

2010-11 NFHS Swimming and Diving Rules PowerPoint Script

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Title Slide – 2010-11 Swimming and Diving – Rules Changes, Major Editorial Changes, Points of Emphasis

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Title Slide – 2010-11 Swimming and Diving Rules Book

SLIDE 3

Swimsuit Design and Construction
Rules 3-3-1, 3-3-2

- New requirements for male and female swimsuit construction and design adopted in August 2009
 - **REVIEW**
- Suit shall be
 - one piece
 - decent appearance (boys shall cover buttocks/girls shall cover buttocks/breasts)
- *Major changes to swimsuit construction and design were adopted in August 2009.*
- *Let's take some time for a basic review of a legal suit.*
- *It should be noted, that should a swimmer require an accommodation or customization of the suit, for example for religious reasons, the school must work with the state association and if approved, a letter of authorization from the state association is required and should be provided to the meet referee prior to the start of the meet.*

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Swimsuit Design and Construction
Rules 3-3-1, 3-3-2

- Suits limited by the following requirements:
 - suit must be one piece
 - only one suit permitted in competition
 - material shall be woven/knit textile, permeable (100% to air and water)
 - **one post-construction impermeable school name and/or logo which shall not exceed 9 square inches permitted**
 - shall not be made to aid in buoyancy
 - shall not be altered to aid in buoyancy
- *Officials should be concerned with the obvious one suit.*

- *No drag/training suits are legal.*
- *Size of school logo, as viewed before the suit is on a contestant.*
- *Textile, woven material.*

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Competition Suits/School Logo
Rule 3-3-2b(2)

IMAGE 1: Legal Logo – One school logo may be added to suit
Does not exceed 9 square inches

IMAGE 2: Illegal Logo – School logo added to suit exceeds 9 square inches

- *The rule allows schools to place a single school logo or mascot on the suit post construction.*
- *The material could be impermeable.*
- *Such school logo shall not exceed 9 square inches.*

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Swimsuit Design and Construction
Rules 3-3-1, 3-3-2

- shall not have zippers or other fastening system other than
 - waist tie for brief or jammer
 - elastic material within casing/ribbing in terminal ends
- style/shape of suit
 - males shall not extend above the waist nor below the top of the kneecap
 - females shall not extend beyond the shoulders nor below the top of the kneecap nor cover the neck
- *Officials should observe the obvious, no zippers or fastening system other than what is permitted by rule.*
- *The style/shape of suit.*

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Swimsuit Design and Construction
Rules 3-3-1, 3-3-2

- Suit and caps shall not contain advertising
 - may contain name and/or number of competitor, school or mascot
 - may contain one visible manufacturer's logo/trademark or reference not exceeding 2¼ square inches and not exceeding 2¼ inches in any dimension
 - American flag not to exceed 2x3 inches
 - commemorative patch not to exceed 4 inches

- *When addressing size limitations of any item on the suit or cap, all measurements are always considered without the suit or cap being on the contestant.*

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FINA Barcode/Competition Suits

Rule 3-3-1 NOTE

- The FINA mark and/or individual barcode is allowed to appear on suits and is NOT considered a second manufacturer's logo or form of advertising
- Suits with FINA mark, if unaltered, are legal for competition under NFHS rules

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FINA Barcode/Competition Suits

Rule 3-3-1 NOTE

- Absence of the FINA barcode does not render an otherwise legal suit illegal
- Absence of an otherwise legal suit on the FINA List of Approved Suits does not make the suit illegal
- *A suit that does not appear on the FINA List of Approved Suits does not automatically make that suit illegal. If the suit is legal in all other respects, it is a legal suit.*
- *The NFHS does NOT provide a list of approved suits.*

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Swimsuit Design and Construction

Rules 3-3-1, 2 & Penalties

- Official discovers competitor wearing illegal suit due to construction, design, and/or wearing two suits
 - Official shall
 - when reporting prior to the start of the heat, notify competitor to make suit legal before competitor considered eligible and does not delay start of heat
 - when the competitor has stepped up on starting platform but prior to activation of starting device
 - direct the competitor to "step down," disqualify the competitor from event and declare ineligible until suit is legal
 - when the starting device has been activated
 - disqualify competitor at end of heat
 - nullify competitor's performance time
 - declare competitor ineligible until in a legal suit
- *The penalties and their administration are spelled out within the rules.*

- *Officials are not responsible to check each swimmer individually for multiple suits.*
- *If there is a question on whether or not a swimmer has on a second suit, other item under the suit or special accommodation, the official should direct the question to the school coach unless obvious, such as the wearing of a drag suit, etc.*

