ SS	2.7	—	—	—	—	—	5412 Inward Dive, 1 Twist.....	—	—	—	—	—	2.2	
				—	—	—	5421 Inward 1 SS, $\frac{1}{2}$ Twist.....	—	—	—	—	—	1.9	
				—	—	—	5422 Inward 1½ SS, 1 Twist.....	—	—	—	—	—	2.1	
				—	—	—	5432 Inward 1½ SS, 2 Twists.....	—	—	—	—	—	2.7	
				—	—	—	5434 Inward 1½ SS, 2 Twists.....	—	—	—	—	—	3.1	

9.4.1 SITUATION B: In a championship meet a diver submits the following list of dives: 1.) 101-A; 2.) 103-B; 3.) 202-B; 4.) 203-C; 5.) 303-C; 6.) 301-A; 7.) 402-C; 8.) 403-C; 9.) 5132-D; 10.) 5121-D; 11.) 105-C. **RULING:** Disqualification. List not correct. The diver does not have all five groups represented in the first eight dives. (9-4-1c, 9-4-1 Penalty 2b)

9.4.1 SITUATION C: There are 37 divers in the preliminary round. Meet management has the option to reduce the field to 32 after 3 dives, rather than after 5. **RULING:** Correct procedure. (9-4-1 Note)

9.4.1 SITUATION D: During the diving event in a championship meet, the diver's total degree of difficulty for the listed voluntary dives is over 9.0. **RULING:** The diver is allowed to change the position of the subsequent voluntary dive(s) to bring the degree of difficulty to 9.0 or lower. If changing the degree of difficulty does not bring the total degree of difficulty into compliance, the voluntary dive(s) causing the degree of difficulty to exceed 9.0 will be failed. (9-4-1a, 9-4 Penalty 1, 9-3-5)

9.4.1 SITUATION E: As the meet referee reviews meet results at the conclusion of the 400 free relay, he/she notices that Diver B's total degree of difficulty for voluntary dives exceeds 9.0. **RULING:** He/she fails the dive(s) that caused the total voluntary degree of difficulty to exceed 9.0 and changes the meet results. The referee has up to one hour to make changes before signing the score sheet as official. (9-4-1a, 9-4-1 Penalty, 4-2-3)

9.4.2 SITUATION A: After the semifinals, two divers are tied for 12th place in a championship meet which scores 12 places. **RULING:** Each diver qualifies for the finals. There shall be 13 divers in the finals.

9.4.2 SITUATION B: The number of places being scored in a meet is 16. At the completion of the semifinals, the top 16 divers qualify for the finals: (a) the diver who was sixteenth at the beginning of the finals has moved up to fifth place; (b) the third place diver after the semifinals has dropped to seventh place. **RULING:** (a) and (b) Legal. All 16 divers are finalists and may move up or down in place-finish according to his/her final score. (9-4-5)

9.4.3 SITUATION: A-1 and B-2 qualify for the semifinal round of diving but: (a) A-1 is injured during practice; or (b) B-2, diving fifth, is injured during the semifinal competition. **RULING:** In (a) it is legal for the alternate to be used because the round of diving has not begun; but in (b), no alternate is permitted because the competition is in progress. (4-1-5)

9.4.6 SITUATION A: In dual meet (6 dives) in week three of season, a diver lists dive #403 C (degree of difficulty 1.8) first as his or her voluntary dive. **RULING:** Correct procedure.

COMMENT: Any dive in a group may be designated as a voluntary dive, but in a six-dive competition, may not list a degree of difficulty of higher than 1.8.

9.4.6 SITUATION B: During the diving event in a dual meet, it is discovered that a diver has listed 4 optional dives on his/her scoresheet. **RULING:** The referee disqualifies the diver from the diving competition. (9-3-5 Penalty)

SECTION 5 FORM OF THE DIVES

ART. 1 . . . The forward starting position includes good posture, eyes focused on the end of the board with arms in a position of the diver's choice.

ART. 2 . . . The forward approach shall begin with not less than three steps and finish with a hurdle, defined as a jump off one foot to a landing on both feet at the end of the board. The diver may use additional steps, hops, leaps and/or jumps during the initial steps and before the culminating hurdle. The forward takeoff shall be from both feet simultaneously to an adequate height to perform the dive.

ART. 3 . . . The back/inward starting position requires an upright head and body with arms straight and in a position of the diver's choice. The diver may

move the arms to various preparatory positions provided there is no obvious attempt to start the dive.

ART. 4 . . . The back/inward takeoff is permitted only for back and inward groups and back and inward twisting dives. Divers:

- a. shall stop oscillating the board just before or after the starting position is assumed;
- b. shall not oscillate the board more than four times before the arms move from the starting position;
- c. shall not permit a foot or both feet to leave the board during an oscillation prior to the final spring from the board;
- d. shall not permit an oscillation to be so large as to disrupt the tempo and smoothness of the dive.

ART. 5 . . . It is a balk if, in the diving referee's opinion, a diver assumes the starting position 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.

NOTE: A pause in the arm movement of some dives is a natural part of the dive and should not be interpreted as a balk.

ART. 6 . . . The flight shall be either in the:

- a. straight position in which the body shall not be bent either at the knees or hips, the knees and feet together and toes pointed;
- b. pike position in which the body shall be bent at the hips, the legs straight and together and the toes pointed;
- c. tuck position in which the body shall be bent at the hips and the knees, the knees and feet together and toes pointed;
- d. free position in which a combination of positions may be used to perform twisting dives.

NOTE: Flying dives demonstrating one somersault requires the straight position be maintained from takeoff until the body has rotated to the horizontal position. ($\frac{1}{4}$ rotation) Flying dives demonstrating one and one half somersaults require the straight position be maintained until the body has rotated to the vertical position. ($\frac{1}{2}$ rotation)

ART. 7 . . . The position of the arms during flight is the choice of the diver, but they shall be kept still until just before entry into the water when they shall be brought together and extended beyond the head in a line with the body for the head-first entry or against the sides of the body with straight elbows for the feet-first entry.

ART. 8 . . . The entry into the water shall be as nearly vertical as possible with the body straight and toes pointed. The dive is completed and scored when the body has passed below the surface of the water.

