



2012-13 NFHS
**SWIMMING & DIVING
AND WATER POLO
RULES BOOK**

ROBERT B. GARDNER, Publisher
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NFHS Publications

To maintain the sound traditions of this sport, encourage sportsmanship and minimize the inherent risk of injury, the National Federation of State High School Associations writes playing rules for varsity competition among student-athletes of high school age. High school coaches, officials and administrators who have knowledge and experience regarding this particular sport and age group volunteer their time to serve on the rules committee. Member associations of the NFHS independently make decisions regarding compliance with or modification of these playing rules for the student-athletes in their respective states.

NFHS rules are used by education-based and non-education-based organizations serving children of varying skill levels who are of high school age and younger. In order to make NFHS rules skill-level and age-level appropriate, the rules may be modified by any organization that chooses to use them. Except as may be specifically noted in this rules book, the NFHS makes no recommendation about the nature or extent of the modifications that may be appropriate for children who are younger or less skilled than high school varsity athletes.

Every individual using these rules is responsible for prudent judgment with respect to each contest, athlete and facility, and each athlete is responsible for exercising caution and good sportsmanship. These rules should be interpreted and applied so as to make reasonable accommodations for disabled athletes, coaches and officials.

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2012-13 Swimming and Diving Rules Changes

- 3-3-2** Clarifies the penalties for a swimmer or diver wearing illegal attire such as an illegal cap and separates these penalties from the penalty for illegal construction of a swimming suit.
- 3-3-4** Tape is permitted to treat a documented medical condition providing the meet referee is presented with signed documentation from an appropriate health-care professional prior to the start of competition.
- 8-2-1f** The initiation of the turning action in the backstroke may be initiated by an upward or downward, underwater movement of the head.
- 8-2-2c** On the start or turn, the initiation of the arm stroke shall be accomplished by a discernible horizontal separation of the hands.
- 9-2-2** The order of divers in a championship meet is determined by the meet director using a seeding method based on scores or by lot. With no action from the meet director, the default method for determining the order of diving in a championship meet is by lot.

2012-13 Major Editorial Changes

- 3-3-3c** Changed the Note regarding the wearing of a suit with the FINA mark to a part of the rule.
- 9-5-2** Additional steps, hops, leaps and/or jumps may occur during the diver's initial steps and before the culminating hurdle in the forward approach.
- App.B** Suggested protocol for electronic relay judging equipment specifies when the relay takeoff judge's observation shall be considered to confirm a disqualification.

2012-13 Editorial Changes

3-3-3a, 3-5-3, 4-1-4, 9-4

2012-13 Points of Emphasis

1. Shaving on site and sports hygiene
2. Suits with FINA barcode
3. Relay team attire may be adjusted to become legal

New interpretations in situation play rulings and situations brought up to date with the new rules are marked with an asterisk (*).

<p>Accommodation for special-needs students may be addressed through rules and policies promulgated by a variety of organizations. Four such organizations are:</p>		
<p>Special Olympics 1325 G Street N.W. Washington, DC 20005 www.specialolympics.org</p>	<p>Disabled Sports USA 451 Hungerford Drive Suite 100 Rockville, MD 20850 www.dsusa.org</p>	<p>U.S. Paralympics 25 North Tejon Lower Level 110 Colorado Springs, CO 80903 www.usparalympics.org</p>
<p>USA Swimming 1 Olympic Plaza, Colorado Springs, CO 80909 www.usaswimming.org</p>		

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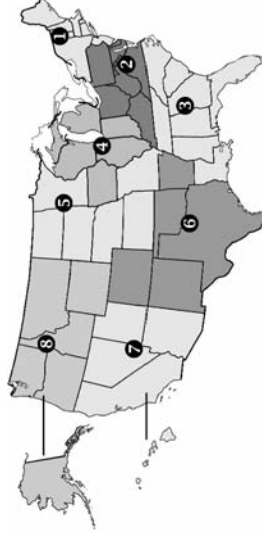
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GUIDELINES FOR MEET WARM-UP

It is recommended that state associations adopt warm-up procedures similar to the example provided below:

Prior to any contestants entering the water to begin warm-ups, there shall be a meeting that includes head coaches and captains from each team and officials (if available). The criteria to be reviewed should include, but is not limited to: warm-up procedure, pool environment, water depth at both ends, jewelry and uniform rules, starting platforms, lane selection, emergency procedures, conference rule differences, lifeguard responsibilities and other pertinent issues. In addition, the following guidelines are recommended for warm-up procedures at all meets:

1. A designated supervisor whose sole responsibility is to observe the warm-up procedures shall be on duty prior to any contestants entering the pool/diving well and throughout the entire warm-up period.
2. Swimmers shall enter the water feet first except for starts which are limited to specified lanes.
3. Specify Lanes 2 and 5 (six-lane pool) or Lanes 2 and 7 (eight-lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
4. Place a cone marker or similar sign on the starting platforms in lanes not specified as one-way sprint lanes.
5. Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool).
6. Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push-off position from the starting end of the pool).
7. May specify lanes for relay practice during the last 15 minutes of the warm-up.
8. Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
9. Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.
10. Swimmers shall not swim in the area where the diving warm-up is occurring.
11. Pool shall be closed during the coaches' meeting.
12. Jewelry shall not be worn during warm-ups.

Meet management or their designee(s) may remove a swimmer, coach and/or team from the deck for violations of these recommendations. In facilities that have warm-up and/or warm-down areas, management shall provide supervision of the area(s) at all times.

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Requests for rule interpretations or clarifications should be directed to the state association which is responsible for administering and conducting the high school swimming and diving program in your state. The NFHS will assist in answering rules questions from state associations whenever called upon.

NOTE: "Shall" denotes mandatory.

Rule 1

Definitions

SECTION 1 PARTS OF THE POOL

ART. 1. . . . The end walls are the walls perpendicular to the race course.

ART. 2. . . . The side walls are the walls parallel to the race course.

ART. 3. . . . The starting end is the wall of the pool where the race begins. The host team will determine the starting end for all races.

ART. 4. . . . The finish end is the wall of the pool where the race ends.

ART. 5. . . . A lane is a designated course of water which is perpendicular to the starting and finish ends.

SECTION 2 TIMING DEVICES

ART. 1. . . . A manual timing device, a stopwatch, is one which must be started and stopped by hand.

ART. 2. . . . A semiautomatic timing device is one which starts manually/ automatically and stops automatically/manually, respectively.

ART. 3. . . . An automatic timing device is one which starts automatically with the starter's device and stops automatically when a contestant touches the finish pad.

SECTION 3 MEET MANAGEMENT

ART. 1. . . . Prior mutual consent requires written documentation, signed by the coaches prior to the start of competition and is permitted only where specified within the rules book.

ART. 2. . . . Score of a forfeited meet shall be 12-0.

ART. 3. . . . Seeding is a process of ranking competitors according to submitted times.

ART. 4. . . . A race officially begins when the swimmers are called to the starting platforms by the referee's/starter's long whistle. (See 4-1-5 Note)

ART. 5. . . . A race officially ends when the last swimmer finishes the race.

ART. 6. . . . A heat is one of a series of races within an event.

ART. 7. . . . A dual meet involves two teams; double-dual involves three teams (Team A vs. Team B, Team A vs. Team C); triple-dual involves three teams (Team A vs. Team B, Team A vs. Team C and Team B vs. Team C); triangular involves three teams that compete among each other for the same points (See 7-1-2f).

ART. 8. . . . A preliminary is a competition designed to advance qualifiers to another round of competition.

ART. 9. . . . A swim-off is part of the preliminary process of qualifying a full

complement of finalists. This occurs when there are more tied swimmers than lanes/places available, or there is a disputed time. The involved swimmers may compete for the available lanes/places.

ART. 10 . . . The finals are concluding competition designed to determine the place winners in an event.

NOTE: Preliminaries and finals are considered one meet.

ART. 11 . . . Timed finals are one or more heats in which final place winners in an event are determined by time. (See 5-3-6)

ART. 12 . . . A championship meet is a culminating meet.

NOTE: An invitational/multi-team meet may be conducted using championship meet format.

ART. 13 . . . A scratch is the withdrawal of a competitor from the remainder of his/her events in the meet.

ART. 14 . . . A declared false start is the withdrawal of a competitor from a specific event.

ART. 15 . . . A dive officially begins when the diver assumes a starting position.

ART. 16 . . . A dive is officially completed when the diver has passed below the surface of the water.

RULE 1, SECTION 3 — PLAY RULING

1.3.4 SITUATION: The official race begins when the swimmers are called to the starting platforms by the referee's/starter's long whistle. **RULING:** Correct procedure. **COMMENT:** The definition with use of the long whistle applies to both the verbal and whistle commands. (Appendix A)

SECTION 4 TEAM PERSONNEL

ART. 1 . . . A team shall consist of one or more competitors.

ART. 2 . . . Team personnel includes all coaches, managers, lap counters and participating or nonparticipating contestants.

SECTION 5 CONDUCT

ART. 1 . . . A violation is an infraction of the rules which causes disqualification of:

- a. a competitor from an event;
- b. a competitor from the meet;
- c. all competitors from one team for an event;
- d. team personnel.

Rule **2** *Pool, Lane & Equipment Specifications*

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers.

NOTE: Pool, board and equipment specifications for the event of diving are addressed in Rule 9. Diving is subject to Rules 1 through 8 as applicable to the event and participants.

SECTION 1 VARIATIONS IN POOL AND EQUIPMENT

When existing facilities are such that pool dimensions, markings and construction do not meet the standards prescribed by rule, meets may be conducted by prior mutual consent of the competing teams unless state association regulations determine otherwise.

Rules regarding water depth, starting platform height, the distance from starting platform to surface of the water, use of a recall device and backstroke flags shall not be waived by prior mutual consent.

SECTION 2 POOL DIMENSIONS

The swimming pool shall be either 75 feet long (22.860 m) or 82.021 feet long (25 m), measured from the inside walls or from the tile or timing devices attached to the walls, and at least 45 feet wide (13.716 m). A pool 60 feet wide (18.288 m) is recommended.

NOTE: Consideration on the length dimension of new pools being constructed should account for pads being added on the end wall (s) in order to meet the length requirements in Rule 2-2.

SECTION 3 POOL CONSTRUCTION

ART. 1 . . . End walls, and movable bulkheads serving as end walls, shall be parallel and vertical for a distance of 3 feet 6 inches (1.0668 m) below the overflow level of the water, with no protrusions below the surface. Touch pads for automatic timing may be used if they do not shorten the race course beyond minimum specifications. It is recommended end walls be finished with a nonslip surface that extends no less than .8 meters (2 feet 7½ inches) below the water surface.

NOTE: In newly constructed pools, it is recommended that there be a minimum water depth of 4 feet in the starting end, and that inlets on the end walls be at least 2 feet 6 inches below the surface of the water.

Pools constructed with a radius transition from vertical wall to horizontal bottom meet this rule specification provided the 4-foot depth requirement is met

within the 12-inch distance measured out from the end wall when measured from the pool end to 16 feet, 5 inches (5 meters) from the end wall if racing starts are used.

ART. 2 . . . All ladders, steps or stairs shall be recessed into side walls or easily removed for competition.

ART. 3 . . . One hundred foot candles of lighting at water level is recommended.

SECTION 4 POOL MARKINGS

ART. 1 . . . The bottom and walls of pools constructed or refinished shall be white or a light color.

ART. 2 . . . Continuous lines 10-12 inches wide (25 cm) and of a dark color shall indicate the middle of each swimming lane. These lines shall end 60 to 80 inches (1.5 to 2.0 m) from the end walls and the last 10 to 12 inches of the line shall be 36 inches wide (.9144 m), thus forming a broad "T". The center of each lane shall be indicated on the end walls by a 10 to 12 inch line extending vertically at least 3 feet, 6 inches (1.0668 m) below the surface of the water. Markings on the finish pad and bulkheads shall conform to required markings on the end walls.

ART. 3 . . . Visible numbers identifying the lanes shall be provided. The lanes, when practical, should be numbered from right to left as the swimmer stands facing the course.

ART. 4 . . . The top edge of deck level pools shall be marked with a dark color which is distinct from surrounding colors to provide the swimmer with a visual target. It is recommended that the end walls extend at least 2 inches above (5.08 cm) the normal flat surface of the water.

ART. 5 . . . Visible markings on the pool deck or on each lane marker shall be located 16.4 yards (15 m) from each end wall.

RULE 2, SECTION 4 — PLAY RULINGS

2.4.2 SITUATION A: Several schools are invited to participate in a swim meet at a pool that is undergoing renovations. Upon arriving at the pool, one of the teams notices the lack of markings in the pool. **RULING:** Illegal. **COMMENT:** However, meets may be conducted by prior mutual consent of the competing teams unless state association regulations determine otherwise. (2-1)

2.4.2 SITUATION B: A new community recreation center has been built. The markings in the center lane of the pool are: (a) a continuous line 10 inches wide with the last 10 inches forming a 36-inch broad "T"; (b) lines ending 80 inches from the end walls; (c) a line indicating the center of each lane on the end wall by a 10-inch line extending vertically 3 feet, 6 inches below the water surface. **RULING:** (a) (b) and (c) Legal. Pools that have Olympic markings may also serve the needs of high school students provided measurements are legal under Rule 2-4-2.

2.4.5 SITUATION: A coach arrives at another school for a meet and discovers there are no markings for the 16.4 yard (15 m) mark. The coach insists the host school must forfeit all events involving the backstroke. **RULING:** Request denied. **COMMENT:** Markers must be present for events involving the backstroke, butterfly & freestyle. The host school may use temporary markings on the deck. (i.e., traffic cone, duct tape X's on the deck, etc.) and the referee should report the problem to the host school administration.

SECTION 5 LANES

ART. 1 . . . Lane markers are required and shall be continuous, clearly visible floats which indicate the lateral limits of each lane. They shall be attached to and stretched between the end walls, anchored at surface water level in a recessed receptacle. It is recommended there be solid-colored floats within 15 feet (4.572 m) of both end walls in contrast with the center portion of the lane markers.

ART. 2 . . . The width of lanes shall be a minimum of 7 feet (2.134 m). The two lanes next to the side walls may be wider; in such pools, outside lane markers are recommended.

RULE 2, SECTION 5 — PLAY RULING

2.5.2 SITUATION: It is discovered after arrival of the visiting team that lanes are only 6 feet wide, and the referee declares that the meet may not be conducted. **RULING:** Incorrect procedure. **COMMENT:** With mutual consent the meet shall be conducted. The proper procedure is for the host team to inform visiting teams at the time of scheduling the meet of aspects of its facility which do not meet specifications for which prior mutual consent is possible. (1-3-1, 2-1)

SECTION 6 WATER CONDITIONS

ART. 1 . . . The water clarity shall be such that the bottom and end lane line markings can be clearly seen while standing at midpoint on either side of the pool deck. The physical condition of the water shall meet standards of chemical balance and treatment as prescribed by that school's local or state health code.

PENALTY: When water conditions do not meet rule specifications, the referee may declare that the meet will not be conducted. (2-7 Penalty 2)

ART. 2 . . . It is recommended that the water temperature be no less than 78 degrees Fahrenheit (26 degrees Celsius) and no more than 82 degrees Fahrenheit (28 degrees Celsius).

ART. 3 . . . The level of the water shall be at the overflow rim of the pool.

RULE 2, SECTION 6 — PLAY RULING

2.6.1 SITUATION: The referee is unable to see the markings on the bottom of a pool prior to the starting of the meet. The referee may declare the meet will not be conducted if the host school cannot correct water clarity. **RULING:** Correct procedure. (2-6-1 Penalty)

SECTION 7 EQUIPMENT FOR SWIMMING EVENTS

ART. 1 . . . All necessary equipment shall be provided by the host team or institution and maintained in proper working condition throughout the competition.

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

- a. the minimum water depth at the point of entry for racing starts during practice or competition shall be measured for a distance from the end wall to a minimum of 16 feet, 5 inches (5 meters) from the end wall;
- 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.

Figure 1

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

PENALTIES:

1. When water depth and/or distance of starting platforms from the water surface do not meet rule specifications, the swimmers must start in the water or on the deck, provided water depth is not violated or the meet shall not be conducted. (2-7-2, Figure 1)
2. When water conditions do not meet rule specifications, the referee may declare that the meet will not be conducted.
3. When one or more starting platforms are not securely attached to the deck or end wall, all swimmers shall start in the water, or on the deck, provided the water depth rule is not violated.

ART. 3 . . . The starting signal shall be loud enough to insure a fair start. It is recommended that the starting signal activate a strobe light or similar optical signal to indicate the start to manual timers and hearing impaired swimmers. The strobe light or similar optical signal should be located at the side or end of the pool and be visible from all starting platforms.

NOTE: A pistol capable of discharging live ammunition shall not be used for the starting signal.

ART. 4 . . . A recall device shall be required for all swimming events at all meets.

ART. 5 . . . Backstroke flag lines, suspended approximately 7 feet (2.134 m) above the surface of the water of each lane and 15 feet (4.572 m) from each end wall, shall be required for all events in which the backstroke is swum. For pools constructed after June 2004, proper distance for placement of backstroke flags for 25-yard pools is 5 yards, and for 25-meter pools, 5 meters. At least three pennants of two or more alternating colors shall hang from the line over each lane. The pennants shall be 6 inches to 12 inches wide (15.24 to 30.48 cm), and 12 inches to 18 inches long (30.48 to 45.72 cm).

PENALTY: For not providing backstroke flags which meet rule specifications, the host team shall be disqualified from events which require backstroke flags, the events are not swum and the points shall be awarded to the visiting team(s) in proportion to the number of their submitted entries.

ART. 6 . . . A visual lap-counting system for the 500-yard/400-meter freestyle event shall be required for each visiting swimmer's lane. The system shall consist of a sufficient number of white cards with 12 inch (.3048 m) tall, black, odd, ascending numerals and one solid fluorescent orange card, with or without a numeral.

PENALTY: For not providing an adequate number of visual lap-counting devices for each visiting swimmer's lane, the host team shall be disqualified from scoring in the event. Although all swimmers will participate, only the visiting swimmers shall score points. For not providing an adequate number of visual lap-counting devices for each host swimmer's lane, the affected swimmers from the host team shall participate without the use of the visual lap-counting device or a lap counter.

ART. 7 . . . Timing devices, whether manual, semiautomatic or automatic, shall be calibrated to one-hundredth (.01) of a second. The use of automatic electronic timing is recommended for all swimming meets. However, even when automatic timing is used, a manual timing device shall be used for each lane as a backup.

ART. 8 . . . The touch pads for automatic timing shall be centered in the lanes. It is recommended that touch pads cover the entire width of the lane.

ART. 9 . . . It is recommended the meet score be posted and/or announced throughout the meet.

RULE 2, SECTION 7 — PLAY RULINGS

2.7.2 SITUATION A: A swimmer (a) places a towel over the starting platform for the start of the 50-yard freestyle, (b) places a towel over the touchpad for the start of the 100-yard backstroke. The referee requires the swimmer to remove the towels before the start of the race. **RULING:** In (a) use of the towel is legal, in (b) use of towel on touchpad is illegal. **COMMENT:** The referee may allow the use of the towels if the facility manager allows them. No towel may be placed over the touch pad as it may interfere with the automatic timing equipment or become loose in the water.

2.7.2 SITUATION B: During the 200-yard individual medley, the referee discovers the starting platform in Lane 5 has become loose and is not securely attached to the deck. The host team is unable to repair it. The referee requires all swimmers to use a deck or in-water start for the remainder of the meet. **RULING:** Correct procedure. **COMMENT:** When one or more starting platform is not securely attached, all swimmers shall start in the water or on the deck, provided the water depth rule is not violated. (2-7-2 Penalty 3)

***2.7.2 SITUATION C:** The water level in a pool is low due to mechanical problems. The coaches mutually agree to use the (a) 18-inch starting blocks (b) deck starts even though the water is not 4 feet deep at the designated point of entry. **RULING:** Illegal in both. **COMMENT:** Water depth, distance of the starting platforms or deck starts from the water, and other rules in place to minimize risk to the swimmers CANNOT be waived. (2-1, 2-7-2 Penalty 1 and 2)

2.7.4 SITUATION: As a recall device, a school chooses to use: (a) an air horn, (b) the starting console horn, (c) a recall rope placed beyond 15 m. **RULING:** (a), (b) and (c) are legal. **COMMENT:** When a recall rope is used it should be placed far enough from the starting wall (beyond 15 m) to assure that all swimmers have surfaced after the start of the race. (8-2-1e, 8-2-3f, 8-2-4d)

2.7.5 SITUATION: For a dual meet, backstroke flag lines: (a) are 5 feet above the surface of the water; (b) have two pennants above Lane 3; (c) have two pennants of the same color in succession over Lane 4; (d) are 10 feet from one of the end walls; or (e) are missing or unavailable. **RULING:** In (a), (b), (c), (d) and (e) the host team's competitors are disqualified from events which involve the backstroke; the events are not conducted, and the visiting team receives points for each swimmer or team entered in those events. **COMMENT:** The referee may provide a break in action equal to the length of time it takes to conduct the eliminated events unless coaches agree to a shorter break. (2-7-5 Penalty, 4-1-1, 4-1-5)

2.7.9 SITUATION: Since there is no public address system available at a meet, the meet score is not announced during a dual meet. The coaches are advised that they may obtain the current meet score from the scorer's table at any time during the meet. **RULING:** Correct procedure.

Rule 3

Team Personnel

SECTION 1 ENTRIES BY TEAMS

ART. 1 . . . In championship meets, (unless conference or league determine otherwise) each team shall be permitted a maximum of four entries in an individual event and one team in a relay event.

ART. 2 . . . In other meets, each team shall be permitted a maximum of:

- two entries per individual and relay event in a pool with five lanes or less;
- three entries per individual and relay event in a pool with six lanes or more;
- by prior mutual consent, in a pool with eight lanes or more, each team shall be permitted as many additional entries as may be equally provided for both teams;
- unless state association policy determines otherwise, unlimited team entries shall be permitted at invitational, triangular and nonvarsity meets. However, the individual entry rule shall be followed. (3-2-1)

RULE 3, SECTION 1 — PLAY RULINGS

3.1.1 SITUATION: The Sunset League permits each team in the league championship to enter a maximum of six competitors in the 50 free and 100 free. **RULING:** Correct procedure. **COMMENT:** Local leagues and/or conferences may modify the maximum number of entries from each team in an event for championship meets.

3.1.2 SITUATION A: In a dual meet conducted in an eight lane pool, teams mutually agree to a maximum of four entries for each team in individual events and three entries each in relays. **RULING:** Incorrect procedure. **COMMENT:** The number of permissible entries in relays is to be the same as the number of permissible entries in individual events, but no more than two relays per school may score. (3-1-2c, 7-1-2e)

3.1.2 SITUATION B: Team A hosts a large invitational sanctioned by the state association. The entry form permits each team to enter an unlimited number of swimmers in each event with each individual swimmer limited to a maximum of four events, no more than two of which may be individual events. **RULING:** Legal. (3-1-2d, 3-2-1)

SECTION 2 ENTRIES BY INDIVIDUALS

ART. 1 . . . A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events. Prelims and finals are considered one meet.

Unless state association policy determines otherwise:

- a. exhibition competitors are permitted. An exhibition swim/dive shall count as one of the four allowed entries, does not score points, but may count as a qualifying time and is subject to disqualification;
- b. pentathlon-type meets may be conducted with unlimited individual entries.

PENALTY: For a competitor(s) participating in, or attempting to participate in, more than the allowable number of events, the competitor(s) is disqualified from that event and further competition.

ART. 2 . . . In all meets all competitors, once officially entered (unless scratched), shall compete in all races, heats and rounds of competition (excluding swim-offs and legally declared false starts) for which they qualify except when an illness or injury certified by a physician or the referee forces a competitor to withdraw. This applies to individual members of relay teams (not entire teams) as well as to competitors in individual events. A competitor may be reinstated by the referee in a later event after illness/injury if a physician or referee verifies recuperation.

PENALTIES:

1. **For submitting an entry card which is incomplete, inaccurate or delivered late, the competitor or relay team shall be disqualified from that event.**
2. **In nonchampionship meets, a competitor who has officially been entered in an event but does not compete shall be disqualified from that event only.**
3. **(Championship meets only) For failing to compete in all races, heats and rounds for which he/she has qualified or entered (exception in body of rule), the competitor shall be disqualified from further competition. The competitor shall not be disqualified from events in subsequent rounds for which he/she has previously qualified (previous performances not nullified).**

ART. 3 . . . In championship meets and other multiple team meets, a competitor officially becomes a participant in an individual event when the official entry card is delivered to the meet director, or meet director's designee, at the specified time and place. The entry card or form bearing the name of the event must contain the competitor(s)' first and last names, coach's signature (where applicable), school name, and submitted time, if one exists.

A competitor may withdraw from a preliminary event or final, including diving, with a declared false start. Notice must be given to the referee, or referee's

designee by the swimmer, diver, coach or other team personnel, at a specified time. The event shall still count as an entry for the competitor. However, it does not disqualify the competitor from further competition or nullify previous performances.

In each relay event, eight individuals may be designated, and it shall not count as an entry unless the competitor actually competes in the event. Any of these eight individuals may swim in the prelims, swim-offs and/or finals provided he/she does not exceed the permitted entries for the meet. Only the four swimmers declared on the relay card, including the relay lead-off swimmer, which shall be submitted at a specified time and place prior to the start of the event, are permitted to report to the blocks and compete. In case of illness or injury to one of the four swimmers, it shall be reported to the referee and any one of the remaining swimmers designated on the entry card may replace the ill/injured swimmer provided he/she does not exceed the allowable entries. The ill/injured swimmer shall not be charged with an entry.

NOTE: By state association adoption, schools may enter their relay teams without individual names. It shall not count as an entry unless the competitor actually competes in the event. Any individual on the team may swim in the prelims, swim-offs and/or finals provided he/she does not exceed the permitted entries for the meet.

PENALTIES:

- 1. For submitting an entry card which is incomplete, inaccurate or delivered late, the competitor or relay team shall be disqualified from that event.**
- 2. (Championship meets only) For failing to compete in all races, heats and rounds for which he/she has qualified or entered (exception in body of rule), the competitor shall be disqualified from further competition. The competitor shall not be disqualified from events in subsequent rounds for which he/she has previously qualified (previous performances not nullified).**

ART. 4 . . . In other meets, a competitor officially becomes a participant in all events when the official entry card or diving scoresheet bearing the name of the event, that competitor's first and last name, coach's signature (where applicable), name of school and lane assignment is submitted to the referee or the referee's designee. The referee shall specify the time of submission of entries, and changes may be submitted to the referee, or the referee's designee, prior to the start of the race, after which there shall be no changes.

PENALTY: For submitting an entry card which is incomplete, inaccurate or delivered late, the competitor or relay team shall be disqualified from that event.

ART. 5 . . . For relay events in all meets, the coach shall submit to the referee, or the referee's designee, the name of the lead-off swimmer for the relay not later than the conclusion of the race. There is no penalty for incorrectly listing the name of the lead-off swimmer for the relay as it is required for record-keeping purposes only.

ART. 6 . . . When it is detected that a competitor is bleeding, has an open wound, has any amount of blood on his/her suit, or has blood on his/her person, he/she shall be directed to leave the activity until the bleeding is stopped, the wound is covered, the suit and/or body is appropriately cleaned, and/or the suit is changed before returning to competition.

When this occurs prior to the start of a relay race, the start shall be delayed while the competitor receives proper treatment or is replaced by another legal entry off the relay entry card. Once a relay race begins and blood is detected in the starting area or on a competitor who is not in the water (except the fourth swimmer when in the water), the race shall be stopped. The area and competitor shall be properly treated and the race re-swum after an appropriate recovery period. If the bleeding cannot be stopped, the wound is not properly covered or there is no legal substitute on the relay card, the relay team shall forfeit the race.

ART. 7 . . . Any competitor who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the meet and shall not return to the meet until cleared by an appropriate health-care professional. (See NFHS Suggested Guidelines for Management of Concussion on page 161.)

RULE 3, SECTION 2 — PLAY RULINGS

3.2.1 SITUATION A: During the swimming of the 500-yard freestyle, it is discovered a swimmer from Team B has already competed in both the 100-yard and 200-yard freestyle events. The coach of Team B concedes this swimmer is disqualified from the 500-yard event, but maintains the swimmer may be entered in the final relay. **RULING:** The swimmer is disqualified from the 500-yard freestyle and further competition in the meet. (3-2-1 Penalty)

3.2.1 SITUATION B: In a championship meet with preliminaries and finals, a swimmer is entered in the 50-yard freestyle, the 100-yard freestyle and listed for all three relays: (a) the coach has the swimmer declare a false start in the 100-yard freestyle to use him/her in all three relays; (b) the swimmer qualified for finals in the 50 but not the 100 freestyle, and competes in the 200 medley and 400 freestyle relays in the prelims. He/she then competes in the 50 freestyle and all three relays in the finals. **RULING:** (a) Illegal; A declared false start counts as an event so Swimmer A has exceeded the individual entry limitation (b) Illegal; Prelims and finals are considered the same meet and a competitor is permitted to compete in a maximum of four events. (3-2-3, 3-2-1 Penalty, 1-3-10 Note)

3.2.1 SITUATION C: At the district qualifying meet, a swimmer qualifies in two individual events and swims on the 200 medley and 200 freestyle qualifying relays. Since the swimmer's name also appeared on the school's qualifying 400 freestyle relay card, the coach decides to let the swimmer participate on the 400 freestyle relay at the state meet and not the 200 freestyle relay. **RULING:** Legal. Swimmer is competing in only four events per meet. Each state association meet (district, regional, state) is considered a separate meet unless the state association specifically organizes the championship series differently. (3-2-2)

3.2.1 SITUATION D: A swimmer participates in the preliminary heat of the 100-yard butterfly, but does not qualify for the finals in this event. The swimmer does qualify for finals in the 100 breaststroke, 200 medley and 200 free relay. The swimmer's name appears on the 400 free relay

card, which he did not swim. The swimmer competes in the finals of the 400 free relay. **RULING:** Illegal. The swimmer has already participated in four events. (1-3-10 Note, 3-2-1 Penalty)

3.2.1 SITUATION E: In a dual meet in which Team B is far enough ahead to win the meet before the 100 yard breaststroke event, Swimmer B-1 (an exhibition swimmer) finishes the race in first place with a new pool record time. Swimmer B-2 (also exhibition) touches the wall with only one hand on each turn. Swimmer B-3 finishes last in the race. **RULING:** It is announced that Swimmer B-1 has set a new pool record, Swimmer B-2 was disqualified. The swimmers from Team A are awarded points for first, second and third, and Swimmer B-3 is awarded points for fourth. Unless state association policy determines otherwise, exhibition swimmers are charged with an event, are subject to disqualifications, may set records and/or make qualifying times, but may not score.

3.2.1 SITUATION F: Team A hosts a multi-team pentathlon meet. The meet consists of five events (100 yard butterfly, 100 yard backstroke, 100 yard breaststroke, 100 yard freestyle and 200 yard individual medley). Unlimited entries are permitted to each team provided each individual competes in all five events. **RULING:** Legal provided state association policy does not determine otherwise. (3-2-1b)

3.2.2 SITUATION A: In a non-championship meet, Swimmer A is competing in the 100 freestyle and fails to report to the starting block at the referee's signal. Consequently, Swimmer A does not compete and is disqualified from that event and from further competition. **RULING:** Incorrect procedure. In non-championship meets, a swimmer who fails to compete in an event is disqualified from that event only, without further penalty. (3-2-2 Penalty 2)

3.2.2 SITUATION B: In a championship meet, Swimmer A competes in the preliminary of the 100 butterfly and qualifies for finals. At or prior to the time specified Swimmer A (a) withdraws from the finals of that event with a declared false start; (b) does not withdraw from the finals of that event with a declared false start and fails to report to the starting block at the referee's signal during finals of that event. **RULING:** (a) Swimmer A is allowed to withdraw from the finals of that event without further penalty (the preliminary event still counts as one of the swimmer's events); (b) Swimmer A is disqualified from further competition. (3-2-2 Penalty 3, 3-2-3 Penalty 2)

***3.2.2 SITUATION C:** In a championship meet, the second swimmer from Team A's 200-yard freestyle relay fails to report to the block at the referee's signal. Consequently, Team A does not compete, is disqualified from the event and all four swimmers are disqualified from further competition. **RULING:** Incorrect procedure. While Team A was correctly disqualified, only that swimmer who did not report to the blocks should have been disqualified from further competition. (3-2-3 Penalty 2)

3.2.2 SITUATION D: During the preliminaries of a championship meet, Swimmer A competed in the 200 IM, qualifying for finals, yet fails to swim the prelims of the 100 butterfly for which he/she is entered. **RULING:** Swimmer A is disqualified from the 100 butterfly and any other events for which he/she had not previously qualified. The swimmer may still compete in the 200 IM in finals. (3-2-3, 3-2-2 Penalty 3, 3-2-3 Penalty 2)

3.2.2 SITUATION E: Swimmer A is competing in the 200 freestyle, swallows water and is unable to complete the race. **RULING:** Swimmer A is disqualified from the 200 freestyle with no further penalty.

