

2011-12 IHSAA/IGHSAU

Swimming & Diving Rules Meeting



Bud Legg, IHSAA

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Rules Meeting Attendance - Coaches



- Boys' **AND** Girls' Head Coaches must attend/view every year.
- Assistant coaches are encouraged, but not required, to attend/view.
- Coaching authorization renewal-coaches responsibility to keep track of credit renewal.
- BoEE website: www.boee.iowa.gov



National Federation of State
High School Associations



Iowa Girls High School Athletic Union Information



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IGHSAU SWIMMING & DIVING ADVISORY COMMITTEE MEMBERS

- **Scott Kibby, AD, Cedar Rapids Jefferson (Chair)**
- **Sarah Patterson, Newton**
- **Steph Huber, Decorah**
- **Emily Snyder, Dubuque Wahlert**
- **Shari Walling, Johnston**
- **John Cooper, Iowa City (Official)**
- **IGHSAU Staff Liaison: Jason Eslinger**

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Important 2011 Regular Season Dates

**First Practice Date: Monday, August 8
(Week 6)**

**First Competition Date: Monday, August 22
(Week 8)**





IGHSAU REGIONAL MEET INFORMATION

- **2011 Regional Diving Meet: Thursday, Oct. 27**
- **2011 Regional Swimming Meet: Saturday, Oct. 29**
- **Regional Swimming & Diving Sites will be comprised of the same teams**



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POWER RANKINGS

Coaches will be required to post power points and times. Schools using Hy-Tek for their home meets are asked to please submit results into the online power point system.

Rosters & schedules should be submitted into the online system prior to the start of the season.





IGHSAU SWIM INFO ONLINE

The following can be found now in the swimming & diving section of the IGHSAU website (www.ighsau.org)

- **Iowa Adaptations**
- **Diving information**
- **Swimming & Diving Manual**
- **Excel Diving Sheets**
- **Site Availability Sheet**





OFFICIAL RECOMMENDATIONS

- **Recommending Officials is REQUIRED**
- **Available online**
- **This is mandatory and coaches will have 30 days after the state meet to complete.**



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Diving Reminders

- **11 Dive meets are allowed at dual meets.**
- **2011 Rotating Dive Schedule**
 - Weeks 1-2 (August 22-Sept. 4) - Forward Group**
 - Week 3 (Sept. 5-11) – Back Group**
 - Week 4 (Sept. 12-18) – Inward Group**
 - Week 5 (Sept. 19-25) – Twisting Group**
 - Week 6 (Sept. 26-Oct. 2) – Reverse Group**





OFFICIALS ONLINE LOCKERS

Swimming & diving officials are required to have an online locker set up to be considered for regional & state meets.

Regional and State Assignments, as well as contracts, will be e-mailed through the officials locker this season.

Instructions for setting up your locker can be found on the IGHSAU website. Please contact Jason Eslinger at the IGHSAU if you need any help.





2011 Changes

The following items were recommended by the swimming & diving advisory committee at its 2011 meeting and were passed by the IGHSAU Board of Directors





Official Uniforms -

- **Starting with this season the new uniform for district and state meets will be a white shirt and khaki pants.**
- **The white shirt and khaki pants are not required attire during the regular season.**
- **If two or more officials are working, they need to wear the same uniform.**
- **All white uniforms may be worn during the regular season.**





Warm-up Procedures During Breaks at Regional & State Meets

Regional meets shall designate one lane for relays and one for starts during the designated breaks

Two lanes will be designated for relays & one lane designated for starts at the breaks of the State Meet





Regional Cool Down Procedures

One (1) minute of cool-down will be provided at the end of each heat in each event at all regional meets (excluding the last heats of the 200 Freestyle Relay and the last heat of the 400 Freestyle Relay).

Regional sites with warm-up/cool down areas must have those areas closed during regional competition





IGHSAU WEBSITE

- **ALL swimming & diving-related news will be posted to the IGHSAU website first.**
- **Check the swim site daily.**
- **Don't hesitate to call with questions or concerns**



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION INFORMATION



IHSAA SWIMMING ADVISORY COMMITTEE



- Rick Loeffelholz, Dubuque, Hempstead, 2012
- Virgil Haley, Waterloo, West, 2013
- John Burkle, Iowa City, City High, 2014
- Shawn DeBoef, Valley, WDM, 2012



Coaches Information



- First Legal Practice Date - Monday, November 7, 2011
- First Legal Competition Date - Tuesday, November 22, 2011



Coaches Information Cont.



