

Swimming & Diving Rules Clinic

Oct 20, 2021

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2021-22 NFHS SWIMMING AND DIVING RULES CHANGES, EMPHASIS, & HIGHLIGHTS



ENTRIES BY INDIVIDUALS

3-2-5

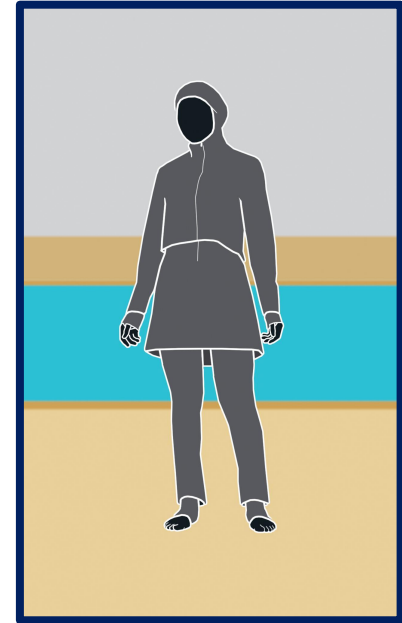
- Changes protocol for declaration of the lead-off swimmer in a relay to be submitted prior to the start of the event.



UNIFORMS

3-3-5

- Permits competitors to wear suits providing full body coverage for religious reasons.
- The suit must meet the requirements of Rule 3-3-4b(1-3).
- Questions about a specific suit must be addressed by the state association after the meet.





RESPONSIBILITIES FOR COUNTING LENGTHS

- If a lap counter malfunction occurs, it is competitor's responsibility to count proper lengths in the 500-yard freestyle event;
- If lap counter aids competitor, the competitor is disqualified;
- If lap counter enters water during race, all competitors of the team in the race are disqualified;
- If the starter sounds the warning device at the incorrect time competitors shall not be penalized for circumstances beyond their control.



UNIFORMS

3-3-6c

- Permits the application of temporary adhesives for divers.
- Minimizes hand slippage.
- Aligns with national trends.





DIVING CONTESTANTS

9-3-7

- Standing forward takeoffs are permitted.
- Diver must declare intent to the referee prior to the dive.
- The diving referee shall deduct 2 points from each judge's award for violation of the forward approach.





DIVING CONTESTANTS

9-3-7 PENALTIES

- If the diver does not declare the intent to perform a forward standing takeoff, both penalties will NOT be assessed:
 - Either the diver declares intent to do a standing takeoff and receives a two-point deduction from each judge; or
 - The diver fails to declare intent making it an unsatisfactory dive and receives no more than two points per judge.

- Both calls will be made by the diving referee.





FORM OF THE DIVES

9-5-4b

- Clarifies only four oscillations are permitted before the diver leaves the board.



MANDATORY DEDUCTIONS

9-8-2d

- **ART. 2 . . .** Each diving judge shall deduct $\frac{1}{2}$ -2 points for:
 - d. Spreading the knees wider than the shoulders in the tuck position.



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DIVING OFFICIALS

9-6-2i, 9-6-4 NEW

- Permits announcer errors to be immediately corrected by allowing a diver to perform the correct dive prior to the next dive.
- Defines process to rectify announcing errors that occur during diving competition.

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Officiating Swimming & Diving

Course Objectives

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

Units

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

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

Approved by NFHS for 3 course clock hours



NFHS LEARNING CENTER





Coaching Swimming

Coaching Swimming was developed by the NFHS and the National Interscholastic Swim Coaches Association of America (NISCA). This course teaches the basic skills of the four competitive strokes, and also includes starts, turns and finishes. It also provides material on how to best administer a successful swimming program.

