



2006-07 IHSAA Swimming and Diving Rules, Modifications, and Interpretations

Revised 11/22/06

POINTS OF EMPHASIS

Starters Protocol

Indiana officials will continue to utilize Verbal Preparatory Commands as the starting protocol. Guidelines for the starting procedure are listed in the 2006-07 NFHS Swimming and Diving Rule Book on page 71.

NFHS Rule 8-1-6 No Recall Starting Protocol

A. Two Officials – Dual Confirmation Of The False Start

1. The starter SHALL-

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

2. The assistant starter SHALL-

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

B. One Official

1. The starter SHALL -

- a. Upon observing a false start, raise one hand with open palm as soon as possible after the start, but before the swimmers have completed their first length, indicating the violation.
- b. In **writing**, record the lane or lanes that have committed a false start. This should also occur prior to the completion of the first length.
- c. **DO NOT** discuss this observance with anyone until the race has been completed.
- d. At the completion of the race, he/she shall notify the swimmer(s) and/or coach(es) of the disqualification(s).

NFHS Rule 8-1-7

To finish the race, the swimmer shall contact the finish end in the manner prescribed. When automatic timing/judging is used, the swimmer must contact the touch pad to finish the race.

Situation:

In a race being timed with automatic timing, a timer stops his watch when the swimmer in his lane puts his hand in the gutter above the finish pad. **RULING:** Incorrect procedure. **COMMENT:** It is the swimmer's responsibility to touch the pad. This swimmer has not legally finished the race.

NFHS Rule 8-2-2

On the start or turn, one arm stroke beyond the hipline followed by one breaststroke leg kick may be made while the swimmer is under water. After such arm stroke and before the breaststroke kick, a single downward dolphin kick is permitted at the start or turn.

Situation: While executing the dolphin kick on the pullout following the start, the swimmer's feet break the surface of the water.

Ruling: Legal. Comment: As is true of the dolphin kick in the butterfly, there is no requirement in the breaststroke that the feet remain submerged when executing the dolphin kick.

Situation B: A swimmer executes a downward kick during the pullout at the start, however, the downward motion is executed one leg at a time.

Ruling: Illegal, stroke violation and the swimmer is disqualified. Comment: The dolphin kick utilized in the breaststroke is the same as in the butterfly, i.e., simultaneous movement of the legs and feet.

Re-submerging After Compliance With 15 Meter Requirement

In backstroke, butterfly and freestyle events, a swimmer's head must break the surface of the water at or before the 15 meter mark. The rule clearly stipulates that being completely submerged is only permitted prior to that mark. If a swimmer re-submerges completely, except for the final reach for the wall, that re-submerging constitutes a stroke violation resulting in disqualification. A wave passing over the body, or momentary inadvertent submerging should **not** result in a disqualification.

NFHS Rule 9-6-3b

The announcer shall announce and may also display the awards given by each diving judge.

Interpretation: If the facility provides a scoreboard that displays all judges awards, the scores do not need to be verbalized by the announcer.

IHSAA MODIFICATIONS/ADOPTIONS TO NFHS RULES

Season

1. Exhibition swimmers and/or divers are not permitted.
2. Swimmers and/or divers below 9th grade are not permitted to swim in a high school contest.

Tournament

1. A school may enter four (4) or less contestants in each event but only three (3) or less may participate.
2. The modified ballot computation system will be used as a back-up system when electronic timing devices are used.
3. During the state championships, the following deck passes will be issued:
 - 1 to 3 participants – two non-participants (coaches) will receive deck passes
 - 4 to 8 participants – three non-participants (coaches) will receive deck passes
 - 9 or more participants – four non-participants (coaches) will receive deck passed

Number of Competitions

The maximum number of meets one can participate in is eighteen (18). An athlete is a participant in a meet if they enter one event, regardless of whether that event is a swimming or diving event. For example, if a school has a full schedule of eighteen swimming meets and also schedules two diving invitationals, the diver participating in the two diving invitationals is prohibited from competing in at least two (2) of the swimming meets (in any event).

IHSAA By-Law 15-1.1d

A few of our member schools have an individual student athlete who wishes to participate in swimming and diving. Rule 15-1.1d addresses the procedures must be adhered to in these instances. In general, all IHSAA policies and procedures must be followed by member schools that allow their student athletes to participate under this rule. Below are guidelines for scheduling meets and determining competition formats:

1. The host school must enter into a contract with each participating school (including schools represented by any individuals). The contract must list all schools represented in that contest.
2. All participating schools should be listed on officials' contracts.
3. The individual student athlete may participate using the following options:
 - a. Student athlete(s) may compete in invitationals. Points earned should be applied to the varsity team score for his/her school.