ART. 9 . . . All properly executed dives shall be performed at a safe distance from the board and pool walls.

RULE 9, SECTION 5 — PLAY RULINGS

9.5.1 SITUATION: In the starting position for a forward dive, the head and the body are in an upright position, but the arms are held straight, forward, and in front of the head. **RULING:** Legal.

The starting position for a forward dive permits the diver to hold the arms in a position of his/her choice.

9.5.2 SITUATION A: A diver takes only two steps before making the hurdle to the end of the board. **RULING:** Violation of the forward approach for which the referee shall deduct 2 points from each of the judges' scores. (9-5-2, 9-8-1a)

9.5.2 SITUATION B: A diver from Team A assumes the starting position for a forward dive. The diver twice lifts his/her heels before taking a step to begin forward motion of the approach. The diving referee determines this is not a balk and the dive continues and is scored. **RULING:** Correct procedure. **COMMENT:** The diver had not started a forward motion by the vertical movement when lifting the heels. (9-5-5)

9.5.2 SITUATION C: A diver takes three steps to a two footed landing followed by one more by one-footed step to a second two footed landing and then completes the dive. **RULING:** Legal.

9.5.2 SITUATION D: Team A's diver is performing a dive requiring a forward approach. The diver begins his/her approach with the third step ending with the diver on two feet, executing a hop followed by his/her culminating hurdle and forward takeoff. **RULING:** Legal forward approach. **COMMENT:** Rule 9-5-2 requires three initial steps but does not mandate how the diver must land on the third step, one foot or two feet. Once the third step is completed the diver may hop, leap etc. before the culminating hurdle. In this approach the diver's choice was to end the third step on two feet.

9.5.3 SITUATION: In the starting position for an inward dive, the head and body are in an upright position, but the arms are held straight, slightly forward and in front of the head. **RULING:** Legal. The arms may be held in a position of the diver's choice.

9.5.5 SITUATION A: A diver makes a legal approach for a reverse one and one-half somersault. Upon landing after the hurdle, the diver apparently realizes he/she is leaning too much and cannot do the dive. The diver stops, walks to the back of the board and: (a) attempts to regain his/her composure; (b) steps off the board. **RULING:** (a) Balk; (b) failed dive. (9-7-5i)

9.5.5 SITUATION B: Diver "C" balks at attempting a dive. The referee (a) makes no comment and lets the diver continue; (b) makes no comment until the dive has been scored. **RULING:** (a) Correct procedure, (b) incorrect procedure as referee is to declare a balk before the dive is scored.

SECTION 6 DIVING OFFICIALS

ART. 1 . . . A judging panel of five, seven or nine judges for championship meets, or three or five judges for other meets, shall be positioned on one or both sides of the diving board with an unobstructed view of all diving competition. Judges may award 10-0 points for any dive, independent of the other officials, except when the diving referee instructs the judging panel of a maximum award for an unsatisfactory or failed dive.

NOTE: In nonchampionship meets when only two judges are available, 50 percent of the total score shall be added to make the final score equate with a three judges' score.

ART. 2 . . . The diving referee shall:

- a. review or have another official review the diving scoresheets and inform the diver/coach of any errors discovered, permitting correction of these errors until the diving competition begins (exception, 9-3-5);
- b. before the diving competition, review with the judging panel the basis and scale for awarding points;
- c. determine balks;
- d. determine unsatisfactory and failed dives and instruct the judges as to the maximum point award allowable;

- e. make the mandatory deduction for a violation in the forward approach and for a balk;
- f. after each dive, request the judging panel to post the values given to the dive;
- g. determine disqualification of a diver and notify the diver or his/her coach at the time of infraction causing the disqualification;
- h. authorize a dive to be repeated upon immediate request of the diver involved when the execution of the dive was influenced by exceptional circumstances;
- i. resolve any disagreement on one dive prior to the next dive;
- j. check the scorer's tabulation and sign the diving scoresheets making the diving results official.

ART. 3 . . . The announcer shall:

- a. announce before each dive the name of each competitor and describe the dive to be performed (dive, including number, position and degree of difficulty);
- b. announces the awards given the dive by each judge in the same order throughout the contest.

NOTE: When an electronic scoreboard is being used and the displayed awards are clearly visible for all the judges and spectators to see, the announcer may announce only the total award received for the dive.

ART. 4 . . . The scorer shall list the award given each dive by each judge. After canceling the high and low scores, the remaining three scores shall be multiplied by the degree of difficulty to determine the diver's score.

RULE 9, SECTION 6 — PLAY RULINGS

9.6.1 SITUATION A: A diver performs an unsatisfactory dive. The referee instructs judges to award no more than two points, but no less than $\frac{1}{2}$ point. **RULING:** Incorrect procedure. **COMMENT:** The diving referee instructs a maximum number of points to be awarded, but not the minimum to be awarded.

9.6.1 SITUATION B: In a nonchampionship meet when only two diving judges are available, the event is conducted using a two judge panel and the referee instructs the scorer to add 50 percent of the total scores to arrive at the diver's final score. **RULING:** Correct procedure. **COMMENT:** This procedure makes the final scores equate to scores from three judges. (9-6-1 Note)

9.6.1 SITUATION C: After a dive, one judge informs the diving referee that the diver went into a complete tuck position for a dive requiring the pike position. The diving referee disagrees and gives no directive to the other judges. The judge who raised the issue still gives the dive an unsatisfactory award of $1\frac{1}{2}$ points. **RULING:** Correct procedure.