- District Swim Meets - Saturday, February 4, 2012 at 12:30 PM
- State Swim Meet - Saturday, February 11, 2012 at 12:30 PM



Officials Information



Uniforms-

- The uniform for district and state meets will be the navy blue shirt and khaki pants.
- Officials will still be allowed to wear white during the regular season.
- The blue shirt and khaki pants are not required attire during the regular season.
- If two or more officials are working, they need to wear the same uniform.



Officials Information



- Register with the organization whose athletes you will be officiating. If you officiate both boys' and girls' swimming, you will need to register with both organizations.
- All officials used at High School meets (9-12) must be licensed with the appropriate organization.
- At least one official at Junior High meets must be licensed.





OFFICIALS ANNOUNCEMENTS

2011-2012 Information

All registered active officials will be required to attend/view on-line, and IHSAA state sponsored rules meeting in the sport he/she registers in each year before he/she works any contest grades 7-12.

All active officials will be required to pass the open book exam annually, given a maximum of three attempts to pass.



OFFICIALS ANNOUNCEMENTS

Starting in 2011-12, rules books will be mailed out every other year. All swim officials will receive rules books in 2010-11 and then not again until 2012-13. You need to keep this rule book for 2 years.

The IHSAA will provide online updates for rule and editorial changes when a new rule book is not provided.

To be eligible for consideration to officiate in the post season, officials must complete the on-line tournament request form NO LATER THAN November 22.

National Federation of State
High School Associations



2011-12
Swimming and Diving
Rules Changes

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In-Water Starts

Rule 2-7-2b Chart

- In-water starts must be used in pools where the pool depth is less than 4 feet deep

Water Depth from End Wall to The Point of Entry (0-5M)	MAXIMUM Height of Platforms/Decks Above Water Surface
4 feet or more	30"
Less than 4 feet	Start in water



Referee's Jurisdiction

Rule 4-1-4

- The meet referee's jurisdiction begins upon arrival at the meet site and ends with the completion of the last event. The meet referee shall establish the official score of the meet within one hour after the last event under Rule 4-2-3. The meet referee maintains administrative responsibilities for the contest through the completion of any required reports or correspondence in response to any action occurring while the officials have jurisdiction. State associations may intercede in the event of unusual incidents after the meet referee's jurisdiction has ended or in the event that a meet is terminated prior to the conclusion of regulation competition



Referee's Jurisdiction

Rule 4-1-4 SITUATION

- **SITUATION:** A fight between participants occurred during a contest and this situation caused the contest to end abruptly. Everyone at the event was immediately evacuated from the premises (including those directly involved). Though the competitors, coaches and fans have all left the facility, the meet referee would still maintain the administrative responsibility to rule on the incident occurring because it occurred while he/she had jurisdiction.



Referee's Jurisdiction

Rule 4-1-4 SITUATION

- **RULING:** Correct procedure. **COMMENT:** The meet referee, even though removed from the pool area, still maintains the responsibility to complete any reports, including disqualifications, that would have taken place during the contest had he/she not had to leave the pool area.
- In contrast, a fight that occurs in the parking lot following the conclusion of a contest would not be the responsibility of the meet referee.



Seeding Divers – Championship Meets

Rule 9-2-2

- The order of divers in championship meets, determined by the meet director, shall be either by lot or by seeding based on the diver's best competitive 11 dive score submitted from the current season. If seeding by dive scores, divers without 11 dive scores shall be seeded by lot at the beginning of the diving order. The same relative position of divers shall be maintained for all levels of competition



Determining Dive Order In Championship Meets – Using Best Past 11 Dive Score

Rule 9-2-2

<u>Diver</u>	<u>11 Dive Score</u>
Linda Muxfeld	370.20
Stacey Lambert	375.45
Tracie Brown	377.55
Kathy Topp	382.10
Tina Brown	383.65
Cheryl Mitchel	418