Course Objectives

- How to successfully administer a student first swimming program including—recruitment, pre-event management, interscholastic coaching philosophy, differences in club v. high school, communication and risk minimization
- Become familiar with the NFHS Swimming Rules Book and local guidelines
- Learn the basics of the four competitive swimming strokes—freestyle, backstroke, breaststroke and butterfly
- Learn the elements of the start and the two basic types of turns

Units

- Administering the Program
- Competitive Swim Strokes
- Starts
- Turns and Finishes



Coaching Diving

Course Objectives

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

Units

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



2021-2022 Season - **Key Dates**



1. Practices may begin Nov 8, 2021
2. First Dual meets may begin Dec 1, 2021
3. State tournament (**tentatively**)
 - a. Tuesday 2/22/22 - Diving Preliminaries
 - b. Wednesday 2/23/22 - Swimming Preliminaries
 - c. Thursday 2/24/22 - Swimming Preliminaries
 - d. Saturday 2/26/22 - Swimming Finals

Officials

Exam Open now

Exam Closes Nov 29 @11:59pm

COVID Precautions for 2021-2022 - **General**



Social Distancing

- Teams must be located in separated areas (preferably opposite sides of the pool) to minimize cross-team mingling
- Maintain social distancing
- Swimmers remain seated, when possible, and in their team area when not competing or warming up
- Teams encouraged to only bring team members that are expected to compete in the meet

Facilities

- No known added facility restrictions at this point in time; expect to learn more
- Coaches, please send Kent a note as you are made aware of any facility restrictions

Masking

Everyone on-deck or in the spectator area is required to be wearing a mask
except athletes warming up or competing
(Regardless of vaccination status)

COVID Precautions for 2021-2022 - **General** (cont'd)

October 2021



Uniforms

- Familiarize with Rules Section 3.3

Lane assignments

- Coaches shall confer ahead of the competition to determine lane assignments since the score sheets **MUST** include lane assignments

Boys swim before Girls events for this season

COVID Precautions for 2021-2022 - **Warm-ups**



Timing & Lanes

- Standard 15 minute warm-up per team
- All lanes used for each warm-up; no limit on swimmers per lane; minimize congregating
- Entry only from ends of pool

Sprints

- Conducted as part of team warm-up
- All lanes useable; swimmers return to start end only on their team's side of the pool (if possible)
- Swimmers exit pool promptly upon completing the length of the pool
- Maintain social distancing
- Sprinters may return to start end without masks IF proceeding directly to conduct additional sprint starts; otherwise directly return to start area and re-mask

Team Cheer at end of warm-up is possible if teams can maintain appropriate social distancing

COVID Precautions for 2021-2022 - **Pre-Meet & Diving**



Coach/Captain Meeting

- One Coach per Team and One Captain per Team
- Maintain Social Distancing

NOTE: prior to the meeting, an Official may confer with coaches to confirm team locations, assigned lanes, entry process, etc.

Diving Warm-ups

- Warm-up concurrent with swimmer's warm-up sessions

Diving Competition

- Held after 50 Free unless mutually agreed upon by BOTH Teams to hold before first swimming event
- Diving competition may be conducted either before or after the swimmer warm-up sessions
- Referee will ask VERBALLY for Score from official on opposite side of pool (in lieu of using a whistle)

COVID Precautions for 2021-2022 - **Entries**



Entries

- Competition rosters pre-filled by Coaches in lieu of event cards ('Score Sheet')
 - Submitted at least 10 minutes before first event
 - Suggested to submit in pencil; provide editing option (e.g. whiteout) if pre-printed
- Must include: Team Name, Swimmers' first and last name
 - LANES are to be pre-assigned; **Using alternating lanes**
- Officials NOT checking swimmer names before each heat
 - Will verify Rosters at Break and at end of Meet
- Designate lead-off swimmers in Roster (and Entry Change Cards)
- PREFERRED: Coach submit two identical rosters to ease workload for Scorers

Changes to Line-up

- Use Entry Change Cards (introduced in 2020-2021 season) for any changes to official roster
- Submitted to REFEREE immediately after the completion of the previous event
 - Change Cards to be used for Lane Assignment changes
- Use to designate EXH swims

Roster Change Cards



- Expecting minimal interactions with coaches during the meet
- Develop a system that minimizes number of touches & people involved to get the cards
- Coaches will have change cards

DIAA - Event Change Card

School _____ Girls Boys

Event Name _____

Swimmer IN _____ Lane _____

Swimmer OUT _____ Lane _____

Coach Initials _____

_____ Please treat all subsequent events as EXH non-scoring.

COVID Precautions for 2021-2022 - **Order of Finish & Timing**



Order of Finish (OoF)