9.6.2 SITUATION A: A door slams shut as a diver begins the takeoff from the board. After the diver leaves the water, his/her coach rushes up to the referee and requests the diver be permitted to repeat the dive. **RULING:** Request denied. Notice must come from the diver immediately after the execution of the dive during which there was interference. (9-6-2h)

9.6.2 SITUATION B: A distraction is the obvious cause for a diver's missing a dive so badly that the diver is shaken and is unable to immediately request the opportunity to repeat the dive. **RULING:** The diving referee has the authority to set aside Rule 9-6-2h, as well as other rules, when there is obvious unfairness. (4-1-5)

9.6.2 SITUATION C: The diving referee checks and initials the diving scoresheet, but it is dis-

covered within one hour after the last event has been completed that incorrect multiplication caused a diver to place first, rather than second in the diving competition. **RULING:** The diving results may be corrected regardless of the diving referee's previous verification of the diving scoresheet, provided the clerical error is discovered within 48 hours of the completion of the meet. (4-2-3)

9.6.2 SITUATION D: Prior to the start of the diving event, the diving referee instructs the diving judges to observe the position of the shoulders at the time the diver first contacts the water to determine the number of twists for twisting dives. **RULING:** This is correct and may be part of the proper instruction given by the diving referee to those who are responsible for judging the diving. (9-6-2b)

SECTION 7 AWARDING POINTS

ART. 1 . . . The areas of consideration in awarding points are the starting position, approach, takeoff, flight, positions and entry into the water.

ART. 2 . . . Points shall be awarded by judges on a scale from 10-0 at $\frac{1}{2}$ point increments according to the following:

- a. exceptional 9 to 10;
- b. excellent $7\frac{1}{2}$ to $8\frac{1}{2}$;
- c. good 6 to 7;
- d. satisfactory $4\frac{1}{2}$ to $5\frac{1}{2}$;
- e. deficient $2\frac{1}{2}$ to 4;
- f. unsatisfactory $\frac{1}{2}$ to 2;
- g. failed 0.

(See Appendix C, Guidelines for Judging Diving)

ART. 3 . . . A dive is deficient if, in a judge's opinion:

- a. the diver partially alters the position of the dive during flight.
- b. a diver enters the water with one or both hands above the shoulders on a dive requiring a feet-first entry or with one or both hands below the shoulders on a dive requiring a head-first entry.

ART. 4 . . . A dive is unsatisfactory if, in the diving referee's opinion:

- a. the dive is clearly done in a position other than that described on the diving scoresheet;
- b. a diver hits the diving board;
- c. a diver does not attempt to come out from the tuck or pike position.
- d. a diver does not attempt to come out of the twist.
- e. a diver does not hold the straight position until the body is horizontal to the water on any flying one somersault dives, or does not hold the straight position until the body is perpendicular to the water on any flying one and one half somersault dives.

ART. 5 . . . A dive is failed if, in the diving referee's opinion, the diver:

- a. executes a dive other than that given on the diving scoresheet;
- b. does not assume a starting position;
- c. falls into the water;
- d. is assisted by another person;
- e. does not execute the pike before the twist when dive Nos. 5111 B and 5411 B;

- f. does not contact the water with the head or hands first on a head-first dive or with the feet initially on a feet-first dive;
- g. executes a twist, as determined by the position of the diver's shoulders, that is greater or less by more than 90 degrees of what is written on the scoresheet when the diver's feet/hands contact the water;
- h. in a twisting dive, twists the shoulders past 90 degrees before the feet leave the board;
- i. repeats a dive;
- j. steps off the board after assuming the starting position;
- k. performs a dive requiring a forward approach from a standing forward position;
- l. omits the official description of the dive on the diving scoresheet;
- m. commits two balks;
- n. in a dual meet, does not perform the voluntary dive first;
- o. in a championship meet, does not perform the voluntary and optional dives as specified;
- p. performs a dive not listed on the diving table.

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

ART. 6 . . . The order of finish shall be determined by the cumulative score achieved in all rounds of diving competition. In case of a tie by two or more divers for any place scoring in an event, the points for all places involved shall be divided equally among the tying competitors.

RULE 9, SECTION 7 — PLAY RULINGS

9.7.3 SITUATION: Two of the three diving judges award a dive 4 points because they feel the pike became a partial tuck and the dive was therefore in the deficient range. The third judge gives the dive an award of 6 points. **RULING:** All awards stand. **COMMENT:** Diving judges act independently. (9-6-1, 9-7-3)

9.7.4 SITUATION A: A diver enters the water with one hand above shoulder level on a feet-first entry dive. **RULING:** The dive is "deficient". (9-7-3b)

9.7.4 SITUATION B: A diver is wearing a pony tail. During the performance of a dive, the pony tail touches the board. There is no contact with any other part of the body except the hair. The diving referee, under Rule 9-7-4b, declares the dive unsatisfactory with $\frac{1}{2}$ to 2 points maximum to be awarded the diver. **RULING:** Incorrect procedure. **COMMENT:** The diver did not hit the board with a body part. The touch of hair is not considered hitting the board and this insignificant touch should not be the cause of an unsatisfactory dive.

9.7.4 SITUATION C: A diver performs a back somersault with $1\frac{1}{2}$ twists (#5223) and enters the water with his/her hands still in the "wrap" position. The diving referee declares the dive as unsatisfactory and instructs the judges to score no higher than two points. **RULING:** Correct. **COMMENT:** The diver has to make an attempt to come out of the "wrap"/twist position.

9.7.4 SITUATION D: While performing dive #5221 (back somersault 1/2 twist), the diver's hands remain at his/her side until the diver enters the water. The diving referee makes no call and allows the judges to score the dive. **RULING:** Correct. **COMMENT:** There can be no penalty since the diver did not use a "wrap" position for the dive.

9.7.5 SITUATION A: A diver is disqualified from a diving competition because: (a) he/she executes a dive other than that given on the scoresheet, then on another dive falls into the water, thus

making two infractions (failed dives); (b) fails in the performance of two dives. **RULING:** Correct procedure in (a) and (b). **COMMENT:** In both (a) and (b), the diver is disqualified immediately from competition. A diver is disqualified if he/she fails two dives for any reason and shall perform no further dives. (9-7-5a, 9-7-5c, 9-8-3)

9.7.5 SITUATION B: In executing dive No. 5132 D (forward 1½ SS, 1 twist), the contestant executes the twist before, during or after the 1½ SS. **RULING:** Correct, all are equally acceptable.