Determining Dive Order In Championship Meets – Random Draw

Rule 9-2-2

<u>Diver</u>	<u>11 Dive Score</u>
Tina Brown	383.65
Stacey Lambert	375.45
Tracie Brown	377.55
Kathy Topp	382.10
Cheryl Mitchel	418
Linda Muxfeld	370.20



Determining Dive Order In Championship Meets – Combination

Rule 9-2-2

<u>Diver</u>	<u>11 Dive Score</u>
Tina Brown	No Score
Linda Muxfeld	No Score
Stacey Lambert	375.45
Tracie Brown	377.55
Kathy Topp	382.10
Cheryl Mitchel	418



Twisting Dives

Rule 9-4 – Diving Table

- The degree of difficulty for the following twisting dives have been changed:
- 5227D to **3.2** ~~3.1~~
- 5126D to **2.8** ~~2.7~~
- 5136D to **3.1** ~~3.0~~



Forward Approach and Takeoff

Rule 9-5-2

- The forward approach shall begin with not less than three steps and finish with a hurdle, defined as a jump off one foot to a landing on both feet at the end of the board. The diver may use additional steps, hops, leaps and/or jumps between the initial three steps and the culminating hurdle. The forward takeoff shall be from both feet simultaneously to an adequate height to perform the dive



Forward Approach and Takeoff

Rule 9-5-2

- Components of forward approach and takeoff:

Must have at least three steps	May use additional steps, hops, leaps and/or jumps	Must finish with culminating hurdle	Takeoff must be from both feet simultaneously at end of board
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Forward Approach and Takeoff

Rule 9-5-2



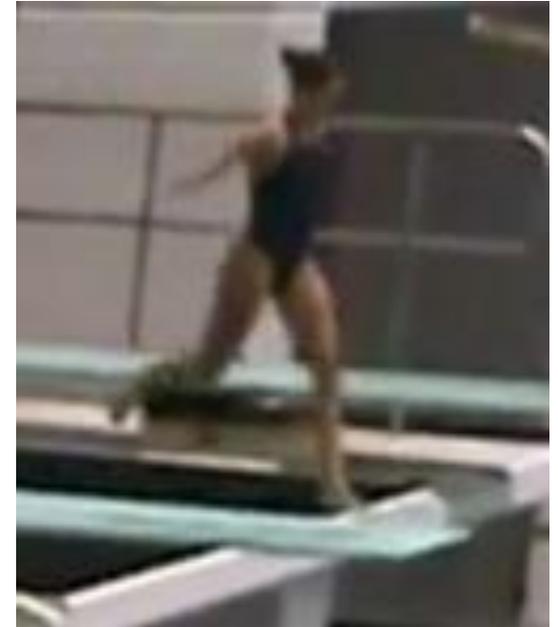
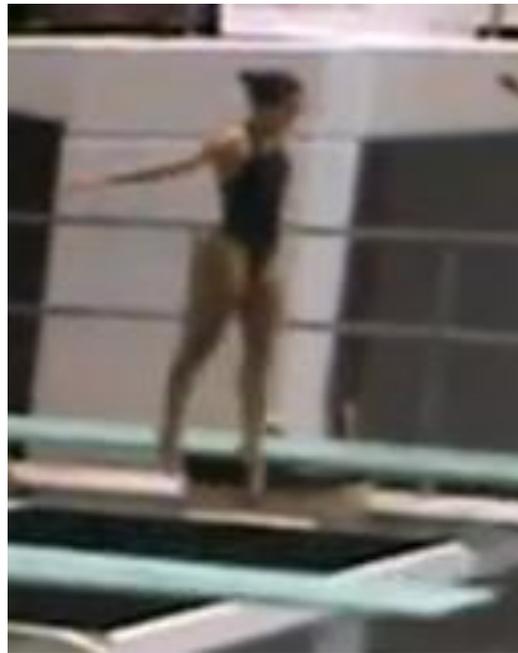
Forward Approach and Takeoff

