

**2009-10**  
**VHSL SWIM & DIVE**  
**RULES CLINIC**

# Purpose

- Review important VHSL policies and information
- On-site registration of officials who are not affiliated with USA Swimming
- Review this year's NFHS Swim & Dive rule changes
- Answer any relevant questions you might have



# Purpose

- This is NOT a training clinic for coaches or officials.
- Each official is responsible for completing their certification and education
  - ◆ Study and learn NFHS rule book
  - ◆ Work meets



# Purpose

- Coaches must read the rule book and review the PowerPoint
  - ◆ Rule books for coaches were mailed to each VHSL-member school
  - ◆ Additional rule books may be purchased directly from the NFHS ([nfhs.org](http://nfhs.org))



# Clinic Attendance

- Each school must be represented by one boys' coach and one girls' coach
- Non-USA Swimming officials must attend each year to be eligible for varsity and post-season consideration

# Penalties for Non-Attendance

- Coach
  - ◆ Letter to principal
  - ◆ \$50 fine
  - ◆ Head coach must take NFHS Swim & Dive rules exam
- Officials who are not USA Swimming certified
  - ◆ Cannot work varsity meets
  - ◆ Officials who miss the clinic in two consecutive years may not officiate VHSL meets at any level.

# NEW

- Coaches or officials who are unable, due to extreme or unusual circumstances, to attend one of the VHSL Rules Clinics, MAY be given an opportunity to meet the clinic requirement by viewing the PowerPoint presentation online.

# NEW

- ◆ The request for an official must come from a VHSL Principal or his/her designee.
- ◆ The request for a coach must come from his/her Principal/AD.
- ◆ Requests must be in writing (email is OK).
- ◆ Past clinic attendance and present circumstances along with any additional pertinent information will be considered in the decision to grant or deny the request.

# NEW

- If the request is granted
  - ◆ The coach/official must pay a \$25 administrative fee to VHSL in order to receive credit for attendance.
  - ◆ The requesting school must verify that the official/coach did in fact view the presentation.
  - ◆ The coach must take the online exam.

# USA Swimming Officials

- Certified stroke & turn, starter and referee officials are exempt from the VHSL rules clinic requirement.
  - ◆ Must register with Virginia Swimming or Potomac Valley Swimming and pay the VHSL \$40.00 fee (includes insurance)
  - ◆ Are “recognized” by VHSL
  - ◆ May work in any position for swimming during the regular season.
- Diving judges and diving referees must attend the annual VHSL rules clinic.



# Important Dates

- First Practice Date                      Nov. 15\*
- First Contest Date                        Dec. 1\*
- District Deadline                         Feb. 5
- Regional Deadline                        Feb. 12

**\* Local restrictions may apply**

# Important Dates

- VHSL Championships
  - ◆ AAA – Feb. 18-19, 2011
  - ◆ A/AA – Feb. 24-26, 2011

# Contest Limitations

- Regular season meets . . . . 10\*
  - ◆ No participant may exceed 10
  - ◆ No team may exceed 10
  - ◆ \*Local restrictions may apply

# Pre-Season Conditioning

- Must be open to entire student body
- May include weight training and/or running
- Cannot be sport-specific
- No instruction

# EXAM

- ALL non-USA Swimming officials must take and pass the exam to be eligible to work VHSL meets.
  - ◆ Minimum score of 70 for regular season eligibility
  - ◆ Minimum score of 80 for post season eligibility

# EXAM

- All officials who wish to be eligible for District, Region or State level events must take and pass the exam
- Coaches who miss the clinic must take the exam
- Exam will be taken online -- [exams.nfhs.org](https://exams.nfhs.org)
  - ◆ VHSL will provide a link to the NFHS site from the Swim & Dive landing page of the VHSL web site.

# USA Swimming Officials

- Certified stroke & turn, starter and referee officials must take and pass the NFHS Swim & Dive exam to be eligible for District, Region and State meets.
  - ◆ Score of 80 or higher is required.
- Diving judges and referees must also take and pass the exam.
  - ◆ Score of 80 or higher is required.