9.7.5 SITUATION C: On a dive requiring a feet first entry, a diver's hands break the water first. **RULING:** The dive is failed. (9-7-5f)

9.7.5 SITUATION D: The diver performs dive #5223 (back somersault 1½ twist). The diver's shoulders are not within the legal limit when the feet contact the water. The diving referee declares a failed dive. **RULING:** Correct procedure. **COMMENT:** The diving referee judges the degree of the twist by the position of the shoulders at the moment the diver contacts the water. (9-7-5g)

9.7.5 SITUATION E: While performing #5211 (dive back dive 1/2 twist), the diver twists and faces away from the board before his/her feet leave the board. **RULING:** Failed dive. **COMMENT:** Twisting of the shoulders by more than 90 degrees from the starting position when the feet leave the board is a failed dive. (9-7-5h)

9.7.5 SITUATION F: The diver doing a forward twisting somersault is within the legal twisting limits when the feet make contact with the surface but the diver continues twisting past the legal limits as the body enters the water. **RULING:** The dive shall be scored. The diving referee judges the degree of the twist at the moment the diver contacts the water. **COMMENT:** The diving judge scores 10-0 points on the dive until the body, in its entirety, has passed below the surface of the water. A twisting dive, though legal, may be long or short on the twist as well as on the entry. Judges should consider the degree of the flaw, if any, when scoring the dive. (9-7-5g, 9-6-1)

9.7.5 SITUATION G: An inward dive is announced. The contestant mounts the board and begins walking to the end. Halfway there, she/he stops, dismounts and adjusts the fulcrum. **RULING:** The dive had not started since the starting position was not assumed, so it is not a failed dive and there is no deduction. (9-5-3, 9-7-5i)

9.7.5 SITUATION H: A diving contestant walks to the end of the board, stops and then does a forward 1½ SS in the tuck position. **RULING:** Failed dive. (9-7-5(k), 9-5-2)

9.7.5 SITUATION I: In a championship meet, the diving referee, before signaling a failed dive, consults with a member of the judging panel. The referee announces a failed dive. **RULING:** Correct procedure. **COMMENT:** In championship meets, the diving referee may consult with a designated member of the judging panel before declaring a failed dive. (9-7-5 Note)

9.7.5 SITUATION J: The diver's diving scoresheet shows #101 B forward dive, pike position. The announcer reads forward dive, straight position. The diver, without saying anything, performs a forward dive, pike position. **RULING:** If the referee or a judge needs to see the dive again, it will be repeated as soon as the diver is ready. The dive as listed on the scoresheet shall be scored.

9.7.6 SITUATION: A diver becomes so ill just before doing the final dive of the competition that the diver cannot continue. However, the diver accumulated enough points to place in the diving competition even without performing the last dive. **RULING:** Disqualified. Only divers who complete all rounds of competition shall place. (9-7-6)

SECTION 8 MANDATORY DEDUCTIONS

ART. 1 . . . The diving referee shall deduct 2 points from each judges award for:

- a. a violation of the forward approach;
- b. a balk.

ART. 2 . . . Each diving judge shall deduct ½-2 points for:

- a. not stopping the oscillation of the board just before or after the starting position is assumed;
- b. excessive oscillation;
- c. foot/feet leaving the board prior to a back/inward takeoff;
- d. spreading the knees in the tuck position;
- e. entering the water to the side of the board;
- f. twisting manifestly from the board.

ART. 3 . . . A diver shall be disqualified and shall perform no further dives if he/she fails two dives. A diver shall be disqualified if in the judgment of the diving referee:

- a. the diver did not make a sincere attempt to perform the dive;
- b. it becomes obvious that the dives listed on the diver's scoresheet are too difficult for the diver;
- c. the diver unnecessarily delays the performance of a dive;
- d. the diver behaves in an unsporting manner.

RULE 9, SECTION 8 — PLAY RULINGS

9.8.1 SITUATION: A diver takes the minimum three-step hurdle approach, then oscillates a few times on the end of the board before executing the dive. **RULING:** Mandatory two-point deduction. If the diver definitely pauses, it is considered a balk. (9-8-1a,b)

9.8.2 SITUATION A: A diver, while performing a reverse dive, enters the water clearly to the side of the board. The judges deduct $\frac{1}{2}$ -2 points from the score. **RULING:** Correct procedure. (9-8-2e)

9.8.2 SITUATION B: A diver performs a #5211A (back dive $\frac{1}{2}$ twist) and (a) doesn't stop the board from oscillating before or after taking the starting position; (b) twists manifestly on the board. The judges deduct $\frac{1}{2}$ - 2 points in (a) and (b). **RULING:** Correct procedure. (9-8-2a, f)

25-YARD/METER AND 25-METER/YARD CONVERSION FACTORS

This conversion chart may be used for seeding and qualifying times but not national records.

Girls

	Yard/Meter	Meter/Yard
200 Medley Relay	1.116	0.8961
200 Freestyle	1.108	0.9025
200 Individual Medley	1.110	0.9009
50 Freestyle	1.115	0.8969
100 Butterfly	1.111	0.9001
100 Freestyle	1.112	0.8993
500 Freestyle/400m Freestyle	0.8772	1.140
200 Freestyle Relay	1.117	0.8953
100 Backstroke	1.111	0.9001
100 Breaststroke	1.112	0.8993
400 Freestyle Relay	1.114	0.8977

Boys

	Yard/Meter	Meter/Yard
200 Medley Relay	1.115	0.8969
200 Freestyle	1.108	0.9025
200 Individual Medley	1.111	0.9001
50 Freestyle	1.119	0.8937
100 Butterfly	1.114	0.8977
100 Freestyle	1.111	0.9001
500 Freestyle/400m Freestyle	0.8780	1.139
200 Freestyle Relay	1.116	0.8961
100 Backstroke	1.111	0.9001
100 Breaststroke	1.110	0.9009
400 Freestyle Relay	1.114	0.8977

Example 1: A male 50 yard freestyle time of 23.78 is multiplied by 1.119 to yield a 50 meter time of 26.61 (26.6098 rounded to the nearest 0.01).

Example 2: A female 400 meter freestyle time of 4:27.47 is changed to seconds ($4 \times 60 \text{ sec/min} + 27.47 = 267.47 \text{ sec}$) and multiplied by 1.140 to yield a 500 yard time of 304.92 sec, which converts to 5:04.92. (304.9158 is rounded to 304.92 and that number is converted to minutes and seconds.)