Rule 9-5-2



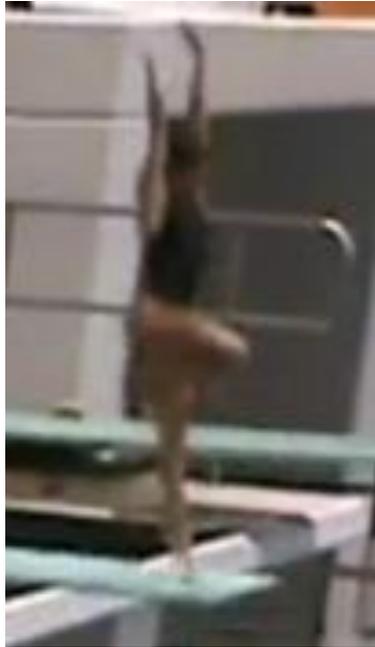
Forward Approach and Takeoff

Rule 9-5-2



Forward Approach and Takeoff

Rule 9-5-2



Flying Dives

Rule 9-5-6 NOTE

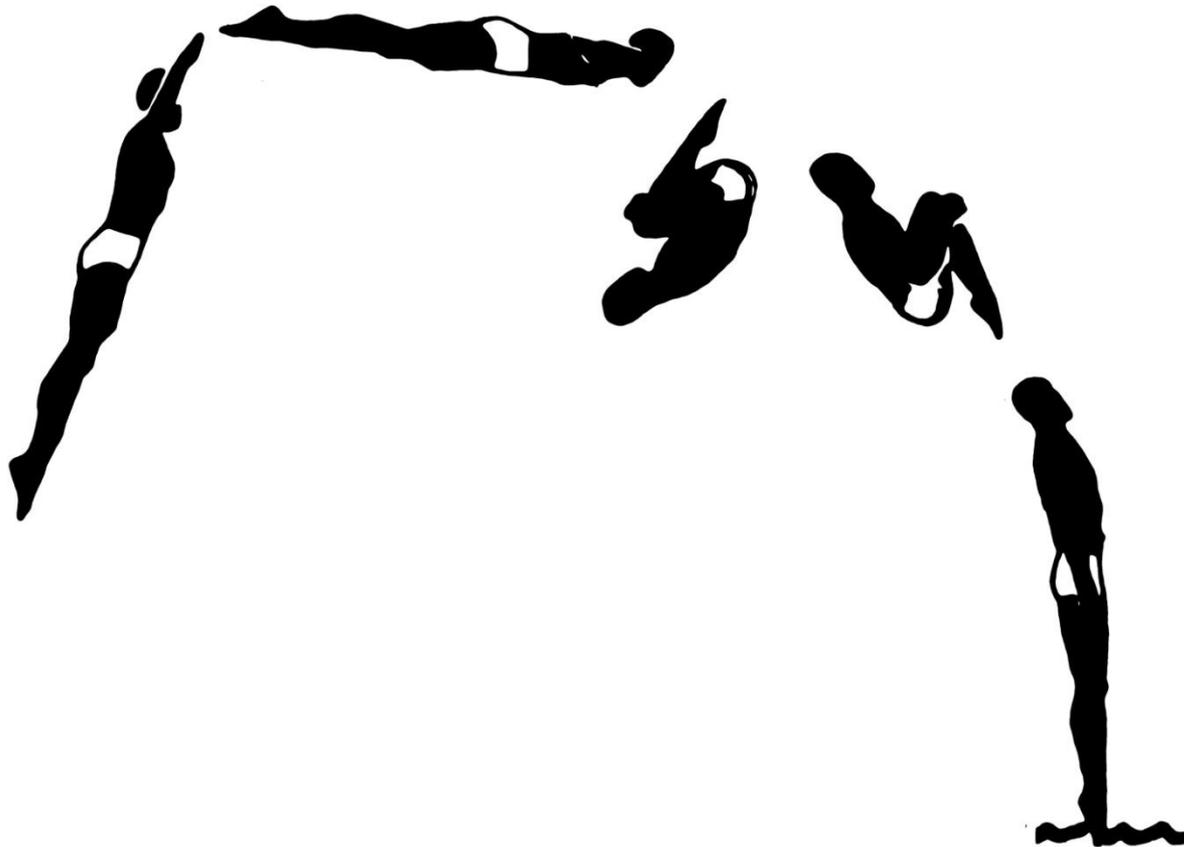
- Flying dives demonstrating one somersault require the straight position be maintained from the takeoff until the body has rotated to the horizontal position (1/4 rotation)
- Flying dives demonstrating one and one half somersaults require the straight position be maintained until the body has rotated to the vertical position (1/2 rotation)