# EXAM

- Exam opens on Oct. 25, 2010
  - ◆ Exams completed by Jan. 16, 2011 – no fee
  - ◆ Exams completed after Jan. 16, 2011, but before Jan. 31, 2011 - \$50.00 fee must be paid to VHSL before credit will be given
  - ◆ Exams completed after Jan. 30, 2011 - \$75.00 fee must be paid to VHSL before credit will be given

# EXAM

- You must have your VHSL ID to take the exam
  - ◆ Officials should have only ONE VHSL ID, regardless of the number of sports you officiate.
  - ◆ If you do not have a VHSL ID, contact Carolyn Shifflett at the VHSL office.
  - ◆ Registration fees must be paid prior to receiving a VHSL ID.

# EXAM WEBSITE

- If you took ANY NFHS/VHSL exam online last year, you already have an exam website username and password.
- Bring up [exams.nfhs.org](http://exams.nfhs.org) and sign in.
  - ◆ Swim & Dive landing page on VHSL website will have a link to the exam site.

# NEW USERS

- If you have never taken an NFHS/VHSL exam online, you will need to create a username and password.
- There is an online power point presentation (under “Resources”) that details how to register and take the exam.

# EXAM LAYOUT

- 100 True/False questions
- Order of the questions is random
  - ◆ No two tests will be alike
  - ◆ If you need to re-take the exam (because you failed on your first attempt), the questions will appear in a different order.

# RE-TESTING

- Officials who score less than 80 may take the exam a second time
  - ◆ No additional attempts will be permitted
  - ◆ Do NOT attempt the exam until you are prepared to take it.
- Officials who score 80 or higher on their first attempt are not permitted a second try.

# ***SPORTSMANSHIP***



# VHSL PROGRAMS ARE EDUCATION-BASED



**SPORTSMANSHIP IS**  
**THE #1 PRIORITY**  
**OF EDUCATION-BASED**  
**ATHLETICS**



# Sportsmanship

- The sole purpose of VHSL and other “education-based” athletics and activities programs is to provide students with opportunities to learn skills that will make them better people.



# Sportsmanship

- More and more VHSL schools are realizing that sportsmanship is an issue that needs to be addressed
- VHSL has established sportsmanship guidelines for our championship events, and has encouraged schools to adopt the same or similar guidelines for regular season play.
- VHSL Handbook 27-13-1 thru 27-13-14
- “Building better citizens!”
- Good sportsmanship is simply having RESPECT for oneself, for others, and for the sport.

# Coaches are Teachers

- Coaches, if you are more concerned with wins and losses than with teaching your athlete skills that will make him/her a better person – GET OUT OF HIGH SCHOOL COACHING!

**NOW!**

# Questions about Sportsmanship

- All questions regarding VHSL regulations should be directed to VHSL office – not to contest officials
- Swim & Dive officials do not determine the number of meets a swimmer will miss if he/she is ejected.

# Reporting Sportsmanship Problems

- ALL ejections must be reported to VHSL office
- Sportsmanship “incidents” must be reported to the VHSL office

# It's All About RESPECT

- Good sportsmanship is nothing more than having and showing respect for competitors, coaches, officials, each other, and the sport itself!
- Swim with honor!
- Player behavior mirrors that of his/her coach.

# Sportsmanship

- Officials – you are the “protectors of the sport.”
  - ◆ NEVER engage a spectator – not before, not during, not after a meet
  - ◆ NEVER “bait” a coach or participant
  - ◆ ALWAYS behave in a professional manner
  - ◆ You are always an official, whether you are in the grocery store or a spectator at your child’s swim meet – behave like one.

# Sportsmanship

- ◆ ALWAYS show respect for players, coaches and administrators.
- ◆ If you have “an attitude” about a coach or team, don’t do their meets.
- ◆ If a question is asked in a respectful manner, it deserves an answer.
- ◆ What you permit, you promote.
- ◆ The meet is about the student athletes.