3.2.3 SITUATION A: The lead-off swimmer in the medley relay commits a false start. The four participants on that relay team are disqualified from the event, but complete the swim with the no recall starting protocol. **RULING:** Correct procedure. **COMMENT:** Once the final entry card is turned in, the designated members of each relay team are considered to have competed in that event regardless of a false start by lead swimmer. The race is completed without a recall and the entry disqualified at the end of the race. (3-2-5, 8-1-3 Penalty 2, 8-1-4)

3.2.3 SITUATION B: In a championship meet, Swimmer A competes in two individual events and is listed on the 400 yard freestyle relay. The swimmer does not swim in the preliminary round

of the 400 yard freestyle relay, but replaces Swimmer D on the relay in the finals. **RULING:** Legal. Any of the eight swimmers who are listed on relay entry form are eligible to compete in preliminaries, finals or both, provided the entry limits are not exceeded. (3-2-3 Note)

3.2.3 SITUATION C: In a championship meet, a swimmer competes in the prelims of the 200 medley relay and the 200 IM and declares a false start in the 100 breaststroke: (a) as his heat steps up to the blocks; (b) to the referee at the designated time and place. **RULING:** (a) Illegal because the race has already started. (b) Correct procedure, recorded as a withdrawal from the 100 breaststroke. In (a) the swimmer may refuse to step onto the starting platform (DQ for unnecessarily delaying the start), swim the race for time or false start (DQ), which may still result in swimming the race with the no recall false start. Only if the swimmer is not present at the blocks should the athlete be disqualified from further competition. (1-3-4, 1-3-14, 3-2-2 Penalty 3, 8-1-3a)

3.2.3 SITUATION D: In a championship meet, a swimmer declares a false start in the prelims of the 100 breaststroke by notifying the referee at the designated time and place. He is: (a) allowed to enter another individual event; (b) disqualified from further competition. **RULING:** (a) and (b) Incorrect procedure. A declared false start counts as an entry but does not disqualify the competitor from further competition or nullify any previous results. (3-2-1, 3-2-3)

3.2.3 SITUATION E: A competitor informs the meet referee that he/she is declaring a false start in the championship finals 100 butterfly. The referee may place the fastest qualifier in consolation heat into the championship final and the first alternate may be placed into the consolation final with both heats reseeded. **RULING:** Correct procedure. State associations may elect to fill the lanes or leave the vacant lane open. (4-1-1)

3.2.3 SITUATION F: A state association allows relay entries in their championship meet to be submitted without the individual competitors' names. **RULING:** Correct procedure. **COMMENT:** The state association may require that relay entries note the names of up to eight individual competitors and limit participation in that relay to those eight identified competitors. (3-2-3 Note)

3.2.3 SITUATION G: In a dual meet, the relay card submitted declares the names of four swimmers competing in the relay event: (a) the relay card also designates the name of the lead-off swimmer who actually swims in the lead-off position; (b) designates the name of the lead-off swimmer, but prior to the start of the race, the lead-off swimmer is changed to one of the other three declared swimmers and the coach submits the change to the referee or the referee's designee, prior to the conclusion of the race; (c) the relay card does not designate which of the four declared swimmers is the lead-off swimmer, but the coach submits to the referee or the referee's designee, the name of the lead-off swimmer prior to the conclusion of the race. **RULING:** (a), (b) and (c) correct procedure. The name of the lead-off swimmer is to be submitted to the referee, or the referee's designee, not later than the conclusion of the race. (3-2-5)

3.2.3 SITUATION H: In a championship meet, Swimmer A competes in the preliminaries of the 100 freestyle, qualifies for finals and withdraws from the finals of that event with a declared false start. Prior to the specified time for declared false starts, Swimmer A notifies the referee that he wants to revoke the declared false start. Swimmer A is allowed to swim in the finals of that event. **RULING:** Correct procedure. A declared false start may be revoked by the swimmer, coach or other team personnel if the revocation is made at or prior to the specified time for declared false starts.

3.2.4 SITUATION: Upon arriving at the pool, the coach is informed by the person running the scoring table that all of his/her Team's entries must be submitted prior to the start of the meet as an electronic entry format (i.e., Meet Manager) is being utilized. The coach protests to the referee that due to the competitive nature of this dual meet, he/she would like to submit his/her entries prior to the start of each event. The referee (a) states that all entries must be submitted at the start of the meet and cannot be changed due to the time constraints under which the event is being

conducted under; (B) states that all entries will be submitted at the start of the meet, but these entries can be changed prior to each event. **RULING:** (A) incorrect procedure; (B) correct procedure. **COMMENT:** When electronic programs are used, it is recommended that schools submit their roster in advance of the meet to speed up the entry process. Individual entries can be presented prior to the start of each race.

3.2.6 SITUATION A: The 200 freestyle relay has begun. It is noted the second swimmer's foot is bleeding as he/she leaves the block. The race is stopped. The race will be re-swum after an appropriate recovery period and the contaminated area is properly treated. **RULING:** Correct procedure.

3.2.6 SITUATION B: It is noticed during the fourth leg of the 200 medley relay that the swimmer has a bloody nose. The referee stops all competition. **RULING:** Incorrect procedure. Since the freestyle swimmer is the fourth swimmer, the race shall not be stopped.

SECTION 3 UNIFORMS

ART. 1 . . . It is recommended all swimmers and divers on the team wear suits of identical coloring and pattern. Suits shall be of one piece. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Boys shall wear suits which cover the buttocks. Girls shall wear suits which cover the buttocks and breasts.

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 is permitted on each item of the uniform (suit and cap(s)).
- d. 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 barcode on certain swimsuits designating that the suit has been approved for FINA and/or USA Swimming competition is not considered to be a second manufacturer's logo nor a form of advertising. Such swimsuits with a FINA marking shall be legal for NFHS competition.

PENALTIES: When an official discovers a competitor wearing illegal attire as described in Article 2, the official shall:

1. when observed prior to the start of the heat/dive, notify the competitor to make legal the attire before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from the event/dive and shall not be eligible for further competition until in legal attire;
2. when observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time/score and he/she shall not be eligible for further competition until in legal attire.

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

- a. only one swimsuit shall be permitted in competition. (A swimmer with special needs may request customization through his/her school to the state association.)
- b. the swimsuit shall be:
 1. constructed of a woven/knit textile material;
 2. permeable (100 percent to air and water), except for one post-construction, impermeable school name and/or logo which shall not exceed 9 square inches;
 3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
 4. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings and waist openings); and
 5. constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.
- c. Swimsuits with a FINA marking shall be legal for NFHS competition.

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:

1. when reporting prior to the start of the heat, notify the competitor to make legal the swimsuit before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat, the competitor is disqualified from that event and shall not be eligible for further competition until in a legal swimsuit;
2. when the competitor has stepped up on the starting platform but prior to the starting device being activated, direct the competitor to "Step down," disqualify the competitor from that event and he/she shall not be eligible for further competition until in a legal swimsuit;
3. when the starting device has been activated, disqualify the competitor at the completion of the heat; nullify the competitor's performance time and he/she shall not be eligible for further competition until in a legal swimsuit.

ART. 4 . . . Competitors shall not wear or use any device to aid their speed, buoyancy or body compression. A foreign substance may be applied to the body. The referee shall require a competitor using an excessive amount of a foreign substance to remove it before competing. The use of tape is permitted to treat a documented medical condition which allows a competitor to compete, but not gain an advantage over the remainder of the field. The meet referee must be presented with signed documentation from an appropriate health-care professional

before permitting the athlete to compete. Tape may be used by divers to support the wrists in a preventative manner without medical documentation.

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.

PENALTY: When team personnel/competitor uses an unapproved artificial device during an event, the competitor(s) is disqualified from further competition.

ART. 5 . . . A competitor shall not wear jewelry. When it is discovered that any competitor is wearing jewelry prior to the start of that heat/round, he/she shall not be permitted to participate in an event/dive until the jewelry is removed.

- a. Medical-alert medals are not considered jewelry, must be taped to the body and alert may be visible.
- b. Religious medals are not considered jewelry, must be worn under the uniform and taped to the body.
- c. Hair-restraining devices are considered legal, provided they are functioning and are being worn in the hair during the event.

NOTE: When the competitor starts an event/round and is observed with jewelry he/she shall complete that heat/round and be notified to remove the jewelry before becoming eligible for any further participation. The competitor's coach shall be notified of the violation (4-2-2).

PENALTY: When an official discovers a competitor wearing jewelry a subsequent time within the same meet, the official shall:

1. when prior to the start of the heat/round, notify the competitor to remove the jewelry before becoming eligible to compete;
2. when during or after the heat/round, notify the competitor and his/her coach at the completion of that heat/round of his/her ineligibility to compete in that heat/round and disqualification from the event (or a failed dive) for failure to remove jewelry;
3. notify the competitor he/she is ineligible to compete in further competition until compliant with Rule 3-3-5.

ART. 6 . . . Prior to the meet, the coach shall verify with the meet referee that all his/her competitors are legally attired and not wearing jewelry.

RULE 3, SECTION 3 — PLAY RULINGS

3.3.2 SITUATION A: The first swimmer of a relay team is in the water when an official notices the fourth swimmer has an illegal logo on his/her cap and swimmer 4 does not change or reverse the cap prior to standing on the block. The referee disqualifies the relay team from the event. **RULING:** Legal. **COMMENT:** Any relay swimmer may change his/her attire prior to taking a position on the starting platform. The referee will notify the swimmer he/she may not compete in further com-

petition until the uniform is made legal at the completion of the race and the official shall notify a coach of the swimmer of the violation and restriction. (1-3-4, 3-3-2, 3-3-6)

3.3.2 SITUATION B: A swimmer places the initials of a friend who is struggling with cancer on his/her suit to show support. **RULING:** Illegal. **COMMENT:** Commemorative and memorial patches, no larger than 4 square inches, may be worn on the uniform with written state association approval. The intent of this rule is the patch has a special meaning to the entire team, not just one swimmer. In this instance, the swimmer could place something on his/her warm-ups, a towel, etc. (3-3-2 Penalty)

3.3.2 SITUATION C: A swimmer steps up onto the starting platform wearing a swim cap with a legal manufacturer's logo/trade name but also containing a separate embossment of the manufacturer's model name on the lower edge of the cap in the same color as the cap. **RULING:** Legal only if the embossment is the same color as the cap and not clearly visible.

3.3.2 SITUATION D: A swimmer is observed wearing a swim cap containing a manufacturer's logo/trade name which appears to exceed 2¼ square inches. **RULING:** The size of the manufacturer's logo/trade name is measured while the cap is off the head. If that measurement exceeds 2¼ square inches, the cap is illegal and the swimmer will be directed to remove or replace the cap.

3.3.2 SITUATION E: Team A swimmers are wanting to place a screened commemorative logo on their caps to celebrate the 100 year anniversary of the high school. The coach is concerned that the language of the rule refers to "patch." The coach through the school AD checks with the state association to see if this is within the rule. The state association approves the screened commemorative logo on the cap providing all size requirements are met. **RULING:** Correct procedure. **COMMENT:** Both the suit and cap are considered uniform in swimming. Due to the nature of the material of a cap it is not practical to affix a patch so a screened logo is more appropriate. (3-3-2)

3.3.2 SITUATION F: A swim team designed a cap in honor of winning several consecutive state championships by adding one school logo for every year they won the state meet. Being the third consecutive year, each swim cap had three school logos on the cap. **RULING:** Legal. Restrictions limit manufacturer/advertising logos, and not school logos.

***3.3.2 SITUATION G:** The referee calls the swimmers to the block with a long whistle. While the swimmers are standing on the block, the referee notices that the swimmer in Lane 4 is wearing a club team cap. (a) All swimmers are asked to step down and the swimmer in Lane 4 is disqualified, (b) all swimmers are asked to stand up and the swimmer in Lane 4 is asked to remove or turn their cap inside out, (c) the referee starts the event and at the conclusion of the race disqualifies the swimmer in lane 4 for wearing illegal attire. **RULING:** (a) and (b) are incorrect procedure. (c) correct procedure 3-2-b and 3-3-3 Pen. **COMMENT:** Once the swimmers are called to the block the race has started (1-3-4)

***3.3.2 SITUATION H:** (a) A swimmer reports to the starting area wearing two caps. The referee instructs the swimmer to remove one cap; (b) After competing in an international meet, a swimmer provides his/her entire team a souvenir swim cap that has several international flags and one American flag each measuring 2x3 inches. The referee allows the team to swim in the cap since everyone on the team is wearing the same cap; (c) during a race a swimmer wearing two caps loses the top cap. The top one is the team cap, and the bottom one the souvenir cap from situation b. The referee disqualifies the swimmer. **RULING:** (a) and (b) Incorrect procedures; (c) correct procedure. **COMMENT:** (a) The wearing of more than one cap is legal; (b) one visible logo/trade manufacturer's mark or reference name not exceeding 2¼ square inches and not exceeding 2¼ inches in any dimension and one American flag not exceeding 2x3 inches are permissible on each item of uniform apparel; (c) when the top cap comes off the cap being displayed must be of a legal nature. (3-3-2)

3.3.3 SITUATION A: Following completion of the first heat of the 200 IM, with all swimmers out of the pool and the next heat waiting to be called to the starting platform, the coach of Team A

approaches the referee to complain that a swimmer from Team B was wearing two suits during his/her participation in the first heat of the 200 IM. No official had observed the swimmer being in two suits. The referee lets the meet continue with no violation by the swimmer from Team B as no official observed a violation. **RULING:** Correct procedure. **COMMENT:** The referee will only call violations observed and not based on a complaint from a coach. The referee may choose to address the matter with the swimmer's coach if he/she deems necessary.

3.3.3 SITUATION B: As the competitors are reporting to the start of the heat/race, the referee/starter notices the competitor in lane 5 has on a drag suit over a legal swimsuit. The referee/starter informs the competitor only one suit may be worn in competition and if the drag suit can be removed without delay of the start, the competitor may swim. **RULING:** Correct procedure. (3-3-2 Penalty 1)

3.3.3 SITUATION C: The starter directs the swimmers to "Take your mark" and observes (a) the swimmer in lane 2 wearing tights/leggings under a legal suit; (b) the swimmer in lane 5 wearing two suits. The starter directs the field to stand up and step off the starting platforms. The referee/starter then advises the swimmer in both (a) and (b) that he/she is disqualified for wearing two suits and shall not be eligible to swim until in one legal suit. **RULING:** Correct procedure. **COMMENT:** Following the completion of the heat/race, the coach from the disqualified swimmer's school should be called to the table and notified of the reason for the disqualification. Only one legal, one piece suit shall be worn in competition. (3-3-2 Penalty 2)

3.3.3 SITUATION D: A female swimmer reports for the 50-yard freestyle event wearing a full body suit. **RULING:** Illegal. **COMMENT:** Only a suit meeting the style requirements in Rule 3-3-2 may be worn. The full body suits are no longer legal.

3.3.3 SITUATION E: A female swimmer reports for her event and under her one-piece suit it is obvious she is wearing (a) a 'sports bra', (b) a two-piece suit, (c) a bikini brief only. The referee allows the swimmer to participate in her event. **RULING:** Illegal. **COMMENT:** Only one swimsuit shall be permitted in competition unless the swimmer has a special need and has a letter of authorization from his/her state association that should be presented to the referee prior to the beginning of meet competition.

3.3.3 SITUATION F: A swimmer reports to the starting blocks wearing a suit which has the school logo imprinted on the back using a plastic decal. The logo measures (a) 3 inches by 3 inches; (b) 4 inches by 4 inches. **RULING:** (a) Legal; (b) Illegal. **COMMENT:** A school logo may be placed on the suit, post-construction, but the size of the logo, even if impermeable, can be no greater than 9 square inches.

3.3.3 SITUATION G: The first heat of the 500-yard freestyle is a) completed and as the swimmers are exiting the pool area, b) not yet completed with the last swimmer touching the end wall, and the referee clearly notices a second set of straps extending beyond those of the swimmer's legal suit in lane 3. The referee calls the coach of swimmer in lane 3 to the table and verifies the wearing of the second suit and whether or not there is a letter of approved customization from the state association. With no letter, the coach is instructed in a) that the swimmer is not eligible for further competition until in a legal suit and in b) the swimmer is disqualified from that event and is not eligible for further competition until in a legal suit. **RULING:** Correct procedure. **COMMENT:** Should a situation arise regarding the wearing of a second suit other than the obvious drag/trainers suit, which is considered a second suit, the official should contact a member of the school's coaching staff to verify the wearing of the second item and if there is a letter of authorization, a disqualification is not necessary. (3-3-2 Penalty 3)

3.3.3 SITUATION H: A diver takes his/her position on the board and the diving referee observes the diver has on two suits. The dive is completed with no action from the diving referee. **RULING:** Correct procedure. **COMMENT:** The restriction on the wearing of more than one suit applies only to swimming events and not the event of diving.

3.3.3 SITUATION I: A female diver reports for the diving event wearing a two-piece suit. The referee does not allow the diver to compete in the event. **RULING:** Correct procedure. **COMMENT:** Only one-piece suits may be worn during competition.

3.3.4 SITUATION A: A swimmer during the 50 free jams, breaks or dislocates his/her index finger as he/she finishes his/her race. The athletic trainer/coach tapes two or more fingers together to stabilize the injury. The swimmer reports to the block to compete in the 100 free. The referee allows the swimmer to compete. **RULING:** Legal. **COMMENT:** Tape may be worn for valid medical reasons to cover a wound or treat an injury only.

3.3.4 SITUATION B: A student wearing a small digital stopwatch that attaches to the outside of the goggles steps onto the starting platform. The goggles allow you to see a timepiece in the corner of the lenses. **RULING:** Illegal. **COMMENT:** Competitors shall not wear or use any device to aid speed or buoyancy. (3-3-4 Penalty)

***3.3.4 SITUATION C:** During the pre-meet warm up the referee notices three swimmers from the same team wearing kinesio tape. Swimmer A has a double strip on his/her calf, Swimmer B has a sports tape design wrapped around his/her knee and Swimmer C has a compression sports tape design on his/her shoulder. The coach is only able to produce documentation from a health care professional for Swimmer C. The official asks Swimmers A and B to remove their tape. **RULING:** Correct procedure. **COMMENT:** Competitors shall not wear or use any device to aid their speed, buoyancy or body compression. Tape may only be used to cover a wound or for a documented injury.

3.3.4 SITUATION D: A swimmer with a: (a) hand missing wears a small hand paddle on her forearm approved by the state association; (b) foot missing wears a standard size swim fin on the lower part of that limb. **RULING:** (a) Legal provided the hand paddle is the approximate size of her other hand, she gains no unfair advantage and the swimmer/coach presents written approval by the state association; (b) illegal. The fin is larger and more flexible than the natural foot, providing the swimmer with an unfair advantage. (3-3-4 Penalty)

3.3.5 SITUATION A: A competitor is observed wearing jewelry (a) while the swimmer is walking to the starting platform prior to the start of the swimmer's event; (b) after the swimmer has been called (long whistle is blown) onto the starting platform and the starter is ready to begin the race; (c) after the diver assumes a starting position; (d) while the swimmer is competing in an event. **RULING:** (a) The swimmer is directed by the official to remove the jewelry and shall not be permitted to participate in the event until the jewelry is removed; (b), (c) and (d) the competitor is allowed to complete the event, the official will direct the competitor to remove the jewelry, and the competitor will not be permitted to participate in any subsequent events until jewelry is removed. **COMMENT:** The official in (b), (c) and (d) shall notify a member of the competitor's coaching staff of the violation and restriction. (1-3-4, 1-3-15, 3-3-5 Penalty, 3-3-6, 4-2-2e)

3.3.5 SITUATION B: A diver in Round 3 takes her position on the diving board. The official notices that she has on earrings. The same diver had been notified in Round 1 and had removed the earrings to compete. After the dive, the referee rules the dive as failed and notifies the diver and his/her coach as to the diver being ineligible for any further diving or swimming competition unless he/she removes the illegal item. **RULING:** Correct procedure. **COMMENT:** When a subsequent violation is discovered after the initial notification to the coach and competitor the dive is a failed dive and notification of ineligibility to compete unless the jewelry is removed. (3-3-6 Penalty)

3.3.5 SITUATION C: A competitor steps onto the starting platform or assumes a starting position on the diving board with: (a) an elastic band in her ponytail; (b) a rope bracelet; (c) earrings, (d) a "scrunchy" or rubber band on the wrist. **RULING:** (a) is legal, provided the hair restraint device is functioning and being worn in the hair during the event; (b), (c) and (d) are illegal and

the referee shall direct the competitor to remove the illegal jewelry after completion of this race/dive and not permit further competition until the illegal jewelry is removed and shall notify the competitor's coach. (4-2-2e)

***3.3.6 SITUATION:** A referee: (a) at the coaches meeting; (b) at a captain's meeting; (c) makes an announcement on pool deck, that no jewelry is allowed during competition. The referee informs the coaches and swimmers that this serves as their first warning. **RULING:** Incorrect procedure. **COMMENT:** The intent of the rule was that the referee is to warn the swimmer wearing jewelry individually as he/she reports to the starting area.

SECTION 4 LAP COUNTER

The use of a visual lap counting system is optional although a visual lap counting system must be provided for visiting teams. (2-7-6) When a visual lap counting system is used, one person shall be designated by each coach/competitor in the 500-yard/400-meter freestyle to operate the visual lap counting system. The lap counters shall be positioned on the deck at the end of the pool opposite the starting end within the lateral limits of the lane of the competitor for whom each is counting. The lap counter changes the visual counter to the next higher odd number, or fluorescent orange card, as the competitor makes each turn at the starting end. (The solid fluorescent orange card is shown to indicate the final length of the race.) The visual count may be supplemented by a verbal count.

PENALTY: For the lap counter aiding the swimmer, violating deck position, or interfering in any manner with the competition, the competitor in that lane shall be disqualified.

RULE 3, SECTION 4 — PLAY RULING

3.4 SITUATION A: Swimmer A does not want to use a lap-counting system, but wants a teammate to be in the position of the lap counter, verbally counting laps aloud during the event. (a) Swimmer A is disqualified; (b) lap counter is disqualified; (c) official asks that all students not using the lap-counting equipment return to the spectators' section during the competition. **RULING:** (a) and (b) incorrect procedure; (c) legal. **COMMENT:** The position at the end of the pool is not for cheering, but for the specific function of utilizing a lap-counting system supplemented by a verbal count.

3.4 SITUATION B: During a dual meet, one of the swimmers from Team A who is serving as a lap counter for the 500 Freestyle accidentally drops the lap counter into the pool while the race is in progress. After all the swimmers have turned at the shallow end of the pool, he/she slips into the water and retrieves the lap counting device. He/She did not receive permission from the official, but also did not interfere with the race and had exited the water before all swimmers had turned at the other end of the pool. (a) There is no disqualification as the counter did not interfere with any of the competitors in the race; (b) the swimmer in the counter's lane is disqualified; (c) all swimmers in the race from Team A are disqualified and the counter is disqualified from further competition in the meet. **RULING:** (a) and (b) are incorrect procedure; (c) is correct procedure. (Rule 3.5.3 Pen. 1)

3.4 SITUATION C: The lap counter during the 500-yard/400-meter freestyle changes to the next higher number (a) as the swimmer passes the backstroke flag after making the turn; (b) as the swimmer makes his/her turn at the starting end. The official disqualifies the swimmer. **RULING:**

Incorrect procedure. **COMMENT:** The official should remind the counter to change the number when the swimmer has made his/her turn; however, changing the number at any other time is not considered the basis for disqualification of the swimmer.

SECTION 5 CONDUCT

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.

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

PENALTIES:

1. **Team personnel shall be disqualified from further participation for unsporting conduct. For excessive unsporting conduct, team personnel (as defined in 1-4-2) may be ejected from the competition area.**
2. **When a spectator(s) becomes unruly or interferes with the orderly progress of the meet, the referee shall suspend the meet until meet management removes the individual(s) from the premises.**

ART. 2 . . . No team personnel/official/competitor shall use any form of tobacco product from the time they arrive at the site of the competition until they leave following completion of the meet.

PENALTY: Team personnel/competitors shall be disqualified from further participation for the use of any tobacco product.

ART. 3 . . . No team personnel/competitor shall enter the water without the referee's approval.

PENALTIES:

1. **All participants from a team shall be disqualified from that race/heat when a nonparticipating team member enters the water during the race (and that person is disqualified from further competition).**
2. **A competitor shall be disqualified from the event for:**
 - a. entering the water before the race without the referee's permission;
 - b. re-entering the water during the race without the referee's approval.
 - c. In the case of diving, entering the water without the diving referee's permission
3. **When all competitors have completed a race and a competitor enters/re-enters the water without the referee's approval, that competitor shall be disqualified from his/her next scheduled event.**

ART. 4 . . . Swimmers shall swim in their assigned lanes throughout the race and shall not interfere with a swimmer in another lane.

PENALTY: A competitor shall be disqualified from the event for:

- a. not swimming in his/her assigned lane throughout the race;
- b. interfering with a swimmer in another lane.

ART. 5 . . . No competitor shall contact the bottom of the pool for the purpose of gaining an advantage during a race.

PENALTY: A competitor shall be disqualified from the event for contacting, or walking on, the bottom of the pool for the purpose of gaining an advantage.

ART. 6 . . . Competitors shall leave the pool promptly when requested to do so by the referee.

PENALTY: A competitor who does not leave the pool promptly when requested to do so by the referee shall be disqualified from that event or the next event in which he/she is entered, whichever is appropriate.

ART. 7 . . . No team personnel/competitor shall perform any on-site shaving before, during or after the meet.

PENALTY: Team personnel/competitors shall be disqualified from further participation for on-site shaving.

RULE 3, SECTION 5 — PLAY RULINGS

3.5.1 SITUATION A: A competitor is disqualified for bending over the pool edge to splash water on himself/herself prior to the race. **RULING:** Incorrect procedure. **COMMENT:** If the referee determines there was interference with an official or the touch pad is activated during a race, the disqualification would be correct. (3-5-3, 4-2-2d)

3.5.1 SITUATION B: A spectator interferes with the conduct of the meet. The referee suspends the meet until the meet management has removed the spectator from the premises. **RULING:** Correct procedure. (3-5-1 Penalty 2)

3.5.1 SITUATION C: While waiting behind the starting platform for a race to begin, Swimmer A taunts an opponent on the basis of relative ability. **RULING:** Swimmer A is disqualified from further competition. (3-5-1 Penalty 1)

3.5.1 SITUATION D: After the command "Take your mark," Swimmer A claps his hands while assuming the starting position. The starter releases the swimmers by instructing them "stand up" and "warns" Swimmer A. **RULING:** Correct procedure. **COMMENT:** If Swimmer A repeats this behavior, he/she shall be disqualified from the remainder of the meet due to unsporting conduct. (3-5-1 Penalty 1)

3.5.3 SITUATION A: Just prior to an event, but without the referee's permission, A-2 jumps into the water. **RULING:** A-2 is disqualified from the competitor's next scheduled event. (3-5-3 Penalty 2a)

3.5.3 SITUATION B: A swimmer trips and falls in the water while trying to step onto the starting platform prior to the start of an event. **RULING:** The referee may allow the swimmer to compete. Although competitors may not enter the water prior to an event, the referee may determine that disqualifying a competitor who accidentally has fallen would constitute obvious unfairness and may set aside this application of the rule. (3-5-3 Penalty 2, 4-1-3)

3.5.3 SITUATION C: At the conclusion of the 400 yard freestyle relay, the first swimmer in Lane 3 jumps in the water to congratulate the final swimmer: (a) before all teams have finished the race; (b) after all teams have finished the race. **RULING:** (a) Illegal, relay team in Lane 3 is disqualified from the event; (b) no penalty. **COMMENT:** In (b), since the 400 freestyle relay is the last event, there is no subsequent event to disqualify the individual from. (3-5-3 Penalty 1a, 2, 3)

3.5.3 SITUATION D: A-3 finishes the 500-yard freestyle far ahead of the field, sits on the deck with his feet in the water, and then returns to the water: (a) before all the other competitors have finished the race; (b) after all competitors have finished. **RULING:** In (a), A-3 is disqualified from the 500-yard freestyle. In (b), A-3 is disqualified from his/her next scheduled event, if any. In both situations, the referee may permit the swimmer to re-enter the water. (3-5-3 Penalty 1, 2, 3)

3.5.3 SITUATION E: Just prior to the 500-yard freestyle, Team B's Swimmer A cannot be located and fails to report for the event as was listed on the entry card. During the event, Swimmer A comes out of the locker room, realizes she should be swimming, and dives into her lane and starts competing. The referee disqualifies her, and any teammates swimming in this race/heat from the event and Swimmer A is disqualified for the remainder of the meet. **RULING:** Correct procedure. **COMMENT:** Although the swimmer was listed as a participant in that event, she has failed to report for the start of the race and therefore is a nonparticipant at the time of entering the water, which disqualifies her from further competition. (3-2-2, 3-2-2 Penalties, 3-5-3 Penalties)

3.5.3 SITUATION F: A diver jumps into the water without the diving referee's permission a) between dives, b) re-enters the water after a dive. **RULING:** In both a) and b) the diver is disqualified from the event for entering the water without permission of the diving referee.

***3.5.3 SITUATION G:** While the 500-yard freestyle is being contested at a postseason championship meet, the counter for the swimmer in lane 1 in his excitement falls in the water as his teammate makes a surge over the final 50 yards of the race. At the conclusion of the race, the referee disqualifies (a) the swimmer in lane 1, (b) another swimmer from their team who is swimming in lane 4, (c) two other swimmers from their team who swam in an earlier heat. **RULING:** (a) and (b) correct procedure; (c) incorrect procedure.

3.5.4 SITUATION A: During a backstroke turn, the swimmer in lane 2 executes a legal turn, but while underwater enters into lane 3 (without interfering with the swimmer in that lane), resurfaces in lane 2 and completes the event in that lane. The swimmer is disqualified. **RULING:** Correct procedure. A swimmer must swim in his/her assigned lane throughout the event. (3-5-4 Penalty)

3.5.4 SITUATION B: A swimmer finishes the 500-yard freestyle. She moves into another swimmer's lane to congratulate her teammate prior to completion of the event. The referee a) ignores it, as she didn't interfere with the swimmers that are still competing; b) disqualifies the swimmer that crossed to the other lane. **RULING:** a) Incorrect procedure; b) correct procedure. Swimmers shall remain in their assigned lanes throughout the race.

3.5.5 SITUATION A: During the 500-yard freestyle, a competitor stands on the bottom of the pool for a brief rest, then pushes off the bottom and continues swimming. **RULING:** Legal. **COMMENT:** The NFHS Swimming and Diving Rules Committee has not interpreted Rule 3-5-5 so rigidly as to penalize swimmers who contact the pool bottom for the purpose of resting, regardless of the manner in which they leave contact with the pool bottom after the rest. However, walking on the bottom or bouncing down the race course would be illegal. In addition, it would be illegal to stand on the bottom in the backstroke, breaststroke and butterfly events because this would violate the provisions of the body position.