Flying Dives

Rule 9-5-6 NOTE

112C Forward Flying Somersault Tuck



Flying Dives

Rule 9-5-6 NOTE

413C Inward Flying 1½ Tuck



National Federation of State
High School Associations



2011-12
Swimming and Diving
Major Editorial Changes

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Uniforms

Rule 3-3-2

- The uniform consists of a suit and, if worn, cap(s).
 - The suit or cap(s) may display the name and/or number of the competitor, school or mascot;
 - Advertising or name other than that permitted in 3-3-2c is prohibited;
 - A single visible manufacturer's logo/trademark/reference, no more than 2 ¼ square inches is permitted on each item of the uniform (suit and cap(s));
 - An American flag, not to exceed 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on each item of the uniform.
- **NOTE:** The FINA mark and/or individual...



Uniforms

Rule 3-3-2

- The competitor has the option to wear a swim cap
- If worn, the competitor **may** wear more than one cap
- The cap may display
 - name and/or number of competitor
 - school
 - mascot
 - American flag meeting size restrictions in 3-3-2d
 - manufacturer's logo under rule 3-3-2c



Uniforms

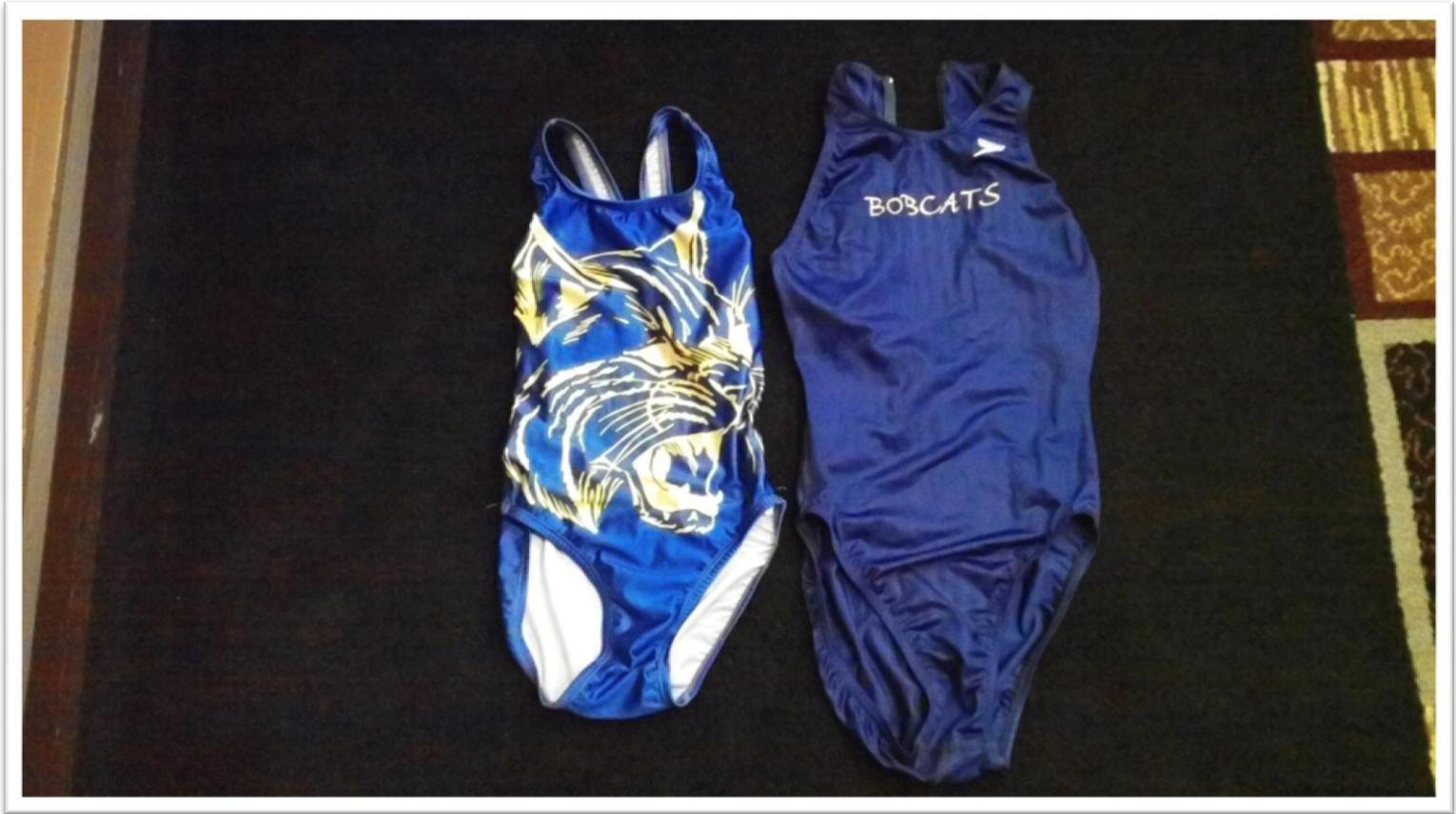
Rule 3-3-2



Legal

Uniforms

Rule 3-3-2



Legal

Uniforms

Rule 3-3-2



Illegal

Accommodations for Individual Participants

Rule 3-3-4 NOTE

- Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, create risk to the athlete/others or place opponents at a disadvantage



National Federation of State
High School Associations



2011-12
Swimming and Diving
Points of Emphasis

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Points of Emphasis

- Concussions
- Pre-meet Conference with Coaches and Captains
- Forward Approach in Diving



Concussions

Iowa Code Section 280.13C states, in part,
“Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union. The student and student’s parent or guardian shall sign and return the concussion and brain injury information sheet to the student’s school prior to the student’s participation in any interscholastic activity for grades seven through twelve.”



Link at www.iahsaa.org and www.ighsau.org

Concussions

Iowa Code Section 280.13C continued – “If a student’s coach or contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, the student shall be immediately removed from participation. A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and the student has received written clearance to return to participation from the health care provider.”



HEADS UP: Concussion in High School Sports

A FACT SHEET FOR PARENTS AND STUDENTS

HEADS UP: Concussion in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:

- (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
- (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
- (3) Key definitions:
