

2007-08 Swimming and Diving Rule Changes

1-3-4 Further defines that a race officially begins when the swimmers are called to the blocks by the referee's long whistle under both verbal and whistle commands.

Rationale: Rule 1-3-4 although defining the start of the race was unclear as to the actual start based on which preparatory command protocol is being used in the competition. The use of the referee's long whistle will be standard under both styles of preparatory commands.

3-3-4 Clarifies how illegal attire and jewelry shall be handled by the official and more clearly describes the wearing of a medical alert item and a religious medal. The NOTE includes the procedure the official follows when illegal attire or jewelry is observed being worn during a heat/round of competition.

Rationale: Clearly prohibits the wearing of jewelry and illegal attire by a competitor and identifies medical and religious medals as not being jewelry. Wording is clearer as to what is not jewelry and procedure to follow if the event is in progress and the wearing of jewelry is observed. This is similar to other NFHS rules on jewelry.

3-5-3 Penalty 2 New c States a specific penalty of disqualification for a competitor in diving who enters the water without the diving referee's permission.

Rationale: Previously there was not a clearly defined penalty for a competitor entering the water without permission from the diving referee in the event of diving. This penalty is more appropriate for the event of diving rather than having the swimming event penalty apply.

5-1-1 Changes the metric race equivalent of the 500 yard freestyle to 400 meters.

Rationale: The standard length for high school swimming is 500 yards. When converting to meters the 400 meter race is closer to the actual distance of 500 yards. 500 meters is actually a longer race than 500 yards. This change now gives relevance to the metric distance.

8-1-3 Penalties 1 and 2 Changes the current order of infractions and false starts to reflect the order in which the action would occur and revises the penalties to accurately reflect the no recall false start in nonchampionship and championship meets.

Rationale: With the adoption of the no recall false start the language in penalties 8-1-3 needed to be revised to indicate when a swimmer who is disqualified for a false start shall not compete and when the race shall continue and notice of the disqualification to be at the end of the race.

8-1-6 Penalty Dual confirmation may be used in any meet for a false start; therefore, the phrase, "In championship meets," was deleted.

Rationale: The no recall false start has been adopted for all meets. The second PENALTY portion of 8-1-6 was not previously updated to reflect this adoption.

8-2-2c Clarifies the dolphin kick may be executed after the initiation of the arm stroke and before the breaststroke kick.

Rationale: The wording clarifies the original application of the rule that the dolphin kick can be executed at any point after the initiation of the arm stroke but before the breaststroke kick.

9-3-6, 9-3-6 New Penalty 1 Restricts a change in the position of a voluntary dive if the change would make the true DD total for the five voluntary dives exceed 9.0 and should the change not be detected before the next dive(s) being performed a potential of a failed dive exists.

Rationale: This change serves to prevent an oversight during competition by a diver changing positions to a higher DD that would result in a total exceeding 9.0. It also prevents a diver from listing a lower DD then changing position to receive higher scores even though scored at the original degree of difficulty.

9-5-1 Allows the diver to have the arms in the position of his/her choice for the forward starting position.

Rationale: Many divers, when using a forward start, prefer to have their arms in a variety of positions when they assume the starting position. What is important to officials is not where the arms are but, rather, having the arms in a set position so that the officials know when the starting position is achieved. This change in other rule codes has proven to be advantageous for the diver to be able to start from a more comfortable position.

2007-08 Swimming and Diving Rule Changes(continued)

9-6-3b, and Note Eliminates the announcer displaying awards given by the diving judges and includes the option when an electronic scoreboard is used, with all judges' awards displayed, for the announcer to announce only the total Award received for the dive.

Rationale: The announcer should not have the responsibility to display scores. When all the judges' awards are displayed electronically and plainly visible for all to see, it is not required to announce each individual award for every dive and will assist in efficiency of the event administration.

Protocol for Automatic Relay Judging Changes when the relay takeoff judge is to signal an observed violation to coincide with the requirement in 4-6-4c, "last competitor is in the water before signaling"

Rationale: The rule change aligns the protocol with requirements and language in NFHS Rule 4-6-4c.

Points of Emphasis

1) Championship Meets. Championship meets are culminating meets which may include league championships, conference championships, district championships, regional championships, state championship series, etc. Invitational meets, and other multiple team meets, may use the championship meet format as determined by the state association or host meet management. Meet management of non-championship meets has the option of using dual confirmation, entry deadlines, etc. as stipulated in the meet contract or meet information. Meet format and other modifications should be stipulated in the meet contract or meet information.

2) Swimming Pool Dimensions. Rule 2-2 requires swimming pools to be either 25 yards or 25 meters in length. In order for national high school records to be set the length of the pool must be no less than 25 yards. Contractors constructing new swimming pools must take into consideration the thickness of timing pads and pool liners, if used, when determining the actual length of the pool so the competitive distance from end wall to timing pad or liner is no less than 25 yards. All national records require the pool dimensions to be verified for accuracy to ensure rule requirements are met.