3.5.5 SITUATION B: A swimmer pushes off the pool bottom after mistakenly thinking the race has concluded. The swimmer did not do so for the purpose of gaining an advantage. The swimmer should: (a) be disqualified for stopping; (b) have a second subtracted from his/her time but be allowed to finish the race; (c) be ignored because in the judgment of the referee, the mistake was not done for the purpose of gaining an advantage; (d) be scratched from any remaining

events. **RULING:** (a), (b) and (d) incorrect; (c) correct procedure. **COMMENT:** If, in the judgment of the referee, the error was not to gain an advantage, the swimmer would receive no penalty. (3-5-5 Penalty)

Rule 4 Officials and Their Duties

NOTE: Diving officials are covered in Rule 9.

SECTION 1 AUTHORIZED OFFICIALS

ART. 1 . . . Championship swimming competition shall be administered by a referee, starter, stroke inspectors, turn, takeoff and finish judges, timers, a scorer, a recorder and an announcer.

ART. 2 . . . A meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during a meet. Judgment calls are not subject to review by this committee. The decision of the meet committee is final.

ART. 3 . . . Nonchampionship meets shall be administered by a number of officials sufficient to properly conduct the meet. It is recommended a minimum of two officials administer dual meets.

ART. 4 . . . The meet referee retains clerical authority over the contest through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the referee had jurisdiction. State associations may intercede in the event of unusual incidents before, during and after the referee's jurisdiction has ended or in the event that a contest is terminated prior to the conclusion of regulation play.

ART. 5 . . . The referee is the head official and is responsible for making decisions on matters not specifically covered by the rules, setting aside application of a rule during a meet or ordering a race re-swum when there is obvious unfairness. The referee shall have general supervision of other officials and shall meet promptly with them in order to make a ruling on any situation. The referee's decision is final.

NOTE: In non-championship meets when one official assumes the responsibilities of both the referee and the starter, the rules book and all related materials shall reference this position as the referee/starter.

ART. 6 . . . Video equipment shall not be used to verify decisions made during the meet.

ART. 7 . . . It is recommended that officials dress uniformly in white attire or other attire that is approved by the state association.

RULE 4, SECTION 1 — PLAY RULINGS

4.1.1 SITUATION: The referee does not see whether a turn judge signaled a violation, but the

official reports the violation as instructed. **RULING:** The referee should confirm with the turn judge that his or her hand was raised to signal a violation. If the judge had not raised his/her hand, there should be no disqualification unless the referee had also personally observed the violation. (4-1-3, 4-2-1c, 4-4-2b, 4-2-2d)

4.1.2 SITUATION A: In a championship meet where the entry deadline is the day prior to competition, Team A arrives late for the meet because of mechanical problems with their bus. The meet committee convenes and determines Team A may be permitted to participate in the remainder of the meet even though they did not participate in all events for which they were entered due to lateness.

RULING: Correct procedure. **COMMENT:** The meet committee has the authority to waive rules in such unusual circumstances.

4.1.3 SITUATION: A stroke inspector raises a hand overhead to signal a violation and then points to the lane where the violation occurred. Following the event, the referee directs the official not to indicate the lane. **RULING:** The referee has this authority. However, the improper signal should not affect the referee's decision regarding the disqualification. (4-4-2b, 4-1-3)

4.1.5 SITUATION A: In a championship meet midway through the 100-yard backstroke: (a) a backstroke flag line breaks and two swimmers stop when they make contact with the line; (b) a lane marker breaks and interferes with a swimmer; (c) the lights go out. The referee stops the event until repairs are completed, the swimmers have recovered, and the race is resumed. **RULING:** Correct procedure. If equipment cannot be repaired, the meet committee shall determine if and how the meet will be completed.

4.1.5 SITUATION B: During (a) the 100-yard backstroke event in a dual meet, or (b) the championship preliminaries of the 100-yard backstroke event, a swimmer does a flip turn at the halfway mark. As the swimmer touches the timing pad during the turn, it becomes dislodged and abruptly moves upward and then proceeds to sink to the bottom of the pool. This pad movement clearly, and negatively affects the turn and the race of the backstroker in that lane. In (a), the referee orders the race to be re-swum; in (b) the meet committee determines that the swimmer may re-swim the race. **RULING:** Correct procedure. **COMMENT:** In a dual meet, the referee is responsible for making decisions on matters not specifically covered by the rules. In a championship meet, the situation could be referred to the meet committee which has the authority to make such decisions. Either decision is correct as deemed by the determining body. (4-1-2)

4.1.5 SITUATION C: A turn judge does not signal a violation during the 100-yard breaststroke. However, immediately after the conclusion of the race, the turn judge reports to the referee and indicates that he/she observed that the swimmer in his/her lane (a) only made a one hand touch on the first turn, (b) took two strokes underwater after the third turn. **RULING:** No disqualification for either (a) or (b). **COMMENT:** The turn judge did not adhere to the required procedure as called for in 4-5-2b.

SECTION 2 THE REFEREE

ART. 1 . . . At least 30 minutes before the meet, the referee shall be available to:

- a. see that all equipment necessary for proper conduct of the meet is in the proper place and condition;
- b. see that the pool is properly marked;
- c. assign or delegate duties to officials as necessary for proper meet management and review responsibilities with each;
- d. before nonchampionship meets, if necessary, conduct a pre-meet conference with the starter, a captain and a coach from each team to review meet procedures, special instructions and any unusual pool conditions.

ART. 2 . . . During the meet, the responsibilities of the referee are to:

- a. check that each swimmer takes the proper lane, call them to step onto the starting platform or pool deck, and signal the starter that the starting commands may begin;
- b. order an event to start without delay when a contestant fails to report promptly;
- c. be in position and carry a sounding device to assure a fair start and notify each swimmer who is disqualified for a false start;
- d. determine disqualifications and notify competitors and/or their coaches of infractions and resulting disqualifications. This may be accomplished with a verbal announcement if the competitor and/or coach cannot be reached without further delay of the meet;
- e. notify the competitor's coach of an observed violation of 3-3-5 during competition. This may be accomplished with a verbal announcement if the competitor's coach cannot be reached without delay of the meet.
- f. confirm that no athlete violates the individual entry limitation;
- g. resolve any disagreement in a race in a timely manner;
- h. see that the meet progresses without delay and results are announced promptly;
- i. assist in the judging of diving as needed;
- j. assure all competition is conducted according to the rules;
- k. signal by raising one hand over the head with open palm immediately upon discovering any swimming violation, except on relay takeoffs and no-recall false starts in meets using dual confirmation;
- l. prohibit the use of any bells, sirens, horns or other artificial noisemakers during the meet by fans or team personnel;
- m. declare a dual meet a forfeit when conditions described in 7-2-3 are met;
- n. determine if there is a need for the integration of backup times;
- o. stop or suspend competition or suspend/terminate a contest whenever the elements require. Be familiar with the NFHS Lightning Guidelines. (See page 162.)

ART. 3 . . . Within one hour after the meet, the referee shall check the scorer's tabulations, record the time the meet was completed and sign the scoresheet, thus establishing the official score. The meet score can be reviewed and clerical errors corrected within 48 hours of the completion of the meet.

RULE 4, SECTION 2 — PLAY RULINGS

4.2.2 SITUATION A: A turn judge who is in good position gives no signal for a violation as a swimmer makes a breaststroke turn, but the referee, who is also observing the turn, detects a violation and raises one hand overhead. **RULING:** The swimmer is disqualified. **COMMENT:** Failure of the turn official to signal a violation does not invalidate the violation. If the referee observed the violation, the referee shall disqualify the swimmer, thus assuring competition is fairly conducted according to rules of the event.

4.2.2 SITUATION B: In a nonchampionship meet, a takeoff judge signals a violation, but the referee also observed the exchange and does not disqualify the swimmer. **RULING:** If convinced

there was not a violation, the referee, whose decision in such matters is final, may overrule the takeoff judge and not disqualify the swimmer. (4-1-2)

4.2.2 SITUATION C: In a meet using dual confirmation on relay takeoffs, the second swimmer in Lane 2 of the 200-yard freestyle relay leaves early. Following the finish of the heat, the judges confirm the violation. By this time, the coach and swimmers have left the area. The referee (a) has the disqualification announced on the PA system and proceeds with the next race and/or (b) proceeds with the meet and notifies the competitor and coach of the infraction as soon as possible. **RULING:** Both are correct procedure. The intent of this rule is to assure proper notification. However, unnecessary delay of the meet should be avoided.

4.2.2 SITUATION D: During prelims of a championship meet a coach reports to the referee that a swimmer may have exceeded his/her individual entry limitation. The referee: (a) does nothing, (b) investigates the number of entries for the swimmer. **RULING:** (a) incorrect procedure; (b) correct procedure. **COMMENT:** It is the duty of the referee to confirm that no athlete violates the individual entry limitation rule. It is recommended the referee, or a person designated by the referee, check for competitors in possible violation of the individual entry limitation on a regular basis during ALL meets (especially after relays) and at the conclusion of the meet. (4-10-1e)

4.2.2 SITUATION E: The event is called and the referee turns the swimmers over to the starter without realizing that swimmers assigned to Lanes 2 and 4 are in the wrong lanes: (a) The race is completed and the mistake is noticed before the start of the next race; (b) the mistake is not discovered until after the next race has started. **RULING:** (a) and (b) swimmers in Lanes 2 and 4 are disqualified from the event for not swimming in their assigned lane. Administrative violations/infractions may be enforced until the scoresheet is signed or up to one hour after the conclusion of the meet. (3-5-4a Penalty)

4.2.2 SITUATION F: A diver is on the board ready to begin her approach. The diving referee notices an elastic hair device around the diver's wrist. The diver completes the dive and after exiting the water the official notifies the diver and a member of the school coaching staff that the diver may not compete further until the jewelry is removed and the diver then becoming legal. **RULING:** Correct procedure. **COMMENT:** The official should not interrupt the dive once the competitor is on the board ready for approach. There would not be a disqualification on the first violation. The official does have the responsibility to notify the diver and a coach of the violation and restriction. (3-3-5 Penalty)

4.2.3 SITUATION A: When a coach returns home from a meet and reviews the scoresheet, he/she discovers that it is incorrect and actually his/her team won the meet. The coach contacts the host meet management to correct the score. **RULING:** The meet score can be reviewed and clerical errors corrected within 48 hours of the completion time recorded by the referee.

4.2.3 SITUATION B: Thirty minutes after completion of the meet and prior to signing the scoresheet, the referee notices that Swimmer A swam the 200 free, 100 fly, 100 back and 400 free relay and disqualifies him/her from the 100 back and the 400 free relay. **RULING:** Correct procedure. **COMMENT:** The referee has up to one hour to make changes before signing the scoresheet as official. Note: Clerical errors only can be corrected within 48 hours of the meet. (3-2-1 Penalty)

SECTION 3 THE STARTER

ART. 1 . . . The starter shall:

- a. follow the procedures in Rules 8-1-1 and 8-1-2;
- b. discharge a sounding device for the lead swimmer during the 500-yard/400-meter freestyle event when that swimmer has two lengths plus 5 yards remaining to swim in the race.

NOTE: The sounding device shall not be a pistol capable of discharging live ammunition.

RULE 4, SECTION 3 — PLAY RULING

4.3.1 SITUATION A: The starter, to signal the remaining distance for the lead swimmer in the 500 yard/400-meter freestyle, discharges the sounding device with (a) one length of the pool remaining (b) two lengths plus 5 yards remaining. **RULING:** (a) Incorrect procedure and (b) correct procedure.

4.3.1 SITUATION B: At an outdoor dual meet, the official decides to use a standard 22-caliber pistol with starting blanks as the sounding device for the 500-yard Freestyle. **RULING:** Improper procedure. **COMMENT:** A pistol capable of discharging live ammunition shall NOT be used at any high school competition.

SECTION 4 STROKE INSPECTORS

ART. 1 . . . For championship meets, there shall be at least two stroke inspectors, one positioned on each side of the pool, each moving along the length of the swimming course.

ART. 2 . . . Stroke inspectors shall:

- a. from the start of the race, examine the swimming strokes, from end wall to end wall, of the competitors assigned to the lanes in the half of the pool nearest the side from which they are observing;
- b. signal by raising one hand overhead with open palm immediately upon discovering a violation of the legal swimming stroke, kick or body position;
- c. report the violation to the referee immediately following the race.

RULE 4, SECTION 4 — PLAY RULING

4.4.2 SITUATION: A stroke inspector assigned to Lanes 1, 2 and 3 signals a stroke violation for a contestant in Lane 4. **RULING:** The referee shall not disqualify the contestant in Lane 4 unless the referee or the stroke inspector assigned to Lanes 4, 5 and 6 observed the violation. **COMMENT:** Situations may arise when it would be advisable to assign a stroke inspector to lanes not located in the near half of the pool. Such cases would include lack of deck space or glare from windows or the sun. (4-1-2)

SECTION 5 TURN JUDGES

ART. 1 . . . For championship meets, turn judges shall assume positions from which they have an unobstructed view of the swimmers and end wall of the lanes for which they are responsible.

ART. 2 . . . Turn judges shall:

- a. examine the last stroke prior to the turn, the turn, the exit from the turn until completion of the first full stroke and the finishes of the competitors in their assigned lane(s);
- b. signal by raising one hand overhead with open palm immediately upon observing a violation of the legal turn or finish;
- c. report the violation to the referee immediately following the race.

SECTION 6 RELAY TAKEOFF JUDGES

ART. 1 . . . Takeoff judges shall assume a position at the starting end or at the side of the pool at the starting end to observe first the feet on the takeoff of the departing swimmer, then the touch of the incoming swimmer's hand.

ART. 2 . . . Dual confirmation may be used at all meets.

ART. 3 . . . Dual confirmation is recommended for relays.

ART. 4 . . . For championship meets or when dual confirmation is used:

- a. a judge shall be assigned to observe the departing swimmer's feet, then the touch of the incoming swimmer;
- b. in addition, one judge shall be positioned on each side of the pool to judge the takeoffs in lanes on the nearer half of the pool, at the starting end;
- c. upon observation of a violation, the judge shall record in writing the order number of the swimmer committing the violation and the lane in which it occurred. The side judge shall wait until the last competitor of the heat is in the water before signaling an observed violation by raising a hand, with open palm, overhead. Following the heat, the side judges and takeoff judges shall, without consulting each other, report in writing any violations to the referee. Only if the side judge and takeoff judge record the same violation is the relay team disqualified.

ART. 5 . . . For other meets:

- a. one takeoff judge shall be positioned on each side of the pool to judge the takeoff lanes in his/her nearer half of the pool at the starting end;
- b. when a takeoff judge observes a violation, this shall be indicated by raising one hand overhead with an open palm;
- c. immediately following the race, the takeoff judge shall report the violation to the referee.
- d. dual confirmation is recommended.

RULE 4, SECTION 6 — PLAY RULINGS

4.6.1 SITUATION: In a premeet officials' meeting, the referee instructs the relay takeoff judges to visually sight first the feet on the takeoff of the departing swimmer, then the touch of the incoming swimmer's hand. **RULING:** Correct procedure. (4-2-1c, 4-6-4a)

4.6.2 SITUATION: In a championship meet where dual confirmation is being used, the referee is serving as one of the side takeoff judges. The second swimmer in the freestyle relay leaves the block early. The takeoff judge notes on a card the violation but gives no signal. The side takeoff judge waits until the last swimmer of the heat enters the water, then raises a hand to signal a violation after noting on his/her card. **RULING:** Correct procedure. **COMMENT:** In dual confirmation situations, the takeoff judges give no signal of a violation and the side judge waits until the last swimmer of the heat is in the water before signaling. Individual takeoff judges do not have to be assigned to each lane. Both officials shall note his/her observation on a card. (4-6-3, 4-6-4c)

SECTION 7 FINISH JUDGES

The number and duties of finish judges shall be determined in accordance with the judging procedure operative for the meet.

SECTION 8 TIMING EQUIPMENT OPERATOR

ART. 1 . . . The timing equipment operator:

- a. shall be responsible for the automatic and semi-automatic timing equipment, including the scoreboard (if used).
- b. reports to the referee.

ART. 2 . . . The equipment shall be located so that the operator is able to observe all turns and finishes, preferably on the side of the pool where the referee is positioned.

ART. 3 . . . The operator shall:

- a. ensure that the electronic timing system starts properly.
- b. assure the timing system is registering proper laps completed for each lane, and add or subtract touches as necessary.
- c. observe whether each swimmer touches the finish pad.
- d. report to the referee any discrepancies, including but not limited to a missed touch on the finish pad, a pad touch that does not register, missing back-up button times, discrepancies of more than .30 seconds or greater between pad time and button time or any system problem affecting the accuracy of the times.

RULE 4, SECTION 8 — PLAY RULING

4.8.3 SITUATION: In a meet being conducted with automatic timing and judging equipment, a contestant touches the pad but does not activate the touch pad. **RULING:** If the head lane timer verifies the touch was made, the contestant finished the race when the pad was touched. Backup timers shall stop their watches at the touch. (4-8-3c, 4-9-2)

SECTION 9 TIMERS

ART. 1 . . . The chief timer shall instruct each timer before the meet how to time a race, read the watch, when to reset the watch and how to determine the official time.

ART. 2 . . . A head lane timer shall be assigned to each lane. This person shall record the times for the assigned lane and deliver a time card to the chief timer. This person shall determine if the swimmer has touched the finish end (or touch pad if automatic timing/judging equipment is used) and, for the 500 yard/400m freestyle, shall keep a written tally of the number of laps completed by the swimmer in that lane.

ART. 3 . . . The number and duties of timers who shall act officially in timing competition shall be determined in accordance with the timing procedure operative for the meet. In meets where only manual timing is used to determine official times, there shall be a minimum of two timers per lane. Three are recommended.

ART. 4 . . . An alternate timer may be assigned by the chief timer to be used only if an official timing device malfunctions.

RULE 4, SECTION 9 — PLAY RULINGS

4.9.1 SITUATION: In a meet using automatic timing, the chief timer instructs all back-up timers to activate their timing devices when the swimmer in their lane touches the finish end wall or touch pad. **RULING:** Correct procedure. (4-9-2, 6-2-1, 8-1-7)

4.9.3 SITUATION: The referee in a nonchampionship meet which is not using automatic timing, requires the meet to provide two timers per lane. **RULING:** Correct procedure. **COMMENT:** In meets using only manual timing to determine official times, two timers per lane are required with three recommended.

SECTION 10 MEET MANAGEMENT SOFTWARE OPERATOR

ART. 1 . . . The meet management software operator shall:

- a. report to the referee;
- b. be responsible for using software to produce seeding or event/heats for individual and team entries, scoring and results in accordance with NFHS rules;
- c. produce heat sheets and result sheets for each session, including final team scores at completion of meet;
- d. ensure final results include diving results in meet score;
- e. use software options as necessary to determine if individual entry limits are violated.

SECTION 11 THE RECORDER

The recorder calculates the order of finish of all contestants in accordance with the judging procedure operative for the meet.

SECTION 12 THE SCORER

ART. 1 . . . The scorer shall:

- a. record the official time, order of finish, contestant(s) name, team and points scored for each event;
- b. maintain current cumulative team scores for the meet;
- c. operate, or direct an assistant to operate, the visible scoring device;
- d. assist in the tabulation of diving scores.

SECTION 13 THE ANNOUNCER

ART. 1 . . . The announcer shall:

- a. make the calls for events;
- b. announce the results of events, including disqualifications;
- c. make other statements which may help competitors, officials and spectators know the progress of the meet;
- d. announce the final score.

Rule **5** *Meet Management*

SECTION 1 ORDER AND LENGTH OF EVENTS

ART.1 . . . The event order for all meets shall be as follows:

- | | | |
|-----|-----------|-------------------|
| (1) | 200 yd./m | medley relay |
| (2) | 200 yd./m | freestyle |
| (3) | 200 yd./m | individual medley |
| (4) | 50 yd./m | freestyle |
| (5) | 1 m | diving |
| (6) | 100 yd./m | butterfly |

(7)	100 yd./m	freestyle
(8)	500 yd./400 m	freestyle
(9)	200 yd./m	freestyle relay
(10)	100 yd./m	backstroke
(11)	100 yd./m	breaststroke
(12)	400 yd./m	freestyle relay

NOTE: By state association adoption:

- these events may only be modified for nonvarsity and invitational competition;
- order of events may be modified for state championships.

ART. 2 . . . In nonchampionship meets:

- by prior mutual consent of competing teams, the diving event may be the first event;
- there shall be a break of at least 15 minutes, with at least 10 minutes warmup in the water, prior to the 100-yard butterfly (unless competing coaches verbally agree to shorten the time);
- in 20-yard pools, it is recommended the 200-yard medley events be 160-yard events and the 50-yard freestyle be a 60-yard event.

ART. 3 . . . In championship meets, by state high school association adoption, the diving event may be the first event with a brief warmup in the water prior to the medley relay. Prior to the 100-yard butterfly, there shall be a break of at least 15 minutes, with at least 10 minutes warmup in the water.

RULE 5, SECTION 1 — PLAY RULINGS

5.1.1 SITUATION A: In a varsity dual meet, the two teams agree to: (a) swim a 400-yard IM in place of a 200-yard IM; (b) three meter diving instead of one meter. **RULING:** Illegal. **COMMENT:** Modification of events is only permitted by state association adoption for junior varsity or invitational meets. (5-1-1 Note a)

5.1.1 SITUATION B: A dual meet is being conducted with junior varsity and varsity competition occurring at the same time. The junior varsity teams swim shorter races than the varsity. **RULING:** Legal provided the state association permits such modifications for junior varsity competition. (5-1-1 Note a)

5.1.1 SITUATION C: In a dual varsity meet, the coaches verbally agree to conduct the 200-yard freestyle relay event between diving and 100-yard butterfly. **RULING:** Illegal. **COMMENT:** The order of events may be modified only for state championship meets by state association adoption. (5-1-1 Note b)

SECTION 2 SEEDING

ART. 1 . . . In preliminary heats, or in finals for which there are no preliminaries, the time to be considered for purposes of seeding shall be the best competitive time for each swimmer as listed on the entry card and submitted to the meet committee (championship meets) or referee (other meets).

ART. 2 . . . In races for which qualifying is necessary, the time to be considered for the purposes of seeding shall be the best time made during qualifying races.

ART. 3 . . . The highest seeded competitor is the swimmer with the fastest qualifying time or submitted time.

ART. 4 . . . Swimmers with identical submitted times shall be seeded successively by lot.

ART. 5 . . . Swimmers with no submitted times shall be seeded lowest by lot.

SECTION 3 LANE AND HEAT ASSIGNMENTS

ART. 1 . . . In championship meets, lane assignments shall be made in descending order of seeded positions according to lanes as follows:

Lane No.	1	2	3	4	5	6	7	8	9	10
5 Lane Pool	5	3	1	2	4					
6 Lane Pool	5	3	1	2	4	6				
7 Lane Pool	7	5	3	1	2	4	6			
8 Lane Pool	7	5	3	1	2	4	6	8		
9 Lane Pool	9	7	5	3	1	2	4	6	8	
10 Lane Pool	9	7	5	3	1	2	4	6	8	10

ART. 2 . . . In dual meets, the visiting team shall have the choice of the odd or even numbered lanes for all swimming events. In pools with an odd number of lanes, a lane shall be voided and the lanes renumbered if necessary.

ART. 3 . . . In other meets, lane assignments shall be according to the following plan:

TEAMS	LANES AVAILABLE	LANE ASSIGNMENT
3	6	1-4; 2-5; 3-6 (By lot)
3	9 or 10	1-4-7; 2-5-8; 3-6-9 (By lot)
4	6	By seeding
4	8	1-5; 2-6; 3-7; 4-8 (By lot)
5	6, 8 or 9	By seeding
5	10	1-6; 2-7; 3-8; 4-9; 5-10 (By lot)

ART. 4 . . . There shall be a minimum of three competitors or relay teams seeded in any preliminary heat or timed final heat.

ART. 5 . . . In preliminary races, the final three heats consist of the fastest seeded competitors, with the fastest in the last heat, the second fastest in the next to last heat, the third fastest in the second to last heat, the fourth fastest in the last heat, and so on. If more than three heats are necessary, the assignment in additional heats is determined as in timed final events. For example, the following plan shall operate when there are 32 swimmers in six lanes for preliminaries.

NOTE: When there are seven to 12 competitors, there shall be two seeded heats.

HEAT NO.	LANE NO.					
	1	2	3	4	5	6
1		32	30	31		
2	29	27	25	26	28	
3	23	21	19	20	22	24
4	15	9	3	6	12	18
5	14	8	2	5	11	17
6	13	7	1	4	10	16

ART. 6 . . . In timed final events, fastest seeded swimmers shall be placed as a group in the last heat, the next fastest seeded swimmers as a group in the next to last heat, and so forth as in the following pattern:

HEAT NO.	LANE NO.					
	1	2	3	4	5	6
1		32	30	31		
2	29	27	25	26	28	
3	23	21	19	20	22	24
4	17	15	13	14	16	18
5	11	9	7	8	10	12
6	5	3	1	2	4	6

RULE 5, SECTION 3 — PLAY RULINGS

5.3.2 SITUATION: The host team chooses to void the third lane for a dual meet in a five lane pool. **RULING:** The host team may void any of the five lanes. **COMMENT:** While it is the host team's prerogative to choose the lane to be voided, it is recommended the host team inform the visiting team at the time the meet is scheduled and that it void the same lane for all dual meets so visiting teams will come to know what to expect. (4-2-1d)

5.3.3 SITUATION: There are three teams competing in a nonchampionship meet being conducted in an eight-lane pool. The host team is planning on seeding the entries to place them in the lanes for competition. **RULING:** Incorrect procedure. **COMMENT:** The teams will draw lots for lanes 2-5, 3-6, and 4-7.

5.3.5 SITUATION: There are 21 swimmers in the preliminaries of the 100-yard breaststroke event of a championship meet held in a six lane pool. The meet management places three swimmers in the first heat and six swimmers in the other three heats. Prior to the start of the event, a swimmer in the first heat becomes ill and cannot compete, leaving two contestants in that heat. **RULING:** The heat placement shall not be changed. (5-3-4)

SECTION 4 QUALIFYING PROCEDURES

ART. 1 . . . Swimmers shall qualify for finals only on the basis of official time.

ART. 2 . . . When 12 place scoring is used in championship and other multiple team meets, the six fastest swimmers from the preliminaries of each championship event shall qualify for the finals. The next six fastest swimmers shall qualify for consolation finals.

ART. 3 . . . Swimmers with identical qualifying times shall be positioned successively in finals by draw. When the draw excludes one of the tying swimmers from the six qualifiers, a swim-off shall determine the qualifiers from among those with identical qualifying times.

ART. 4 . . . A swim-off should, when possible, be conducted no later than 45 minutes after the last heat of the last event in which any of the swimmers with disputed qualifications have competed during that session of the meet. Swimmers shall have a 25 minute period between the swim-off and any other event in which they are a participant. When a competitor is disqualified during, or fails to compete in, a swim-off, that competitor automatically takes the lower position resulting from the swim-off.

NOTE: If the swim-off involves relay teams, any team member listed on the relay entry card may compete in the swim-off provided he/she does not exceed the individual entry limitation.

ART. 5 . . . The next two highest nonqualifiers shall be named in order to guarantee a full complement of finalists. Alternate qualifiers shall be used provided there is no delay in the meet.

ART. 6 . . . Alternate qualifiers with identical qualifying times shall be selected successively by a swim-off for a possible vacated place(s) in the finals or consolation finals unless the tied alternates agree to an ordering by draw or similar method.

RULE 5, SECTION 4 — PLAY RULINGS

5.4.3 SITUATION A: Two swimmers may compete in a swim-off in order for one to qualify for the finals. The winner of the swim-off posts a faster time than any previous qualifier. **RULING:** The time achieved in a swim-off is not considered for seeding. The time used for seeding is the time the swimmer achieved which resulted in the swim-off. **COMMENT:** If the times are identical in the swim-off, additional swim-offs shall be conducted to break the tie.

5.4.3 SITUATION B: In qualifying for the finals, Swimmers A and B have identical times but Swimmer A is judged to have finished ahead of Swimmer B in that heat. Swimmer A is positioned ahead of Swimmer B in the finals. **RULING:** Incorrect procedure. **COMMENT:** The swimmers shall be positioned successively by draw. (5-4-1)

5.4.4 SITUATION A: In a relay swim-off, the coach of Team A elects to use two different swimmers who are listed on the relay entry card rather than two of the swimmers who actually competed in the preliminary event where the tie occurred. **RULING:** Legal. **COMMENT:** Any team member listed on the official relay entry may compete in the swim-off, provided individual entry limitations are not exceeded. (5-4-4 Note)

5.4.4 SITUATION B: In the 200-yard freestyle, Swimmers A and B have identical times in prelims for the last qualifying place in the finals. The meet referee schedules the swim-off a) at the conclusion of the 500-yard freestyle; b) between heats of the 500-yard freestyle; c) after the 400 freestyle relay. **RULING:** In a) and c), correct procedure, providing that the swimmers have a 25 minute period of rest between the swim-off and any other event. In b), incorrect procedure. **COMMENT:** The intent of the rule for the swim-off is not to interrupt the flow of the meet and certainly not an event. The referee need not wait until the last event of either swimmer to hold the swim-off.

5.4.5 SITUATION A: Two minutes before the scheduled start of the consolation finals, the coach of the fastest qualifier informs the referee that his/her swimmer has become ill. The alternate qualifier (13th place) may be moved into the consolation finals, which may then be reseeded. **RULING:** Correct procedure. (4-1-1, 4-1-2)

5.4.5 SITUATION B: Two alternate qualifiers have been named for an event. A championship finalist: (a) is injured or becomes ill prior to the consolation final; (b) becomes ill or is injured between the consolation and championship finals; (c) fails to show for the finals. **RULING:** In (a), an alternate qualifier may swim because the consolation and championship finals have not yet begun and the finals may be reseeded. In (b) and (c), the finals are conducted without an alternate qualifier because the event is already being conducted. (4-1-1, 4-1-2)

Rule 6

Timing and Judging

SECTION 1 OFFICIAL TIME

ART. 1 . . . The official time shall be recorded to the hundredth of a second.

ART. 2 . . . When using timing devices that calibrate to the thousandth of a second, the last decimal place shall be dropped so the official time reads in hundredths.

SECTION 2 MANUAL TIMING

ART. 1 . . . When timing a race, each timer shall start the watch instantly at the sound/flash of the starting device and stop the watch at the instant the competitor being timed touches the finish end or pad.

ART. 2 . . . The official time, when three watches record different times, is the time of the middle watch. If two watches record the same time, that time is official. If only two buttons or watches are available, the official time shall be the average of those two button or watch times. The digits representing thousandths of a second shall be dropped with no rounding.

RULE 6, SECTION 2 — PLAY RULINGS

6.2.2 SITUATION A: During a swim meet, a two button back-up timing system was used when the facility suffered a power surge and the timing system malfunctioned. The swimmers were awarded the fastest time on one watch. **RULING:** Incorrect procedure. **COMMENT:** If only two buttons or watches are available, the official time shall be the average of those two button or watch times.

6.2.2 SITUATION B: During a swim meet, the back-up timing system had to be used when the facility suffered a power surge. All three watches had different times, and the swimmer was awarded the fastest time. **RULING:** Incorrect procedure. **COMMENT:** When three watches record different times, the official time is taken from the middle watch. If two watches record the same time, that time is official.

SECTION 3 AUTOMATIC TIMING AND JUDGING

ART. 1 . . . Automatic Timing Equipment consists of:
Uniform Electronic start with a touch pad finish.

Back up systems consist of:

- a. Semi-Automatic (button(s)) with a uniform electronic start and timer operated buttons at finish
- b. Manual Watch(es) started and stopped by timers

ART. 2 . . . When recorded by a properly operating automatic timing and judging system, the pad time shall be the official time (computed to the hundredth) and the order of finish shall be determined by integration of those times.

ART. 3 . . . The use of automatic relay judging equipment is permissible. (See Appendix B)

ART. 4 . . . The backup system, using at least one manual timing device for each lane, shall be operative in all meets. The backup system shall be operative for all races but shall be used only for lanes in which the automatic equipment malfunctions. The relative order of finish for competitors in lanes in which the equipment functions properly shall not be changed during the integration of backup times. A difference of more than 0.3 seconds between automatic and backup times may indicate a potential malfunction.

