2016-17 SWIMMING AND DIVING RULES POWERPOINT
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
  - National leadership organization for high school sports and fine arts activities;
  - National authority on interscholastic activity programs;
  - Conducts national meetings;
  - Sanctions interstate events;
  - Produces national publication for high school administrators;
  - National source for interscholastic coach training and national information center.
Membership = 50 member state associations and D.C.
NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs including more than 7.8 million in high school sports.
The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.
The NFHS writes playing rules for 17 sports for boys and girls at the high school level. It publishes 4 million pieces of materials annually.
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2016-17 NFHS SWIMMING AND DIVING RULES CHANGES
DEFINITIONS RULE 1-5-2 (NEW)

- **ART. 2** . . . A deck change, in whole or in part, is changing into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes.
CONDUCT RULE 3-6-1d (NEW)

- ART. 1 . . . No team personnel/competitor shall display unsporting conduct. This includes any act the referee deems unsporting, including, but not limited to, the following:

  a. making insulting or derogatory remarks, gestures or acts including taunting;
  b. trying to influence or showing disgust with officials’ decisions;
  c. interfering with meet officials in the performance of their duties;
  d. deck changing before, during or after the meet.
The protocol for determining an official time when a touch pad malfunctions on a lane was changed. Backup buttons and/or watch times, as outlined in the protocol, will now determine the official time. New subsections (1,2,3,4) have been added.
TIMING AND JUDGING RULE 6-4-1B

b. Malfunction on a lane: When a malfunction is confirmed on a lane, the time shall be determined as follows:

1. If two of the three valid button or watch times agree, that shall be the time for that timing system;

2. If three valid button or watch times disagree, the time of the intermediate button or watch shall be the time for that timing system;

3. If only two valid button or watch times are available, the time shall be the average of those two buttons or the average of the two watch times. The digits representing thousandths of a second shall be dropped with no rounding;

4. If only one valid button or watch time is available, the time of that button or watch shall be the time for that timing system provided it is supported by other information.
Rule Change

FORM OF EVENTS RULE 8-2-4C

- **ART. 4 . . . The Freestyle:**
  a. The forward start shall be used;
  
b. Any body position, stroke and kick is permitted and any combination of styles may be used;
  
c. The turn requires that some part of the swimmer’s body contacts the end wall. The final leg of the individual medley and the medley relay requires the swimmer to be at or past vertical toward the breast before any stroke, kick, or propulsive motion.
DIVING RULE 9-4-7 TABLE

- Flying Dives 212 and 312 have been removed from the NFHS Diving Table while Dive 5142 has been added.
**DIVING RULE 9-5-5**

- **ART. 5** . . . It is a balk if, in the diving referee’s opinion, after a diver assumes the starting position the diver makes an obvious attempt to start the approach or press and stops and from that position interrupts the continuous execution of the dive prior to the water entry. The balk shall be declared before the dive is scored.
A dive is failed if, in the diving referee’s opinion, the diver performs an additional bounce(s) on the end of the board after the culminating hurdle.
BACKSTROKE LEDGE

- The backstroke ledge is currently prohibited in high school swimming.
FASTENING SYSTEMS

- Swimsuits using fastening systems are not legal for competition.
Guidelines for photographer access should be clearly defined prior to the swimming and diving event. It is recommended that State Associations and event hosts consider the areas, and specifically the angles, for photography of swimmers that they consider appropriate/inappropriate and set reasonable guidelines.
INCLUSION OF STUDENTS WITH DISABILITIES
GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS
FOR CONSIDERATION OF ACCOMMODATIONS

1. Request from Student to School for Accommodation(s)
2. School Conducts Individual Student Assessment
3. Request from School for Accommodation(s) to State Association
4. Notice and Opportunity to be Heard
5. State Association Review of Request
6. State Association Provides Written Determination for Accommodation(s) to School
7. If appropriate, School Provides Letter of Authorization to Head Official for Local Contest Allowing Competition with Accommodation(s)
2016-17 SWIMMING AND DIVING
MAJOR EDITORIAL CHANGES
ART. 2 . . . The uniform consists of a suit and, if worn, cap(s).

a. The suit or cap(s) may display the name and/or number of the competitor, school or mascot.

b. Advertising or name other than that permitted in 3-3-2c is prohibited.

c. A single visible manufacturer’s logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches is permitted on each item of the uniform (suit and cap(s)).
ART. 1 . . . No team personnel/competitor shall display unsporting conduct. This includes any act the referee deems unsporting, including, but not limited to, the following:

a. making insulting or derogatory remarks, gestures or acts including taunting;
b. trying to influence or showing disgust with officials’ decisions;
c. interfering with meet officials in the performance of their duties.
d. deck changing before, during or after the meet.

NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances. including on the basis of relative ability, race, gender or national origin.
NFHS OFFICIALS ASSOCIATION
CENTRAL HUB

- Contains:
  - Sport information
  - Rules information
  - Rules library
  - Searchable rules book
  - Video content on officiating sport, competition situations and interpretations

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- Course is FREE to NFHS Officials Association members, non-members fee is $20
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Welcome to Coaching Swimming
The revised manuals are available August 1 on the following website locations:

http://www.nfhs.org/activities-sports/swimming-diving/

https://arbitersports.com
The Rules Book, Scorebook and other swimming and diving materials can be ordered:

- online at www.nfhs.com
- by calling 1-800-776-3462