National Federation of State  
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# **2010-11**

# **Swimming and Diving**

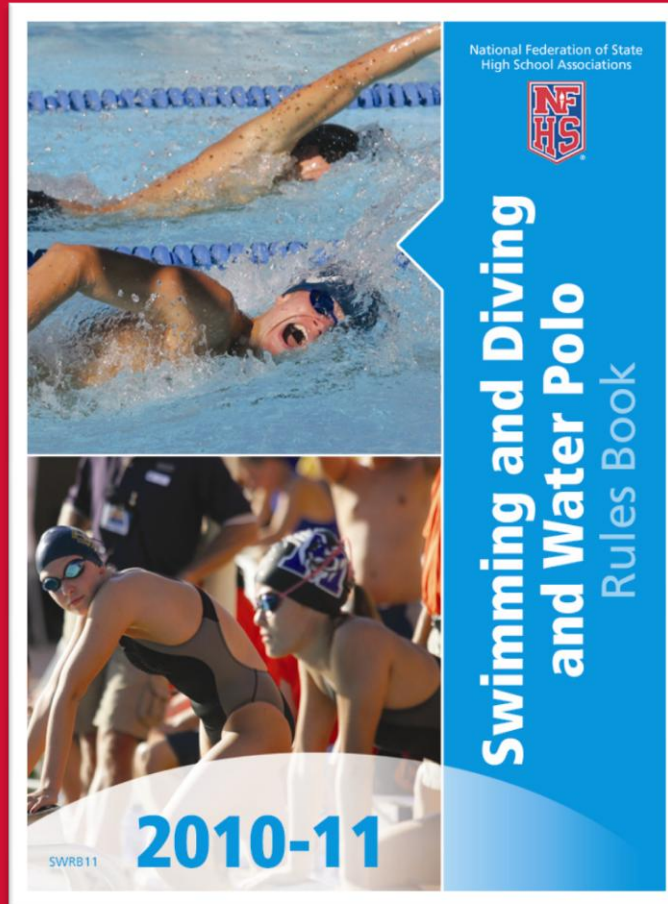
Rules Changes

Major Editorial Changes

Points of Emphasis

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Take Part. Get Set For Life.™

# 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)



# Swimsuit Design and Construction

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# Swimsuit Design and Construction

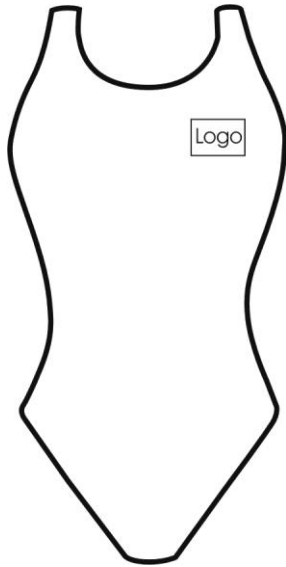
## Rules 3-3-1, 3-3-2

- 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



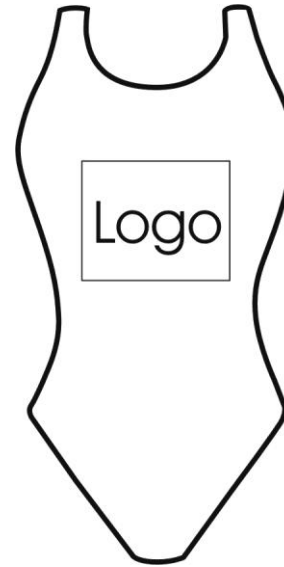
# Competition Suits/School Logo

## Rule 3-3-2b(2)



- One school logo may be added to suit
- Does not exceed 9 square inches

Legal Logo



- School logo added to suit exceeds 9 square inches

Illegal Logo



# 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



# 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



# 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



# 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



# 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



# 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



# 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



# 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



# 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



# 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.**



# 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



# 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.



# 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;



# 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;



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**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...



# 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)



# 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,**...



# 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...



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**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