RULE 6, SECTION 3 — PLAY RULINGS

6.3.2 SITUATION: During an invitational meet using electronic timing and watches as backup, the electronic system shows the overall heat finish as 4,5,6,3,2,7,1 and 8. The referee changes the order of finish to 5,4,6,3,2,7,1 and 8; a) the timing system shows a malfunction in lanes 4 and 5 b) there is no verifiable timing system malfunction but this is the order referee believes is correct. **RULING:** a) Correct procedure and b) incorrect procedure. **COMMENT:** The referee has the responsibility to determine the need to integrate backup times if he/she would have been notified there was a timing system malfunction. To change order based solely on official's opinion of order and no timing malfunction is not correct. (4-2-2n, 6-3-4)

6.3.4 SITUATION A: When automatic timing is being used, the pad time is 1:35.40. There is no backup time and the average of the two watches is 1:34.80. There is no indication of pad malfunction. **RULING:** Official time is 1:35.40. **COMMENT:** In absence of an indication of a malfunction, pad time is official. (6-3-2)

6.3.4 SITUATION B: In the final heat of the 50-yard freestyle, the automatic timing system malfunctions for Lane 5. The backup system of timing shall be used for Lane 5 only. The backup time shall be adjusted (6-4-1b) and integrated into the finish order. **RULING:** Correct procedure. **COMMENT:** Relative order of the malfunctioning lanes cannot be changed during integration of times.

SECTION 4 INTEGRATION OF BACKUP TIMES

ART. 1 . . . When the referee determines there is a malfunction of the primary (automatic or semi-automatic) timing system, and decides there is a need to integrate backup times, the following procedures should be followed:

- a. Malfunction for a Heat: If there is a malfunction of the primary timing system, other equipment or the equipment operator when the system is equally incorrect for all lanes in a heat and the order of finish is accurate, the time shall be adjusted. To adjust, calculate the average difference between

the primary times and the valid backup times. Then add or subtract, when appropriate, that difference to the primary times of every lane in that heat to determine each swimmer's official time.

See table below:

Lane	Primary Time	Watch Time	Watch Minus PadTime	Heat Adj.	Official Time	Final Place
1	54.62	59.47	+4.85	4.91	59.53	5
2	54.78	59.65	+4.87	4.91	59.69	6
3	53.91	58.84	+4.93	4.91	58.82	2
4	52.96	57.88	+4.92	4.91	57.87	1
5	53.99	58.99	+5.00	4.91	58.90	3
6	54.15	59.07	+4.92	4.91	59.06	4
Total diff			+29.49			
Ave diff				4.91		

Calculations: 1) Add the differences between the primary (pad) and backup times for each lane (total equals 29.49). 2) Divide the total difference by the number of lanes to determine the average adjustment for each lane ($29.49/6 = 4.915$). 3) Drop the digits after hundredths for a heat adjustment of 4.91. 4) Add the adjustment onto each primary (pad) time to obtain the official time.

- b. Malfunction on a lane: When a malfunction is confirmed on a lane, the valid back up time for that lane shall be adjusted by calculating the average difference between the valid primary and valid back-up times of the other lanes in the heat. This will be done by adding, or subtracting when appropriate, that average difference to the valid back-up time of the lane where the malfunction occurred to determine that swimmer's official time.

See table below:

Lane	Primary Time	Backup Time	Pad Minus Backup	Adj. Time	Official Time	Final Place
1	59.61	59.47	0.14		59.61	5
2	59.78	59.65	0.13		59.78	6
3	58.93	58.84	0.09		58.93	2
4	57.96	57.88	0.08		57.96	1
5	-----	58.99	-----	59.09	59.09	3
6	59.15	59.07	0.08		59.15	4
Total diff			0.52			
Ave diff			0.10			

Calculations: 1) Add the differences between the primary (pad) and back-up times for each lane which has a valid primary and valid back-up time (total equals 0.52). 2) Divide the total difference by the number of lanes which have a valid primary and valid backup time to determine the average adjustment for each lane ($0.52/5 = 0.1040$). 3) Drop the digits after hundredths for a heat adjustment of 0.10. 4) Add the adjustment onto the back-up time for the lanes where the malfunction occurred to obtain the official time ($58.99 + 0.10=59.09$).

RULE 6, SECTION 4 — PLAY RULING

6.4.1 SITUATION: The primary timing system completely fails during the preliminaries of the breaststroke event. The referee: (a) asks for the use of backup system; (b) scores and records places without an official time; (c) uses estimated times provided by people in the stands who may have had watches running; (d) schedules a re-swim after the last event. **RULING:** (a) and (d) correct procedure; (b) and (c) incorrect procedure. **COMMENT:** The referee must determine the best way to rectify a failed system. Since conditions of the event cannot be duplicated, an event should only be re-swum as a last resort. If places can be determined but qualifying times are needed to advance to the next level of competition, and backup times are not available, the referee could authorize the event to be re-swum. (6-4-1a)

SECTION 5 BACKUP JUDGING SYSTEM

ART. 1 . . . The ballot system may be used as a backup judging system for failure of automatic or semiautomatic judging and timing equipment or as a primary system whenever automatic or semiautomatic judging and timing equipment is not available. If the ballot system is used, two finish judges, one on each side of the pool at the finish wall, shall determine independently the order of finish of swimmers in all lanes, and list the order of finish by lanes on the card provided and deliver the card immediately to the recorder.

ART. 2 . . . Timers shall read their watches independently. The head lane timers record the times for their lane on the card provided, and deliver the card immediately to the chief timer.

ART. 3 . . . The chief timer shall collect all time cards, check them for accuracy and deliver the cards to the recorder.

ART. 4 . . . If the decisions of both judges agree, that order of finish is official regardless of times.

ART. 5 . . . If the decisions of the judges differ, the order of finish of each swimmer is determined by adding the numerical value of the place given that swimmer by each judge and the numerical value of the official time. For example, in the 50-yard freestyle, if swimmers A, B and C have identical times of 22.10 and D has a time of 22.20, then A, B and C receive a ballot value of "1" and D receives "2". The swimmer having the lowest total is the winner. If two or more swimmers have identical totals, the result is a tie.

Rule **7**

Scoring

SECTION 1 PLACES AND POINTS

ART. 1 . . . Individuals and relay teams must complete an event to be eligible to place and score points. A competitor who is disqualified from an event shall not be eligible to score points in that event, except when disqualified during a swim-off.

ART. 2 . . . In dual meets, double duals, or triple duals, points are awarded for places as follows:

- a. maximum of two entries per team;
Relays: 6-3-1-0;
Individual Events: 4-3-1-0;
- b. maximum of three entries per team;
Relays: 8-4-2-0;
Individual Events: 6-4-3-2-1-0;
- c. maximum of four entries per team;
Relays: 10-5-3-0;
Individual Events: 8-6-5-4-3-2-1-0;
- d. double dual/triple dual: scoring will follow entries per team as listed under dual meets;
- e. only two relay teams may score for each team in each relay event;
NOTE: By prior mutual consent, any of the above scoring systems may be used in any dual, double-dual or triple-dual meet. If agreement on scoring systems cannot be reached, the system in 7-1-2(b) will be used.
- f. triangular meets with two or more entries per team per event: scoring shall follow 7-1-3a and 7-1-3b; only two relay entries per team shall be scored.

ART. 3 . . . In championship and other multiple team meet scoring, including triangular meets, points are awarded for places as follows:

a. Individual Events

Places	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th
5	6	4	3	2	1															
6	7	5	4	3	2	1														
7	8	6	5	4	3	2	1													
8	9	7	6	5	4	3	2	1												
9	10	8	7	6	5	4	3	2	1											
10	14	11	10	9	8	6	4	3	2	1										
12	16	13	12	11	10	9	7	5	4	3	2	1								
14	18	15	14	13	12	11	10	8	6	5	4	3	2	1						
16	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1				
18	22	19	18	17	16	15	14	13	12	10	8	7	6	5	4	3	2	1		
20	24	21	20	19	18	17	16	15	14	13	11	9	8	7	6	5	4	3	2	1

b. For all relays, double the individual points possible for that place.

ART. 4 . . . In case of a tie by two or more competitors for any place scoring in an event, the points for all places involved in the tie shall be divided equally among the tying competitors.

ART. 5 . . . A consolation finalist shall not place higher than the highest contested place in the consolation finals.

RULE 7, SECTION 1 — PLAY RULINGS

7.1.2 SITUATION A: By prior mutual consent, a dual meet conducted in a six lane pool is to be scored using four lane scoring. Both teams enter three competitors for each event. **RULING:** Legal. **COMMENT:** Each team may enter three competitors but since they have consented to use four lane scoring, each team must designate the two lanes which will score. (7-1-2e Note)

7.1.2 SITUATION B: In a dual meet conducted in a six lane pool, each team has three entries in the 200 freestyle relay. Team A's entries finish first, second and fourth; Team B's entries finish third, fifth and sixth. However, Team A's first-place finisher is disqualified for a false start. **RULING:** Team A receives points for first and third places; Team B receives points for second. Although a team may enter as many teams in the relay events as individuals in the individual events, only two relay teams from each school may score points. (7-1-2e)

7.1.2 SITUATION C: A dual meet is being held in a six lane pool. School A and B each have entered three relay teams in the 400 freestyle relay. School A's relay teams finish 1, 2 and 3 with School B's relay teams finishing 4, 5 and 6. The scorer awards first and second place points to School A's first two relay entries and awards the third place points to School B's highest placing team. **RULING:** Correct procedure. **COMMENT:** Although a school may enter more than two relay teams 7-1-2e provides that only two relay teams from a school may score.

7.1.2 SITUATION D: In a dual meet conducted in a six lane pool, the host team, without the prior consent of the visiting team, specifies that the meet will be scored, Relays: 6-3-1-0; Individual events: 4-3-1-0. **RULING:** Illegal. **COMMENT:** If prior mutual consent is not obtained, scoring for that meet will be in accordance with 7.1.2b. (3-1-2b, 7-1-2e Note)

7.1.4 SITUATION: In a dual meet conducted in a six lane pool, there is a three-way tie for second place. Each of the three swimmers is awarded 3 points and the next swimmer to finish is awarded 1 point for fifth place. **RULING:** Correct procedure. (7-1-2b, 7-1-4)

7.1.5 SITUATION: After the consolation heat and prior to the championship heat, a swimmer in the 100-yard backstroke withdraws due to injury. The coach of the top finisher in the consolation finals requests that his/her swimmer receive the points for sixth place. **RULING:** Incorrect procedure. **COMMENT:** Consolation finalists shall not place higher than the highest place in the consolation finals.

SECTION 2 TEAM SCORING

ART. 1 . . . The winning team is the team which has accumulated the greatest number of points at the end of the scheduled events.

ART. 2 . . . A tie shall be declared when teams accumulate the same number of points at the end of the scheduled events.

ART. 3 . . . A forfeited dual meet is scored 12-0. The meet referee may declare a dual meet a forfeit when a:

- a. team, without prior notification to the host team, is not ready to start the meet within 30 minutes of the scheduled starting time;
- b. team refuses to continue competition after the meet has started; or
- c. coach has been requested to leave and no authorized school personnel is present to assume responsibility for the team.

ART. 4 . . . When a meet is suspended due to power failure or other unforeseen circumstances, it may be resumed from the point of suspension unless state association rules determine otherwise. Resumed meets start from the point of suspension with the score and entries the same as they were at the time the meet was suspended.

RULE 7, SECTION 2 — PLAY RULING

7.2.3 SITUATION: The visiting team is more than 30 minutes late for the scheduled start of the meet: (a) the host school is not notified; (b) the host school is notified of the delay. **RULING:** (a) Referee may declare a forfeit; (b) either the meet begins late or the coaches mutually agree on a time to reschedule the meet. **COMMENT:** The score in (a) is 12-0 for the forfeiture. (1-3-2)

Rule 8

Swimming Events

SECTION 1 STARTS AND FINISHES

ART. 1 . . . For the forward start, upon the starting command "Take your mark," swimmers shall promptly assume a stationary position with their foot/feet at the front edge of the platform or pool deck. When all swimmers are stationary, the starter shall activate a starting device.

NOTE: With referee/starter permission, a swimmer may start in the water. The swimmer shall step in the water feet first, must be stationary and have at least one hand in contact with the starting platform or end wall. A backstroke start is not permitted.

ART. 2 . . . For the backstroke start, swimmers shall step in the water feet first, and face the starting end with both hands in contact with the end of the pool or

the starting platform. Upon the starting command "Take your mark," swimmers shall promptly assume a stationary position. When all swimmers are stationary, the starter shall activate a starting device. Prior to the command "Take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall not be above or curl over the lip of the gutter or pool edge. Standing in or on the gutter, placing the toes above the lip of the gutter, or curling the toes over the lip of the gutter, before the start, is prohibited.

NOTE: Suggested Guidelines for Starters' Protocols for forward and backstroke starts can be found in Appendix A.

ART. 3 . . . Subject to the discretion of the referee/starter, (referee and starter in championship meets), an infraction/false start occurs when a swimmer:

- a. unnecessarily delays reporting for the start or assuming a starting position;
- b. does not step into water feet-first for an in-water start;
- c. does not remain stationary immediately prior to the start. Other swimmers are to be released by the starter's command, "Stand up;" or
- d. leaves the mark before the starting signal.

PENALTIES:

1. **The swimmer or relay team is disqualified from the event**
 - a. **And shall not swim when in violation of items a-d above;**
 - b. **If the starting signal has been given before the disqualification is declared, the race shall continue without recall. (See 8-1-4)**
2. **These same penalties apply in championship meets when there is dual confirmation.**

ART. 4 . . . When one or more swimmers have obtained an unfair advantage at the start, the race shall continue without recall.

NOTES:

1. If the recall signal is activated inadvertently, the race is recalled and the referee/starter (referee and starter in championship meets) may disqualify the swimmer(s) leaving the mark before the start of the signal.

PENALTY: The swimmer or relay team is disqualified from the event.

2. The referee/starter may recall the entire heat when he/she is not satisfied that the race was properly started. It is not necessary to charge any swimmer with a false start under these conditions.

ART. 5 . . . For the forward start, swimmers may stand up or step off the starting platform after the command "Stand up," but they shall not unnecessarily enter the water nor delay a new start.

ART. 6 . . . For the backstroke start, swimmers may release from the starting position after the command "Stand up," but they shall not leave the starting area nor unnecessarily delay a new start.

PENALTY: When there is dual confirmation by the referee and starter of a false start the swimmer or relay team is disqualified from the event.

ART. 7 . . . To finish the race, the swimmer shall contact the finish end in the manner prescribed. When automatic timing/judging equipment is used, the swimmer must contact the touch pad or end wall between the lane lines where the touch pad should be located when in the proper position.

RULE 8, SECTION 1 — PLAY RULINGS

8.1.1 SITUATION A: A swimmer: (a) requests permission to start in the water for an event requiring the forward start, (b) dives into the pool after requesting permission for an in-water start. **RULING:** (a) legal, (b) illegal. For ALL in-water starts, the swimmer shall step into the water feet-first. (8-1-1 Note, 8-1-3b)

8.1.1 SITUATION B: A swimmer, who had initially placed both feet at the front edge of the starting platform: (a) drops one foot back as the starter says, "Take your mark"; (b) assumes a "track start" position, with one foot placed on the front edge of the block. **RULING:** Both (a) and (b) are legal.

8.1.1 SITUATION C: Swimmer A, using the forward start, comes down, grabs the block, becomes stationary and then moves forward and enters the pool. Swimmer B dives into the water because of swimmer A's movement. **RULING:** A false start shall be charged to swimmer A for not remaining stationary and swimmer A is disqualified; swimmer B should not be penalized if entry due to Swimmer A's actions. (8-1-3c and d)

8.1.1 SITUATION D: Following the command "Take your mark", one competitor remains standing upright with one foot at the front edge of the starting platform. **RULING:** Legal. The starter could give the command "Stand up", then determine if that is the starting position for that competitor. If this is not the swimmer's starting position and he/she does not take the starting position again after the starter gives the command, the swimmer's failure to assume a starting position could result in a disqualification.

8.1.1 SITUATION E: For in-water relay starts, the first swimmer must be stationary and have at least one hand in contact with the end wall until the starter activates the starting device. The second, third and fourth swimmers need only maintain contact with the end wall with a foot until the previous swimmer has finished. **RULING:** Correct procedure. (8-3-5 Notes)

8.1.1 SITUATION F: In an event using the forward start, the swimmer in lane 2 does not assume the proper starting position at the command, "Take your mark." The starter directs all swimmers to "Stand up" and reminds them of the legal starting position. **RULING:** Proper procedure. **COMMENT:** While it is the responsibility of the coach to have the swimmers familiar with the parameters of a legal start, the starter should remind swimmers of the legal starting position, if necessary, then repeat the starting sequence. (8-1-3a)

8.1.2 SITUATION A: For the backstroke start, the swimmer in lane 1 moves one foot out of the water and curls the toes over the gutter after the starting device is activated, but before leaving the wall. The swimmer is disqualified after the race. **RULING:** Correct procedure. **COMMENT:** The starter's responsibilities are to ensure a fair start for all swimmers. Once the starting signal has been given the violation becomes a stroke violation, not a false start/infraction. (8-1-4, 8-2-1c)

8.1.2 SITUATION B: In backstroke, a swimmer assumes a starting position: (a) with one foot in the water and one foot against the wall, but out of the water; (b) with toes curled over the gutter, but out of the water; (c) both feet placed on the pad/wall, with both feet and toes under the surface. **RULING:** (a) and (c) Correct procedure and (b) Incorrect procedure. **COMMENT:** In (b), the starter shall direct all swimmers to "stand up" and remind them of the legal starting position. (8-1-6)

8.1.3 SITUATION A: In a championship meet, swimmer A fails to show up for his/her event. The other swimmers are on the blocks and Swimmer B false starts. Swimmer A appears with his/her entry card, if not computerized, at the end of the heat assuming the race will be re-swum

and that he/she may now enter. The referee applies Rules 8-1-3 and 4 and swimmer B is disqualified from the event and swimmer A is disqualified from further competition as defined in the penalty. **RULING:** Correct procedure. (8-1-3a, 8-1-3d, 8-1-3 Penalty, 3-2-3 Penalty, 1-3-4)

8.1.3 SITUATION B: In a championship meet, an infraction/false start is called by the starter but not confirmed by the referee. No infraction/false start is charged. **RULING:** Correct procedure. **COMMENT:** In championship meets, dual confirmation by the starter and the referee is required. (8-1-3c & d)

8.1.4 SITUATION: At the starting signal, the referee observes Lane 7 is moving, but also determines that his/her movement is a result of one of the timers in Lane 7 sneezing. **RULING:** The referee should activate a recall device and recall the heat. The swimmer in Lane 7 should not be charged with a false start. **COMMENT:** If neither the referee nor starter is able to recall the heat the swimmer in Lane 7 should not be charged with a false start and the results of the heat should be recorded as official. (8-1-4)

8.1.5 SITUATION: A competitor dives in the water when the starter says "Stand up". **RULING:** If, in the referee's opinion, the command "Stand up" caused the competitor to leave his/her mark, no false start shall be charged. (4-2-2d)

8.1.7 SITUATION A: In a race being timed with automatic timing, a timer stops his/her watch or backup button when: (a) a backstroker crosses the vertical plane of finish wall above the touch pad; (b) a swimmer touches a non-sensitive area of the pad, (c) a swimmer touches the finish pad, but not hard enough to activate the pads. **RULING:** (a) Incorrect procedure; (b) and (c) correct procedure. **COMMENT:** The official time for all swimmers is when they contact the finish pad. In (b) and (c) the referee should use the backup times. (6-2-1)

8.1.7 SITUATION B: In a race being timed with automatic timing, a swimmer touches the finish end, but not the finish pad, and the timers stop their watches or backup buttons when the timing pad: (a) has moved out of position during the race; (b) has fallen off the gutter during the race; (c) does not cover the width of the lane. **RULING:** (a), (b) and (c) Correct procedure. The referee has the discretion to use backup times in these instances. (4-1-5, 6-2-1)

8.1.7 SITUATION C: During the swimming of the 200 Free Relay, the touch pad is dislodged and partially falls toward the bottom of the pool. As a result, the final relay swimmer misses the touch pad but touches the wall in an area where the touch pad should have been located. **RULING:** Legal finish.

8.1.7 SITUATION D: The lead-off backstroke swimmer in the 200 Medley Relay finishes his/her relay leg by touching the end wall above the touch pad. The second swimmer leaves the starting block after the backstroke swimmer has touched the end wall, but before the swimmer has touched the touch pad. **RULING:** Legal. **COMMENT:** Only the final swimmer on the relay must contact the touch pad to legally finish the race. The first three swimmers only need contact the end wall to complete their relay leg. (8-3-6)

SECTION 2 FORM OF INDIVIDUAL EVENTS

ART. 1 . . . The Backstroke:

- a. The backstroke start shall be used;
- b. Any stroke is permitted. The body shall remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn;
- c. Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted;
- d. Any kick is permitted;
- e. The swimmer may be completely submerged during the turn or for a

distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimmer must remain on the surface except for turns and finishes;

- f. The turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flag, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed, provided such rotation is accompanied by an initiation of the turning action or continuation into the wall.
 1. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by an upward or downward, underwater movement of the head.

After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted.

- The swimmer shall assume a position on the back before the feet leave the wall;
- g. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end by any part of the swimmer.

PENALTY: Swimmer shall be disqualified from the event for form violations.

ART. 2 . . . The Breaststroke:

- a. The forward start shall be used;
- b. The body shall remain on the breast except while executing a turn;
- 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; except that after the initiation of such arm stroke and before the breaststroke kick, a single butterfly kick is permitted. The initiation of such arm stroke shall be accomplished by a discernible horizontal separation of the hands. 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; Thereafter:
 1. the hands shall not be brought back beyond the hipline;
 2. some part of the head must break the water surface sometime during each stroke cycle (one arm pull followed by one leg kick) except after the final arm pull to the turn or finish.
- d. There shall be no sculling with the hands at the end of the first arm stroke following the start or turn;
- e. The stroke requires that the arms shall move simultaneously and in the same horizontal plane, without any alternating movement. Both hands shall be pushed forward from the breast simultaneously on, above or under the surface of the water. Elbows must remain under the water except for the last stroke at the turn/finish of the prescribed distance (butterfly recovery is not permitted at any time);
- f. The kick requires the feet be drawn up with the knees bent. The feet must be turned outward during the propulsive part of the kick. All movement of

the legs and feet shall be simultaneous and in the same horizontal plane. No scissors, flutter, or downward butterfly kick (developed from a flexing and extending of the knee) is permitted except as provided in 8-2-2c above;

- g. The turn requires a simultaneous touch with two hands, not necessarily on the same plane, after which any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The legal body position shall be regained prior to the first arm pull;
- h. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end with both hands simultaneously, not necessarily on the same plane.

PENALTY: Swimmer shall be disqualified from the event for form violations.

ART. 3 . . . The Butterfly:

- a. The forward start shall be used;
- b. The body shall remain on the breast except while executing a turn. After the start and after the turn, the swimmer is allowed one or more leg kicks, but only one arm pull under water;
- c. The stroke requires that both arms simultaneously pull backward under the water, then simultaneously recover over the water. At any given time, corresponding points on both hands shall be at the same horizontal plane;
- d. The kick requires that both legs and feet move up and down simultaneously in the vertical plane. Scissors, breaststroke and alternating up and down movements of the legs are not permitted;
- e. The turn requires a simultaneous touch with two hands, not necessarily on the same plane, after which any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The legal body position shall be regained prior to the first arm pull;
- f. The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimmer must remain on the surface except for turns and on the finish;
- g. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end with both hands simultaneously, not necessarily on the same plane.

PENALTY: Swimmer shall be disqualified from the event for form violations.

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 contact the end wall;
- d. The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimmer must remain on the surface except for turns and finishes;

- e. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or the finish end by any part of the swimmer.

PENALTY: Swimmer shall be disqualified from the event for form violations.

ART. 5 . . . The individual medley begins with the forward start. Competitors shall swim the butterfly for the first quarter of the required distance of the complete race, the backstroke for the second quarter, the breaststroke for the third quarter and any stroke other than backstroke, breaststroke or butterfly for the last quarter. Each section must be finished in accordance with the finish rule that applies to the style concerned.

PENALTY: Swimmer shall be disqualified from the event for form violations.

RULE 8, SECTION 2 — PLAY RULINGS

8.2 SITUATION: A swimmer in the a) backstroke, b) breaststroke, c) butterfly has stopped approximately 5 yards from the wall prior to the turn and rested. The swimmer has permitted his/her body to become vertical. The swimmer is not in the process of executing a turn. **RULING:** The swimmer in a), b) and c) is disqualified for a violation of body position for the respective stroke. **COMMENT:** The swimmer in each of these situations has violated the stroke requirements. The backstroke requires the swimmer to remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn. Likewise, in the breaststroke and butterfly, the swimmer's body shall remain on the breast except while executing a turn. (8-2-1b, 8-2-2b, 8-2-3b)

8.2.1 SITUATION A: As the head of a backstroker passes under the flags (at 20 yard mark), he/she rotates past the vertical towards the stomach, then glides and kicks into the wall with arm extended. **RULING:** Legal. **COMMENT:** Kicking and gliding is permitted throughout the turn and the touch provided no additional arm pull occurs. (8-2-1f)

8.2.1 SITUATION B: A swimmer in the backstroke event: (a) uses the elementary backstroke; (b) touches the wall with both hands simultaneously; (c) uses the butterfly kick. **RULING:** (a), (b) and (c) are legal. (8-2-1b, d, f, g)

8.2.1 SITUATION C: A swimmer does a legal backstroke turn, but does not use a flip turn. The swimmer is on his/her back before the feet leave the wall. The opposing coach insists the swimmer be disqualified for failing to do a legal turn. **RULING:** Legal turn, no action by the official. **COMMENT:** The backstroke turn does NOT require the use of a flip turn. (8-2-1f)

8.2.1 SITUATION D: At the start of the backstroke event, Swimmer A is completely submerged and only the swimmer's chin breaks the surface of the water by the 15 meter mark. **RULING:** Legal. **COMMENT:** After the start and each turn, the swimmer may remain completely submerged for a distance of not more than 16.4 yards (15 meters). By that point, part of the swimmer's head must have broken the surface of the water. The chin is part of the head (8-2-1e)

8.2.2 SITUATION A: During the recovery phase of the breaststroke, a swimmer thrusts his/her arms forward and upward, forcing the arms and elbows completely above the surface of the water. **RULING:** Illegal. The hands may recover under, on or over the water provided the elbows remain in contact with water and a butterfly recovery is not used. (8-2-2e)

8.2.2 SITUATION B: After a start/turn, a breaststroke contestant sculls with the hands at the end of the underwater arm pull. **RULING:** Illegal hand movement resulting in disqualification. (8-2-2d, 8-2-2 Penalty)

8.2.2 SITUATION C: On the reach for the wall, a breaststroker touches with both hands simultaneously, but not on the same plane and the shoulders are not horizontal: (a) at the turn; (b) at the finish. **RULING:** Both are legal. (8-2-2g) and (8-2-2h)

8.2.2 SITUATION D: A breaststroke contestant turns in such a manner that the body is on the back when the feet leave the wall; but, prior to the first arm pull or leg kick, the body returns to breast down with arms in the same horizontal plane. **RULING:** Illegal. The shoulders shall be at or past the vertical towards the breast when the feet leave the wall (8-2-2g)

8.2.2 SITUATION E: A breaststroker makes two kicks without an intervening arm pull after ducking the head at the finish. **RULING:** Illegal stroke cycle. [8-2-2c(2)]

8.2.2 SITUATION F: A breaststroker's head goes beneath the surface of the water as he/she is completing a stroke cycle during the race. **RULING:** Legal provided his/her head had broken the surface of the water some time during that stroke cycle. [8-2-2c(2)]

8.2.2 SITUATION G: During the start of the breaststroke event, Swimmer A's head breaks the surface of the water after the hands turn inward at the widest part of the second arm stroke but prior to the arms beginning the recovery part of the second arm stroke. Swimmer A is disqualified. **RULING:** Correct procedure. **COMMENT:** The head must break the surface of the water before the hands turn inward at the widest part of the second arm stroke at the start and after each turn. (8-2-2c)

8.2.2 SITUATION H: The referee disqualifies a breaststroker for pulling the hands past the hipline as she swims down the pool even though the head breaks the surface of the water on each stroke cycle. **RULING:** Correct procedure. **COMMENT:** Pulling the hands past the hiplines is only permitted on the first arm stroke following the start or turn. [8-2-2c, c(1)]

8.2.2 SITUATION I: At the finish of a race a breaststroker completes his/her final stroke cycle (one arm pull, one kick) and takes an additional arm pull prior to touching the wall. **RULING:** Legal. **COMMENT:** A stroke cycle is defined as one arm pull followed by one kick. An incomplete stroke cycle (final arm pull without kick) is permitted into the turn and finish. [8-2-2c(2)]

8.2.2 SITUATION J: A competitor in the breaststroke on the turn initiates an arm pull and (a) a dolphin kick followed by a breaststroke kick; (b) two downward dolphin kicks. **RULING:** In (a) legal and (b) illegal. **COMMENT:** Once the arm pull has been initiated the swimmer may execute a single downward dolphin kick followed by a breaststroke kick. (8-2-2c)

8.2.2 SITUATION K: Following the turn in the breaststroke event, the swimmers hands separate slightly after the swimmer's feet leave the wall after which the swimmer does a downward butterfly kick before beginning the arm pull. The swimmer is disqualified. **RULING:** Incorrect. **COMMENT:** Any separation or drifting of the hands/arms prior to the kick constitutes initiation of the arm pull after which the butterfly kick may occur. (8-2-2)

8.2.3 SITUATION A: A butterfly swimmer inadvertently: (a) drags one arm in the water and fails to make a simultaneous arm recovery; (b) catches one arm under a lane marker and fails to make a simultaneous arm recovery. **RULING:** In both (a) and (b) the stroke is illegal and the competitor is disqualified. (8-2-3c, 8-2-3 Penalty)

8.2.3 SITUATION B: A contestant in the 100-yard butterfly: (a) drops one shoulder into the turn; (b) drops one shoulder on the finish; (c) kicks partially on side after turn. **RULING:** (a) legal; (b) legal; (c) legal, provided swimmer regains body position prior to the first pull. (8-2-3e, 8-2-3g)

8.2.3 SITUATION C: A swimmer in the 100-yard butterfly dives in and kicks the first lap under water. **RULING:** Illegal. **COMMENT:** A swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface. (8-2-3f)

8.2.4 SITUATION A: A swimmer misses the wall during the turn of the 500 freestyle. Upon realizing that the wall was missed, the swimmer sculls back to the wall, touches the wall and contin-

ues the swim. **RULING:** Legal. **COMMENT:** There is not a specific body position in freestyle. Since the turn requires some part of the swimmer's body to contact the end wall, the swimmer can scull back and touch the wall if missed on the turn. (8-2-4b, c)

8.2.4 SITUATION B: A contestant in the 50 freestyle does a flip turn and kicks the remaining lap under water. **RULING:** Illegal. **COMMENT:** A swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. (8-2-4d)

8.2.4 SITUATION C: A contestant swims backstroke during a freestyle event, but does not abide by the backstroke turn rule. **RULING:** Legal. **COMMENT:** The contestant may turn by the rules of the freestyle, which permit any manner of turn provided the swimmer contacts the wall. (8-2-4b,c)

8.2.5 SITUATION A: In the individual medley event, the swimmer rotates to his/her stomach while finishing the backstroke leg. An official disqualifies the swimmer for the position of the body during the finish of the leg. **RULING:** Correct procedure. **COMMENT:** The transition from backstroke to breaststroke is a finish during the individual medley. Swimmers shall be disqualified for violating the backstroke position before touching the finish pad. (8-2-1b, 8-2-5, 8-2-5 Penalty)

8.2.5 SITUATION B: A swimmer in the individual medley (or medley relay) swims the final quarter of the race using: (a) elementary backstroke; (b) butterfly with a breaststroke kick; (c) breaststroke with a flutter kick. **RULING:** (a) Illegal; (b) and (c) legal. Since any stroke swum on the back is considered to be backstroke, in (a), the swimmer would be repeating that stroke; since (b) and (c) are not legal forms of fly and breast, such strokes would not be considered repetitions of fly and breast. (8-2-5, 8-3-1)

SECTION 3 RELAY EVENTS

ART. 1 . . . The medley relay is swum by a team of four competitors, each swimming one quarter of the required distance of the race. The first shall use the backstroke start and swim backstroke; the second shall swim breaststroke; the third, butterfly; and the fourth shall swim any stroke other than backstroke, breaststroke or butterfly. Each swimmer shall adhere to the position, stroke, kick, turn and finish rules governing the stroke being swum. (See 8-3-6)

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

ART. 2 . . . The freestyle relay is swum by a team of four competitors, each swimming one quarter of the required distance of the race in any style, adhering to the turn and finish rules of the freestyle event. The first swimmer of the relay team must use the forward start. (8-1-1, 8-3-5, 8-3-6)

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

ART. 3 . . . All other relay events shall be swum in accordance with all rules governing the strokes involved. In the backstroke relay events, all takeoffs except the initial start shall be from a forward start, after which the swimmers are permitted one immediate arm pull in the prone position prior to turning over on their backs.

