


National Federation of State
High School Associations



2012-13
Swimming and Diving
Rules Changes
Major Editorial Changes
Points of Emphasis


Take Part. Get Set For Life.™

2012-2013
BY-LAW CHANGES




EMERGENCY ACTION PLAN

- Mandated for athletic practices and games
- Include responses to:
 - weather-related emergencies
 - serious illness/injury situations
 - violence/terroristic incidents
- Solicit assistance from
 - local law enforcement agencies
 - first responder/rescue agencies
 - medical personnel




E.A.P. PROCESS

- Formulate the plan carefully
- Practice the plan regularly
- Implement the plan precisely




INSTITUTIONAL HEAT POLICY

- Applies to practices and voluntary workouts in all sports
 - ratio of work to rest and hydration
 - length of workout session
 - cancellation of outdoor workouts
- Policy must be signed by coach & distributed to parents each season.
- All heat/humidity readings must be taken with a Wet Bulb Globe Temperature instrument.
- NOTE: WBGT “degrees” not same as thermometer




BY-LAW 2.67

WBGT	GUIDELINES
Under 82	Normal activities – 3 rest/hydration breaks per hour in a “cool zone” (minimum: 3 minutes each)
82.0 – 86.9	Watch at-risk players – 3 rest breaks per hour in a “cool zone” (minimum: 4 minutes each)
87.0 – 89.9	Maximum practice time: 2 hours <u>Football</u> : helmets, shoulder pads, shorts only for practice; no protective equipment during conditioning drills <u>All Sports</u> : At least 4 rest breaks per hour in a “cool zone”(minimum: 4 minutes each)
90.0 – 92.0	Maximum practice time: 1 hour <u>Football</u> : No protective equipment; No conditioning drills <u>All Sports</u> : 20 minutes of breaks in a “cool zone” distributed throughout the hour
Above 92.1	No outdoor workouts




COACHING ISSUES

- Community Coach may not coach same sport at two schools – even in same system
- Retired coaches (49%) do not have to do more than just coach to be head coach
- GHSA official and/or officiating assignor may not coach at GHSA school in same sport



MISCELLANEOUS

- No student may practice during the school day.
 - School sets beginning/ending time
 - Early release students may not practice during this time in the GHSA season for that sport
- Undue influence rule applies to student transferring to school whose coach coached player in an all-star game.



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2012-13
Swimming and Diving
Rules Changes

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Uniforms

Rule 3-3-2 PENALTIES

- Clarifies the penalties for a swimmer/diver wearing illegal attire, such as a cap issue, from the penalties for wearing a suit of illegal construction
- When an official discovers a competitor wearing illegal attire as described in Article 2, the official shall:
 - When observed before the start of the heat/dive notify competitor to make uniform legal
 - If can't be done without delaying the start the competitor is disqualified from heat/round until legal



Uniforms

Rule 3-3-2 PENALTIES

- When observed after start of heat/dive the competitor is disqualified at completion of the heat/dive
- Performance results nullified and competitor is not eligible until in legal attire



Uniforms – Use of Tape

Rule 3-3-4

- Tape is permitted to treat a documented medical condition
- At no time can use of tape cause a competitor to have advantage over remainder of field
- Signed documentation from appropriate health-care professional shall be presented to referee prior to competition



Uniforms – Use of Tape Rule 3-3-4

- **Situation:** A swimmer from Team A cuts his/her foot needing to be treated and taped to allow for further competition in the meet. The swimmer is treated by (a) host school medical personnel or (b) Team A's medical personnel. The meet referee accepts the treatment and allows the athlete to continue in competition.
- **Ruling:** Correct procedure providing treatment is from appropriate health-care provider onsite.