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Devices to Aid Performance

Rule 3-3-3 & Penalty

- Competitors shall not wear/use any device to aid in speed, buoyancy **and/or body compression**
 - Foreign substance may be applied
 - Referee shall require competitor using excessive foreign substance to remove it before competing
 - **PENALTY:** Team personnel/competitor uses an unapproved artificial device during an event, competitor disqualified from further competition
- *The practice of taping is not legal and could result in a disqualification from further competition.*

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Illegal Compression

Rule 3-3-3

- The application of compression tape, wraps and other devices for the purpose of compression of muscles to reduce muscle fatigue is an aid and considered illegal
 - Tape, wraps and other devices may only be used for medical reasons and/or protection of injuries
- *It is not legal to use tape, wraps or other devices for the purpose of compressing muscles.*

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Lead-off Times

Rule 8-3-8b

- A lead-off time shall be nullified should the relay team be disqualified for conduct under Rule 3-5, **or for any entry rule violation under Rule 3-2**
- *Previously only a conduct violation would nullify an otherwise legal lead-off swim on a relay from being recognized as a record or qualifying time in the corresponding individual event.*
- *If a relay team is not eligible to be entered the lead-off swim shall also be nullified.*

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Signing the Dive Sheet
Rule 9-3-3 NOTE

- **ART. 3...**A diver officially becomes a participant when:
 - **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**
- *Added to the list of when a diving contestant officially becomes a participant/competitor is the fully completed diving scoresheet which shall be signed by both the school coach and diver.*

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Signing the Dive Sheet
Rule 9-3-3 NOTE

- **NOTE:** The signatures of the coach and diver **confirm accuracy of the scoresheet** submitted and indicate that the **diver is capable of performing all of the dives listed** on the diving scoresheet. **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.**
- *The coach must not sign the sheet and allow the diver to compete unless he/she has knowledge that the diver is capable of performing all dives listed.*
- *The signature of the coach and diver indicate that the diver is capable of performing all of the dives listed on the dive sheet, and confirms the accuracy of the dive sheet.*

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Twisting Dive
Rule 9-7-4d

- **ART. 4...**A dive is unsatisfactory if, in the diving referee's opinion:
 - **d. A diver does not attempt to come out of the twist**
- Requires the diver to demonstrate attempt to come out of a twist
- Places twisting dives in line with diver attempting to come out of tuck or pike positions
- *This rule assists in fairness and consistency in judging a twisting dive performance.*
- *Requiring the diver to demonstrate his/her attempting to come out of a twist places these dives in line with attempting to come out of the tuck or pike positions.*
- *Rule 9-5-7 defines the position of the arms when the diver completes the dive.*
- *Therefore the diver, on a twisting dive, must demonstrate his/her attempt to come out of the twist to complete the dive.*

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Twisting Dive

Rule 9-7-5g

- **ART. 5...**A dive is failed if, in the diving referee's opinion, the diver:
 - 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
- *The rule specifies the diver's shoulders shall be used to determine whether the proper amount of twist has been achieved for the individual dive when the diver's feet/hands contact the water.*
- *The reference of a definitive body part to use when judging the completion of twists has been absent from the rule and is necessary for consistency in judging the dive.*

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Twisting Dive

Rule 9-7-5h

- **ART. 5...**A dive is failed if, in the diving referee's opinion, the diver:
 - h. **in a twisting dive, twists the shoulders past 90 degrees, before the feet leave the board;**
- *To perform a twisting dive, the competitor should perform the majority of the twist while off the board.*
- *The twist should not be taken out of the dive by twisting beyond 90 degrees while still having the feet on the board.*

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Excessive Oscillation

Rule 9-8-2a

- **ART. 2...**Each diving judge shall deduct $\frac{1}{2}$ - 2 points for:
 - a. **Not stopping the oscillation of the board just before or after the starting position is assumed;**
 - b. Excessive oscillation;
- *A deduction of $\frac{1}{2}$ to 2 points is mandatory when the diver does not stop the oscillation of the board just before or after the starting position is assumed.*
- *It has been accepted that the diver shall stop board oscillation before or after the starting position is assumed, but a clear statement of this requirement has been omitted from the rules.*

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Title Slide – 2010-11 Swimming and Diving – Major Editorial Changes