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

ART. 4 . . . The first swimmer of a relay team, once called to the starting platform by the referee, shall not change his/her swimming order in the relay event with any teammate.

ART. 5 . . . On the takeoff, the second, third and fourth swimmers on a relay team may be in motion before the previous swimmer finishes. The swimmer shall remain in contact with the starting platform/pool deck until the previous swimmer has finished. However, moving from the back of the starting platform to the front is permitted provided the swimmer is on the starting platform and does not initiate the action from the pool deck.

NOTES:

1. On starts from the deck, the second, third and fourth swimmers must use the forward start with at least one foot at the edge of the deck. The body may be in motion but no intentional movement of the feet is permitted.

2. For in-water starts, the second, third and fourth swimmers need only maintain contact with the end wall with a foot until the previous swimmer has finished.

ART. 6 . . . Each swimmer of a relay team must contact the finish end at the conclusion of his or her leg of the relay in accordance with the finish rule applicable to such stroke; however only the final swimmer is required to contact the finish pad by any part of the body.

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

ART. 7 . . . The first three members of relay teams shall leave the water by the finish end of their lane promptly after finishing their quarter of the race.

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

ART. 8 . . . The lead-off swimmer on a relay may be credited with an official time for his/her relay leg provided all requirements of the start, stroke and finish are legal.

- a. A lead-off time remains valid if the relay team is disqualified due to a violation (other than conduct) by one of the subsequent relay competitors.
- b. A lead-off time shall be nullified should the relay team be disqualified for Conduct under Rule 3-5 or for any entry rule violation under Rule 3-2.

RULE 8, SECTION 3 — PLAY RULINGS

8.3 SITUATION: A coach needs to win the last relay in order to win the meet. (a) The coach enters a swimmer to swim both the lead-off and the anchor leg of a relay. (b) A coach enters a swimmer as the leadoff swimmer on one relay team and as the anchor swimmer on another relay team in the same event. **RULING:** Both are illegal. **COMMENT:** A competitor may only be entered once in an event. (3-2-3, 3-2-1 Penalty, 1-3-10 Note)

8.3.1 SITUATION: In the medley relay automatic timing is used and the backstroke swimmer breaks the plane of the end of the pool, but fails to touch the end wall or pad. The breaststroke swimmer takes off. **RULING:** Disqualification. Correct procedure. **COMMENT:** Each swimmer must touch the end of the pool prior to the relay exchange and adhere to the position, kick, turn

and finish rules of the stroke being swum except that it is not necessary to touch the timing pad until the end of the final leg of the relay. (8-2-1g, 8-3-1 Penalty, 8-3-6)

8.3.4 SITUATION: After being called to the blocks for the 200-yard freestyle relay, the swimmers decide to reverse their order of swim. **RULING:** Illegal. **COMMENT:** Once called to the blocks the first swimmer must swim first. The second, third and fourth swimmers may switch their order.

8.3.5 SITUATION A: For deck starts in relay events, all four swimmers must be stationary and have at least one foot at the front edge of the deck. **RULING:** Incorrect procedure. **COMMENT:** The second, third and fourth swimmers must assume a position with at least one foot at the front edge of the deck, but the remainder of their body may be in motion prior to the finish of the incoming swimmer except no intentional movement of the feet. (8-3-5 Notes 1)

8.3.5 SITUATION B: During a relay using in-water starts, the second swimmer stands on the bottom of the pool. Just before the incoming swimmer completes his/her leg, the second swimmer places both feet on the wall and begins to push off the wall but does not lose contact with the wall until after the 1st swimmer has touched the end wall. **RULING:** Legal procedure.

8.3.6 SITUATION A: In the 200-yard medley relay, the third swimmer did not touch the touch pad at the end of his/her leg of the relay. He/she did touch the end of the pool. The final swimmer entered the water and completed the race. **RULING:** Legal. **COMMENT:** It is not necessary to touch the timing pad until the final leg of the relay.

8.3.6 SITUATION B: The second swimmer on Team A's 400 freestyle relay completes his/her leg of the relay but instead of touching the pad or end wall, sticks his/her hand into the gutter area above the touchpad. The swimmer breaks the vertical plane of the end wall but has no legal touch when the next swimmer leaves the block. **RULING:** Improper exchange. **COMMENT:** Rule 8-3-6 requires the swimmers must contact the finish end.

8.3.7 SITUATION A: A third swimmer of a 400-yard freestyle relay team completes that leg of the race but continues to swim. **RULING:** The relay team is disqualified. (8-3 Penalty)

8.3.7 SITUATION B: Due to unusual pool construction, relay swimmers are unable to leave the pool from the finish end of their assigned lanes. **RULING:** The referee shall designate a permissible alternative point of exit for each lane. (4-1-5)

***8.3.8 SITUATION A:** During the swimming of the 200-medley relay, (a) the second swimmer leaves the starting blocks before the first swimmer has completed his relay leg; (b) the butterfly swimmer is observed using an illegal kick. In both situations, the referee disqualifies the relay team but allows the initial (backstroke) swimmer to receive an official time for his relay leg. **RULING:** Correct procedure. **COMMENT:** The lead-off swimmer on a relay may be credited with an official time for his/her relay leg when the relay team is disqualified for a non-conduct violation by one of the subsequent members of the relay team or an entry rule violation that did not affect the swim of the first swimmer. (3-5, 3-2, 8-3-1, 8-3-2)

8.3.8 SITUATION B: After completing the initial leg of the 400 free relay, the lead-off swimmer of Team A is observed taunting the members of the Team B relay. The referee disqualifies the Team A relay and declares that the time achieved by Team A's lead-off swimmer may not be recorded as an official time. **RULING:** Correct procedure. **COMMENT:** When any conduct violation (3-5) is committed by any member of the relay, the lead-off swimmer cannot receive credit for their time in that event. (8-3-1, 8-3-2)

8.3.8 SITUATION C: After Team A finishes first in the 200 free relay, the (a) lead-off swimmer; (b) the third swimmer; (c) a non-competing Team member – jumps into the water to congratulate the final swimmer before all other relay teams in the event have finished the relay. The referee disqualifies Team A, and declares that the initial relay split may not be credited to the lead-off swimmer as an official time. **RULING:** Correct procedure. **COMMENT:** Regardless of which swimmer committed the conduct violation (3-5), the initial time shall not be credited as an official time when the relay team is disqualified for a conduct violation. (8-3-1, 8-3-2)

8.3.8 SITUATION D: At the final meet of the dual meet season, a coach realizes that one of his swimmers has not yet qualified for the 100-yard freestyle event in the state tournament. The swimmer is eligible for the 400 freestyle relay, but the team has only two additional swimmers eligible for the relay. The coach enters the relay using a fourth swimmer that has already participated in four events. The relay is disqualified for an illegal entry; however, the lead-off swimmer has achieved the qualifying time standard for the state tournament. **RULING:** Incorrect. **COMMENT:** Under 8-3-8b, a lead-off relay swimmer may not be credited with an official time if the relay is disqualified for an illegal entry rule violation. (8-3-1, 8-3-2)

Rule **9** *Diving Competition*

NOTE: Diving competition is subject to the preceding rules with the following modifications and amplifications.

SECTION 1 THE POOL, BOARD AND EQUIPMENT

ART. 1 . . . The diving pool may be separate from or part of the swimming pool and the following standards for clearance and water depth are recommended for one meter diving, with the measurement from the:

- a. end of board to anchoring pool wall, 6 feet (1.829 m);
- b. center of board to center of another board, 8 feet (2.438 m);
- c. center of board to pool side wall, 10 feet (3.048 m);
- d. end of board to forward pool wall, 29 feet (8.839 m);
- e. top of board at the take-off end to ceiling overhead, 16 feet (4.877 m);
- f. water depth at any point 2-5 feet in front of the end of board, must be 12 feet (3.658m) or more, except for pools constructed prior to January 1987, where water depth 2 to 5 feet in front of the end of the board must be a minimum of 10 feet (3.045m).
- g. maximum depth reduction rate of diving pools which do not exceed minimum depth requirements, 6¼ percent for a distance of 16.5 feet forward (6.096 m) from the end of the board and 6 feet (1.829 m) back and to the sides. Deeper pools may have proportionately steeper depth reduction rates.

PENALTIES:

1. **When diving equipment is such that the event cannot be conducted, the host team is disqualified from that event and points shall be awarded the visiting team(s) in proportion to their number of submitted entries in the event.**
2. **When diving is not conducted because of inadequate water depth and:**
 - a. **written notice is given to the opponents at least two weeks prior to the first home meet or a date specified by the state association, diving is not conducted and no points awarded;**
 - b. **no written notice is given, the visiting team(s) shall be awarded points in proportion to their number of entries and the host team shall not score.**

- 3. If the host team's facility meets minimum depth recommendation and the visiting team has eliminated diving from its program because its facility does not meet the depth standard, the host team (and all teams with diving entries) shall dive, places shall be awarded to the competitors and their points shall be included in the total team score.**

ART. 2 . . . The diving board shall be horizontal and 1 meter (± 5 cm) above the water surface, measured from the top of the board. The board shall be 16 feet long (4.877 m) and 20 inches wide (.508 m), and the entire top surface shall be covered with a nonskid material.

PENALTY: When diving equipment is such that the event cannot be conducted, the host team is disqualified from that event and points shall be awarded the visiting team(s) in proportion to their number of submitted entries in the event.

ART. 3 . . . A fulcrum, which can be moved and set at varying positions between 5 feet 6 inches and 7 feet 6 inches (1.676 m and 2.286 m) from the rear of the diving board, is required. However, it is permissible to limit the range of movement of the fulcrum if the diving facility does not conform to one or more of the recommendations of Rule 9-1-1. The board shall remain horizontal with the fulcrum in any position.

PENALTY: When diving equipment is such that the event cannot be conducted, the host team is disqualified from that event and points shall be awarded the visiting team(s) in proportion to their number of submitted entries in the event.

ART. 4 . . . A water agitation system is recommended which produces water surface agitation extending for 5 feet (1.524 m) beyond the end of the board with a width of 2 feet (.6096 m).

RULE 9, SECTION 1 — PLAY RULINGS

9.1.1 SITUATION A: After two rounds of the diving competition, the diving equipment becomes inoperative. **RULING:** If the equipment can be repaired quickly, the diving should be temporarily delayed and the repair made. If the repair will take some time, (e.g. more than five minutes) the diving referee should meet with coaches to determine a mutually agreed upon time for rescheduling the diving. It may be rescheduled between one of the later swimming events or, more preferably following the final relay. If the board is not ready for use following the final relay, the host team divers are disqualified and points are divided by the visiting teams in proportion to the number of entries each has in the diving competition. (9-1-1 Penalty 1, 4-1-2)

9.1.1 SITUATION B: The host team's facility does not have the proper water depth to conduct diving. The host school (a) decides to make diving an optional event with no team points awarded; (b) notifies visiting teams of inadequate water depth prior to the scheduled meet (c) the day prior to the scheduled meet. **RULING:** (a), (b) and (c) are incorrect procedures. Diving shall not be conducted and the visiting team(s) shall be awarded points in proportion to its number of submitted entries and the host team shall not score. Written notice must be given to opponents at least two weeks prior to the host team's first home meet or a date specified by the state association for no points to be awarded for the diving event. (9-1-1 Penalty 2)

9.1.1 SITUATION C: The host team's facility has the proper water depth to conduct diving, but the visiting team does not have a diving team because its facility does not have adequate water depth. The host team dives, places are awarded the competitors and their points are included in the host team's total score. **RULING:** Correct procedure. (9-1-1 Penalty 3)

9.1.2 SITUATION: Team A arrives at the site of a dual meet. This is the first time the two schools have competed. The coach of Team B notifies the coach of Team A that the length of the diving board is only 15 feet and would like to go ahead and conduct the event with prior mutual consent. Both coaches agree but the referee denies the action of consent and will not permit the event to be conducted. **RULING:** Correct procedure. **COMMENT:** Rule 9-1-2 states specifically the dimensions of the diving board. These specifications are not recommended and the rule does not provide for a "prior mutual consent" to set aside these requirements. The referee was correct to not conduct this event. The host team is disqualified from the event and points shall be awarded the visiting team in proportion to the number of entries submitted. (4-2-2j, 9-1-2 Penalty)

SECTION 2 MANAGING DIVING COMPETITION

ART. 1 . . . Practice dives are permitted only prior to each session of the swimming meet, and the divers are permitted one practice approach, with or without a water entry, immediately prior to the start of diving competition.

ART. 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. 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. The default method for determining the order of the diving competition shall be by lot for a championship meet or meet conducted under a championship format.

ART. 3 . . . In dual meets, the divers from the visiting team have the choice of the odd or even diving positions. If there is only one or two visiting divers, the contestant(s) has the choice of any visitor's position in the diving order. If there is only one or two home divers, the contestant(s) has the choice of any home team position in the diving order.

ART. 4 . . . In triple dual and triangular meets, the order of divers shall correspond to the lane assignments drawn by lot. (e.g. 1-4, 2-5, 3-6)

ART. 5 . . . When more than one diving board is available for competition, divers shall have their preference as to which board to use for each dive.

RULE 9, SECTION 2 — PLAY RULINGS

9.2.1 SITUATION: In a championship meet, after the 50 freestyle and prior to the diving event, (a) the diving referee does not allow practice approach dives due to time constraints; (b) divers are allowed to warm up from the 50 freestyle up to diver introductions, but are not allowed an additional practice approach after introductions. **RULING:** (a) Incorrect procedure; (b) correct procedure. The diver should be allowed a warm-up dive or approach after a long break, regardless of time constraints.

9.2.2 SITUATION A: The announcer arranges the diving sheets in the order of finish after the preliminaries and semifinals. The second diver in the contest is leading, and because the diving sheets have been mistakenly rearranged by the announcer, this diver is the first called in the finals.

The first diver performs a dive and receives poor scores before the error in the order of dives is discovered. Upon this discovery, the diving competition is started over, with the leading diver given a new attempt in the proper order. **RULING:** No penalty is assessed, but the diver may not be allowed to repeat the dive. As soon as the error was found, the diving order is adjusted, leaving out the diver who had already performed in this round. The divers shall reassume, for the remaining dives, the same positions which prevailed in the preliminaries and semifinals. (9-2-2, 9-6-2h)

***9.2.2 SITUATION B:** The order of divers in championship meets, shall be determined by (a) lot; (b) by 11 dive score; (c) by a combination of lot and seeding; (d) by score after the first five rounds. **RULING:** (a), (b) and (c) are correct; (d) is incorrect. (9-2-2)

SECTION 3 DIVING CONTESTANTS

ART. 1 . . . The number of team entries in diving competition shall be the same as in the swimming events for that meet.

ART. 2 . . . The diving event shall count as an individual event entry for the competitor.

ART. 3 . . . A diver officially becomes a participant when:

- a. in championship meets, the official entry card/scoresheet bearing that diver's first and last name, event and school affiliation is submitted to the meet manager;
- b. in other meets, the scoresheet, signed by the coach and the diver, bearing the diver's first and last name and school affiliation is submitted to the referee or designee at the time and place specified by the referee;
- c. in all meets, the diving scoresheet is signed by the coach and diver, and if not signed by both shall not be accepted for review.

NOTE: The signatures of the coach and diver indicate that the diver is capable of performing all of the dives listed on the diving scoresheet and confirm the accuracy of the submitted scoresheet (i.e., dive number, position and dive order). If obtaining the diving scoresheet electronically, a method shall be designed to have the coach and diver sign the diver's scoresheet prior to the competition.

ART. 4 . . . A competitor may withdraw from a diving competition by giving notice to the referee.

ART. 5 . . . Each diver shall submit a diving scoresheet, signed by both the contestant and the coach on the lines provided for those signatures, which includes the number, written description, position, degree of difficulty with the number and degree of difficulty of the voluntary dive(s) circled, and order in which the dives will be attempted for all levels of the competition, preliminaries through finals. The dive number and position shall be the official description of the dive, and take precedence. In championship meets, this scoresheet shall be submitted to the meet committee at the specified time and place with changes permitted until 60 minutes prior to the start of the diving competition. Correction of errors noted by the diving referee shall be permitted until the start of the diving competition.

In other meets, the referee shall specify the time and place that diving scoresheets shall be submitted for review by the diving referee.

PENALTY: For not submitting a complete diving scoresheet at the specified time and place, the diver is disqualified from the event.

ART. 6 . . . If a diver makes an error in listing the position of a dive, the diver may change the position provided the error is discovered and protested by the diver to the diving referee prior to performing the dive.

- a. If changed to a position with a lower degree of difficulty, that dd shall apply.
- b. If changed to a higher degree of difficulty, the original dd is used to compute the final score.
- c. The diver shall then perform the dive as corrected and the degree of difficulty adjusted as necessary.

PENALTIES:

1. **A diver will not be permitted to change the position if the listed dd for the new position would cause the true dd total for the 5 voluntary dives to exceed 9.0.**
2. **If a change in position of a voluntary dive causes the true dd to exceed 9.0 and is not detected prior to the next dive(s) being performed, the dive causing the DD to exceed 9.0 shall be failed.**

ART. 7 . . . All divers must perform without assistance from any other person, except when an attendant is needed to create water agitation.

RULE 9, SECTION 3 — PLAY RULINGS

9.3.1 SITUATION: A meet is scheduled in a six lane pool. The coaches mutually agree to permit additional exhibition swimmers to fill any unused lanes during the swimming events. The visiting team has two divers and the host team has five divers. The host team coach insists he will enter three scoring divers and two exhibition divers. **RULING:** Incorrect procedure. **COMMENT:** By prior mutual consent, excess exhibition entries may be permitted up to the total event entries determined by the number of lanes in the pool. In the above situation, there should be a maximum of six divers.

9.3.5 SITUATION A: In a championship meet, the diving scoresheet submitted by a contestant lists one fewer than the number of dives needed to fulfill all rounds of competition. **RULING:** The contestant is disqualified unless the error was discovered and corrected during the referee's review of the diving scoresheet. (9-3-5 Penalty, 9-6-2a)

9.3.5 SITUATION B: Instead of the second dive listed on the diving scoresheet, the third dive is announced. The diver, not hearing the announcement, performs the dive which is listed second on the diving scoresheet. **RULING:** The dive should be judged and scored as performed. The error made by the announcer shall not penalize the diver. **COMMENT:** If a judge does not feel he/she can adequately evaluate the dive because of anticipating a different dive would be performed, the judge may ask the diving referee to order the dive performed again. (9-6-2h, 9-6-3)

9.3.5 SITUATION C: A diver submits a diving scoresheet for a championship meet which is signed by the diver and the coach. It has been reviewed by the officials. During the ninth round of diving, it is discovered that the diver has listed the dive number, written description and dd correctly, but has not indicated dive position. **RULING:** Failed dive. Dive number and position are the official description of a dive. Responsibility for accuracy rests with the diver and coach. (9-6-2a, 9-7-5l)

9.3.5 SITUATION D: A coach and/or diver fail to sign a diving scoresheet and it is discovered: (a) prior to the event and is corrected; (b) after the event has begun; (c) after the event is completed. **RULING:** (a) Correct procedure, diver is not disqualified; (b) and (c) no penalty for this violation once the event has begun and the diving referee accepted the improperly signed sheets. The referee shall not accept diving scoresheets for review which have not been signed by the coach and the diver. (9-3-3c)

9.3.5 SITUATION E: The diver has listed and circled dive #401 B and degree of difficulty 1.5 (inward dive pike position, degree of difficulty 1.5). **RULING:** Correct procedure. The circling of the dive number and the degree of difficulty of the voluntary dive are part of an official diving sheet entry.

9.3.5 SITUATION F: A diver submits a diving scoresheet listing the correct written description of a dive, but a lower dd than the dive calls for. a) This is noticed by the meet referee prior to the start of competition and the referee directs that the dd be changed to the proper number. b) It is not noticed until that dive is announced. The referee directs that the dd be changed to the proper number. **RULING:** a) and b) correct procedure. The dive number and position is the official description of a dive. This brings the dd into line with the official description of the dive. **COMMENT:** If the dive is one of the voluntary dives, the total dd for the five voluntary dives should be re-checked to assure it does not exceed 9.0.

9.3.6 SITUATION A: A diver submits a diving scoresheet prior to the specified time and place. However, the third dive is announced as an inward dive in pike position. The diver informs the referee that he does that dive in a straight position. The referee permits the diver to perform the dive in the straight position and instructs the scorer to compute the score using the dd for the pike position. **RULING:** Correct procedure. If the dive had been changed to a position (tuck) with a lower dd, the lower dd would be used to compute the final score. (9-3-6) **COMMENT:** When changing positions for voluntary dives, they cannot be changed to exceed a total of 9.0.

9.3.6 SITUATION B: The diver has listed and circled dive #201 A as his/her voluntary dive with a degree difficulty of 1.7. When the dive is announced, the diver advises the referee that the position should be pike. **RULING:** The referee permits the diver to perform the dive in the pike position, but he/she must take the lower degree of difficulty of 1.6. (9-3-6) **COMMENT:** When changing positions for voluntary dives, they cannot be changed to exceed a total of 9.0.

SECTION 4 CHOICE OF DIVES

ART. 1 . . . In championship meets, the competition shall consist of five voluntary dives and six optional dives.

- a. The five voluntary dives shall come from each of the five groups, with their assigned dd and have a sum total of 9.0 or less. (See 9-3-6 and 9-3-6 Penalties.)
- b. The six optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through semifinals.
- c. All five groups must be represented in the first eight rounds.
- d. The dives to be performed during each round of championship competition shall be as follows:

No. of Contestants	Preliminaries (Performed in any order within each round of competition.)	Semifinals	Finals
1-32	Any 2 vol. & 3 opt.	2 vol. & 1 opt.	1 vol. & 2 opt.

NOTE: When there are more than 32 divers entered, all divers should be permitted to complete the preliminaries (5 dives). However, the sponsoring organization has the right to reduce the field to 32 divers after three rounds. With the field thus reduced, the remaining two dives of the preliminaries are performed, followed by semifinals and finals.

PENALTIES:

1. **When the total degree of difficulty for voluntary dives exceeds 9.0, the dive or dives that causes the total degree of difficulty to exceed 9.0 will be failed.**
2. **Once the diving competition has started, the following errors on the dive sheet shall result in the disqualification of the offending diver:**
 - a. **four or less dives are designated as voluntary;**
 - b. **four or less groups are listed in the first eight dives;**
 - c. **five or less dives are designated as optional dives.**

ART. 2 . . . The number of qualifiers of each round of competition is the pre-determined number of divers with the cumulative highest score for all rounds of competition. When there is a tie for the final qualifying position, all divers who are tied advance to the next round of competition.

ART. 3 . . . The next two highest nonqualifiers shall be named in order to guarantee a full complement of finalists. Alternate qualifiers shall be used provided there is no delay in the meet.

ART. 4 . . . After the preliminary round, the number of qualifiers shall be four more than the number of places to be scored.

ART. 5 . . . After the semifinal round, the number of qualifiers shall be equal to the number of places to be scored.

ART. 6 . . . In other meets, the competition shall consist of one voluntary dive which shall be done first – Week 1 = forward group, Week 2 = back group, Week 3 = inward group, Week 4 = twisting group, Week 5 = reverse group, etc., and five optional dives, coming from at least four of the five groups and which may include any of the dives other than the voluntary dive. Any dive from a group may be designated as a voluntary dive. It will receive its assigned dd through 1.8. Any designated voluntary dive with a dd greater than 1.8 will be assigned a dd of 1.8.

NOTE: For interstate competition, the voluntary dive group of the week shall follow the schedule of the host school's state unless state association policy determines otherwise.

ART. 7 . . . Only dives listed on the accompanying diving table shall be performed.

Dive No.	C Tuck	B Pike	A Straight	D Free
FORWARD DIVES				
101 Forward Dive	1.2	1.3	1.4	—
102 Forward 1 SS	1.4	1.5	1.6	—
103 Forward 1 1/2 SS	1.6	1.7	2.0	1.7
104 Forward 2 SS	2.2	2.3	2.6	—
105 Forward 2 1/2 SS	2.4	2.6	—	—
106 Forward 3 SS	2.9	3.2	—	—
107 Forward 3 1/2 SS	3.0	3.3	—	—
112 Forward Flying 1 SS	1.6	1.7	—	—
113 Forward Flying 1 1/2 SS	1.8	1.9	—	—
BACK DIVES				
201 Back Dive	1.5	1.6	1.7	—
202 Back 1 SS	1.5	1.6	1.7	—
203 Back 1 1/2 SS	2.0	2.3	2.5	—
204 Back 2 SS	2.2	2.5	—	—
205 Back 2 1/2 SS	3.0	3.2	—	—
212 Flying Back 1 SS	1.6	1.7	—	—
REVERSE DIVES				
301 Reverse Dive	1.6	1.7	1.8	—
302 Reverse 1 SS	1.6	1.7	1.8	—
303 Reverse 1 1/2 SS	2.1	2.4	2.7	—
304 Reverse 2 SS	2.3	2.6	2.9	—
305 Reverse 2 1/2 SS	3.0	3.2	—	—
312 Flying Reverse SS	1.7	1.8	—	—
INWARD DIVES				
401 Inward Dive	1.4	1.5	1.8	—
402 Inward 1 SS	1.6	1.7	2.0	—
403 Inward 1 1/2 SS	2.2	2.4	—	—
404 Inward 2 SS	2.8	3.0	—	—
405 Inward 2 1/2 SS	3.1	3.4	—	—
412 Inward Flying SS	2.0	2.1	—	—
413 Inward Flying 1 1/2 SS	2.7	2.9	—	—
TWIST DIVES				
5111 Forward Dive, 1/2 Twist	1.6	1.7	1.8	—
5112 Forward Dive, 1 Twist	—	1.9	2.0	—
5121 Forward 1 SS, 1/2 Twist	—	—	—	1.7
5122 Forward 1 SS, 1 Twist	—	—	—	1.9
5124 Forward 1 SS, 2 Twists	—	—	—	2.3
5126 Forward 1 SS, 3 Twists	—	—	—	2.8
5131 Forward 1 1/2 SS, 1/2 Twist	—	—	—	2.0
5132 Forward 1 1/2 SS, 1 Twist	—	—	—	2.2
5134 Forward 1 1/2 SS, 2 Twists	—	—	—	2.6
5136 Forward 1 1/2 SS, 3 Twists	—	—	—	3.1
5152 Forward 2 1/2 SS, 1 Twist	3.0	3.2	—	—
5211 Back Dive, 1/2 Twist	—	—	1.8	—
5212 Back Dive, 1 Twist	—	—	2.0	—
5221 Back 1 SS, 1/2 Twist	—	—	—	1.7
5222 Back 1 SS, 1 Twist	—	—	—	1.9
5223 Back 1 SS, 1 1/2 Twists	—	—	—	2.3
5225 Back 1 SS, 2 1/2 Twists	—	—	—	2.7
5227 Back 1 SS, 3 1/2 Twists	—	—	—	3.2
5231 Back 1 1/2 SS, 1/2 Twist	—	—	—	2.1
5233 Back 1 1/2 SS, 1 1/2 Twists	—	—	—	2.5
5235 Back 1 1/2 SS, 2 1/2 Twists	—	—	—	2.9
5251 Back 2 1/2 SS, 1/2 Twist	2.7	2.9	—	—
5311 Reverse Dive, 1/2 Twist	—	—	1.9	—
5312 Reverse Dive, 1 Twist	—	—	2.1	—
5321 Reverse 1 SS, 1/2 Twist	—	—	—	1.8
5322 Reverse 1 SS, 1 Twist	—	—	—	2.0
5323 Reverse 1 SS, 1 1/2 Twists	—	—	—	2.4
5325 Reverse 1 SS, 2 1/2 Twists	—	—	—	2.8
5331 Reverse 1 1/2 SS, 1/2 Twist	—	—	—	2.2
5333 Reverse 1 1/2 SS, 1 1/2 Twists	—	—	—	2.6
5335 Reverse 1 1/2 SS, 2 1/2 Twists	—	—	—	3.0
5351 Reverse 2 1/2 SS, 1/2 Twist	2.7	2.9	—	—
5411 Inward Dive, 1/2 Twist	—	1.9	2.0	—
5412 Inward Dive, 1 Twist	—	1.9	2.2	—
5421 Inward 1 SS, 1/2 Twist	—	—	—	1.9
5422 Inward 1 SS, 1 Twist	—	—	—	2.1
5432 Inward 1 1/2 SS, 1 Twist	—	—	—	2.7
5434 Inward 1 1/2 SS, 2 Twists	—	—	—	3.1

ART. 8 . . . No diver shall repeat a dive in a single meet. All dives of the same number, whether tuck, pike, straight or free position, are considered the same dive.

RULE 9, SECTION 4 — PLAY RULINGS

9.4.1 SITUATION A: For a championship meet, a diver submits a diving scoresheet listing two optional dives from the same group through the semifinal round. **RULING:** The second optional dive receives a zero unless the error is discovered and corrected prior to the start of the diving competition. (9-4-1b)

9.4.1 SITUATION B: In a championship meet a diver submits the following list of dives: 1.) 101-A; 2.) 103-B; 3.) 202-B; 4.) 203-C; 5.) 303-C; 6.) 301-A; 7.) 402-C; 8.) 403-C; 9.) 5132-D; 10.) 5121-D; 11.) 105-C. **RULING:** Disqualification. List not correct. The diver does not have all five groups represented in the first eight dives. (9-4-1c, 9-4-1 Penalty 2b)

9.4.1 SITUATION C: There are 37 divers in the preliminary round. Meet management has the option to reduce the field to 32 after 3 dives, rather than after 5. **RULING:** Correct procedure. (9-4-1 Note)

9.4.1 SITUATION D: During the diving event in a championship meet, the diver's total degree of difficulty for the listed voluntary dives is over 9.0. **RULING:** The diver is allowed to change the position of the subsequent voluntary dive(s) to bring the degree of difficulty to 9.0 or lower. If changing the degree of difficulty does not bring the total degree of difficulty into compliance, the voluntary dive(s) causing the degree of difficulty to exceed 9.0 will be failed. (9-4-1a, 9-4 Penalty 1, 9-3-5)

9.4.1 SITUATION E: As the meet referee reviews meet results at the conclusion of the 400 free relay, he/she notices that Diver B's total degree of difficulty for voluntary dives exceeds 9.0. **RULING:** He/she fails the dive(s) that caused the total voluntary degree of difficulty to exceed 9.0 and changes the meet results. The referee has up to one hour to make changes before signing the score sheet as official. (9-4-1a, 9-4-1 Penalty, 4-2-3)

9.4.2 SITUATION A: After the semifinals, two divers are tied for 12th place in a championship meet which scores 12 places. **RULING:** Each diver qualifies for the finals. There shall be 13 divers in the finals.