Uniforms – Use of Tape Rule 3-3-4

- **Reminder:** Preventive taping by divers to support their wrists requires no medical documentation



Form of Individual Events Rule 8-2-1f

- In the breaststroke turn, it is legal for initiation of the turn to be accomplished by an **upward** or downward, underwater movement of the head if the arm(s) pull is absent




Form of Individual Events Rule 8-2-2c

- After the initiation of the arm stroke, and before the breaststroke kick a single butterfly kick is permitted



Form of Individual Events Rule 8-2-2c

- In the breaststroke, on the start or turn, the initiation of the arm stroke for the underwater pull shall be accomplished by a discernible horizontal separation of the hands



Form of Individual Events Rule 8-2-2c

- The initiation of such arm stroke shall be accomplished by a **discernible horizontal separation of the hands**
 - Streamline position





Form of Individual Events Rule 8-2-2c

- The initiation of such arm stroke shall be accomplished by a discernible horizontal separation of the hands
 - **Discernible horizontal separation**




Managing Diving Competition Rule 9-2-2

- In championship meets or meets conducted under championship format, the order of divers, as determined by the meet director, shall be by:
 - Lot
 - OR**
 - Seeding based on diver's best competitive 11 dive score
- Should the meet director take no action the **default method for determining the order of diving shall be by lot**



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2012-13 Swimming and Diving

Major Editorial Changes

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Editorial
Change

Uniforms 3-3-3c


- In regard to swim suit construction, suits with a FINA mark and or individual bar code shall be legal for NFHS competition




Editorial
Change

Diving Approach Rule 9-5-2


- . . . The diver may use additional steps, hops, leaps and or jumps **during** the **initial steps** and **before** the culminating hurdle
 - A leap could occur between the initial second and third steps of the dives



Editorial
Change


Suggested Protocol for Electronic Relay Judging Equipment (ERJ) Appendix B

- Non-championship meets at least **two** relay takeoff judges
- Championship meets at least **four** relay takeoff judges
 - Relay takeoff judge responsible to observe exchange in four or fewer lanes




Editorial Change **Suggested Protocol for Electronic Relay Judging Equipment (ERJ) Appendix B**

- ERJ detects exchange differential of -.09 through +.09 from manufacturer's starting point, decision(s) of relay takeoff judge shall be considered to confirm a DQ
- ERJ is official determination of DQ when exchange differential is -.09 through -.01 and confirmed by at least one takeoff judge
- ERJ indicates values of 0.00 through +.09 there is no violation and relay takeoff judges are not considered




Editorial Change **Suggested Protocol for Electronic Relay Judging Equipment (ERJ) Appendix B**

- ERJ records exchange differential outside range of -.09 through +.09 second from manufacturer's starting point a DQ occurs when confirmation of a rules violation by:
 - ERJ and either takeoff judge
 - or
 - Dual confirmation by the takeoff judges




Editorial Change **Suggested Protocol for Electronic Relay Judging Equipment (ERJ) Appendix B**

- Alleged rules infraction observed by a takeoff judge immediately recorded in writing
- Each relay takeoff judge observing alleged violation waits until last competitor of heat is in water and then signals observed violation
 - Raises hand overhead with open palm




Other Editorial Changes

- 3-3-3a Suits worn by swimmers (excluding divers) shall be...
- 3-5-3 All participants from a team shall be disqualified from that race/heat when...
- 4-1-4 State associations may intercede in the event of unusual incidents before, during and after...
- 9-4 413 Inward Flying 1½ SS...2.7 2.9



National Federation of State
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2012-13
Swimming and Diving
Points of Emphasis

Take Part. Get Set For Life.™

point of
Focus
Emphasis

Shaving Onsite Prohibited
Rule 3-5-7


- Shaving onsite is prohibited
- Sports Hygiene
 - Concern spreading of communicable diseases
 - Sharing of razors
 - Cuts and bleeding with failure to follow the appropriate procedures to clean affected area
- Coaches must take initiative to educate athletes of the rule and enforce at practice and at all competitions



point of
Focus
Emphasis

Suits with FINA Barcode


- Suits displaying FINA mark/barcode meet or exceed all NFHS construction and design requirements in Rule 3-3-3
- FINA mark is not required but when observed by officials they will know suit meets construction requirements unless altered
- Suits approved by FINA at any time during the year are eligible for use in high school competition and do not have to be approved by beginning of school year



point of
Focus
Emphasis

Relay Team Attire may be Adjusted to Become Legal


- Should relay team member two, three or four be in violation of uniform and/or jewelry rule(s) the meet officials may:
 - Let the swimmer who has not swum be aware of the violation and he/she can make adjustment to become legal
 - Must do so before entering water and without delaying the meet



Point of Focus Emphasis

Relay Team Attire may be Adjusted to Become Legal


- Preventive officiating can many times allow a competitor to make adjustments in attire to become legal without delaying the competition
- Ultimate responsibility for being in legal attire remains with the coach and individual athlete



Point of Focus Emphasis

Scoring – Triangular Meets Rule 7-1-2f


- 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.



