

November 6, 2013

Dear Swimming Coaches and Officials:

As we prepare for the boys swim season, we want to pass along the rules changes and other important information that was mentioned in the online rules meeting and the 2013-14 IHSAA Winter Sports Manual.

2013-2014 IMPORTANT DATES

District Competition: Saturday, February 8, 2014 – 12:30 pm

State Competition: Saturday, February 15, 2014 – 12:30 pm

2014-2015 IMPORTANT DATES

First Legal Practice Date: Monday, November 10, 2014

First Legal Competition Date: Tuesday, November 25, 2014

District Competition: Saturday, February 7, 2015 – 12:30 pm

State Competition: Saturday, February 14, 2015 – 12:30 pm

2013-2014 INFORMATION

2013-14 Rules Books

Each swimming school and official were notified when they received a 2012-13 Rules Book prior to the start of last season that they would not receive a copy of the 2013-14 NFHS Swimming and Diving Rules Book as the IHSAA sends out rules books on an every other year basis. We have a limited number of 2013-14 Swimming and Diving Rules Books available in our office if one desires to have a new rules book. Please contact Laura Brooker in our office to check the availability of these rules books before completing the IHSAA Officials Order Form found under the Officials page on the IHSAA web site. Each school and registered official will receive a new rules book in the fall of 2014.

2013-2014 Swimming Rules Meeting

The 2013-14 Swimming and Diving Rules Meeting is active on the IHSAA website through 4:00 PM, November 26, 2012. Head coaches are required to view the rules meeting in order to coach in post-season competition. Officials are required to view the rules meeting and pass the swimming examination in order to become registered and work any high school meet.

Concussion in Sports: What You Need to Know Course

As coaches, you must view the online concussion course before the first day of practice. This requirement is through legislative action and is being administered by the IHSAA. This is a requirement of the head coach in all sports. Effective August 28, the Board of Educational Examiners is now requiring the course for all

new coaching authorizations and all renewals. Your school has been receiving weekly reminders if the boys swimming coach has not completed this requirement. You will not be allowed to coach in the postseason swim meets if you have not viewed this video.

SCIMMAGES (NEW FOR 2013-14)

The Swim Coaches Advisory Committee recommended and the IHSAA Board of Control approved allowing swim programs the opportunity to participate in one scrimmage after the first legal practice date. Scrimmages are considered a practice, and therefore, do not count as one of the school's 12 allowed competition dates. Here are a few reminders with regards to scrimmages:

- a) No public announcement has been made, no admission charge, and no score is kept or recorded. **Do not enter any scrimmage "results" into QuikStats, as it will not be considered a valid seed time for the district meet.**
- b) Schools may not travel further than 100 miles, one way, to participate in a scrimmage.
- c) No school time may be used for traveling to and participating in a scrimmage.
- d) Up to four schools may be involved in a scrimmage. There can be four schools at a site and each school will be charged with only one scrimmage date.
- e) Scrimmages must take place at one of the school's regular practice facilities.

QUIKSTATS

QuikStats is now open and ready for schools to enter their rosters and schedules. Each school's roster should have rolled over and the grade of the athletes has advanced by one grade. Again, there will be 3 checkpoints throughout the regular season: Tuesday, December 10; Tuesday, January 14; and Tuesday, February 4. All meets completed through the previous Saturday of each reporting date need to be entered by the check date. Meet results must also be entered by the Tuesday after both the district and state meet. The penalty for failure to report on time is:

First Offense: a letter/e-mail to the head coach and athletic director from the IHSAA sport administrator giving 3 days to comply with the mandate.

Second Offense: a letter to the athletic director with a copy to the principal and superintendent from the IHSAA executive director, giving 3 days to comply with the mandate.

Third Offense: IHSAA member school's expense allowances will be withheld by the IHSAA in the sport in which the third offense occurred.

2013-14 Rules Changes

Additional/New wording is gray-shaded.

2-7-2b Track-style starting blocks with wedges are permitted.

ART. 2 ...When starting platforms are used:

b. they shall be securely attached to the end walls. The starting platforms shall be numbered the same as the lanes. The top front edge of the platform and backstroke grips shall be no more than 30 inches (.762 m) above the water level and flush with the pool end wall. The top surface shall be flat with the back-to-front slope not exceeding 10 degrees from the horizontal. It is recommended the top be a minimum of 20 inches square (.508 m) and covered with a nonskid material. Track-style starting blocks with wedges are permitted.