9.4.2 SITUATION B: The number of places being scored in a meet is 16. At the completion of the preliminaries, the top 16 divers qualify for the finals: (a) the diver who was sixteenth at the beginning of the finals has moved up to fifth place; (b) the third place diver after the semifinals has dropped to seventh place. **RULING:** (a) and (b) Legal. All 16 divers are finalists and may move up or down in place-finish according to his/her final score. (9-4-5)

9.4.3 SITUATION: A-1 and B-2 qualify for the semifinal round of diving but: (a) A-1 is injured during practice; or (b) B-2, diving fifth, is injured during the semifinal competition. **RULING:** In (a) it is legal for the alternate to be used because the round of diving has not begun; but in (b), no alternate is permitted because the competition is in progress. (4-1-5)

9.4.6 SITUATION A: In dual meet (6 dives) in week three of season, a diver lists dive #403 C (degree of difficulty 1.8) first as his or her voluntary dive. **RULING:** Correct procedure. **COMMENT:** Any dive in a group may be designated as a voluntary dive, but in a six-dive competition, may not list a degree of difficulty of higher than 1.8.

9.4.6 SITUATION B: During the diving event in a dual meet, it is discovered that a diver has listed 4 optional dives on his/her scoresheet. **RULING:** The referee disqualifies the diver from the diving competition. (9-3-5 Penalty)

SECTION 5 FORM OF THE DIVES

ART. 1 . . . The forward starting position includes good posture, eyes focused on the end of the board with arms in a position of the diver's choice.

ART. 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 during the initial steps and before the culminating hurdle. The forward takeoff shall be from both feet simultaneously to an adequate height to perform the dive.

ART. 3 . . . The back/inward starting position requires an upright head and body with arms straight and in a position of the diver's choice. The diver may move the arms to various preparatory positions provided there is no obvious attempt to start the dive.

ART. 4 . . . The back/inward takeoff is permitted only for back and inward dives. Divers:

- a. shall stop oscillating the board just before or after the starting position is assumed;
- b. shall not oscillate the board more than four times before the arms move from the starting position;
- c. shall not permit a foot or both feet to leave the board during an oscillation prior to the final spring from the board;
- d. shall not permit an oscillation to be so large as to disrupt the tempo and smoothness of the dive.

ART. 5 . . . It is a balk if, in the diving referee's opinion, a diver assumes the starting position 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.

NOTE: A pause in the arm movement of some dives is a natural part of the dive and should not be interpreted as a balk.

ART. 6 . . . The flight shall be either in the:

- a. straight position in which the body shall not be bent either at the knees or hips, the knees and feet together and toes pointed;
- b. pike position in which the body shall be bent at the hips, the legs straight and together and the toes pointed;
- c. tuck position in which the body shall be bent at the hips and the knees, the knees together and toes pointed;
- d. free position in which a combination of positions may be used to perform twisting dives.

NOTE: Flying dives demonstrating one somersault requires the straight position be maintained from takeoff until the body has rotated to the horizontal position. ($\frac{1}{4}$ rotation) Flying dives demonstrating one and one half somersaults require the straight position be maintained until the body has rotated to the vertical position. ($\frac{1}{2}$ rotation)

ART. 7 . . . The position of the arms during flight is the choice of the diver, but they shall be kept still until just before entry into the water when they shall be brought together and extended beyond the head in a line with the body for the

head-first entry or against the sides of the body with straight elbows for the feet-first entry.

ART. 8 . . . The entry into the water shall be as nearly vertical as possible with the body straight and toes pointed. The dive is completed and scored when the body has passed below the surface of the water.

ART. 9 . . . All properly executed dives shall be performed at a safe distance from the board and pool walls.

RULE 9, SECTION 5 — PLAY RULINGS

9.5.1 SITUATION: In the starting position for a forward dive, the head and the body are in an upright position, but the arms are held straight, forward, and in front of the head. **RULING:** Legal. The starting position for a forward dive permits the diver to hold the arms in a position of his/her choice.

9.5.2 SITUATION A: A diver takes only two steps before making the hurdle to the end of the board. **RULING:** Violation of the forward approach for which the referee shall deduct 2 points from each of the judges' scores. (9-5-2, 9-8-1a)

9.5.2 SITUATION B: A diver from Team A assumes the starting position for a forward dive. The diver twice lifts his/her heels before taking a step to begin forward motion of the approach. The diving referee determines this is not a balk and the dive continues and is scored. **RULING:** Correct procedure. **COMMENT:** The diver had not started a forward motion by the vertical movement when lifting the heels. (9-5-5)

9.5.2 SITUATION C: A diver takes three steps to a two footed landing followed by one more by one-footed step to a second two footed landing and then completes the dive. **RULING:** Legal.

9.5.2 SITUATION D: Team A's diver is performing a dive requiring a forward approach. The diver begins his/her approach with the third step ending with the diver on two feet, executing a hop followed by his/her culminating hurdle and forward takeoff. **RULING:** Legal forward approach. **COMMENT:** Rule 9-5-2 requires three initial steps but does not mandate how the diver must land on the third step, one foot or two feet. Once the third step is completed the diver may hop, leap etc. before the culminating hurdle. In this approach the diver's choice was to end the third step on two feet.

9.5.3 SITUATION: In the starting position for an inward dive, the head and body are in an upright position, but the arms are held straight, slightly forward and in front of the head. **RULING:** Legal. The arms may be held in a position of the diver's choice.

9.5.5 SITUATION A: A diver makes a legal approach for a reverse one and one-half somersault. Upon landing after the hurdle, the diver apparently realizes he/she is leaning too much and cannot do the dive. The diver stops, walks to the back of the board and: (a) attempts to regain his/her composure; (b) steps off the board. **RULING:** (a) Balk; (b) failed dive. (9-7-5i)

9.5.5 SITUATION B: Diver "C" balks at attempting a dive. The referee (a) makes no comment and lets the diver continue; (b) makes no comment until the dive has been scored. **RULING:** (a) Correct procedure, (b) incorrect procedure as referee is to declare a balk before the dive is scored.

SECTION 6 DIVING OFFICIALS

ART. 1 . . . A judging panel of five, seven or nine judges for championship meets, or three or five judges for other meets, shall be positioned on one or both sides of the diving board with an unobstructed view of all diving competition. Judges may award 10-0 points for any dive, independent of the other officials,

except when the diving referee instructs the judging panel of a maximum award for an unsatisfactory or failed dive.

NOTE: In nonchampionship meets when only two judges are available, 50 percent of the total score shall be added to make the final score equate with a three judges' score.

ART. 2 . . . The diving referee shall:

- a. review or have another official review the diving scoresheets and inform the diver/coach of any errors discovered, permitting correction of these errors until the diving competition begins (exception, 9-3-5);
- b. before the diving competition, review with the judging panel the basis and scale for awarding points;
- c. determine balks;
- d. determine unsatisfactory and failed dives and instruct the judges as to the maximum point award allowable;
- e. make the mandatory deduction for a violation in the forward approach and for a balk;
- f. after each dive, request the judging panel to post the values given to the dive;
- g. determine disqualification of a diver and notify the diver or his/her coach at the time of infraction causing the disqualification;
- h. authorize a dive to be repeated upon immediate request of the diver involved when the execution of the dive was influenced by exceptional circumstances;
- i. resolve any disagreement on one dive prior to the next dive;
- j. check the scorer's tabulation and sign the diving scoresheets making the diving results official.

ART. 3 . . . The announcer shall:

- a. announce before each dive the name of each competitor and describe the dive to be performed (dive, including number, position and degree of difficulty);
- b. announces the awards given the dive by each judge in the same order throughout the contest.

NOTE: When an electronic scoreboard is being used and the displayed awards are clearly visible for all the judges and spectators to see, the announcer may announce only the total award received for the dive.

ART. 4 . . . The scorer shall list the award given each dive by each judge. After canceling the high and low scores, the remaining three scores shall be multiplied by the degree of difficulty to determine the diver's score.

RULE 9, SECTION 6 — PLAY RULINGS

9.6.1 SITUATION A: A diver performs an unsatisfactory dive. The referee instructs judges to award no more than two points, but no less than ½ point. **RULING:** Incorrect procedure. **COMMENT:** The diving referee to instructs a maximum number of points to be awarded, but not the minimum to be awarded.

9.6.1 SITUATION B: In a nonchampionship meet when only two diving judges are available, the event is conducted using a two judge panel and the referee instructs the scorer to add 50 percent

of the total scores to arrive at the diver's final score. **RULING:** Correct procedure. **COMMENT:** This procedure makes the final scores equate to scores from three judges. (9-6-1 Note)

9.6.1 SITUATION C: After a dive, one judge informs the diving referee that the diver went into a complete tuck position for a dive requiring the pike position. The diving referee disagrees and gives no directive to the other judges. The judge who raised the issue still gives the dive an unsatisfactory award of 1½ points. **RULING:** Correct procedure.

9.6.2 SITUATION A: A door slams shut as a diver begins the takeoff from the board. After the diver leaves the water, his/her coach rushes up to the referee and requests the diver be permitted to repeat the dive. **RULING:** Request denied. Notice must come from the diver immediately after the execution of the dive during which there was interference. (9-6-2h)

9.6.2 SITUATION B: A distraction is the obvious cause for a diver's missing a dive so badly that the diver is shaken and is unable to immediately request the opportunity to repeat the dive. **RULING:** The diving referee has the authority to set aside Rule 9-6-2h, as well as other rules, when there is obvious unfairness. (4-1-5)

9.6.2 SITUATION C: The diving referee checks and initials the diving scoresheet, but it is discovered within one hour after the last event has been completed that incorrect multiplication caused a diver to place first, rather than second in the diving competition. **RULING:** The diving results may be corrected regardless of the diving referee's previous verification of the diving scoresheet, provided the clerical error is discovered within 48 hours of the completion of the meet. (4-2-3)

9.6.2 SITUATION D: Prior to the start of the diving event, the diving referee instructs the diving judges to observe the position of the shoulders at the time the diver first contacts the water to determine the number of twists for twisting dives. **RULING:** This is correct and may be part of the proper instruction given by the diving referee to those who are responsible for judging the diving. (9-6-2b)

SECTION 7 AWARDING POINTS

ART. 1 . . . The areas of consideration in awarding points are the starting position, approach, takeoff, flight and positions, and entry into the water.

ART. 2 . . . Points shall be awarded by judges on a scale from 10-0 at ½ point increments according to the following:

- a. exceptional 9 to 10;
- b. excellent 7½ to 8½;
- c. good 6 to 7;
- d. satisfactory 4½ to 5½;
- e. deficient 2½ to 4;
- f. unsatisfactory ½ to 2;
- g. failed 0.

(See Appendix C, Guidelines for Judging Diving)

ART. 3 . . . A dive is deficient if, in a judge's opinion,

- a. the diver partially alters the position of the dive during flight.
- b. a diver enters the water with one or both hands above the shoulders on a dive requiring a feet-first entry, or with one or both hands below the shoulders on a dive requiring a head-first entry.

ART. 4 . . . A dive is unsatisfactory if, in the diving referee's opinion:

- a. the dive is clearly done in a position other than that described on the diving scoresheet;

- b. a diver hits the diving board;
- c. a diver does not attempt to come out from the tuck or pike position.
- d. a diver does not attempt to come out of the twist.

ART. 5 . . . A dive is failed if, in the diving referee's opinion, the diver:

- a. executes a dive other than that given on the diving scoresheet;
- b. does not assume a starting position;
- c. falls into the water;
- d. is assisted by another person;
- e. does not execute the pike before the twist when dive Nos. 5111 B and 5411 B;
- f. does not contact the water with the head or hands first on a head-first dive or with the feet initially on a feet-first dive;
- g. executes a twist, as determined by the position of the diver's shoulders, that is greater or less by more than 90 degrees of what is written on the scoresheet when the diver's feet/hands contact the water;
- h. in a twisting dive, twists the shoulders past 90 degrees before the feet leave the board;
- i. repeats a dive;
- j. steps off the board after assuming the starting position;
- k. performs a dive requiring a forward approach from a standing forward position;
- l. omits the official description of the dive on the diving scoresheet;
- m. commits two balks;
- n. in a dual meet, does not perform the voluntary dive first;
- o. in a championship meet, does not perform the voluntary and optional dives as specified;
- p. performs a dive not listed on the diving table.

NOTE: In championship meets, the diving referee may consult with a designated member of the judging panel concerning a possible failed dive.

ART. 6 . . . The order of finish shall be determined by the cumulative score achieved in all rounds of diving competition. In case of a tie by two or more divers for any place scoring in an event, the points for all places involved shall be divided equally among the tying competitors.

RULE 9, SECTION 7 — PLAY RULINGS

9.7.3 SITUATION: Two of the three diving judges award a dive 4 points because they feel the pike became a partial tuck and the dive was therefore in the deficient range. The third judge gives the dive an award of 6 points. **RULING:** All awards stand. **COMMENT:** Diving judges act independently. (9-6-1, 9-7-3)

9.7.4 SITUATION A: A diver enters the water with one hand above shoulder level on a feet-first entry dive. **RULING:** The dive is "deficient". (9-7-3b)

9.7.4 SITUATION B: A diver is wearing a pony tail. During the performance of a dive, the pony tail touches the board. There is no contact with any other part of the body except the hair. The diving referee, under Rule 9-7-4b, declares the dive unsatisfactory with ½ to 2 points maximum to be awarded the diver. **RULING:** Incorrect procedure. **COMMENT:** The diver did not hit the board with a body part. The touch of hair is not considered hitting the board and this insignificant touch should not be the cause of an unsatisfactory dive.

9.7.4 SITUATION C: A diver performs a back somersault with 1-1/2 twists (#5223) and enters the water with his/her hands still in the "wrap" position. The diving referee declares the dive as Unsatisfactory and instructs the judges to score no higher than two points. **RULING:** Correct. **COMMENT:** The diver has to make an attempt to come out of the "wrap"/twist position.

9.7.4 SITUATION D: While performing dive #5221 (back somersault 1/2 twist), the diver's hands remain at his/her side until the diver enters the water. The diving referee makes no call and allows the judges to score the dive. **RULING:** Correct. **COMMENT:** There can be no penalty since the diver did not use a "wrap" position for the dive.

9.7.5 SITUATION A: A diver is disqualified from a diving competition because: (a) he/she executes a dive other than that given on the scoresheet, then on another dive falls into the water, thus making two infractions (failed dives); (b) fails in the performance of two dives. **RULING:** Correct procedure in (a) and (b). **COMMENT:** In both (a) and (b), the diver is disqualified immediately from competition. A diver is disqualified if he/she fails two dives for any reason and shall perform no further dives. (9-7-5a, 9-7-5c, 9-8-3)

9.7.5 SITUATION B: In executing dive No. 5132 D (forward 1½ SS, 1 twist), the contestant executes the twist before, during or after the 1½ SS. **RULING:** Correct, all are equally acceptable.

9.7.5 SITUATION C: On a dive requiring a feet first entry, a diver's hands break the water first. **RULING:** The dive is failed. (9-7-5f)

***9.7.5 SITUATION D:** The diver performs dive #5223 (back somersault 1½ twist). The diver's shoulders are not within the legal limit when the feet contact the water. The diving referee declares a failed dive. **RULING:** Correct procedure. **COMMENT:** The diving referee judges the degree of the twist by the position of the shoulders at the moment the diver contacts the water. (9-7-5g)

***9.7.5 SITUATION E:** While performing #5211 (dive back dive 1/2 twist), the diver twists and faces away from the board before his/her feet leave the board. **RULING:** Failed dive. **COMMENT:** Twisting of the shoulders by more than 90 degrees from the starting position when the feet leave the board is a failed dive. (9-7-5h)

9.7.5 SITUATION F: The diver doing a forward twisting somersault is within the legal twisting limits when the feet make contact with the surface but the diver continues twisting past the legal limits as the body enters the water. **RULING:** The dive shall be scored. The diving referee judges the degree of the twist at the moment the diver contacts the water. **COMMENT:** The diving judge scores 10-0 points on the dive until the body, in its entirety, has passed below the surface of the water. A twisting dive, though legal, may be long or short on the twist as well as on the entry. Judges should consider the degree of the flaw, if any, when scoring the dive. (9-7-5g, 9-6-1)

9.7.5 SITUATION G: An inward dive is announced. The contestant mounts the board and begins walking to the end. Halfway there, she/he stops, dismounts and adjusts the fulcrum. **RULING:** The dive had not started since the starting position was not assumed, so it is not a failed dive and there is no deduction. (9-5-3, 9-7-5i)

9.7.5 SITUATION H: A diving contestant walks to the end of the board, stops and then does a forward 1½ SS in the tuck position. **RULING:** Failed dive. (9-7-5(k), 9-5-2)

9.7.5 SITUATION I: In a championship meet, the diving referee, before signaling a failed dive, consults with a member of the judging panel. The referee announces a failed dive. **RULING:** Correct procedure. **COMMENT:** In championship meets, the diving referee may consult with a designated member of the judging panel before declaring a failed dive. (9-7-5 Note)

9.7.5 SITUATION J: The diver's diving scoresheet shows #101 B forward dive, pike position. The announcer reads forward dive, straight position. The diver, without saying anything, performs a forward dive, pike position. **RULING:** If the referee or a judge needs to see the dive again, it will be repeated as soon as the diver is ready. The dive as listed on the scoresheet shall be scored.

9.7.6 SITUATION: A diver becomes so ill just before doing the final dive of the competition that the diver cannot continue. However, the diver accumulated enough points to place in the diving

competition even without performing the last dive. **RULING:** Disqualified. Only divers who complete all rounds of competition shall place. (9-7-6)

SECTION 8 MANDATORY DEDUCTIONS

ART. 1 . . . The diving referee shall deduct 2 points from each judges award for:

- a. a violation of the forward approach;
- b. a balk.

ART. 2 . . . Each diving judge shall deduct ½-2 points for:

- a. not stopping the oscillation of the board just before or after the starting position is assumed;
- b. excessive oscillation;
- c. foot/feet leaving the board prior to a back/inward takeoff;
- d. spreading the knees in the tuck position;
- e. not holding the straight position on flying somersault until the body is horizontal (¼ rotation) to the surface of the water and to vertical (½ rotation) for a one-and-one-half somersault;
- f. entering the water to the side of the board;
- g. twisting manifestly from the board.

ART. 3 . . . A diver shall be disqualified and shall perform no further dives if he/she fails two dives. A diver shall be disqualified if in the judgment of the diving referee:

- a. the diver did not make a sincere attempt to perform the dive;
- b. it becomes obvious that the dives listed on the diver's scoresheet are too difficult for the diver;
- c. the diver unnecessarily delays the performance of a dive;
- d. the diver behaves in an unsporting manner.

RULE 9, SECTION 8 — PLAY RULINGS

***9.8.1 SITUATION:** A diver takes the minimum three-step hurdle approach, then oscillates a few times on the end of the board before executing the dive. **RULING:** Mandatory two-point deduction. If the diver definitely pauses, it is considered a balk. (9-8-1a,b)

9.8.2 SITUATION A: As the diver executes a #112 B flying 1 SS, he/she fails to hold the straight position until the body is horizontal to the surface of the water. **RULING:** Each judge shall deduct ½-2 points. (9-8-2d)

9.8.2 SITUATION B: A diver, while performing a reverse dive, enters the water clearly to the side of the board. The judges deduct ½-2 points from the score. **RULING:** Correct procedure. (9-8-2f)

9.8.2 SITUATION C: A diver performs a #5211A (back dive ½ twist) and (a) doesn't stop the board from oscillating before or after taking the starting position; (b) twists manifestly on the board. The judges deduct ½ - 2 points in (a) and (b). **RULING:** Correct procedure. (9-8-2g)

25-YARD/METER AND 25-METER/YARD CONVERSION FACTORS

This conversion chart may be used for seeding and qualifying times but not national records.

Girls

	Yard/Meter	Meter/Yard
200 Medley Relay	1.116	0.8961
200 Freestyle	1.108	0.9025
200 Individual Medley	1.110	0.9009
50 Freestyle	1.115	0.8969
100 Butterfly	1.111	0.9001
100 Freestyle	1.112	0.8993
500 Freestyle/400m Freestyle	0.8772	1.140
200 Freestyle Relay	1.117	0.8953
100 Backstroke	1.111	0.9001
100 Breaststroke	1.112	0.8993
400 Freestyle Relay	1.114	0.8977

Boys

	Yard/Meter	Meter/Yard
200 Medley Relay	1.115	0.8969
200 Freestyle	1.108	0.9025
200 Individual Medley	1.111	0.9001
50 Freestyle	1.119	0.8937
100 Butterfly	1.114	0.8977
100 Freestyle	1.111	0.9001
500 Freestyle/400m Freestyle	0.8780	1.139
200 Freestyle Relay	1.116	0.8961
100 Backstroke	1.111	0.9001
100 Breaststroke	1.110	0.9009
400 Freestyle Relay	1.114	0.8977

Example 1: A male 50 yard freestyle time of 23.78 is multiplied by 1.119 to yield a 50 meter time of 26.61 (26.6098 rounded to the nearest 0.01).

Example 2: A female 400 meter freestyle time of 4:27.47 is changed to seconds ($4 \times 60 \text{ sec/min} + 27.47 = 267.47 \text{ sec}$) and multiplied by 1.140 to yield a 500 yard time of 304.92 sec, which converts to 5:04.92. (304.9158 is rounded to 304.92 and that number is converted to minutes and seconds.)

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STATE ASSOCIATION ADOPTIONS

3-1-2d	Unlimited team entries in invitational/non-varsity meets	5-1-1 Note a	Modified Events for invitational/nonvarsity meets
3-2-1a	Exhibition competitors	5-1-1 Note b	Order of events at state championships
3-2-1b	Pentathlon-type meets	5-1-3	Diving first in championship meets
3-2-3 Note	Relay entries without individual names		

2012-13 POINTS OF EMPHASIS

1. Shaving on site and sports hygiene – Shaving onsite is a violation of the rules. This restriction is in place because of a concern spreading of communicable diseases. The sharing of razors is not a practice approved for safety concerns. Shaving onsite may lead to a cut, bleeding and the failure to follow the appropriate procedures to clean the affected area of blood. Coaches must take the initiative to educate their swimmers and divers of this rule and should also follow its application at their home facilities during practice. For more information, please refer to Appendix J.

2. Suits with FINA barcode – Swimming suits that display the FINA mark/barcode will be determined to meet or exceed all of the construction and design requirements in NFHS Rule 3-3-3. Although not required, officials will know that a suit displaying the FINA mark is legal unless altered. Suits that are approved by FINA at any time are legal and do not have to be approved by the beginning of the high school season.

3. Relay team attire may be adjusted to become legal – It is not unusual for relay team members two, three and four to be in violation of the rules relating to uniforms and/or jewelry. It is the correct procedure for the meet officials to let a relay team member who has not swum to know of a uniform or jewelry violation and make the adjustment to become legal before entering the water so long as there is no delay in the meet. Many times through preventive officiating the item can be quickly removed or a cap turned wrong side out and placed back upon the swimmer's head before time to swim. Officials should not hesitate to notify the relay team members so they can swim without penalty. However, the ultimate decision remains with the school coaching staff to be certain the competitors are in legal uniforms.

COMMENTS ON THE 2012-13 RULES REVISIONS

- 3-3-2 Penalties** – The penalty for wearing illegal attire, not including suit construction or the wearing of jewelry, was not clearly addressed in the penalty sections of the rules. The new penalty section clearly states the penalty for the wearing of illegal attire, such as a cap violation, is separate from an illegal suit and is more appropriate for the severity of the violation.
- 3-3-4** – Competitors may wear tape to cover a wound or treat an injury. This procedure is being put in place, by rule, to allow a determination at the local level as to when a competitor needs to use tape. It prevents abuses of the rule which could provide a competitive advantage. The procedure does not require individual state association action.
- 8-2-1f** – A swimmer may lift the head to begin the rotation necessary to begin a flip turn. This is a natural movement for many swimmers. The addition of the word “upward” provides clarification for legality of the turn and will avoid unwarranted disqualifications.

4. **8-2-2c** – There continues to be much discussion among officials as to when there is an initiation of the stroke and what must the official be able to see when making this judgment. This addition to the language defines the initiation of the stroke as a discernible horizontal separation of the hands. This will assist in greater consistency while judging the breaststroke event.
5. **9-2-2** – The rule now includes the standard method (default method) for determining the order of the diving competition absent any action by the meet director.

Appendix A**SUGGESTED GUIDELINES FOR STARTER'S PROTOCOLS**

The following guidelines for starter's protocols include both verbal preparatory commands and whistle preparatory commands. By state association adoption, these guidelines may be adopted as the required starting protocol for the respective state. A single protocol may be adopted or both may be adopted for use during the season.

Use of Verbal Preparatory Commands**FORWARD STARTS**

1. To bring the swimmers to the starting area, the announcer or referee/starter announces event/distance/heat – "this is the varsity girls' 200 yard freestyle, heat 3"
2. Referee/starter blows long whistle
3. And immediately says, "step up"
4. When swimmers are settled into position, starter says, "take your mark"
5. When swimmers are stationary, starter activates the starting signal

BACKSTROKE STARTS

1. To bring the swimmers to the starting area, the announcer or referee/starter announces event/distance/heat – "this is the varsity girls' 200 yard medley relay" or "this is the varsity boys' 100 yard backstroke"
2. Referee/starter instructs swimmers to "step in"
3. When all swimmers have surfaced, referee/starter blows a long whistle to have the swimmers return to the wall and instructs swimmers to "place your feet"
4. When swimmers are settled into position, starter says, "take your mark"
5. When swimmers are stationary, starter activates the starting signal

Use of Whistles as Preparatory Commands**FORWARD STARTS**

1. Referee/starter signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or referee/starter announcing the event/distance/heat.
2. When all swimmers have approached the blocks, referee/starter blows a long whistle for the heat to step onto the blocks and take their preparatory position.
3. Once all swimmers are on the blocks, the referee immediately turns the heat over to the starter.
4. When the swimmers are prepared, the starter says "Take your mark."
5. When swimmers have assumed the correct starting position and are stationary, starter activates the starting signal.

BACKSTROKE STARTS

1. Referee/starter signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or referee/starter announcing the event/distance/heat.
2. When all swimmers are at the side of the blocks, referee/starter blows a long whistle for the heat to immediately step into the water. When all swimmers have sur-

faced, referee/starter blows a second long whistle to have the swimmers return to the wall and immediately assume their starting positions.

3. The procedure is then the same as in steps 3, 4, and 5 in the FORWARD START section.

Optional: If a swimmer (or swimmers) has not responded to the whistles, referee/starter may say "step up" or "step in."

NO-RECALL STARTING PROTOCOL

FOR TWO OFFICIALS – DUAL CONFIRMATION OF THE FALSE START

The referee shall –

1. Upon observing a false start, record in writing the lane or lanes that have committed a false start.
2. Compare written records with the starter and, upon confirming that both have observed the same violation, will disqualify the swimmer(s). S/he will also notify the swimmer(s) and/or coach(es) of the violation.

The starter shall –

1. Upon observing a false start, record in writing the lane or lanes that have committed a false start.
2. Compare written records with the referee to confirm/not confirm the potential violation(s).

FOR ONE OFFICIAL

The official shall –

1. Upon observing a false start, raise a hand with open palm as soon as possible after the start, but before the swimmers have completed their first length, indicating the violation.
2. At the completion of the race, s/he shall notify the swimmer(s) and/or coach(es) of the disqualification(s)

RECALLING THE ENTIRE HEAT

The referee/starter may recall the entire heat -

1. When the start is such that the referee/starter is not satisfied that the race was properly begun, it is always permissible for the referee/starter to recall the entire heat.
2. It is not necessary to charge any swimmer with a false start under these conditions, although that may also occur.

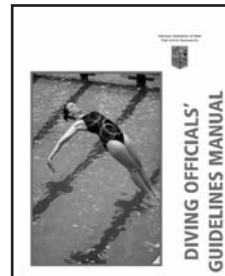
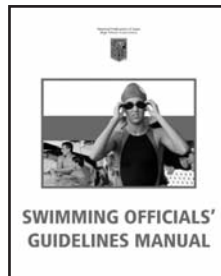
Things that negatively affect the start – such as a loud noise just as the starting signal is given that affects one or more swimmers – should be part of any starter's awareness when commencing a race.

Appendix B**SUGGESTED PROTOCOLS FOR ELECTRONIC RELAY JUDGING EQUIPMENT**

1. In non-championship meets, at least two relay takeoff judges must be assigned to observe the relay exchanges. In championship meets, at least four relay takeoff judges must be assigned this responsibility.
2. In championship meets, a relay takeoff judge shall be assigned to observe relay exchanges in no more than four lanes.
3. If the electronic relay judging equipment detects an exchange differential (takeoff pad time minus finish pad time) of -0.09 through +0.09 second inclusive, from the manufacturer's starting point, the decision(s) of the relay takeoff judge(s) shall be considered to confirm a disqualification. The determination of the electronic relay judging equipment shall be official when indicating an exchange differential of -0.09 through -0.01 seconds from the manufacturer's starting point, if confirmed by at least one takeoff judge. If the electronic relay judging equipment indicates values of 0.00 through +0.09 seconds there shall not be a rules violation, and the observations of the takeoff judges is not considered.
4. If the electronic relay judging equipment records an exchange differential outside the range -0.09 through +0.09 second from the manufacturer's starting point, a disqualification shall occur if there is confirmation of a rules violation: (a) by the electronic relay judging equipment and either takeoff judge; or (b) dual confirmation by the takeoff judges.
5. An alleged rules infraction that is observed by either takeoff judge shall be recorded immediately in writing. Each relay takeoff judge who observes an allegedly rules violation shall wait until the last competitor of the heat is in the water before signaling an observed violation by raising a hand overhead, with open palm.

Guidelines for the Organization and Responsibilities of the Administration of a Championship/large Meet are located on the NFHS Web site (www.nfhs.org) on the "Swimming and Diving" page.

The new Swimming and Diving Officials' Guidelines Manuals are located at <https://www.nfhs.org/swimming>.




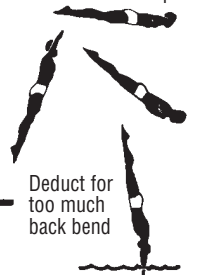
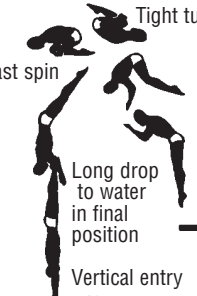

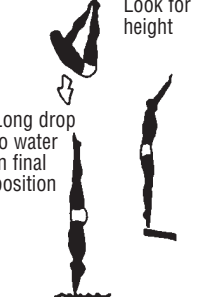


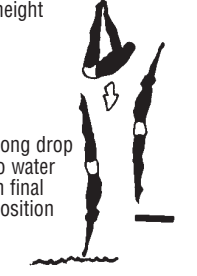
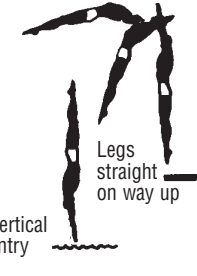
Appendix C
GUIDELINES FOR JUDGING DIVING

A. STUDY THE RULES. Know:


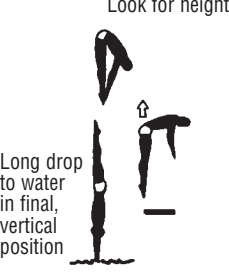

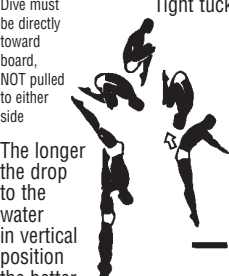


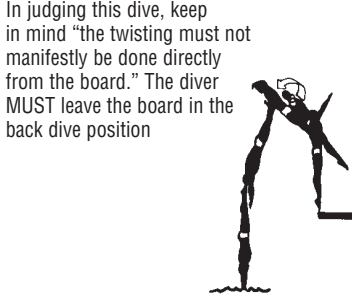

1. the areas of consideration in awarding points for diving (Rule 9-7-1);
 2. the required aspects of each of these areas (Rule 9-5).
- The following comments supplement, but do not alter these rules:
- a. **Starting Position: FORWARD** – Diver should demonstrate good posture with arms in a position of diver's choice. **BACKWARD** – Diver should demonstrate good posture, with arms straight and in a position of the diver's choice.
 - b. **Approach: FORWARD** – Divers must take at least three steps, may have additional movement followed by culminating hurdle, prior to takeoff for front approach dives. These steps should be natural walking steps with no stiff, jerky, awkward or exaggerated arm or leg movements. **BACKWARD** – Slight up and down movement of the board (maximum four times) while standing backward is allowed. However, **AT NO TIME** should the balls of the feet lose contact with the board. If the feet leave the board, deduct ½-2 points.
 - c. **Hurdle:** The last step in the forward approach, called the hurdle, consists of the diver lifting the leg (diver's choice which leg) to a right angle at the hip and the knee. The other leg pushes down on the board and helps the diver jump to the end of the board where they land on two feet. The hurdle is the foundation for the rest of the dive thus an important element for judges to observe.
 - d. **Takeoff: FORWARD** – The diver should land from the hurdle on the end of the board in a nearly straight body position. Good balance is essential. Too much lean forward or backward will affect the success of the dive. **BACKWARD** – Balance on the balls of the feet should be maintained as the arms make a forward circle in time with the leg push to assist the lift from the board. Too much lean forward or backward will affect the success of the dive.
 - e. **Flight:** Once in the air the diver should demonstrate dive control. Contributing to control is the dives' height and power along with the grace and beauty and accuracy. The dive position (pike, tuck or straight) should be clearly defined. Good form should be displayed by means of body tightness and toe point which is maintained throughout the entire dive flight.
 - f. **Entry:** The diver's line into the water is only one segment of the total dive and should not be over judged. Splashless entries (known as "rip" entries) are impressive and are a critical part of the total dive. However, if other segments of the dive had flaws the rip entry means little. Because the entry is the last part of the dive seen, it is easy to judge the entry, forgetting mistakes in takeoff and/or flight. Avoid this common trap. Conversely, a good dive with a rip entry is automatically a better dive and deserves a higher score.