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STATE ASSOCIATION ADOPTIONS

3-1-2d	Unlimited team entries in invitational/non-varsity meets	5-1-1 Note a	Modified Events for invitational/nonvarsity meets
3-2-1a	Exhibition competitors	5-1-1 Note b	Order of events at state championships
3-2-1b	Pentathlon-type meets	5-1-3	Diving first in championship meets
3-2-3 Note	Relay entries without individual names		

2013-14 POINTS OF EMPHASIS

1. General supervision and coaching – With the introduction of the track-style starting platforms, this is a reminder to coaches of their responsibility to institute appropriate training protocols, educate the competitors on the proper use of new and existing blocks, and supervise as competitors become acclimated with the new blocks. The coaches are the primary school contact with the student athlete and, as such, must educate, train and supervise all aspects of practice (including dry lands) and competition to minimize the inherent risks of injury related to the student's participation in swimming and diving.

2. Breaststroke starts/turns – NFHS Rule 8-2-2c was changed to permit a single butterfly kick following the start or turn at any time prior to the normal breaststroke kick. This kick may occur before the competitor initiates his/her first arm stroke. If the butterfly kick is used prior to the initial arm stroke, a second butterfly kick during, or at the completion of, the first arm stroke would result in a disqualification.

3. Electronic devices – Electronic devices, such as computers, notebooks and smartphones, may be used not only to record a competitor's performance, but as a coaching aid other than while the competitor is swimming or diving. The information may be presented to the athlete prior to the competitor's next race or dive. Attaching a camera to the competitor during their race or dive is not permitted. Team personnel using electronic devices shall not interfere with the responsibilities of officials or other deck personnel. Do not approach an official to contest/protest a call based on the recorded information.

4. Manufacturer's logo on suits – FINA-approved suits continue to meet the NFHS requirements of Rule 3-3-3. The FINA mark/barcode is NOT deemed to be a logo. However, some suit models do contain two manufacturer's logos. These suits are NOT legal. Manufacturers may be moving the FINA mark/barcode to a location on the inside of the suit. The coach should verify NFHS compliance of all suits worn by the competitors. This includes all logo requirements, e.g. size, included in Rule 3-3-3.

5. Taping/braces – NFHS Rule 3-3-4 regarding the use of devices that aid the competitor and use of tape are unchanged. Other than tape on the wrist of a diver, the use of tape must be associated with a documented medical condition and requires the signed statement of a health care professional (HCP). If an injury occurs during the meet (i.e. a cut or sprained ankle) and an HCP is not available, the coach can provide the required documentation to the referee. The use of braces is subject to state association authorization as has been the procedure.

COMMENTS ON THE 2013-14 RULES REVISIONS

- 1. 2-7-2b** – The change permits the use of the new design of the track-style starting platform with the wedge to be used. If this style block is available the rules do not require the swimmer to place his/her foot on the wedge. The change is allowing schools to keep up with newer equipment.
- 2. 3-3-3 Penalties** – With the elimination of the high-tech suits, which created a competitive advantage, it is no longer necessary to require the field to “step down” for the wearing of an illegal suit, and is appropriate to now simply disqualify at the completion of the heat. The protocol to administer the penalty is now in line with other penalties for disqualifications that take place once the heat has started.
- 3. 3-5** – Technology advancements in the area of electronic audio and video devices have made such items easy to use and very accessible. Their use, if not used during the actual competition when a competitor is in the pool or on the board, no longer creates an advantage or disadvantage among competitors or teams. The contest officials should be responsible for what takes place in the competition venue, and not monitoring who is using an electronic device in various locations in the facility or on the bench area, which is difficult, at best, to identify. The location of the use of such items cannot interfere with the administration of the meet as determined by the meet referee.
- 4. 8-2-2** – Permitting a single butterfly kick following the start or turn at any time prior to the breaststroke kick is more appropriate for the high school swimmer, and will allow greater consistency in officiating the stroke. This change in the rule will eliminate many of the problems and inconsistencies as to when the arm stroke is actually initiated both for clarity with the swimmer and the officials.
- 5. 9-7-4** – Clarifies how long the diver must maintain the straight-body position for the flying one and one half somersault dives, and the awarding of points when the position is not held. Previously, the duration for holding the straight-body positions was not clearly identified within the rules.

Appendix A

SUGGESTED GUIDELINES FOR STARTER'S PROTOCOLS

The following guidelines for starter's protocols include both verbal preparatory commands and whistle preparatory commands. By state association adoption, these guidelines may be adopted as the required starting protocol for the respective state. A single protocol may be adopted or both may be adopted for use during the season.

Use of Verbal Preparatory Commands

FORWARD STARTS

1. To bring the swimmers to the starting area, the announcer or referee/starter announces event/distance/heat – "this is the varsity girls' 200-yard freestyle, heat 3"
2. Referee/starter blows long whistle
3. And immediately says, "step up"
4. When swimmers are settled into position, starter says, "take your mark"
5. When swimmers are stationary, starter activates the starting signal

BACKSTROKE STARTS

1. To bring the swimmers to the starting area, the announcer or referee/starter announces event/distance/heat – "this is the varsity girls' 200-yard medley relay" or "this is the varsity boys' 100-yard backstroke"
2. Referee/starter instructs swimmers to "step in"
3. When all swimmers have surfaced, referee/starter blows a long whistle to have the swimmers return to the wall and instructs swimmers to "place your feet"
4. When swimmers are settled into position, starter says, "take your mark"
5. When swimmers are stationary, starter activates the starting signal

Use of Whistles as Preparatory Commands

FORWARD STARTS

1. Referee/starter signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or referee/starter announcing the event/distance/heat.
2. When all swimmers have approached the blocks, referee/starter blows a long whistle for the heat to step onto the blocks and take their preparatory position.
3. Once all swimmers are on the blocks, the referee immediately turns the heat over to the starter.
4. When the swimmers are prepared, the starter says "Take your mark."
5. When swimmers have assumed the correct starting position and are stationary, starter activates the starting signal.

BACKSTROKE STARTS

1. Referee/starter signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or referee/starter announcing the event/distance/heat.
2. When all swimmers are at the side of the blocks, referee/starter blows a long whistle for the heat to immediately step into the water. When all swimmers have sur-

faced, referee/starter blows a second long whistle to have the swimmers return to the wall and immediately assume their starting positions.