- To be provided by the Referee to the Scorers
- HS Dual Meets are scored based ONLY on order of finish
- Watch times cannot be used in determination of OoF

Timers

- Timers are encouraged to be used; One per lane
- Timers wear masks at all times and maintain separation from swimmers as much as possible
 - Step forward to finish area to most effectively capture finish; then step back away from swimmers
- Timers record times and provide completed timesheets to Scorers at the end of the Meet
 - Coaches provide time recording sheets to their respective timers
 - Copies of recorded times to both Teams at end of meet
- Exhibition times for swimmers in opposing team lanes are to be taken and recorded by the Coaches

Automatic Timing Systems, if used

- Times may be provided to Scorers from console operator for recording on scoresheets
- Timers encouraged to be used as back-up

COVID Precautions for 2021-2022 - Scoring



Scorers

- Table located where readily accessible by Referee
- Two Scorers per Team, if needed (one per team preferred)
 - Scorers wear mask at all times throughout competition
- Pre-filled Competition Rosters (from coaches) are to be used for scoring the meet
 - Each team copy/record names of opposing teams entries onto their Scoresheet

Changes to Entries

- Changes only accepted via Entry Change Card submitted to Scorers from the Referee
- Scorers shall keep all Entry Change Cards for Referee to take after meet
- OoF to be provided by the Referee to the Scorers for use in scoring each event

Entry Count Sheets

- Entry Count SHALL be done by the Scorers
- Complete Entry Count after each event is completed

Triple Dual Meets

- 3-Team score sheets MUST be used unless one team is only competing against one of the other Teams

COVID Precautions for 2021-2022 - **Competition**

October 2021



Starts & Finishes

- Referee will use standard Whistle Commands (MUST use electronic whistles)
- Swimmers report to starting area once previous event swimmer is in water
- Swimmers shall only use verbal congratulations with other swimmers in their event

False Starts & Relay Take-offs

- 'No Recall' false start rule will be in effect.
 - May DQ if race is recalled
- False Starts are single-confirmation at Dual meets
- Relay take-offs are single-confirmation at Dual meets

COVID Precautions for 2021-2022 - **Competition**

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Middle of Meet warm-ups

- 10 minute minimum warm-up following the 50 Freestyle
- Teams shall use the 2 or 3 lanes closest to their designated Team area

Lap Counters

- Limited to One Lap Counter per Lane at turn end
- Must wear a mask
- No gathering of other swimmers behind lap counters

Exhibition heats

- Exhibition heats (50 Freestyle & 100 Freestyle) and empty lane exhibition are permitted
 - Maximum 2 heats per team per meet

COVID Precautions for 2021-2022 - Relays



- Four swimmers should report to starting end for each relay once previous event swimmers have left the start area
- Maintain social distancing as much as practical
- Swimmers keep mask on until previous swimmer is in the water
- Upon completion of each leg, swimmer shall leave the start area, wearing a mask
- Final leg Swimmers will use verbal congratulations with other swimmers in their event
- Swimmers may not congregate at the conclusion of the race to congratulate each other

COVID Precautions for 2021-2022 - **Post-Meet**



Post-meet Sportsmanship

- Teams shall NOT conduct the typical pass-by handshake and congratulations
- Teams are encouraged to stand in their designated team areas and acknowledge the other team in an appropriate manner

Scores

- Upon completion of the Meet, Referee will review and sign off:
 - Entry Count sheets
 - All score sheets used for recording the scores
- Referee to collect Entry Change Cards and Entry Count Sheets
- Scoresheets and Timer sheets are to be returned to the respective Coaches

COVID Precautions for 2021-2022 - **General**



Officials

- Single Referee/Starter for both Girls and Boys meets
- Officials are NOT the COVID 'police' nor the experts
- Safety and Health of all involved in the competition are the highest priority
- Officials not likely aware if a meet is a triple dual, double dual, or tri-meet
 - Coaches - address with your ADs before arriving to Meet

Changes are Possible

Anticipate updates & communications as we approach the first competitions

Other Questions?

Contact Kent Steeves (officialkent@gmail.com) for any questions, comments, concerns regarding Rules or Meet Conduct

Coaches: contact Mike Morton (michaelmorton0322@gmail.com) for any Coaching specific guidelines for practices, etc.