B. JUDGING GUIDE:

- 10-9 Exceptional** – No visible flaws - approach, hurdle, height, distance, execution and entry all exceptional.
- 8½-7½ Excellent** – Approach, hurdle, height, distance or entry slightly affected. Execution well-defined.
- 7-6 Good** – Approach and hurdle unaffected; height and distance acceptable; execution defined, entry controlled but slightly affected.
- 5½-4½ Satisfactory** – Approach and hurdle acceptable; height and distance adequate; execution complete and entry slightly over or under.
- 4-2½ Deficient** – Approach and hurdle affected; height and distance inadequate; execution affected and entry over or under.
- 2-½ Unsatisfactory** – Approach and hurdle affected; height and distance inadequate; execution not complete or broken position, entry significantly affected.
- 0 Failed dive.**

DIVE SILHOUETTES		
<p>The higher, the better</p>  <p>101. Forward Dive Pike</p>	<p>Good arm position</p>  <p>Deduct for too much back bend</p> <p>101. Forward Dive Straight</p>	<p>Tight tuck</p> <p>Fast spin</p>  <p>Long drop to water in final position</p> <p>Vertical entry</p> <p>103. Forward Dive 1 1/2 SS Tuck</p>
<p>Tight, early tuck</p>  <p>Judge entry on smoothness and vertical entry</p> <p>104. Forward Dive 2 SS Tuck</p>	<p>Look for height</p>  <p>Long drop to water in final position</p> <p>201. Back Dive Pike</p>	<p>Vertical entry, 2-4 ft. from board</p>  <p>No excessive rocking of board. Feet cannot leave board in rocking prior to takeoff</p> <p>201. Back Dive Straight</p>
<p>Legs straight and together</p>  <p>Nearly vertical entry</p> <p>203. Back Dive 1 1/2 SS Tuck</p>	<p>Look for height</p>  <p>Long drop to water in final position</p> <p>301. Reverse Dive Pike</p>	<p>Good height</p>  <p>Legs straight on way up</p> <p>Vertical entry</p> <p>301. Reverse Dive Straight</p>

DIVE SILHOUETTES

<p>Tight tuck</p>  <p>Dive must be directly in front of the board, NOT pulled to either side</p> <p>303. Reverse 1 1/2 SS Tuck</p>	<p>Look for height</p>  <p>Long drop to water in final, vertical position</p> <p>401. Inward Dive — Pike</p>	<p>Straight position must be reached before peak of height</p>  <p>Slight bend of hip on take-off is permissible</p> <p>401. Inward Dive Straight</p>
<p>Dive must be directly toward board, NOT pulled to either side</p> <p>Tight tuck</p>  <p>The longer the drop to the water in vertical position the better</p> <p>403. Inward 1 1/2 SS Tuck</p>	<p>Smooth, easy motion — not jerky</p>  <p>5111. Forward Dive, 1/2 Twist Straight</p>	 <p>Deduct for entry — "coming around the corner"</p> <p>5132. Forward 1 1/2 SS, 1 Twist — Free</p>
<p>In judging this dive, keep in mind "the twisting must not manifestly be done directly from the board." The diver MUST leave the board in the back dive position</p>  <p>5211. Back dive, 1/2 Twist Straight</p>	 <p>Vertical entry</p> <p>5233. Back dive 1 1/2 SS 1 1/2 Twist, Free</p>	

NATIONAL HIGH SCHOOL SWIMMING RECORDS**BOYS**

- 200-Yard Medley Relay – 1:29.79** – Jacksonville Bolles, FL (Murphy, Lujan Rivera, Romano, Gutman) at Orlando, FL, 2009
- 200-Yard Freestyle – 1:33.83** – Tom Shields (Huntington Beach Edison, CA) at Walnut, CA, 2009
- 200-Yard Individual Medley – 1:41.39** – David Nolan (Hershey, PA) at Hershey, PA, 2011
- 50-Yard Freestyle – :19.43** – Vladimir Morozov (Torrance, CA) at Long Beach, CA, 2010.
- 100-Yard Butterfly – :46.64** – Maclin Davis (Nashville Montgomery Bell Academy, TN) at Nashville, TN, 2012
- 100-Yard Freestyle – :42.34** – David Nolan (Hershey, PA) at Hershey, PA, 2011
- 500-Yard Freestyle – 4:16.39** – Jeff Kostoff (Upland, CA) at Monterey Park, CA, 1983
- 200-Yard Freestyle Relay – 1:21.01** – Hershey, PA, at Hershey, PA, 2011
- 100-Yard Backstroke – :45.49** – David Nolan (Hershey, PA) at Hershey, PA, 2011
- 100-Yard Breaststroke – :53.66** – Patrick Fowler (Seattle Preparatory, WA) at Seattle, WA, 1998
- 400-Yard Freestyle Relay – 2:59.76** – Winnetka New Trier, IL (Skinner, Malone, Mangan, Grodecki) at Evanston, IL, 2012
- Jacksonville Bolles, FL (Salerno, Kirkland, Alleyne, Lim) at Orlando, FL, 1999

GIRLS

- 200-Yard Medley Relay – 1:40.73** – Concord Carondelet, CA (White, Gargalikis, Ray, Chenault) at Concord, CA, 2011
- 200-Yard Freestyle – 1:42.81** – Dagny Knutson (Minot, ND) at Mandan, ND, 2008
- 200-Yard Individual Medley – 1:53.82** – Dagny Knutson (Minot, ND) at Grand Forks, ND, 2009
- 50-Yard Freestyle – :22.04** – Kara Lynn Joyce (Ann Arbor Pioneer, MI) at Ypsilanti, MI 2002
- 100-Yard Butterfly – :51.92** – Jasmine Tosky (Palo Alto, CA) at Santa Clara, CA, 2011
- 100-Yard Freestyle – :48.15** – Dagny Knutson (Minot, ND) at Mandan, ND, 2009
- 500-Yard Freestyle – 4:34.78** – Dagny Knutson (Minot, ND) at Mandan, ND, 2008
- 200-Yard Freestyle Relay – 1:31.18** – Chattanooga The Baylor School, TN (Vredeveld, Deveaux, John-Williams, Yearwood) at Nashville, 2012
- 100-Yard Backstroke – :51.53** – Rachel Bootsma (Eden Prairie, MN) at Minneapolis, MN, 2010
- 100-Yard Breaststroke – :58.75** – Kasey Carlson (Walnut Creek Las Lomas, CA) at Concord, CA, 2009
- 400-Yard Freestyle Relay – 3:22.85** – Hershey, PA (Surfus, Miller, Nakano, Raab) at Hershey, PA, 2011

These records also appear on the NFHS Web site at <http://www.nfhs.org/recordbook/>.

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WATER POLO RULES

NOTE: The NFHS follows United States Water Polo rules with certain exceptions. All rules changes for the current year are shaded.

2012-13 NFHS Points of Emphasis for Coaches and Referees

(Please refer to the complete list located at www.nfhs.org.)

These Points of Emphasis for coaches and referees are guidelines in order to bring about consistency in the interpretation and application of the rules of the game. It is important that referees call the National Federation High School Water Polo Rules as written and as interpreted in the rules book, case book or as distributed as interpretations during the year. It is also important that referees apply the rules consistently throughout the entire game, regardless of the time remaining in the game, the time remaining on the shot clock or the score of the game.

- 1. Calling the Center Position** – The center position is the most difficult area of the game to officiate. The attack referee must apply the advantage rule to allow the center forward an opportunity to work for a position of advantage but must also control the level of physicality between the center forward and the center defender. It is to be expected that the players at the center position will compete for positional advantage, but if the physicality rises to an unacceptable level the referee must identify the initiator and apply the appropriate penalty, regardless of the location of the ball. If it becomes clear that neither player is attempting to compete for position and the level of physicality is unacceptable, a double exclusion is appropriate. When the ball arrives at the center position, if the center defender commits a foul (impeding) that takes away a passing opportunity and the center forward can no longer play the ball, an ordinary foul should be called. Otherwise a no-call is appropriate as the center forward works for positional advantage. If the center forward gains a positional advantage and the center defender holds, sinks or pulls back the center forward, thus preventing a shooting opportunity, an exclusion should be called. If the center forward is fouled inside the 5-meter line while facing the goal and in control of, but not holding, the ball, a penalty foul should be called. If the center forward commits a foul in order to gain or maintain a positional advantage, an offensive foul should be called. A common strategy employed by the defense against a strong center is to swim a defender in from the outside (crash) to try to steal the entry pass. When this situation occurs in a game, the center defender must have both hands up to show the referee he/she is not holding the center, thus preventing a shot or pass. If the center defender does not have both hands up, he/she should be excluded by the referee.
- 2. Calling the Perimeter** – The perimeter area is also a priority for referees, both at and away from the ball. Offensive players must have the freedom to swim in order to run their offense; any attempt by a defender to prevent this movement must be addressed appropriately. The defending player is entitled to the space between the defender's shoulders. If the defending player impedes or blocks the free movement of the offensive player outside the shoulders by holding, sinking or pulling back, the defender should be excluded. If the offensive player swims over or into a defensive player (between the defender's shoulders), an offensive foul should be called. When an offensive player has possession of - but is not holding - the ball, the advantage rule should be applied consistently. An ordinary foul should be called only if the defender is imped-

ing the offensive player and the offensive player can no longer play the ball. If the defending player holds, sinks or pulls back the offensive player who is not holding the ball, an exclusion should be called. Any time an offensive player gains an advantage by committing a foul, the referee must call that foul. With the advent of the 5-meter direct shot, referees have become more focused on the action at the ball. This is appropriate, but referees (the defensive referee in particular) must be aware of what is happening away from the ball, as this is where much of the movement by the offense occurs.

3. **Calling the Transition** – As a team transitions from defense to offense, referees must identify where, if at all, the team going to offense has a potential advantage. Both referees must be patient and apply the advantage rule consistently as the team on offense attempts to create a goal-scoring opportunity. Referees must control the physicality of play in the backcourt, but under certain circumstances, a referee may choose not to call a foul if the players involved are well behind the ball or are not likely to be involved in the advantage situation as it develops. Also, if an offensive player has gained a position of advantage over the defender but then slows down or stops in order to draw an ejection, the referee must be in position to see whether the defender actually commits a foul, which takes away the offensive player's advantage, before calling a foul. Otherwise a no-call may be appropriate. Finally, if an offensive player gains an advantage by committing a foul, an offensive foul must be called.
4. **Putting the Ball Into Play** – Referees shall ensure that players who are awarded a free throw put the ball into play properly and within a reasonable length of time (Rule 19-2,4). Referees should also ensure that defensive players do not interfere with the free throw (Rule 21-5). As an aid to the game clock operator and to the players, the referee administering the free throw shall point with the arm held horizontally in the direction of the attacking team and then drop the arm down to a vertical position when the ball has been put into play.
5. **Direct Shot on Goal** – A goal may be scored by a player immediately shooting from outside five meters after the player's team has been awarded a free throw for an ordinary or exclusion foul committed outside five meters. A goal may not be scored by a direct shot on goal if the referee removed the ball from the pool for any reason other than to correct a clock error. No signal is used by the referees to indicate that a player is eligible to shoot a direct shot on goal.
6. **Control of the Benches and Players in the Water** – Referees should maintain control of the benches and players in the water. The head coach and the captain may address the referees only during time-outs, between periods, when filing a protest or with the permission of the referee. The rule covering who may address the referee (Rule 7-4) shall be enforced consistently. If the coaches or other staff members question calls or stand when not allowed, the referees may issue that individual a warning. If the behavior continues, a yellow card may be issued to the head coach, assistant coach, to other team officials on the bench or to the players collectively on the bench (a yellow card is not given to a player in the water). The yellow card may also be given without an initial warning. The referees may issue a red card for disruptive behavior to the coaches, to other staff or to individual players on the bench with or without an initial warning or yellow card, depending on the severity of the behavior. However, players in the water who show disrespect toward the referees should be removed promptly for misconduct for the remainder of the game or for 20 seconds for a minor act of misconduct, depending upon the severity of the offense.

NOTE: The NFHS is calling to the attention of all schools, referees and coaches the following risk management warnings:

1. Players shall enter the water feet first at all times. The referee must point out the rule to a representative of the offending institution whose players are not in compliance with the rule. If the situation persists, the referee must notify the appropriate authority as determined by the state association or section (each state association or section must draw up guidelines for the reporting of non-compliant coaches/schools). No game penalties may be instituted nor do the games officials contact the school directly subsequent to the game.
2. Before the start of the game, the referees shall meet with facility personnel for the purpose of knowing how to summon emergency assistance and to ascertain the location of emergency supplies, such as first aid supplies, should any be required. This includes agreement on appropriate signals (whistles) to summon aid as well as awareness of facility personnel who will summon first responders.

Rule 1

Field of Play and Equipment

SECTION 1 PREGAME INSPECTION

The promoting organization shall be responsible for the correct measurements and markings of the field of play and shall provide all stipulated fixtures and equipment. Before the game the referees shall ensure that the field of play, game equipment, game balls, suits and caps comply with the rules, make any corrections possible at that time, and report any deficiencies to the administrator in charge and afterwards to the state association office, school athletic director and assigning authority, unless determined otherwise by state association policy, in order that these may be corrected (see Rule 7-7). Each state association shall establish its requirements for reporting.

SECTION 2 CLOCKS, SCORE

The visible clocks shall display the time in descending manner (that is, display the time remaining in a period or period of possession). The game clock, the shot clocks and the score must be equally visible to both teams, the referees and the score table personnel. If there is no scoreboard, there must be a visible display (flip cards, chalkboard, etc.) of the score of the game, maintained by the score table. The buzzer for the expiration of time on the game clock must be a different sound from that of the buzzer on the shot clock.

There shall be a minimum of two shot clocks used in each game. It is recommended that there be four shot clocks, one located at each corner of the pool. If there are only two shot clocks, it is recommended that each be located across from a front court referee. If this is not possible, the two shot clocks shall be located on the same side of the pool as the score table. The shot clocks shall display the time remaining in the period of possession only in whole numbers.

SECTION 3 FIELD OF PLAY

The layout and markings of the field of play in a pool with floating goals for a game officiated by two referees shall be in accordance with the diagram on page 147. The score table shall be located approximately at the center of one side of the pool in accordance with this diagram.

SECTION 4 POOL DIMENSIONS

For pools with floating goals, the length of the course from goal line to goal line shall be 25 meters (75 feet). For pools with wall goals, the length of the pool from wall to wall shall be 25 meters (75 feet). In both types of pools, the maximum pool width is 20 meters (66 feet) and the minimum pool width 13.7 meters (45 feet). It is recommended that the minimum pool depth be 2.0 meters (6 feet 6 inches). The boundary of the field of play at each end of a pool with floating goals is 0.30 meters behind the goal line. It is recommended that, for new facilities, the minimum distance from the goal line to the pool wall shall be 1.66 meters. See pool diagram on page 147.

NOTE: Whenever the ball passes completely behind the goal line (face of the goal) or completely over the sideline, the ball is out of bounds.

SECTION 5 WATER TEMPERATURE

The water temperature shall be no less than 78° Fahrenheit (26° Celsius) and no more than 82° Fahrenheit (28° Celsius).

SECTION 6 MARKERS

Distinctive marks shall be provided on both sides of the field of play to denote the following:

white marksgoal line and half-distance line
 red marks2 meters from goal lines
 yellow marks5 meters from goal lines

- a. Sidelines: If the pool is more than 20 meters wide, properly colored sidelines are required, effective as of July 1, 2007. The sideline from the end line to the goal line shall be colored white (0.3 meters); from the goal line to the 2-meter line shall be colored red; from the 2-meter line to the 5-meter line shall be colored yellow. From the 5-meter mark to the half-distance mark shall be colored green or a color other than yellow or red. A white mark shall be placed at the half-distance line.
- b. Horizontal markers on the pool deck: If long horizontal markers are used on the pool deck, the white marker shall be 0.3 meters in length and extend from the end line to the goal line; the red marker shall be 2 meters in length and extend from the goal line to the 2-meter mark; and the yellow marker shall be 3 meters in length and extend from the 2-meter mark to the 5-meter mark. There shall be a white marker on the deck to denote half-distance.

NOTE: Measurements for the markers shall be taken from the front edge of the goal line and include the marker. It is recommended that all markers be flush with the edge of the pool.

- c. Cones on the pool deck: If cones are used on the pool deck, cones shall be placed on the goal line, 2-meter line, 5-meter line, and half-distance line. They shall be colored white, red, yellow and white, respectively. The cones shall be of adequate size and weight so that they are visible and remain at the correct location. The distances between the cones shall be measured from the center of one cone to the center of the next cone.
- d. Painted or tiled sides of the pool: If the sides of the field of play are painted or tiled, the side of the field of play from the end line to the goal line shall be painted white; from the goal line to the 2-meter line shall be painted red; and from the 2-meter line to the 5-meter line shall be painted yellow. The half-distance mark shall be painted white.

NOTES:

1. All pool markers must be in metric units (effective in July 1, 2007).
2. Correctly colored sidelines must be used if the pool width is greater than 20 meters. It is recommended that cones and other deck markers also be used to assist the referees, coaches and players, in addition to properly marked sidelines.
3. The referee must check before the game that all markings on the pool (sidelines, cones, deck markings) agree with each other or correct this before the game begins.

SECTION 7 RE-ENTRY AREA

A red mark shall be placed at each end of the field of play on the boundary line, 2 meters from the corner of the field of play on the side opposite the score table, to denote the re-entry area.

NOTES:

1. It is recommended that the entire re-entry area from the sideline to the mark at 2 meters on the boundary line be colored red. The excluded player may re-enter the field of play from any position along this two-meter line.
2. The use of the metric units for the re-entry area was required as of July 1, 2009.

SECTION 8 TEAM BENCHES

The team benches shall both be situated on the side opposite the score table, unless permanent structural restrictions prevent such location. The team bench shall be located at the corner behind the goal line. The team area may extend no farther along the boundary line than the mark for the re-entry area 2 meters from the corner of the field of play. The team area may only be expanded at the corner of the pool behind the goal line. See pool diagram on page 147.

INTERPRETATION: If, for permanent structural reasons, the team benches cannot be located on the side opposite to the score table, the team benches and re-entry areas will be located on the same side as the score table.

SECTION 9 SPACE FOR REFEREES AND GOAL JUDGES

Sufficient space shall be provided to enable the referees to have free movement from end to end of the field of play. Space shall also be provided at the goal lines for the goal judges.

SECTION 10 FLAGS

The exclusion secretary shall be provided with separate red, white and blue flags, each measuring 0.35 meters x 0.20 meters.

SECTION 11 USE OF ARTIFICIAL COMMUNICATION DEVICES

The use of megaphones or other artificial communication devices or whistling (artificial or natural) by a coach to communicate with the team during play is prohibited.

INTERPRETATION: The use of an air horn (as described in Rule 12-1-2) by a coach to call time-outs is permitted.

SECTION 12 USE OF VIDEO

The use of electronic equipment to visually record games is not prohibited by the rules. Individual state associations may develop policy regarding the electronic recording of games and uses. However, it is considered unsporting to use electronic equipment for visual replay for coaching purposes during the game or during any intermission. Further, the use of replay, television monitoring or any electronic equipment by the officials to make decisions related to the game is prohibited.

Rule 2**Goals****SECTION 1 DIMENSIONS**

Two goal posts and a crossbar, rigidly constructed, rectangular with a dimension of 0.075 meters (3 inches) facing the field of play and painted white, shall be located on the goal lines at each end, equal distances from the sides, and, for floating goals, not less than 0.30 meters in front of the ends of the field of play.

INTERPRETATION: The end lines (boundary lines) shall be attached not less than 0.30 meters behind the goal lines. However, if the end lines (boundary lines) are not attached at least 0.30 meters behind the goal line, any ball that contacts the end line shall be deemed out of bounds

SECTION 2 POSITION

The inner sides of the goal posts shall be 3.0 meters (10 feet) apart. When the water is 1.50 meters (5 feet) or more in depth, the underside of the crossbar shall be 0.90 meters (3 feet) from the water surface. When the water is less than 1.50 meters (5 feet) in depth, the underside of the crossbar shall be 2.40 meters (8 feet) from the floor of the pool.

NOTE: Effective July 1, 2011, the dimensions of the goal will be described only in metric units. Goals purchased after that date must conform to the metric dimensions. Goals purchased prior to that date may conform with either the metric or standard specifications for the goal size.

SECTION 3 GOAL BACKING AND GOAL SPACE

ART. 1 . . . For floating goals, limp nets shall be securely fastened to the goal posts and crossbar to enclose the entire goal area and shall be attached to the goal fixtures in such a manner as to allow not less than 0.30 meters clear space behind the goal line everywhere within the goal area.

NOTE: The requirement for net backing for floating goals was effective July 1, 2006.

ART. 2 . . . For wall goals, the goal space shall be a minimum of 45.72 cm (18 inches) deep without obstruction. Wall goals must have a backing that is loosely attached to the goal fittings to enclose the goal space in front of all supports.

Rule 3

The Ball

SECTION 1 DESCRIPTION

The ball shall be round and yellow or gold. The ball may have colored areas, such as panels, pentagons or circles, provided it retains a predominant yellow or gold color. The colored areas must be as manufactured (not hand-painted). It shall have an air chamber with a self-closing valve. It shall be waterproof, without external strappings or any covering of grease or similar substance.

SECTION 2 WEIGHT

The weight of the ball shall be not less than 400 grams and not more than 450 grams.

SECTION 3 SIZE-MEN'S

For games played by men, the circumference of the ball shall be not less than 0.68 meters and not more than 0.71 meters. The ball shall be inflated to a pressure of 13-14 pounds per square inch. The use of a size 5 ball is recommended for the men's game.

SECTION 4 SIZE-WOMEN'S

For games played by women, the circumference of the ball shall be not less than 0.65 meters and not more than 0.67 meters. The ball shall be inflated to a pressure of 12-13 pounds per square inch. The use of a size 4 ball is recommended for the women's game.

SECTION 5 NUMBER

At least five game-quality balls must be available for all championship games and are recommended for all games. If there are goal judges, one ball shall be with the referee and at least two with each goal judge. If there are not goal judges, one ball shall be with the referee and at least

two at each bench. If a ball goes out of bounds over the end line, the coach must have a team member from the bench immediately retrieve the ball. If the coach does not do this, the referee shall warn the coach and, at the next occurrence, give the coach a yellow card. A player in the field of play may retrieve the ball only if the ball is immediately outside a sideline or end line, a location where the player can reach the ball without having to leave the field of play, or if the player leaves with the permission of the referee. If the referee did not give the player permission to leave the field of play, the referee will exclude the player for 20 seconds (see Rule 21-4).

SECTION 6 AUTHENTICATING MARK

The ball shall have the NFHS Authenticating Mark. The mark can be displayed in either format.



A current list of NFHS authenticated products can be found on the Web site, www.nfhs.org.

Rule 4

Caps

SECTION 1 COLORS

ART. 1 . . . Each team shall have two sets of caps, one white and the other a dark contrasting color. The caps of the home team may be any dark color that contrasts with the color of the ball and with the color of the numbers. Dark caps may not be yellow, gold, orange, powder blue, light gray, pale green or similar light colors. The caps of the home team field players may be divided into thirds or quarters, with the thirds or quarters consisting of two colors, two a solid dark color such as navy blue or black on the sides of the caps, and the other one (or two in the case of a cap with four quarters) on the top of the caps of a solid color such as powder blue, medium blue, orange or green (this panel must not be white), provided that the caps are clearly distinguishable from the caps of the goalkeepers (the caps of the field players may not be divided into red and white thirds or quarters or into red and dark thirds or quarters), that the numbers on the caps are white, yellow or gold, are clearly visible, are of the correct size and that the numbers are on the darker portion of the cap. No logos or other designs may be in the panels with the cap numbers. The middle panel (or middle two panels in caps divided in quarters) on the dark caps may contain, with no restriction on the size or number, school logos, school name, school mascot, and/or other school information, provided that the background remains a contrasting color as listed above.

ART. 2 . . . The caps for the field players of the visiting team shall be solid white. The middle panel (or middle two panels in caps divided in quarters) of the white caps may contain, with no restriction on the size or number, school logos, school name, school mascot and/or other school information, provided that the background remains white.

NOTE: Schools will have until July 1, 2015, to be in compliance with the rule requiring only school information and cap numbers (see Rule 4-4-2) on the middle panel, in addition to the manufacturer's logo.

ART. 3 . . . Caps for the field players of either team and the goalkeepers may have piping of any single solid color not to exceed a width of 1 centimeter around the edges of the cap and/or on the seams of the cap (the cap strings or straps may be the same color as the piping or may match the cap color). The piping must be solid, not dashed or double. The piping may not cross a cap number.

ART. 4 . . . All team caps may have one visible manufacturer's logo/trademark/reference, not to exceed 2¼ square inches in area and not to exceed 2¼ inches in any dimension. This

logo/trademark/reference, if present, must be located on either the front or on the back of the middle portion of the cap.

ART. 5 . . . Caps shall be worn throughout the entire game by all players on the bench and in the water. Caps shall be fastened under the chin. If a player loses the cap during play, the player shall replace it at the next appropriate stoppage of the game when the player's team is in possession of the ball.

INTERPRETATIONS:

1. The referees shall apply the advantage rule (Rule 7-3) in this situation. The referees should not stop play to replace a cap if there is still the possibility to play the ball. Stopping play to replace a cap when a player is making progress towards the goal would be considered to give an advantage to the offender's team.
2. If a player is excluded from the remainder of the game for misconduct, the player must remain on the bench with cap on for the remainder of the game.

SECTION 2 EAR GUARDS

Each player (in the water or on the bench) must wear a cap with protective ear guards at all times. The color of the ear guards on the field players' caps must match the color of the caps as closely as possible: dark on dark caps, white on white caps. Ear guards on the cap of the home goalkeeper must be dark and match the color of those on the field players' caps as closely as possible; the ear guards may be red only if the home team caps are of red color. The ear guards on the caps of the visiting goalkeeper must be white.

SECTION 3 GOALKEEPER CAPS

The caps of the goalkeepers must be divided into thirds or quarters. The caps of the home goalkeeper must be divided into red and dark thirds or quarters, with dark ear guards and white, yellow or gold cap numbers; the caps of the visiting goalkeeper must be divided into red and white thirds or quarters, with white ear guards and dark cap numbers.

INTERPRETATION: The caps of the goalkeeper may not be striped. The panels shall be of approximately the same size. The intent of this rule is that the caps of the visiting goalkeeper have red and white panels (thirds or quarters) and the caps of the home goalkeeper have red and dark panels (thirds or quarters). In this way, the caps of the goalkeeper can be readily distinguished from the caps of the field player.

SECTION 4 CAP NUMBERS

ART. 1 . . . Clearly visible numbers, at least 8 centimeters (preferably 10 centimeters) in height, shall be placed on both sides of the caps. The numbers on the dark caps must be white or yellow/gold. The numbers on the white caps must be a contrasting dark color, such as black, navy, royal blue, dark green, brown or scarlet (the numbers on the white caps may not be powder blue, light gray, pale green, orange or similar light colors). The numbers must be of block number format. The large central part of the number on the dark cap must be white or yellow/gold; it may have a very narrow border of light gray, for example. The large central portion of the number on the white caps shall be a dark color as listed above; it may have a very narrow border of light gray, for example. Field players' caps are numbered beginning with No. 2. Caps of the same color must have different numbers. Goalkeepers' caps shall have the number 1. If there are additional goalkeepers, it is recommended that their cap numbers be 1A, 1B, etc. The numbers on the cap of the home goalkeeper (the team with dark caps) shall be white or yellow/gold; the numbers on the cap of the visiting goalkeeper (the team with white caps) shall be dark, the same color as the numbers on the visiting field players' caps.

ART. 2 . . . Additional cap numbers may also be located on the middle panel of the caps, one number on the front and one on the back of the cap. These numbers shall be a minimum of 4 cen-

timeters in height. As of July 1, 2015, it will be required to have the cap numbers on the front and back of the cap.

NOTE: The use of these additional cap numbers will assist the referees and scorekeeper identify an excluded player.

ART. 3 . . . It is recommended that each team either have a replacement set of caps readily available so that a cap with the same number can be used for replacement if a cap is lost or damaged during the game or the team should have additional cap numbers available of the original set. If a replacement cap is not available, a player may change cap number with the permission of a referee and with notification by the referee to the game secretary and the coach of the opposing team, but may not use either the cap number of a player previously excluded from the remainder of the game or the cap number of a player who has any personal fouls. If a goalkeeper and field player change positions, the goalkeeper must use a different numbered cap when he/she moves into the field if there are any personal fouls charged to the cap number of the field player moving into the goal. The name of the field player moving into the goal must be written on a different line on the scoresheet (1A, for example) and any fouls previously charged to that field player must be transferred to that line on the scoresheet and lined out on the line for the original cap number.

SECTION 5 SWIM CAPS

If a player wears a swim cap under the water polo cap, the color of the swim cap shall match the color of the water polo cap as closely as possible (white with white caps, dark with dark caps.) The swim cap worn by a goalkeeper must be red or a color which matches the color of the water polo cap of the goalkeeper as closely as possible (that is, red or dark for the home goalkeeper, red or white for the visiting goalkeeper).

SECTION 6 LACK OF ADHERENCE

If the team's caps do not meet specifications in the rules book regarding cap color, ear guard color, cap number color, design of the caps for goalkeeper and field players and visibility of cap numbers, the team will be required to change caps unless there is mutual agreement of both teams that the game will be played with non-conforming caps and with the agreement of the referees that the cap numbers are clearly visible. Otherwise the game will be declared a forfeit and the incident reported to the appropriate competent authorities as defined in Rule 7-7.

If the game is played with non-conforming caps, the referee must notify the state association of the offending team of the nature of the offense with the caps (color, design, cap numbers, etc.) so that this will be corrected and whether the game was played (see Rule 7-7 for reporting responsibilities).

Rule 5

Teams and Substitutes

SECTION 1 NUMBER OF PLAYERS, ILLEGAL PLAYER

ART. 1 . . . At the beginning of a game, each team shall consist of seven players, one of whom shall be the goalkeeper and who shall wear the goalkeeper's cap, and reserves who may be used as substitutes. After the start, a team may have less than seven players. A team playing with less than seven players shall not be required to have a goalkeeper.