3. The procedure is then the same as in steps 3, 4, and 5 in the FORWARD START section.

Optional: If a swimmer (or swimmers) has not responded to the whistles, referee/starter may say "step up" or "step in."

NO-RECALL STARTING PROTOCOL

FOR TWO OFFICIALS – DUAL CONFIRMATION OF THE FALSE START

The referee shall –

1. Upon observing a false start, record in writing the lane or lanes that have committed a false start.
2. Compare written records with the starter and, upon confirming that both have observed the same violation, will disqualify the swimmer(s). S/he will also notify the swimmer(s) and/or coach(es) of the violation.

The starter shall –

1. Upon observing a false start, record in writing the lane or lanes that have committed a false start.
2. Compare written records with the referee to confirm/not confirm the potential violation(s).

FOR ONE OFFICIAL

The official shall –

1. Upon observing a false start, raise a hand with open palm as soon as possible after the start, but before the swimmers have completed their first length, indicating the violation.
2. At the completion of the race, s/he shall notify the swimmer(s) and/or coach(es) of the disqualification(s)

RECALLING THE ENTIRE HEAT

The referee/starter may recall the entire heat -

1. When the start is such that the referee/starter is not satisfied that the race was properly begun, it is always permissible for the referee/starter to recall the entire heat.
2. It is not necessary to charge any swimmer with a false start under these conditions, although that may also occur.

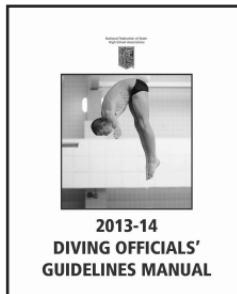
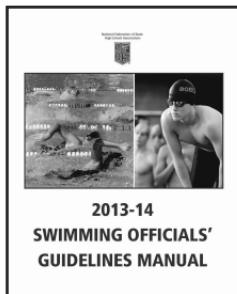
Things that negatively affect the start – such as a loud noise just as the starting signal is given that affects one or more swimmers – should be part of any starter's awareness when commencing a race.

Appendix B**SUGGESTED PROTOCOLS FOR ELECTRONIC RELAY JUDGING EQUIPMENT**

1. In non-championship meets, at least two relay takeoff judges must be assigned to observe the relay exchanges. In championship meets, at least four relay takeoff judges must be assigned this responsibility.
2. In championship meets, a relay takeoff judge shall be assigned to observe relay exchanges in no more than four lanes.
3. If the electronic relay judging equipment detects an exchange differential (takeoff pad time minus finish pad time) of -0.09 through +0.09 second inclusive, from the manufacturers starting point, the decision(s) of the relay takeoff judge(s) shall be considered to confirm a disqualification. The determination of the electronic relay judging equipment shall be official when indicating an exchange differential of -0.09 through -0.01 seconds from the manufacturer's starting point, if confirmed by at least one takeoff judge. If the electronic relay judging equipment indicates values of 0.00 through +0.09 seconds there shall not be a rules violation, and the observations of the takeoff judges is not considered.
4. If the electronic relay judging equipment records an exchange differential outside the range -0.09 through +0.09 second from the manufacturer's starting point, a disqualification shall occur if there is confirmation of a rules violation: (a) by the electronic relay judging equipment and either takeoff judge; or (b) dual confirmation by the takeoff judges.
5. An alleged rules infraction that is observed by either takeoff judge shall be recorded immediately in writing. Each relay takeoff judge who observes an alleged rules violation shall wait until the last competitor of the heat is in the water before signaling an observed violation by raising a hand overhead, with open palm.

Guidelines for the Organization and Responsibilities of the Administration of a Championship/large Meet are located on the NFHS Web site (www.nfhs.org) on the "Swimming and Diving" page.

The new Swimming and Diving Officials' Guidelines Manuals are located at
<https://www.nfhs.org/swimming>.



Appendix C

GUIDELINES FOR JUDGING DIVING

A. STUDY THE RULES. Know:

1. the areas of consideration in awarding points for diving (Rule 9-7-1);
2. the required aspects of each of these areas (Rule 9-5).

The following comments supplement, but do not alter these rules:

a. Starting Position: FORWARD – Diver should demonstrate good posture with arms in a position of diver's choice. **BACKWARD** – Diver should demonstrate good posture, with arms straight and in a position of the diver's choice.

b. Approach: FORWARD – Divers must take at least three steps, may have additional movement followed by culminating hurdle, prior to takeoff for front approach dives. These steps should be natural walking steps with no stiff, jerky, awkward or exaggerated arm or leg movements. **BACKWARD** – Slight up and down movement of the board (maximum four times) while standing backward is allowed. However, **AT NO TIME** should the balls of the feet lose contact with the board. If the feet leave the board, deduct ½-2 points.

c. Hurdle: The last step in the forward approach, called the hurdle, consists of the diver lifting the leg (diver's choice which leg) to a right angle at the hip and the knee. The other leg pushes down on the board and helps the diver jump to the end of the board where they land on two feet. The hurdle is the foundation for the rest of the dive thus an important element for judges to observe.

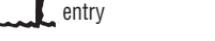
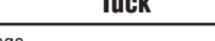
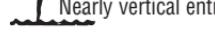
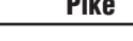
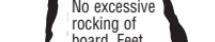
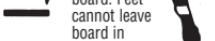
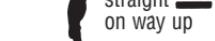
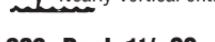
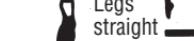
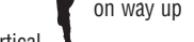
d. Takeoff: FORWARD – The diver should land from the hurdle on the end of the board in a nearly straight body position. Good balance is essential. Too much lean forward or backward will affect the success of the dive. **BACKWARD** – Balance on the balls of the feet should be maintained as the arms make a forward circle in time with the leg push to assist the lift from the board. Too much lean forward or backward will affect the success of the dive.

e. Flight: Once in the air the diver should demonstrate dive control. Contributing to control is the dives' height and power along with the grace, beauty and accuracy. The dive position (pike, tuck or straight) should be clearly defined. Good form should be displayed by means of body tightness and toe point which is maintained throughout the entire dive flight.

f. Entry: The diver's line into the water is only one segment of the total dive and should not be over judged. Splashless entries (known as "rip" entries) are impressive and are a critical part of the total dive. However, if other segments of the dive had flaws the rip entry means little. Because the entry is the last part of the dive seen, it is easy to judge the entry, forgetting mistakes in takeoff and/or flight. Avoid this common trap. Conversely, a good dive with a rip entry is automatically a better dive and deserves a higher score.