3) Water Conditions. It is the responsibility of the host school to make sure the rules regarding water conditions are met. When water conditions do not meet rule requirements the meet referee may declare the meet will not be conducted. The referee does not have any responsibility for taking corrective actions to be sure water conditions meet the rule. S/he is only responsible for enforcing NFHS rules.

4) Unnecessarily Delaying the Start of the Race. When swimmers are prepared for the start of the race, the starter gives the command, "Take Your Mark", and all swimmers shall assume the legal starting position. If a swimmer(s) does not assume the legal starting position, the starter should give the command, "Stand Up/Down" and remind all swimmers of the legal starting position. The starter again gives the "Take Your Mark" command. If the swimmer(s) does not assume the legal starting position for the second time, the starter may disqualify the swimmer(s) for unnecessarily delaying the start of the race, or may release all swimmers a second time and remind that particular swimmer(s) of the legal starting position. Once again the starter gives the "Take Your Mark" command. If the swimmer(s) still does not assume a legal starting position the swimmer(s) is disqualified for unnecessarily delaying the start of the race, and shall not swim.

5) Penalties for Starting Infractions and False Starts. With the implementation of the no recall false start last year, it is important to clarify when a swimmer who is disqualified for a starting infraction or false start is prohibited from competing and when the swimmer is allowed to compete with disqualification notice being given at the end of the race. Rule 8-1-3 states swimmers who commit an infraction before the starting signal is given should be warned, or disqualified and not allowed to compete, depending on the infraction. If the starting signal has been given before the disqualification has been declared the race shall continue without recall and the swimmer and/or coach notified of the disqualification at the end of the race.

6) Divers Changing Dive Position to a Higher Degree of Difficulty Than Listed on the Score Sheet. Rule 9-3-6 allows divers to change the position of a voluntary dive if the listed position is protested to the diving referee before the dive is performed. This rule also states if the change in position results in a higher degree of difficulty than the dive originally listed on the diving score sheet the original DD will be used when scoring the dive. Rule 9-4-1a requires the total DD of the five voluntary dives to be a sum total of 9.0 or less. In championship meets, divers are not permitted to change the position of the dive if the listed degree of difficulty of the new position would make the true DD for the five voluntary dives greater than 9.0. It will be very important for the diving referee to communicate with the diving scorer to immediately recalculate the true degree of difficulty total any time a dive position is changed to one where the listed DD is higher than that originally listed on the diving score sheet. If it is not detected prior to the next dive(s) being performed that a change in dive position has caused the true DD to exceed 9.0, the voluntary dive causing the DD to exceed 9.0 will be failed. (See situation 9.4.1D for clarification.)

Publisher's Note: The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented.

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Corrections to Rule Book: Page 76, Suggested Protocols for Automatic Relay Judging Equipment, item e.delete "Each relay takeoff judge" and replace with "The side judge. . .".

Corrections to Case Book: Page 68, Situation 9.7.4 A RULING, change "unsatisfactory" to "deficient."

SITUATION 1: Team A is the host school and has a diving board that is less than 16 feet in length. Both coaches would like to mutually agree to use the board for competition. The meet referee does not allow the event to be conducted and points are distributed under Rule 9-1 Penalty 1. **RULING:** Correct procedure. **COMMENT:** The length of the board is an essential equipment requirement. Mutual consent may not be used to include the event in competition. (Rule 2 Note, 2-2-2j)

SITUATION 2: A swimmer and her/his coach have already been notified of a jewelry or illegal attire violation and the swimmer told he/she would not be allowed to compete in another event while wearing jewelry or illegal attire. The swimmer is observed by the referee continuing to wear jewelry or illegal attire: a) after being called to the blocks for a subsequent event, but before the starting signal is sounded; b) after the starting signal is sounded to begin a subsequent race. **RULING:** a) The referee should release all swimmers from their starting position and disqualify the swimmer committing the violation from the event and further competition. b) After the event is completed, the referee disqualifies the swimmer from the event and further competition. **COMMENT:** This swimmer is being disqualified for unsporting conduct for not following the directive of the referee. If an unsporting conduct penalty is observed before the starting signal has been given, the swimmer should be disqualified and not allowed to compete in the event. Each state association may have a policy in place to allow a competitor to have more than one warning to remove jewelry or make the uniform legal. (3-3-4, 3-5-1)

SITUATION 3: Team A is hosting a very large invitational meet. The competition is being conducted in a championship meet format. In pre-meet materials and at the coaches meeting, the use of dual confirmation was emphasized. The coach of Team B objects as this is not a culminating meet and not classified as a championship meet. **RULING:** Dual confirmation may be used at any meet. **COMMENT:** Rules 4-6-4 and 8-1-6 Penalty permit the use of dual confirmation and do not limit its use to only championship meets. Unless state association policy states otherwise, a championship meet format can be used in other than a culminating meet. If doing so, the host school should include this information in all pre-meet materials and at the coaches meeting, and should discuss specifically with meet officials. (4-6-4, 8-1-6Penalty)

