

November 9, 2015

Dear Swimming Coaches, Athletic Directors 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 2015-16 IHSAA Winter Sports Manual.

2015-2016 IMPORTANT DATES

District Competition: Saturday, February 6, 2016 – 12:30 pm

State Competition: Saturday, February 13, 2016 – 12:30 pm

2016-2017 IMPORTANT DATES

First Legal Practice Date: Monday, November 7, 2016

First Legal Competition Date: Monday, November 21, 2016

District Competition: Saturday, February 4, 2017 – 12:30 pm

State Competition: Saturday, February 11, 2017 – 12:30 pm

2015-2016 INFORMATION

2015-16 Rules Books

Each swimming school and official were notified when they received a 2014-15 Rules Book prior to the start of last season that they would not receive a copy of the 2015-16 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 2015-16 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 2016.

2015-2016 Swimming Rules Meeting

The 2015-16 Swimming and Diving Rules Meeting is active on the IHSAA website through 4:00 PM, November 24, 2015. 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

All 7-12 coaches (head, assistant, paid, volunteer) are required to view the online concussion course before the first day of practice. This requirement is through legislative action and is being administered by the IHSAA. Your school has been receiving reminders for all coaches who have not completed this requirement. Coaches who do not view this course risk losing their coaching authorization/endorsement.

Advisory Committee Recommendations Approved for 2015-16

Last May the swimming advisory committee made three recommendations and all three were approved by the IHSAA Board of Control at its June meeting. Two of the recommendations will be implemented for the 2015-16 swim season and one will come into effect for 2016-17.

1) 16-place scoring will be used at both the 2016 district and state swim meets. The awards structure will not change at either meet.

2) The following warm-up schedule will be used starting with the 2016 state meet:

10:15-11:15 All lanes circle swim

11:15-12:00 Lanes 1-2: Starts

Lanes 3-5: Circle swim

Lanes 6-8: Relay exchanges

*A coach can request a change in these assignments if a lane becomes available during the warm-up period.

3) Starting with the 2016-17 season, the first competition date will be the Monday of Week 21 rather than the Tuesday of Week 21.

QUIKSTATS

The QuikStats web site is currently down for everyone to use or view. We anticipate that the site will be up by the end of this week. Once we know more, we will share with that information with our member schools. Once the site is back up and running, schools can 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 8; Tuesday, January 12; and Tuesday, February 2. 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.

2015-16 Rules & Editorial Changes

Rule Changes

Rule 3-3-5 & 6: The old 3-3-5 (the prohibition of wearing jewelry) has been removed from the rule book. Rule 3-3-6 (coaches verifying competitors are legally attired) has been renumbered to 3-3-5.

Rule 4-1-7: The rule now reads, "It is required that officials dress uniformly in attire approved by the state association."

Rule 4-3-1a & b: The two sub articles now read:

- a. shall follow the procedures in Rules 8-1-1 and 8-1-2;
- b. or designee shall sound a warning device ...

Editorial Changes

Page 5: Now states "Suggested Meet Warm-Up Procedures" rather than "Guidelines for Meet Warm-Up"

Rule 2 Notes: The two sentences are now separated notes rather than in paragraph form. The notes themselves have not changed just the numbering of the notes.

Rule 2-4-5: The work *preferred* has been added to indicate that visible markings on the pool deck are the preferred markings.

Rule 2-7-3 Note: This note has been cleaned up to reflect the 2014-15 rule change to 4-3-3.

Rule 3-2-2: Appropriate health-care professional has been added to the rule as one of the parties that may force a competitor to withdrawal due to injury or illness.

District Meet Information

The six district meets will be held on Saturday, February 6, 2016 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 for information from your district meet manager.

State Meet Information

The state meet will be held at the Marshalltown Community Y on Saturday, February 13, 2016 at 12:30 pm. More information regarding the state meet will be sent out in early January.

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 rescue, first aid, and infant, child and adult CPR**; or equivalent training approved by the Department of Health. **"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 Director