 - "Licensed health care provider" means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.
 - "Extracurricular interscholastic activity" means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

What parents/guardians should do if they think their child has a concussion?

1. OBEY THE NEW LAW.
 - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
 - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

STUDENTS:

If you think you have a concussion:

- Tell your coaches & parents – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- Get a medical check-up – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- Give yourself time to heal – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

Signs Reported by Students:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

PARENTS:

How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.

For more information visit: www.cdc.gov/Concussion

IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must sign the acknowledgement below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.

We have received the information provided on the concussion fact sheet titled, "HEADS UP: Concussion in High School Sports."

Student's Signature Date

Student's Printed Name

Parent's/Guardian's Signature Date

Student's School



Concussion in Sports

www.nfhslearn.com

NFHS

Concussion In Sports - What You Need To Know

CDC
SAFER • HEALTHIER • PEOPLE

1 2 3 4 5 6 << PREVIOUS NEXT >>

Unit 1: Concussion Overview
Introduction
What is a concussion?
What happens to the brain?
Unit 2: The Problem
Unit 3: Your Responsibility
Unit 4: Review
Course Evaluation

When in doubt,
sit them out!

Link at www.iahsaa.org



Points of Emphasis

Pre-meet Conference with Coaches and Captains

- Referee, under Rule 4-2-1, has responsibility to meet with coaches and captains through a pre-meet conference
- Some of the more important items to address may include:
 - Entry procedure
 - Jewelry is not to be worn during warm-ups or competition
 - Coaches confirm all contestants are in legal suits and in compliance with jewelry rules



Points of Emphasis

Pre-meet Conference with Coaches and Captains

- Verbal starts or only whistle commands
- Teammates should stay back away from the edge of the pool during races
- Cooperation is requested to have it quiet for the start of each race
- Remind swimmers not to step up onto blocks/into water until called by long whistle
- Cover warm-down procedures



Points of Emphasis

Forward Approach in Diving

- The new definition of the forward approach permits the diver to have greater flexibility in movement between the required initial three steps to begin the approach and the culminating hurdle and takeoff
- Following the three steps the diver may include:
 - Hop
 - Leap
 - Steps, etc.
- The diver then will go into the culminating hurdle and simultaneous two feet takeoff from the end of the board