SITUATION 4: In the breaststroke event, the swimmer has a natural style to let his/her hands slightly drift apart while in a streamline position following the start and turns. The swimmer then initiates the arm pull, followed by a single downward butterfly kick, then a breaststroke kick. The official allows this style. **RULING:** Correct procedure. **COMMENT:** During, or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed, but not required. A single downward butterfly kick must be followed by a breaststroke kick. During the pull-down, if a downward butterfly kick is taken, it must be followed by a breaststroke kick. It is not permissible to take only a downward butterfly kick without then taking a normal breaststroke kick. The downward butterfly kick is not permissible prior to the arm pull-down. (8-2-2c)

SITUATION 5: The second leg of the 400 freestyle relay was in contact with the starting platform but did not have his/her foot/feet at the front edge of the block at the moment of take-off. The officials allowed competition to continue. **RULING:** Correct procedure. **COMMENT:** The rule requires the second, third and fourth swimmers to be in contact with the starting platform until the previous swimmer has finished. However, they do not have to have their foot/feet at the front edge of the block as the first swimmer does. If they choose to move from the back of the block to the front of the block, they can do so, but they have to be on the block to start. If they are starting from the deck, they are required to have at least one foot at the edge of the deck. (8-3-5)

SITUATION 6: The diver steps up on the board to perform his/her fifth voluntary dive. At the time the dive is announced, it is detected that the true degree-of-difficulty (dd) total exceeds 9.0. The diver protests the dive to the diving referee and requests a change in position, which has a lower dd. If allowed to change, the diver will be in compliance with a true dd total of 9.0 or lower for the voluntary dives. The diving referee allows the change. An opposing coach wants this to be considered a delay of meet. **RULING:** The change is allowed with no further action. **COMMENT:** Rule 9-3-6 allows a diver to change positions of a dive by protesting to the diving referee prior to the dive. Although the ultimate responsibility for listing the correct dives and meeting the 9.0 or lower requirement for voluntary dives lies with the diver and coach, there was an error at the diving table as the dd was either overlooked at the beginning of competition or a dive was allowed to be changed that caused the true dd total to exceed 9.0. The change in position can be made provided the diver does not cause a lengthy delay. (9-3-6, 9-3-6 Penalties, 9-4-1)

SITUATION 7: On his/her diving sheet, a diver lists five voluntary dives with a degree-of-difficulty (dd) total of 9.0. While standing on the board to perform his/her second dive, the diver protests to the diving referee, requesting to change the position of the dive to a position that would cause true dd total to exceed 9.0 and later change the fifth dive to one of a lower dd that would bring the total dd back into compliance with Rule 9-4-1. The diving referee does not allow the requested change. **RULING:** Correct procedure. **COMMENT:** The diver may not change a dive to a position that would cause the true dd total to exceed 9.0 and, at the same time in advance of a subsequent dive, attempt to change the position of that dive. The intent of the rule is to prohibit any change that at the time of the change would cause the true dd total to exceed 9.0. (9-3-6 PEN 1 & 2, 9-4-1a)

SITUATION 8: The diving referee mistakenly allowed a diver to change the position of a dive to a position that caused the true degree-of-difficulty (dd) total to exceed 9.0. When this is detected, the diver is: a) able to change the position of a subsequent dive to a position that would bring the true total dd back into compliance with Rule 9-4-1; b) not able to change the position of a subsequent dive to a position with a lower dd as no dive position would have a lower dd. **RULING:** a) The diver is allowed to make the change in position so the total dd does not exceed 9.0. b) After the diver performs the fifth voluntary dive (which causes the true dd total to exceed 9.0), the diving referee will declare that dive, the last dive, a failed dive. (9-3-6 PEN 1 & 2, 9-4-1a)

SITUATION 9: Diving judges are using an electronic visual display system, which is visible to the crowd, to display their individual scores for each dive. The announcer is only announcing the total score for each dive performed. On one dive, a judge mistakenly enters the wrong score. The judge notifies the diving referee of the error. The diving referee directs the judge to make the change on the visual display, if possible, and directs the diving scorer to change the score and ensure that the total score for the dive is correct. The diving referee also instructs the announcer to announce the error and the correct total score. **RULING:** Correct procedure. **COMMENT:** Each diving judge is responsible for ensuring that his/her visual score is correct. If an error or equipment malfunction occurs, the diving referee is responsible for being sure the correction is made on the scoresheet and the error and corrected total score are announced. (9-6, 9-6-3b)

Clarification on Application of Swimming Rule 8-2-2c

The NFHS has received a few contacts from state associations seeking clarification on the application of Rule 8-2-2c. Some of you may be asked to provide an interpretation as to when the butterfly (dolphin) kick is permitted within the breaststroke. Most of these questions are presented due to different language within the rules of the NFHS and USA Swimming.

Rule 8-2-2c now permits a single downward butterfly (dolphin) kick at the start or turn. For clarification, the butterfly (dolphin) kick can be executed at any point after the initiation of the arm stroke but before the breaststroke kick, during the first stroke after the start or turn