B. JUDGING GUIDE:

- 10-9** **Exceptional** – No visible flaws - approach, hurdle, height, distance, execution and entry all exceptional.
- 8½-7½** **Excellent** – Approach, hurdle, height, distance or entry slightly affected. Execution well-defined.
- 7-6** **Good** – Approach and hurdle unaffected; height and distance acceptable; execution defined, entry controlled but slightly affected.
- 5½-4½** **Satisfactory** – Approach and hurdle acceptable; height and distance adequate; execution complete and entry slightly over or under.
- 4-2½** **Deficient** – Approach and hurdle affected; height and distance inadequate; execution affected and entry over or under.
- 2-½** **Unsatisfactory** – Approach and hurdle affected; height and distance inadequate; execution not complete or broken position, entry significantly affected.
- 0** **Failed dive.**

	DIVE SILHOUETTES	
The higher, the better	Good arm position  Deduct for too much back bend    	Tight tuck  Fast spin  Long drop to water in final position  Vertical entry 
101. Forward Dive — Pike	101. Forward Dive — Straight	103. Forward 1½ SS Tuck
Tight, early tuck  Judge entry on smoothness and vertical entry                  	Look for height  Long drop to water in final position                  	Vertical entry, 2-4 ft. from board  No excessive rocking of board. Feet cannot leave board in rocking prior to takeoff                  
Legs Straight and together  Nearly vertical entry        	Look for height  Long drop to water in final position        	Good height  Vertical entry  Legs straight on way up       
203. Back 1½ SS — Tuck	301. Reverse Dive — Pike	301. Reverse Dive Straight

DIVE SILHOUETTES

Tight tuck



Dive must be directly in front of the board, NOT pulled to either side

303. Reverse 1½ SS Tuck

Look for height

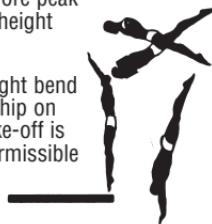


Long drop to water in final, vertical position

401. Inward Dive — Pike

Straight position must be reached before peak of height

Slight bend of hip on take-off is permissible



401. Inward Dive Straight

Dive must be directly toward board, NOT pulled to either side

The longer the drop to the water in vertical position the better



403. Inward 1½ SS Tuck

Tight tuck

Smooth, easy motion — not jerky



5111. Forward Dive, ½ Twist Straight



5132. Forward 1½ SS, 1 Twist — Free

In judging this dive, keep in mind "the twisting must not manifestly be done directly from the board." The diver MUST leave the board in the back dive position



5211. Back dive, ½ Twist Straight



Vertical entry

5233. Back dive 1½ SS 1½ Twist, Free

NATIONAL HIGH SCHOOL SWIMMING RECORDS

(As of June 1, 2013)

BOYS

- 200-Yard Medley Relay – 1:28.02** – Jacksonville Bolles, FL (Murphy, Condorelli, Booth Schooling) at Orlando, FL, 2012
- 200-Yard Freestyle – 1:33.83** – Tom Shields (Huntington Beach Edison, CA) at Walnut, CA, 2009
- 200-Yard Individual Medley – 1:41.39** – David Nolan (Hershey, PA) at Hershey, PA, 2011
- 50-Yard Freestyle – :19.43** – Vladimir Morozov (Torrance, CA) at Long Beach, CA, 2010
- 100-Yard Butterfly – :46.50** – Joseph Schooling (Jacksonville Bolles, FL) at Orlando, FL, 2012
- 100-Yard Freestyle – :42.34** – David Nolan (Hershey, PA) at Hershey, PA, 2011
- 500-Yard Freestyle – 4:13.87** – Jack Conger (Olney Our Lady of Good Counsel, MD) at Boyds, MD, 2013
- 200-Yard Freestyle Relay – 1:19.27** – Jacksonville Bolles, FL (Murphy, Schooling, Condorelli, Goossen) at Orlando, FL, 2012
- 100-Yard Backstroke – :45.34** – Ryan Murphy (Jacksonville Bolles, FL) at Orlando, FL 2012
- 100-Yard Breaststroke – :53.39** – Steven Stumph (Campolindo, CA) at Concord, CA, 2013
- 400-Yard Freestyle Relay – 2:54.43** – Jacksonville Bolles, FL (Murphy, Condorelli, Booth, Schooling) at Orlando, FL, 2012

GIRLS

- 200-Yard Medley Relay – 1:40.73** – Concord Carondelet, CA (White, Gargalikis, Ray, Chenault) at Concord, CA, 2011
- 200-Yard Freestyle – 1:42.81** – Dagny Knutson (Minot, ND) at Mandan, ND, 2008
- 200-Yard Individual Medley – 1:53.82** – Dagny Knutson (Minot, ND) at Grand Forks, ND, 2009
- 50-Yard Freestyle – :21.99** – Olivia Smoliga (Glenbrook South, IL) at Evanston, IL, 2012
- 100-Yard Butterfly – :51.92** – Jasmine Tosky (Palo Alto, CA) at Santa Clara, CA, 2011
- 100-Yard Freestyle – :48.15** – Dagny Knutson (Minot, ND) at Mandan, ND, 2009
- 500-Yard Freestyle – 4:34.78** – Dagny Knutson (Minot, ND) at Mandan, ND, 2008
- 200-Yard Freestyle Relay – 1:31.18** – Chattanooga The Baylor School, TN (Vredeveld, Deveaux, John-Williams, Yearwood) at Nashville, TN, 2012
- 100-Yard Backstroke – :51.43** – Olivia Smoliga (Glenbrook South, IL) at Evanston, IL, 2012
- 100-Yard Breaststroke – :58.75** – Kasey Carlson (Walnut Creek Las Lomas, CA) at Concord, CA, 2009
- 400-Yard Freestyle Relay – 3:20.42** – Concord Carondelet, CA (Chenault, Amberg, Murphy, White) at Concord, CA, 2013

These records also appear on the NFHS Web site at <http://www.nfhs.org/recordbook/> and are updated throughout the year.