- b. Student athlete(s) may compete in junior varsity races. Points earned should be applied to the junior varsity team score for his/her school.
 - c. In a six lane pool, student athlete(s) may compete in varsity races, provided the other two teams agree to submit two individuals for competition in that event (as in a three-way meet format). All events shall be scored using the dual meet format, but all three teams shall score.
 - d. In an eight lane pool, student athlete(s) may compete in varsity races, and swim in available lanes. Points earned should be applied to the varsity team score for his/her school.
 - e. The IHSAA does not permit exhibition races.
4. During competition, the individual(s) member school must provide their own coach to represent the student athlete. The representative shall serve as the team coach in all aspects of the competition, including coach's meetings. A coach may not work with athletes from different schools at the same time.

NFHS Rule 4-1-1

The meet committee shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during a meet. Judgement calls are not subject to review by this (meet) committee. The decision of the meet committee is final.

Indiana Modification – The referee's decision is final in all meet committee discussions. The meet committee shall serve in an advisory capacity, and function only if the referee-starter wishes to consult with it. All final decisions rest with the referee-starter.

NFHS Rule 6-3-3

Automatic Relay Judging Equipment

Per National Federation Rule 6-3-3, the use of automatic relay judging equipment is permissible.

- a. In non-championship meets, at least one relay takeoff judge must be assigned to observe the relay exchanges.
- b. In championship meets, dual confirmation is required. Two relay takeoff judges (starter and assistant starter) must be assigned this responsibility for each lane.
- c. If the electronic relay takeoff equipment is utilized, a negative exchange differential indicates a false start. A disqualification shall occur if there is dual confirmation of the rules violation by:
 - (1) electronic relay takeoff equipment and the starter or assistant starter;
 - (2) the starter and assistant starter
- d. An alleged rules infraction that is observed by either a takeoff judge or a side takeoff judge shall be recorded immediately in writing. Each relay takeoff judge who observes an alleged rules violation should wait until the last competitor is in the water and then shall raise a hand overhead with open palm.
- e. An alleged rules infraction that is recorded by the electronic relay takeoff equipment shall be made public only after the race is completed and then only if there is a resulting disqualification. A coach may have access to all electronic relay takeoff equipment records that have been generated by his or her team, following the completion of the meet.

NFHS Rule 7-1-2d

Only two relay teams may score for each team in each relay event.

Situation:

Team A's Medley Relay teams finish first, second, and third. Team B's teams finish fourth, fifth, and sixth.

Ruling:

Team A receives points for first and second place. Team B receives no points.

RULE INTERPRETATIONS

NFHS Rule 3-3-1

Situation: A swimmer is wearing a) a swim suit containing a single manufacturer's logo and a phrase that is trade-marked by the manufacturer as part of its marketing efforts, b) a swim suit with an appropriate

size manufacturer's logo and the phrase "Hard Work" stenciled on by the school's supplier. RULING: In a) illegal, in b) legal. A phrase or slogan trade-marked by the equipment manufacturer is considered to be part of that manufacturer's trade name. Only one logo/trade name, of no more than 2.25 square inches, is permitted on a swimmer's suit. School-specific information, such as athlete's name, school mascot, and school slogans, are not regulated by the rule. Rule 3-3-1.

The Speedo company has changed their logo so that the words "Speedo" and "Endurance" are incorporated into one logo, on one location on the swim suit. As long as the logo does not exceed 2 ¼ square inches (prior to being worn), the swim suit is legal according to NFHS rules.

NFHS Rule 9-5-4

The back/inward take-off is permitted only for back or inward 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.

Situation: A diver does not completely stop the board from oscillating immediately before or after the starting position is assumed. **Interpretation:** Each diving judge shall deduct ½-2 points for excessive oscillation.

NFHS Rule 8-2-2c

On the start or turn, one arm stroke beyond the hipline followed by one breaststroke kick may be made while the swimmer is underwater; except that after such arm stroke and before the breaststroke kick, a single downward butterfly kick is permitted.

Situation: On a breast stroke turn, the swimmer begins the dolphin kick prior to the completion of the pullout. The official disqualifies the swimmer for beginning the dolphin kick prior to the completion of the pullout.

Ruling: Incorrect procedure. The NFHS interpretation of this rule is that the dolphin kick is permitted after the arm pull is initiated. The pullout does not need to be completed prior to the start of the dolphin kick.