Please note that based on discussion with the Swim Coaches Advisory Committee and action taken by the IHSAA Board of Control, track-style starting blocks with wedges are only permitted for regular season meets for the 2013-14 season.

3-3-3 Penalties No longer requires the field to “Step Down” if a swimmer in an illegal suit is observed once on the starting blocks, but will disqualify the swimmer in violation at completion of the heat.

ART. 3 ... Suits worn by swimmers (excluding divers) shall be limited to the following requirements:

PENALTIES: When an official discovers a competitor wearing an illegal swimsuit by the wearing of two suits or a suit which is of an illegal construction, the official shall:

2. when the race has officially begun (see Rule 1-3-4), disqualify the competitor at the completion of the heat;

3-5 New Electronic devices may be used as coaching tools/aids, but shall not be used during the competition phase.

SECTION 5 ELECTRONIC DEVICES

Team personnel may use electronic devices to transmit or record information pertaining to a competitor's performance, provided the location does not interfere with administration of the meet as determined by the meet referee. Electronic devices shall not be used to transmit information to the competitor(s) during the race or dive.

Note: State associations may also have policies in place to further address the use of electronic devices.

PENALTY: A competitor and other team personnel (e.g. coach, manager, etc.) involved in the violation shall be disqualified from further competition/coaching in the meet for unsporting conduct.

This rule also changes 4-1-6

ART. 6 ... Electronic devices shall not be used to verify or review officials' decisions made during the meet.

Please note that Conduct has moved from 3-5 to 3-6 as a result of this new rule pertaining to electronic devices.

8-8-2c In the breaststroke, permits a single butterfly kick to follow the start or turn at any time prior to the first breaststroke kick.

ART. 2 ... The breaststroke

c. On the start or turn, one arm stroke beyond the hipline followed by one breaststroke kick may be made while the swimmer is underwater; anytime before the breaststroke kick, a single butterfly kick is permitted. Some part of the head must break the surface before the hands turn inward at the widest part of the second stroke after the start and after each turn;

District Meet Information

The six district meets will be held on Saturday, February 8, 2014 at 12:30 pm. The district hosts and team assignments are now posted on our web site. The IHSAA will not post individual district meet information as it has done in the past. We will still communicate with each school how to make its district entries, but each district meet manager will be responsible for communicating the particulars of their individual site to the participating school. As we approach the district meet, please be on the lookout from your district meet manager regarding district meet information.

State Meet Information

The state meet will be held at the Marshalltown Community Y on Saturday, February 15, 2014 at 12:30 pm. More information regarding the state meet will be sent out in early January.

At its meeting in May, the Swim Coaches Advisory Committee made one recommendation with regards to the state swim meet, and the IHSAA Board of Control has approved this change. The Hall of Fame Ceremony will now follow the parade of teams in the pre-meet festivities rather than following the 50-yard freestyle.

PROPER SUPERVISION OF SWIMMERS - Section 641-15.4(4)"d"(4) of the Iowa Code states, "For a structured swimming program, such as lap swim, competitive swimming, water exercise classes, swim lessons, and physical education classes a life guard is not required provided the program is supervised by an instructor, teacher, or **coach who is a lifeguard or has current certification from the American Red Cross in basic water safety, standard first aid, and infant, child and adult CPR**; or equivalent training approved by the Department of Health."

SECTION 641-15.4(4)"d"(4) OF THE IOWA CODE ALSO STATES, "An instructor, teacher, or coach may be responsible for a MAXIMUM of 30 persons within a structured activity. If more than 30 persons are involved (*in or out of the water*) in a structured activity, a second qualified supervisor **MUST be present."**

Iowa High School Swim Coaches Association

Coaches are reminded of the networking and leadership opportunities and student-athlete awards that are available to members of the Iowa High School Swim Coaches Association. Please contact Mike Loupee at Marshalltown High School (mloupee@marshalltown.k12.ia.us) for additional information.

We hope you have a great start to the season. Again, don't hesitate to contact me with any concerns throughout the season.

Sincerely,

Jared Chizek
Assistant to the Directors