# 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

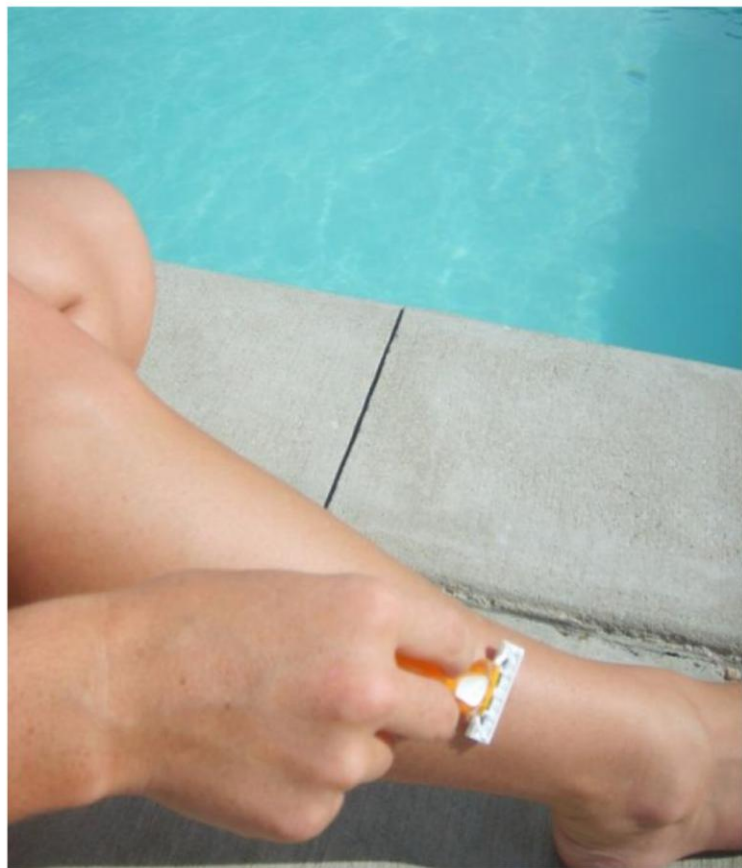


# Points of Emphasis On-Site Shaving

- 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



# Points of Emphasis On-Site Shaving



**ILLEGAL**



# 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



# 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



# 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




# Concussion in Sports

## www.nfhslearn.com

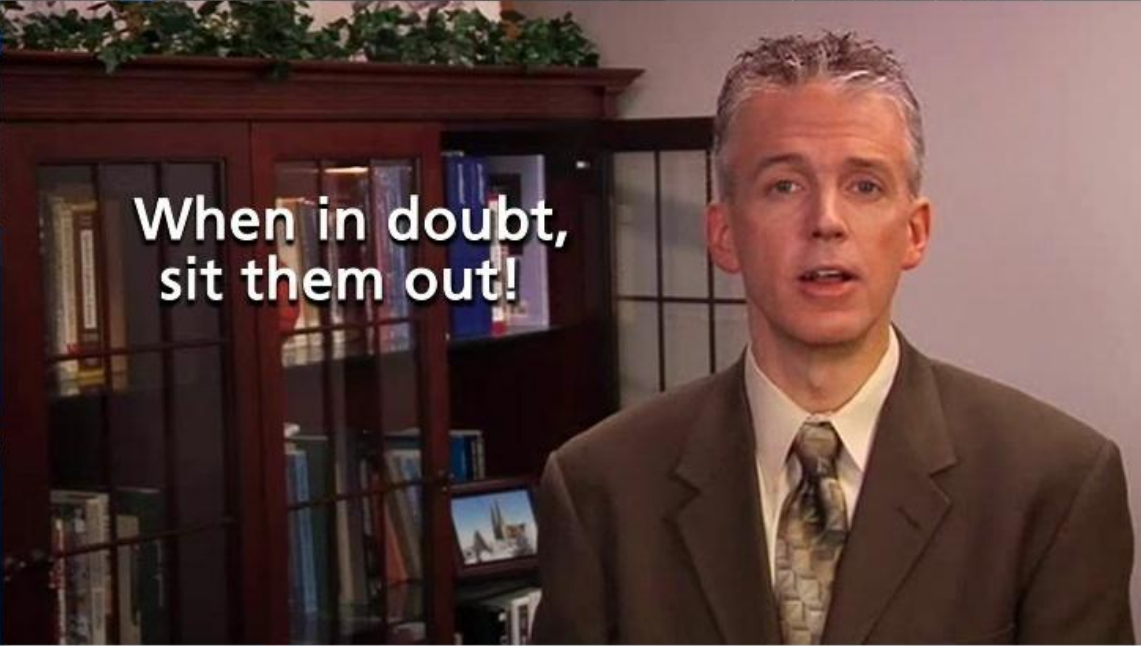


### Concussion In Sports - What You Need To Know



1 2 3 4 5 6 << PREVIOUS NEXT >>

- Unit 1: Concussion Overview
  - Introduction
  - What is a concussion?
  - What happens to the brain?
- Unit 2: The Problem
- Unit 3: Your Responsibility
- Unit 4: Review
- Course Evaluation



**When in doubt,  
sit them out!**

[TRANSCRIPT](#) [RESOURCES](#)