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Editorial Changes

- Rule 1-3-12 NOTE: **An invitational/multi-team meet may be conducted as a championship meet**
- Rule 3-2-3: (3rd paragraph) In **each** relay event, eight individuals may be...
- *1-3-12 Note simply includes a statement that a championship format may be used with other multi-team meets.*
- *3-2-3 is clarification.*

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Editorial Changes

- Rule 3-2-7: **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)**
- *See pg. 161 - Suggested Guidelines for Management of Concussions should be reviewed by the coaches, players and officials.*
- *These guidelines will help one understand and recognize the symptoms of a concussion and proper management before returning to competition.*
- *Specific protocols and policies regarding appropriate health-care professionals and return to play will be addressed by each state association.*

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Editorial Changes

- Rule 8-2-2c: ...before the breaststroke kick, a single **(delete downward)** butterfly kick...
- Rule 9-2-1: ...divers are permitted one practice approach, with or without a water entry **as determined by the diver**,...
- *8-2-2c deletes the term "downward" as it is not illegal if the legs come up.*
- *9-2-1 clarifies that the diver determines whether or not the practice approach is with or without water.*
- *This has been the interpretation, but has been added for clarity.*

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Editorial Changes

- Rule 9-8-2e: Entering **the water** to the side of the board

- Rule 9-5-4: The back/inward takeoff is permitted only for **dives in the back** and inward **groups and twisting dives in the back and inward categories**. Divers...
- *Both 9-8-2e and 9-5-4 were included for improved language within the rules.*

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Title Slide – 2010-11 Swimming and Diving – Points of Emphasis

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Points of Emphasis

- Wearing jewelry during warm-ups is prohibited
- On site shaving is prohibited
- Swimsuit construction and design
- Automatic timing, judging and integration of times
- Concussions

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Points of Emphasis

Wearing Jewelry Prohibited

- For the purpose of risk minimization, the wearing of jewelry is prohibited
 - during warm-ups
 - during competition
- If contestant observed wearing during warm-ups, he/she shall be directed by the meet official to remove before being permitted to return to warm-ups
- If the contestant does not comply, the coach shall be notified and an unsporting penalty is invoked

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Points of Emphasis

On-Site Shaving

- Coaches and competitors are reminded that the penalty for shaving on-site is disqualification from further competition in that meet
 - Rule 3-5-7 is under Conduct in the rules book
 - Each state association may choose to impose additional penalties beyond meet disqualification
- *Shaving on-site continues to be illegal.*
- *The issue continues to be a safety issue due to the potential health risks associated with blood-borne pathogens and communicable diseases.*
- *Because this is a conduct issue, each state association may choose to impose a stricter penalty than disqualification from that meet.*

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Points of Emphasis
On-Site Shaving

Photos 1 and 2 are ILLEGAL

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Points of Emphasis
Swimsuit Construction and Design

- Rule 3-3-2 is specific as to the requirements for a legally constructed and designed suit
- Coaches as well as the swimmers must be fully knowledgeable of all requirements and restrictions
- The ultimate responsibility of having the swimmer in a legal suit rests with the coach
- A change this year permits the placement of the school logo on the suit after the suit is manufactured, providing the logo does not exceed 9 square inches
- The NFHS does not publish a list of approved suits

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Points of Emphasis
Automatic Timing, Judging and Integration of Times

- Even when FAT is being used, it is important officials should always be in a position to judge the race finish
- Pre-meet actions by the officials and timer should include making certain the timing system is in full working order
- The meet referee should be knowledgeable and ready to follow the procedures for integrating times, if necessary

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Points of Emphasis
Concussion Management

- A new section has been included in all NFHS rules book addressing Concussion Management Guidelines
- Coaches, officials, athletes and parents should become familiar with the signs, symptoms and behaviors of a possible concussion
- Each state association will develop a protocol for handling removal and returning to competition if an athlete displays concussion symptoms as well as the definition of “appropriate health-care” professional

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Concussion in Sports

www.nfhslearn.com

- *Concussion in Sports - What You Need to Know is the first course that the NFHS is offering at no cost.*
- *The only requirement is registering on www.nfhslearn.com, which is quick and easy.*
- *This 20 minute course is designed for coaches, officials, parents, administrators and students to learn how to recognize the signs and symptoms of concussions and a step-wise process to return to the sport.*
- *Check it out and share this information with others.*

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NFHS Swimming and Diving Publications

- The Rules Book can be ordered:
 - online at www.nfhs.com
 - by calling 1-800-776-3462
- *The NFHS swimming and diving publication is available to order online or by using the toll free number.*