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National Federation of State
High School Associations



Mission Statement

The National Federation of State High School Associations serves its members, related professional organizations and students by providing leadership for the administration of education-based interscholastic activities, which support academic achievement, good citizenship and equitable opportunity.

We Believe

Participation in education-based interscholastic athletics and performing arts programs:

- Enriches each student's educational experience.
- Promotes student academic achievement.
- Develops good citizenship and healthy lifestyles.
- Fosters involvement of a diverse population.
- Promotes positive school/community relations.
- Is a privilege.

The NFHS:

- Promotes and protects the defining values of education-based interscholastic activity programs in collaboration with its member state associations.
- Serves as the recognized national authority on education-based interscholastic activity programs.
- Serves as the pre-eminent authority on competition rules for education-based interscholastic activity programs.
- Promotes fair play and seeks to minimize risk for student participants through the adoption of national competition rules and delivery of programs and services.
- Delivers quality educational programs to serve the changing needs of state associations, school administrators, coaches, officials, students and parents.
- Provides professional development for NFHS member state association staff believing that cooperation among state associations advances their individual and collective well-being.

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Suggested Guidelines for Management of Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

Common Signs and Symptoms of Concussion Include:

- headache
- fogginess
- difficulty concentrating
- easily confused
- slowed thought processes
- difficulty with memory
- nausea
- lack of energy, tiredness
- dizziness, poor balance
- blurred vision
- sensitive to light and sounds
- mood changes – irritable, anxious or tearful
- appears dazed or stunned
- confused about assignment
- forgets plays
- unsure of game, score or opponent
- moves clumsily
- answers questions slowly
- loses consciousness
- shows behavior or personality changes

Suggested Concussion Management:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

For further details please see the “NFHS Suggested Guidelines for Management of Concussion” at www.nfhs.org.

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Equipment Guidelines

1. Each NFHS sports rules committee is responsible for recommending the official playing rules to the NFHS Board of Directors for adoption. The committee is not responsible for testing or approving playing equipment for use in interscholastic sports. Equipment manufacturers have undertaken the responsibility for the development of playing equipment that meets the specifications established by the committee. The NFHS urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NFHS nor the applicable NFHS sport rules committee certifies the safety of any sport equipment. Only equipment that meets the dimensions and specifications in the NFHS sport rules may be used in interscholastic competition. While the committee does not regulate the development of new equipment and does not set technical or scientific standards for testing equipment, the committee may, from time to time, provide manufacturers with guidance as to the equipment-performance levels it considers consistent with the integrity of the game. The committee reserves the right to intercede to protect and maintain that integrity.
2. Each NFHS sport rules committee suggests that manufacturers planning innovative changes in sports equipment submit the equipment to the applicable NFHS sport rules committee for review before production.

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General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

Universal Hygiene Protocol for All Sports

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

Infectious Skin Diseases

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on "time until return to competition." Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

Blood-Borne Infectious Diseases

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

Other Communicable Diseases

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During times of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the "Blood-Borne Pathogens," "Infectious Mononucleosis" and "Skin Conditions and Infections" sections contained in the NFHS Sports Medicine Handbook.

Revised and Approved in October 2012

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Guidelines on Handling Contests During Lightning Disturbances

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the "Guidelines for Lightning Safety" contained in the NFHS Sports Medicine Handbook.

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Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give students special consideration.

The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

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Officials Code of Ethics

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

Officials shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.

Officials shall work with each other and their state associations in a constructive and cooperative manner.

Officials shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public.

Officials shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.

Officials shall be punctual and professional in the fulfillment of all contractual obligations.

Officials shall remain mindful that their conduct influences the respect that student-athletes, coaches and the public hold for the profession.

Officials shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.

Officials shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.

Officials shall maintain an ethical approach while participating in forums, chat rooms and all forms of social media.

NFHS PUBLICATIONS

Prices effective April 1, 2013 — March 31, 2014



RULES PUBLICATIONS

Baseball Rules Book	\$7.20	Girls Gymnastics Rules Book & Manual (2012-14) ..	\$7.20
Baseball Case Book.....	\$7.20	Ice Hockey Rules Book.....	\$7.20
Baseball Umpires Manual (2013 & 2014).....	\$7.20	Boys Lacrosse Rules Book	\$7.20
Baseball Simplified & Illustrated Rules.....	\$8.95	Soccer Rules Book.....	\$7.20
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Football Handbook (2013 & 2014)	\$7.20	Wrestling Case Book & Manual	\$7.20
Football Officials Manual (2012 & 2013)	\$7.20		
Football Rules by Topic	\$8.95		

MISCELLANEOUS ITEMS

NFHS Statisticians' Manual.....	\$6.75
Scorebooks: Baseball-Softball, Basketball, Swimming & Diving, Cross Country, Soccer, Track & Field, Gymnastics, Volleyball, Wrestling and Field Hockey	\$11.20
Diving Scoresheets (pad of 100)	\$7.25
Volleyball Team Rosters & Lineup Sheets (pads of 100).....	\$7.25
Libero Tracking Sheet (pads of 50).....	\$7.25
Baseball/Softball Lineup Sheets - 3-Part NCR (sets/100).....	\$8.75
Wrestling Tournament Match Cards (sets/100)	\$7.25
Flipping Coin.....	\$5.50
NFHS Pin	\$4.00
Competitors Numbers (Track and Gymnastics – Waterproof, nontearable, black numbers and six colors of backgrounds Numbers are 1-1000 sold in sets of 100	\$15.00/set
Lane Numbers (1-8), size 4" x 2 1/2"	\$7.25/set

MISCELLANEOUS SPORTS ITEMS

Court and Field Diagram Guide.....	\$20.20	Sportsmanship. It's Up to You. Toolkit	\$19.95
NFHS Handbook (2013-14)	\$9.00	High School Activities — A Community Investment in America	\$39.95
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