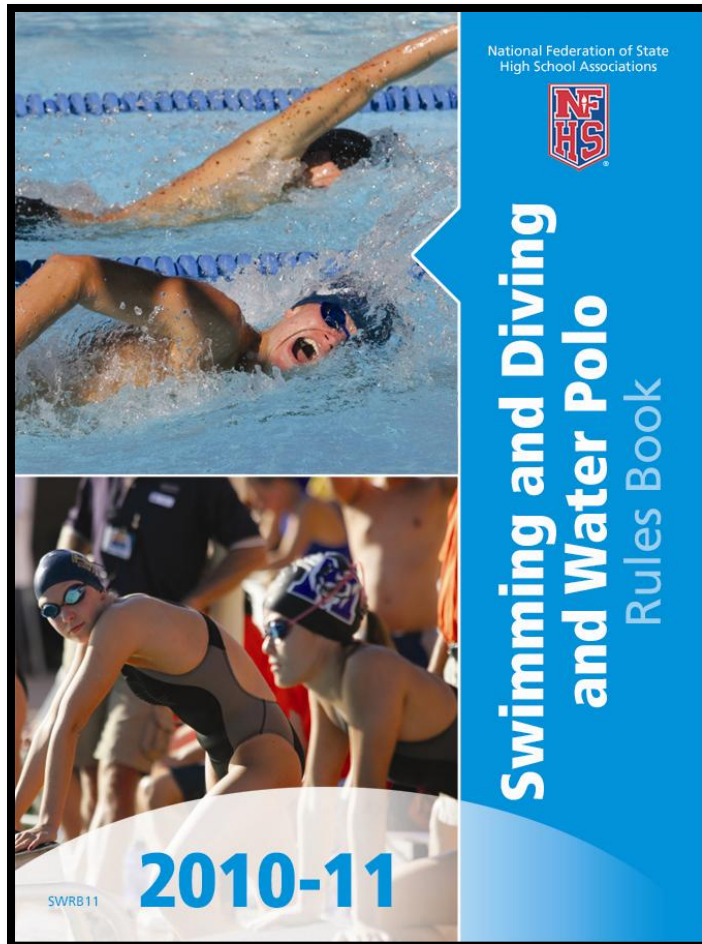
Hi, I'm Dr. Mick Koester, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eugene, Oregon.

As you are well aware, concussions have become a huge topic of discussion over the past few years. Unfortunately, they are a common problem in sports and have the potential for serious complications if not recognized early and managed correctly.

What may appear to be only a mild jolt or blow to the head or body can result in a concussion. While concussions occur at all levels of sports,



# NFHS Swimming and Diving Publications



- The Rules Book can be ordered:
  - online at [www.nfhs.com](http://www.nfhs.com)
  - by calling 1-800-776-3462



***OTHER STUFF***



# Uniform for Officials

- White tops, navy bottoms, white shoes and socks.
- VHSL patch must be worn on the shirt
- VHSL certification card should be carried



# Handouts

- VHSL Referee Reminders
  - ◆ Preventive officiating is important
  - ◆ Meet with coaches and captains before warm-ups
  - ◆ Referee Motto -- Semper Gumby – Always flexible



# Handouts

- VHSL Meet Administration – Recommended Procedures and Guidelines
- VHSL Typical Starting Sequence
  - ◆ NFHS rules for whistle preparatory commands
  - ◆ Common additional Starter commands



# Handouts

- VHSL Tips for Starters
- VHSL Common Stroke & Turn Disqualifications
- VHSL Diving Hints
- VHSL High School Diving How-To Manual



# State Event Passes

- Officials may purchase through association commissioner.
- Cost is \$15.00
- Admittance to ALL VHSL state tournament level events in all sports.



# Clinic Cards

- MAKE SURE YOU TURN IN YOUR ATTENDANCE CARD!

# Clinic Cards

- Please PRINT legibly – if we can't decipher it, you weren't here!
- One card per person – fill out both sides if you officiate and coach

# QUESTIONS?

Tom Dolan

VHSL Assistant Director

Swim & Dive Program Administrator

Email: [tdolan@vhsl.org](mailto:tdolan@vhsl.org)

George Homewood

VHSL Swim & Dive Clinician

Email:



**THANK YOU!**