Point of Focus Emphasis

Scoring – Triangular Meets Rule 7-1-3b



- 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.**



Point of Focus Emphasis

Starts and Finishes Rules 2-7-8, 8-1-7

- In the finishing of races a swimmer must touch the pad or end wall between the lane lines where touch pad should be located
- Touch pads need to be in the proper position
- Rule 2-7-8
 - Pads for automatic timing shall be centered in the lanes
 - Recommend that the touch pads cover the entire width of the lane

POINT OF
FOCUS
EMPHASIS

Starts and Finishes – Backstroke Rules 8-1-7, 8-2-1g

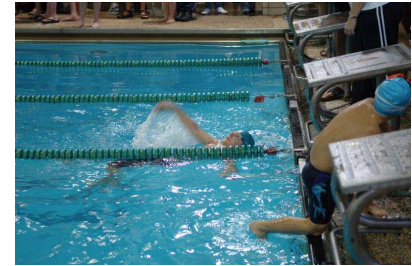
- Backstroke Finishes
 - Swimmer must touch the pad or the finish end by any part of the body
 - If swimmer misses the wall by going over the top of the gutter it is **not** a completed finish



POINT OF
FOCUS
EMPHASIS

Starts and Finishes – Backstroke Rules 8-1-7, 8-2-1g

- With what part of the body will this swimmer most likely touch the finish pad?



POINT OF
FOCUS
EMPHASIS

Timing – Pad Malfunction Rules 4-8-3, 6-3-4, 8-1-7

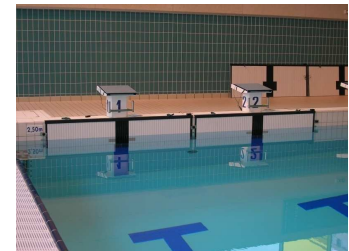
- What is a pad malfunction?
 - Could be considered if the following occurs:
 - Time difference between the pad time and the back up time of more than 0.3 seconds (plus or minus)
 - An observed soft touch by the head timer or timing system operator
 - Pad misplaced or not properly located on the wall



POINT OF
FOCUS
EMPHASIS

Starts and Finishes Rule 8-1-7

- What constitutes a pad surface?
 - The entire pad is live
 - Front surface of the pad
 - The top of the pad
 - The wall surface between the lanes if the pad does not extend to cover the entire wall between lane lines



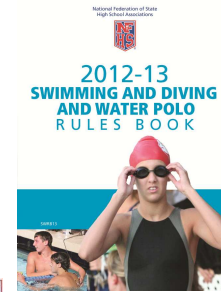
POINT OF
P.O.C.
EMPHASIS

Meet Committee Rule 4-1-2

- When to call the meet committee and what is its responsibility?
 - Meet committee is only called when:
 - Some situation is not specifically covered in the rules
 - Misapplication of a rule during a meet
 - Judgment calls are **NOT** subject to review by this committee
- Decision of the meet committee is final



NFHS Swimming and Diving Publications



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



Swimming and Diving Officials' Guidelines Manuals



- The revised manuals are available August 1 on the following Web site locations:

<http://www.nfhs.org/Swimming/>
<https://nfhs-swimming-diving.arbitersports.com/front/105415/Site>



NFHS Water Polo Resources


- The NFHS Water Polo rules are included in the 2012-13 Swimming and Diving/Water Polo Rules Book
- Additional resources for water polo are located at:
 - <http://www.nfhs.org/WaterPolo/>
 - <https://nfhs-swimming-diving.arbitersports.com/front/105415/Site/Area/Water-Polo-Information>
- Resources include:
 - Case Book/Situations
 - Full listing of the Points of Emphasis
 - Sample exclusion form
 - Scoresheet





New Courses at nfhslearn.com!

- **Creating a Safe and Respectful Environment**
 - Addresses hazing, bullying and cyber bullying, inappropriate relationships and social media
- **Strength and Conditioning**
 - Content from NSCA, designed to educate coaches to how to properly train students
- **A Guide to Acclimitization and Heat Illness Prevention**
 - Available now at www.nfhslearn.com!



Thank You!