ART. 2 . . . An illegal player is defined as an extra player or a player who has received a third personal foul or who has been excluded for the remainder of the game. If a referee starts a period, after a time-out or after a goal with an extra player in the water, the referee shall stop play, remove the extra player, reset the game and shot clocks and restart play in the usual manner. A personal foul shall not be charged to that player. If the referee starts a period or after a time-out

with an excluded player in the water, the referee shall stop play, remove the excluded player, reset the game clock and the shot clock to the appropriate time and restart play in the usual manner. An additional personal foul shall not be charged to that player.

ART. 3 . . . If a player has three personal fouls but was not visibly red-flagged by the exclusion secretary, the player shall be removed from the water as soon as the error is discovered. The offended team may elect to

Either:

- a. Reset the game clock and shot clock to the time the player with three personal fouls re-entered the pool; any goals scored during this period shall not count with the exception that an extra-player goal scored before the player with the three personal fouls re-entered the pool shall be counted (in that case, the clocks shall be reset to the time the extra-player goal scored). Fouls assessed during this time shall not count, except that the following cards and fouls shall remain as issued: yellow and red cards, misconduct (excluding minor acts of misconduct) and flagrant misconduct. A penalty shot awarded for flagrant misconduct, shall not be counted.

INTERPRETATIONS:

1. A player's third personal foul is a penalty foul. The exclusion secretary fails to signal that this is the third personal foul and the player remains in the pool for the taking of the penalty shot that scores. The player continues playing. When the error is discovered, the player is removed, the goal counts, and the game clock is reset to the time of the penalty goal. Play is restarted with the opposing team putting the ball in play as after a goal. If the penalty shot was not scored, the game clock is reset to the time of the third personal foul. The penalty shot is not retaken. The ball is put into play at a location depending on the outcome of the missed penalty shot (put in play by the goalkeeper of the opposing team if the ball was shot over the goal; by a corner throw if the goalkeeper deflected the ball over the goal line; at the point the ball rebounded into the field of play by the team that regained possession of the ball, etc.)
2. A player's third personal foul is an exclusion foul. The exclusion secretary fails to signal that this is the third personal foul and the player enters the field of play from the re-entry area when signaled. When the error is discovered, the game clock is reset to the time the excluded player re-entered the field of play. If an extra-player goal scored before the player re-entered the field of play, the game clock is reset to the time the goal scored. The goal counts.
3. A player receives a third personal foul. The exclusion secretary fails to visibly red flag the player. The player is substituted for during the exclusion period and does not return to the game until much later in the game. The referee knows the time of return precisely (for example, the player entered directly after a goal was scored, after a time-out or at the beginning of a period). In this instance the referee must stop the game, remove the player (without a penalty shot), reset the game clock to the time of the return of the player (to the time of the goal, time-out or beginning of the period) and resume the game.

Or

- b. The offended team may elect to not reset the game clock, keeping all goals scored and fouls assessed during this period of time as recorded. The player with three personal fouls would be replaced with a substitute and play continues from that point.

ART. 4 . . . This same rule will also be applied to the opposite error (if the desk signaled that a player had three fouls when the player actually had only two and the player was removed from the game at that time).

ART. 5 . . . In all other cases if a desk error is not involved and a player who is not entitled under the rules to participate enters the field of play, a penalty foul is awarded and the game clock is not reset (Rule 22-6).

SECTION 2 TEAM BENCHES

ART. 1 . . . All players not in the game at the time, together with the coaches and officials with the exception of the head coach, shall sit on the team bench and shall not move away from the bench from the commencement of play, except during the intervals between periods, when called

on to substitute and during a time-out. (See Rule 1-8 for the location of the team benches.) In inclement weather, with the mutual consent of both coaches, substitute players may be in the water behind the goal line outside the re-entry area, at least 2 meters from the goal, provided that this is possible at both ends of the field of play. If a substitute player in this location interferes with play, Rule 21-17 will apply. A penalty shot shall be awarded to the opposing team and a personal foul awarded against the offending player.

ART. 2 . . . The head coach shall be allowed to sit or stand behind the goal line in the team area when the team is on defense. When the team is on attack, the head coach may advance to the team's 5-meter line; when the coach's team is on defense, the head coach must return to the bench area behind the goal line. The head coach may advance along the pool side up to the half-distance mark when making substitutions after a goal has been scored and must return to the correct position (either behind the goal line if on defense or behind the 5-meter line if on offense) before play is restarted. If the head coach receives a warning or a yellow card, the head coach is still permitted to progress to the 5-meter line when the coach's team is on attack, shout instructions and stand.

ART. 3 . . . The assistant coach must remain seated on the bench at all times, except during a time-out, after a goal or during a lengthy stoppage of play, times when both coaches may stand and coach. The assistant coach may speak to players on the bench or in the water, move behind the bench to take care of or speak to a player behind the bench, and may stand to throw in a counter ball, but then must immediately sit down. The assistant coach may not speak to the referee at any time. The referee may issue a warning, followed by a yellow card, and then a red card for violation of these rules by the assistant coach. The referee shall issue a red card immediately if the assistant coach stands, moves up to the 5-meter line and coaches. This yellow or red card penalty awarded against the assistant coach does not apply during a time-out or after a goal or during a lengthy stoppage of play, times when both coaches may stand and coach. In addition, the assistant coach may move behind the bench to take care of or speak to a player behind the bench. The assistant coach may also stand to throw in a counter ball, but then must immediately sit down.

ART. 4 . . . A team may have co-head coaches; however, one must be designated before the game to the referees as head coach and this designation will remain in effect for the entire game. This coach is the only coach who can stand during play, move up to the 5-meter line while on offense, and speak to the referees at the times permitted. These two individuals can alternate in subsequent games, but must always inform the referees before the game which coach is the head coach for that game. If the designated head coach receives a red card during the game, another coach or other authorized school staff member (see Rule 7-4-1) may assume the rights and privileges of the head coach for the remainder of that game.

SECTION 3 CAPTAINS

The captains shall be playing members of their respective teams and each shall be responsible for the good conduct of the team. The captain may be any player listed on the team roster and must be designated before the pregame meeting.

SECTION 4 APPAREL AND ARTICLES LIKELY TO CAUSE INJURY

ART. 1 . . . Players shall wear non-transparent, one-piece swim suits. Suits shall completely cover the buttocks and breasts. The women's suit must have a solid high back with broad straps (style optional for goalkeepers).

If a player's suit does not meet the specifications for suits as described in the rules, the player will be required, if possible, to change suits. If this is not possible and if the game is played with non-conforming suits, the referee must notify the state or district association of the offending

team of the nature of the offense so that this deficiency will be corrected in the future. The state association will also assess the appropriate penalty.

NOTES:

1. The use of the term solid back does not preclude the use of a zipper in the field player's suit. The suit of the goalkeeper on the women's team must be a competitive one-piece suit. There is no requirement for straps of a particular width on the goalkeeper's suit.
2. In women's competition, a defender shall be excluded for 20 seconds after grabbing an offensive player's suit and causing breast exposure. Likewise, when an offensive player grabs the defender and causes exposure, the player shall be excluded for 20 seconds and the ball turned over. If a player grabs her own suit and exposes a breast, a 20-second exclusion shall be called.

ART. 2 . . . The suits shall contain only one visible manufacturer's logo/trademark/reference not exceeding 2¼ square inches in area and not exceeding 2¼ inches in any dimension. The suits may also include the name of the school or mascot.

NOTE: 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 (suit/cap) provided the patch does not interfere with the visibility of the cap numbers. The preferred location of the patch is on the swim suit.

ART. 3 . . . Before taking part in a game, the players shall remove any articles likely to cause injury, including, but not limited to, the following: jewelry, medical or religious medals, watches and swim goggles. Sharp fingernails and toenails shall be trimmed.

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.

INTERPRETATIONS:

1. The referees shall order the removal of any item they consider likely to cause injury, either to the player wearing the item or to the opposing players in the game.
2. This list above is not meant to be all-inclusive. A referee needs to judge each article for its potential to cause injury. A referee should not allow a finger splint or a padded or unpadded plaster of paris cast, for example, as these are regarded as likely to cause injury, either to the player wearing the item or to the opposing player.
3. A player will be permitted to wear prescription goggles of the type designed specifically for contact sports to withstand impact and to decrease the likelihood of injury to the eye, if the player has a form signed by the athlete and parent(s) or guardian releasing the state association, the conference and the referees from any liability in connection with the use of this article, with the form signed by the trainer/physician or athletic director reviewing the device to ensure it is not likely to cause injury, and with the form faxed to the state association prior to competition. This written release must be provided to the referees before each game. This interpretation also applies to the use of a protective face mask prescribed by a physician that closely adheres to the upper face, a protective nose guard, and other similar objects.
4. A manufactured protective foam helmet designed to protect the athlete in the event of further contact to the head may be worn following state association policy for medical accommodations. Any cap worn over the device or any painting of the number on the device itself must comply with Rule 4, Caps. All state association policies and procedures should be followed for clearance to wear the helmet.
5. The use of a mouth protector is permitted. No permission is required for the use of a mouth protector.
6. A zipper, including the zipper, if present, on the goalkeeper's suit, which is not fully zipped or is broken is considered to be an article which is likely to cause injury to either that player or to another player. If the zipper becomes unzipped, the player should zip up the suit at the next appropriate stoppage of the game when that player's team is in possession of the ball, just as in the cap replacement rule (Rule 4-1). If the zipper can not be fixed, the referee must remove the player, allow the

immediate entrance of a substitute, and the original player may be substituted in later after the problem is corrected. No foul is charged to that player. However, if a replacement suit is readily available at the team bench, the player may immediately put the suit on over the original suit, which is torn or has a broken zipper, while in the water and continue play. The coach should notify the referees before the game that replacement suits are immediately available at the bench.

SECTION 5 PREGAME MEETING AND SUBSTANCES ON BODY

ART. 1 . . . A pregame meeting of captains and referees shall be held prior to the game. It is recommended that the head coach of each team attend this meeting.

NOTE: By state association adoption, the head coach of each team may be required to attend this meeting.

The purpose of this meeting is to discuss the ground rules, the fingernail rule (the captain must certify that the players are in conformance with the rule concerning fingernails and toenails), as well as the rule concerning the absence of foreign substances such as oil or grease or similar substances on their body or ball, the prohibition of jewelry, and to answer any questions. The referees shall make arrangements at this time with the captain to inspect all players for articles likely to cause injury, such as toenails and fingernails that are sharp/dangerous, goggles and jewelry, for oil and grease or similar substances on the ball/body, for the color of the swim caps and for conformance with the rules on suits. The referee must order an offending player to correct the violation immediately. The start of play shall not be delayed for the substance to be removed or the violation corrected.

ART. 2 . . . If the presence of an article likely to cause injury, such as sharp nails, or the presence of oil or grease is detected after play has started, the player is removed from play and must trim the nails or remove the oil and/or grease before returning later to the game as a substitute. The referee must check the player before that player may enter or re-enter the game.

NOTES:

1. Players needing to wear sun screen should use a product that is not oily or greasy in its final form when applied to the body.
2. By individual state association adoption, a player detected wearing oil or grease after play has started shall be excluded from the remainder of the game with immediate substitution.
3. A player shall not use a substance on the hand(s) to improve the grip on the ball. If such a substance is found, the referees shall order the player to remove the substance and shall inspect the player's hands before the player returns to the game. The referee shall warn both teams through the head coaches that if another player is found with this substance on his/her hands, that player shall be removed for the remainder of the game. The game exclusion is not classified as misconduct.

SECTION 6 METHOD OF SUBSTITUTION

ART. 1 . . . Live-time direct substitution: At any time during play, a player may be substituted by leaving the field of play directly at the re-entry area nearest to that player's own goal line. The substitute may enter the field of play from the re-entry area as soon as the player leaving has visibly risen to the surface of the water within the re-entry area. If a goalkeeper is substituted under this rule, the substitute shall be required to wear a goalkeeper's cap. No substitution shall be made under this rule between the time a referee awards a penalty throw and the taking of the throw, except if the team on offense calls a time-out.

NOTES:

1. In making a live-time direct substitution of a field player, the substitute field player must not enter from the re-entry area until the exiting field player arrives directly at the re-entry area. The exiting player may not leave the field of play at any other place and then swim to the re-entry area. If the substitute enters the field of play before the exiting player leaves the field of play, the entering play-

er is removed for the remainder of the game and a penalty throw is awarded (See Rule 22-6). A player (usually the player leaving the field of play) must be in the re-entry area for the taking of the penalty throw. If scored, that player may immediately enter the pool. No foul is charged to that player. The same is true for a live-time substitution of a goalkeeper. The substituting goalkeeper must not enter from the re-entry area until the goalkeeper leaving the field of play exits at the re-entry area.

2. In making a live-time direct substitution of a field player, if the player leaving the field of play leaves under the sideline or the end line at any place other than the re-entry area with the substitute player still in the re-entry area, the referee shall exclude the exiting player for 20 seconds for leaving the field of play without permission (Rule 21-4). That player must then swim to the re-entry area. Either that player or the substitute waiting in the re-entry area may enter at the earliest occurrence of one of the events listed in Rule 21-3.

INTERPRETATION: A player is in the re-entry area to make a direct substitution for a player immediately after the ball turns over and that team is counterattacking down the field of play. The player leaving the pool swam under the end line halfway between the goal and the side line. The referee blew the whistle immediately for the improper exit from the field of play just as the substitute entered from the re-entry area. The referee excluded the player who left the field of play at the wrong area for a direct substitution for 20 seconds (Rule 21-4) and removed the player who entered the field of play from the re-entry area without penalty as that player entered at that time due to the mistake of the player leaving the field of play.

ART. 2 . . . Substitution for an excluded player: The excluded player may leave the field of play at any point on the end line or sideline and then swim to the re-entry area. The substitute may enter from the re-entry area after the excluded player has reached the re-entry area after 20 seconds have elapsed, there is a change of possession, or other event listed in Rule 21-3 occurs.

NOTES:

1. If an excluded player is being substituted, the excluded player does not have to remain in the re-entry area and may leave the pool immediately after entering the re-entry area before the substitute enters.
2. Players may not be substituted, either from the re-entry area or from the side of the pool, during a temporary stoppage of play, such as while a player is retrieving a cap, while a referee is checking on an injury or while the referee is resetting a clock.

ART. 3 . . . Entry of substitute at other times: A substitute may enter the field of play from any place:

- a. during the interval between periods of play, including between any periods of overtime;
- b. after a goal has been scored;
- c. during a time-out; and
- d. to replace a player who is bleeding or injured.

NOTE: During a time-out or between periods or after a goal, an excluded player is not required to go to the re-entry area before leaving the pool to meet with the team. If a substitution is being made for an excluded player during the time-out or between periods or after a goal, the excluded player in this instance does not have to go to the re-entry area before a substitute may enter from the re-entry area in the place of the excluded player at the proper time (Rule 21-3).

SECTION 7 ENTRY OF SUBSTITUTE WITHOUT DELAY

A substitute shall be ready to replace a player without delay. If the substitute is not ready, the game shall continue without the substitute and, at any time, that player may then enter the field of play from the re-entry area nearest to that player's own goal line.

INTERPRETATION: Usually the referee applies Rule 7-9-c and restarts play with the correct number of players in the field of play. However, if the coach persistently takes too long to substitute, in the opinion of the referee, the referee may issue a warning to the coach, followed by a yellow card, if the coach persists in this action (see Rules 7-4-3,4).

SECTION 8 SUBSTITUTION OF GOALKEEPER

A goalkeeper who has been replaced by a substitute may, if re-entering the game, play in any position.

SECTION 9 INJURY TO GOALKEEPER

Should a goalkeeper retire from the game through any medical reason, the referees shall allow an immediate substitution, subject to one of the players taking the goalkeeper's cap.

Rule 6**Officials****SECTION 1 NUMBER**

For high school competition, the officials shall consist of two referees, in addition to a scorekeeper, exclusion secretary, game timer and shot clock timer. The use of one referee is allowed only in extenuating circumstances. The use of goal judges is optional. In a game called by two referees and no goal judges, the referees shall assume the powers and duties (but without making the specified signals) allocated to the goal judges in Rule 8-2.

INTERPRETATION: Extenuating circumstances could include transportation problems, sudden illness, assigning error, etc.

The score table of the home team must accommodate a minimum of one observer from the visiting team and up to two additional observers as space permits. All desk officials, including the observers from the opposing team at the score table, must act in a neutral, professional manner during the game.

SECTION 2 DUTIES

Depending on the degree of importance, games can be controlled by teams of four to eight officials, as follows:

- a. Referees and goal judges: The use of two referees is required except in extenuating circumstances (see Rule 6-1). The use of goal judges is optional.
- b. Timekeepers and secretaries:
 1. One timekeeper and one secretary: The timekeeper shall time the periods of continuous possession of the ball by each team, in accordance with Rule 9-2 and Rule 20-16. The secretary shall time the exact periods of actual play, time regular time-outs and give the warning signal if equipment is available at the score table to do so, time the intervals between periods (Rule 9-1 and Rule 9-3), maintain the record of the game as set out in Rule 10-1 and record the respective periods of exclusion of players ordered from the water in accordance with Rule 10-2.
 2. Two timekeepers and one secretary: Timekeeper No. 1 shall time the exact periods of actual play, time regular time-outs and give the warning signal if equipment is available at the score table to do so and time the intervals between periods (Rule 9-1 and Rule 9-3). Timekeeper No. 2 shall time the periods of continuous possession of the ball by each team, in accordance with Rule 9-2 and Rule 20-16. The secretary shall maintain the record of the game and perform all other duties as set out in Rule 10-1 and shall also record the respective periods of exclusion of players ordered from the water in accordance with the Rule 10-2.
 3. Two timekeepers and two secretaries: Timekeeper No. 1 shall time the exact periods of actual play, time regular time-outs if equipment is available at the score table to do so and the intervals between periods (Rule 9-1 and Rule 9-3). Timekeeper

No. 2 shall time the periods of continuous possession of the ball by each team, in accordance with Rule 9-2 and Rule 20-16. Secretary No. 1 (scorekeeper) shall maintain the record of the game as set out in Rule 10-1. Secretary No. 2 (exclusion secretary) shall carry out the duties set out in Rule 10-2 relating to the exclusion of players, the improper re-entry of excluded players or substitutes, and the third personal foul.

Rule 7

Referees

SECTION 1 AUTHORITY, UNIFORM

ART. 1 . . . The referees shall be in absolute control of the game. The authority of the referees over the players, coaches, team officials, goal judges and desk officials shall be effective during the entire time that the referees, players, coaches and team officials are within the precincts of the pool. The referees retain clerical authority over the contest through the completion of any reports, including those imposing disqualifications that are responsive to actions occurring while the referees had jurisdiction. State associations may intercede in the event of unusual incidents that occur before, during or after the referees' jurisdiction has ended or in the event that a contest is terminated prior to the conclusion of regulation play. All decisions of the referees on questions of fact shall be final and their interpretation of the rules shall be obeyed throughout the game. The referees shall not make any presumption as to the facts of any situation during the game but shall interpret what they observe to the best of their ability.

ART. 2 . . . The referees must be present at least 15 minutes prior to the game. The jurisdiction of the referees begins 15 minutes before the game and ends five minutes after the conclusion of the game or when any protest procedure has been completed (see Rule 7-10 for duration of protest). There shall be no interaction between officials and coaches before or after a game or a tournament game other than for pregame instructions.

ART. 3 . . . Uniform and equipment for referees consist of a white shirt or jacket, white trousers, white shoes, a whistle used to start and stop play, a watch, red and yellow cards and a coin.

INTERPRETATIONS:

1. Shorts and sandals are not permitted. Unless determined otherwise by state association policy, no advertising is permitted on the referees' attire. A manufacturer's logo/trademark/reference not to exceed approximately 2¼ square inches in area and not to exceed 2¼ inches in any dimension is permitted on the uniform as this is not considered to be advertising. If a tournament shirt is provided, both referees must wear this shirt or both must wear the white shirt. The tournament director or games administrator must report violations of this rule to the state association so that this may be corrected for subsequent games.
2. When a state association must deal with extreme heat and humidity and there is concern for the officials working in these conditions, the individual state association may make a temporary adjustment and permit the wearing of white shorts to address heat-related issues. If shorts are authorized, both referees must dress alike. Both must wear white long trousers or both must wear white shorts.
3. A referee may wear protective ear plugs during a game. However, the referee must exert care not to miss, for example, the sound of a tip, a call for a time-out, or a question from the desk.

SECTION 2 ALTERING DECISION

The referees shall whistle to start and restart the game and to declare goals, goal throws, corner throws (whether signaled by the goal judge or not), neutral throws and infringements of the rules. A referee may alter a decision provided it is done before the ball is put back into play. If the

referee indicates the award of a free throw by pointing in the wrong direction, the referee shall stop play and call the ball out of the water; play is resumed when neither team has an advantage. If the hand signals of the two referees differ (for example, if the referees point in opposite directions), the ball is called out of the water; play is resumed when neither team has an advantage.

SECTION 3 ADVANTAGE RULE

The referees shall refrain from declaring a foul if, in their opinion, such declaration would be an advantage to the offending player's team. The referees shall not declare an ordinary foul when there is still a possibility to play the ball.

NOTE: The referees shall apply this principle to the fullest extent. They should not, for example, declare an ordinary foul in favor of a player who is in possession of the ball and making progress towards the opponents' goal, because this is considered to give an advantage to the offender's team.

SECTION 4 CONTROL OVER CONDUCT

ART. 1 . . . There shall be at least one authorized school staff member, such as a head coach, assistant coach, athletic administrator, etc., on the bench to oversee the team and bench personnel at all times. Only those persons meeting the state association standards shall be eligible to meet this requirement. If the head coach receives a red card and there is no other representative of the school on the bench, the referees shall allow two minutes for an authorized school staff member to take the bench to assume coaching responsibilities. If no authorized school staff member is available, the game shall be declared a forfeit.

ART. 2 . . . After the pregame meeting, the head coach and captain are the only individuals authorized to address the referees and only during time-outs and the interval between periods or with the permission of the referee, or in the case of the head coach, when filing a protest. The head coach and captain may discuss rule clarifications and misapplications of rules at these times with the officials, but may not comment to or address the referees during the actual play of the game. Judgment calls are not an appropriate topic of discussion at any time. The referee may issue warnings, yellow cards or red cards, according to the rules.

ART. 3 . . . Warning: If a coach or team official is disruptive or if the assistant coach or other team official stands instead of remaining seated on the bench, that person may be issued a verbal warning by the referee. Warnings are not recorded on the scoresheet.

NOTE: A coach may also be issued a warning if the coach, in the opinion of the referee, persistently takes too long to substitute after a goal or at other times.

ART. 4 . . . Yellow card: A yellow card may be issued to the head coach, to the assistant coach, to other team officials on the bench, or it may be issued to the bench (the players collectively on the bench). A yellow card is a visible warning to the bench for behavior such as interfering with the duties of the officials or progress of the game, to the head coach for going beyond the area designated for the head coach or to other coaches or team officials for standing during the game. A yellow card may be issued to the head coach if, in the opinion of the referee, he/she persistently takes too long to substitute after a goal or at other times after a warning. A yellow card may be issued if there is an additional disruption after a warning or it may be issued immediately without the previous issuance of a warning, depending upon the severity of the infraction, and is valid for that game only. If the head coach is issued a yellow card, the coach is still permitted to progress to the 5-meter line when that coach's team is on attack, shout instructions and stand. A yellow card may be displayed during the progress of the game without stoppage in play. At the next normal stoppage in play, without taking away the advantage of the non-offending team, the referee shall notify the coach of the offending team and the score table which coach or other bench personnel or the players collectively on the bench was issued the yellow card. This shall be recorded on the scoresheet.

ART. 5 . . . Red card: A red card may be issued for disruptive behavior to the head coach, assistant coaches, other team officials on the bench and to individual players on the bench. If a coach or team official is disruptive after receiving a yellow card, a red card is issued. If, in the judgment of the referee, the infraction is severe, a red card may be issued immediately to a coach or team official without issuing a warning or a yellow card, depending upon the severity of the infraction. A red card may also be issued directly to a player on the bench who is disruptive (no warning or yellow card is issued to an individual athlete).

A red card shall be issued only at a normal stoppage of play without taking away the advantage from the non-offending team. The card is displayed once play is stopped. The referee must take the ball from the water to issue the red card and to assure compliance with the requirement that the offending individual leaves the bench area. The referee must also notify the score table which individual received the red card.

INTERPRETATIONS:

1. Red cards are usually not issued to players in the water unless otherwise specified in the rules. However, the referees shall have the power to order any player from the water in accordance with the appropriate rule and to issue a red card should a player refuse to leave the water when so ordered (see Rule 21-10-1). The referee may abandon the game if a player continues to refuse to leave the water when so ordered.
2. Exclusion from the remainder of the game for misconduct is the typical penalty for disruptive behavior of a player in the water who is still eligible to play.
3. A referee can issue a red card to a head coach for taunting the referee as this can be considered disruptive behavior. If a player in the water taunts another player, the player is excluded for the remainder of the game for misconduct.
4. The use of profanity or obscene language by a player is classified as misconduct. The player is excluded for the remainder of the game for misconduct, but does not receive a red card.

A coach or other team official receiving a red card must leave the pool facility and have no visual or electronic contact with the team. The assistant coach assumes the rights and privileges of the head coach when the head coach receives a red card during a game. A player receiving a red card must sit in the spectator stands under supervision during the remainder of that game, but may not communicate with the players, team officials or referees by any means until after the duration of jurisdiction of the referees. Further misconduct by an excluded player, coach or other team official could result in a forfeit.

The person receiving a red card is automatically suspended from the next game. The suspension shall be served immediately upon the resolution of the matter by the state association or other appropriate governing authority. An individual (player, coach or team official) who has received a red card in the previous game may sit in the spectator stands during the game at which the suspension is being served but may not communicate with the players, team officials or referees by any method during the entire time of the jurisdiction of the referees.

NOTE: A state association may impose more severe penalties on the coach or team official who received a red card. For example, the state association may not permit a coach or team official to be within the pool area during the subsequent game in which the suspension is being served.

ART. 6 . . . When the referee issues a yellow or red card, the referee shall whistle to stop play without taking the advantage away from the non-offending team, call the ball out of the pool, and show the appropriate card. When a yellow or red card is issued, the referee must notify the secretary and the other referee as to whom the card was issued or, in the case of a yellow card, if it was issued to the bench. The time and person (or bench) to whom the card was issued shall be indicated in the "Progress of the Game" portion of the scoresheet. The referee shall then put the ball back into play. A goal may not be scored by a direct shot on goal in this instance.

NOTE: If the referee on the opposite side of the pool from the score table issues a red or a yellow

low card, that referee must notify the referee on the score table side who then must inform the secretary as to whom the card is to be charged.

SECTION 5 REMOVAL FROM POOL

The referees shall have the power to order the removal from the precincts of the pool any player, substitute, spectator, coach or other team official whose behavior prevents the referees from carrying out their duties in a proper and impartial manner. The referee will also award a red card to that individual with the exception of a disruptive spectator. Any player removed under this rule must remain in the bleachers under supervision.

NOTES:

1. The host institution shall take the appropriate action with regard to the disruptive spectator and remove the disruptive spectator from the pool area.
2. This rule applies to a spectator who persistently whistles during the game so loudly that it can be confused with the referee's whistle. After a warning to stop, the referee should request the host institution to remove the spectator from the premises. The same procedure will be followed if a spectator sounds an air horn as an air horn may be used by a team to call a time-out or may be used by the timekeeper to signal the end of a time-out or the end of the period.

SECTION 6 ABANDONMENT OF GAME

The referees shall have the power to abandon the game at any time if, in their opinion, the behavior of the players or spectators or other circumstances prevent it from being brought to a proper conclusion. Referees shall have the power to stop or to temporarily stop the game at any time that weather-related conditions prevent it from being brought to a proper conclusion. See Appendix K for lightning guidelines. If the game has to be abandoned, the referees shall report their actions to the state association and to the institutions' athletic directors.

SECTION 7 REFEREE REPORTING RESPONSIBILITY

The referees shall report:

- a. Any conduct that requires a suspension from the remainder of the game for misconduct as well as for any conduct that also requires suspension from future games (flagrant misconduct, fighting or for receipt of a red card or for misconduct in some associations), to the state association and the commissioner of the local association (when applicable), which shall then be responsible for notifying the principal of the offending school. Should the player/coach be from a different state and/or different local association, the host state and/or local association shall be responsible for notifying the second state association and/or local association of the reportable offense, which will then be responsible to notify the principal of the offending school.
- b. Any issues with the field of play, non-conforming caps or suits, abandonment of game, forfeit of game, protests, etc., committed by a competing school to the state association, school athletic director, and the assigning authority, in order that these may be corrected.

NOTE: Each state association shall establish its requirements for reporting. Each association may also determine whether an additional game suspension is required for the foul of misconduct. This suspension is in addition to the required suspension from the remainder of the game in which this foul occurred.

SECTION 8 REFEREE SCORESHEET RESPONSIBILITY

The referees must check and sign the scoresheet after the conclusion of the game. The referees must verify after each game that all incidents of misconduct, flagrant misconduct, fighting, yellow cards, red cards and protests have been recorded on the scoresheet and that the appropriate coaches have been informed after the game of the occurrence of the fouls.

NOTES:

1. It is not necessary that a coach be informed of the occurrence of a yellow card, since there are no follow-up penalties for this card.
2. It is recommended that one of the referees check the scoresheet after each period, particularly for score and number of time-outs taken.

SECTION 9 CORRECTABLE ERRORS

Correctable errors, including technical errors by desk officials, equipment malfunction, timing errors, difference in hand signals of the referees (if the two referees point in opposite directions), and misapplication of rules, should not affect the outcome of the game. No team shall gain an advantage over an opponent because of this type of error. If for any reason an entire game or a portion of the game must be replayed (see Rule 11-6), all goals, 20-second exclusion fouls and penalty fouls recorded during the part to be replayed are removed from (lined through on) the scoresheet. However, notations of misconduct, flagrant misconduct, fighting, red cards and yellow cards that occurred at any time during the game must be retained on the scoresheet. All participants who committed these latter personal fouls or who received a red card may not take part in the game but they may be substituted for, according to the rules. The game clock is reset as appropriate (usually to the time of the error), and the shot clock shall be reset appropriately. If the error is not discovered during the game by the coaches and/or referees and corrected at that time by the referees, but is detected within 5 minutes after the conclusion of the game, the error should be corrected.

INTERPRETATION: A player was excluded at 6:45. A goal was scored at 6:20 with the excluded player still in the re-entry area. This error by the exclusion secretary was not discovered until the next day. The coach can not file a protest at that time and/or expect to have this error corrected.

The examples of correctable errors listed below is not meant to be all-inclusive. In addition, if several errors are made at once, the referees must determine to the best of their ability, which error(s) shall be corrected in the interest of fairness.

Examples of correctable errors include:

- a. If a player has three personal fouls but was not visibly red-flagged by the desk, the player shall be removed from the water as soon as the error is discovered. Usually the offended team elects to reset the game clock to the time of entry of the player with the third personal foul; the shot clock is reset; any goals scored and fouls assessed during this time period shall not count; and the illegal player is removed from the game except that the following cards and fouls shall remain as issued: a yellow card, a red card, misconduct, flagrant misconduct and fighting. An extra-player goal scored before the player with the three personal fouls enters the pool shall be counted. In that case, the clock shall be reset to the time the extra-player goal scored. (See Rule 5-1-3 for complete description of this correctable error.)
- b. If a signal is not given at the proper time by the exclusion secretary for the entry of an excluded player and a goal is subsequently scored, the game shall be stopped; the game clock reset to the re-entry time; the shot clock reset to the appropriate time; the goal shall not be counted; and play shall resume from the re-entry time with the excluded player in the re-entry area until play restarts.

NOTE: The error in the time the signal is given for the entry of an excluded player must be of such magnitude that it affects play. The referee has the authority to determine if the error was significant.

- c. If a referee starts a period, after a time-out or after a goal with an extra player or too few players in the water, the referee shall stop play, correct the situation, reset both clocks and restart play in the usual manner. A personal foul shall not be charged to the extra player. (See Rules 5-1-2, 13-3 and 15.)

- d. If a referee starts a period or after a time-out with an excluded player in the water, the referee shall stop play, remove the excluded player, reset both clocks to the appropriate time and restart play in the usual manner. An additional personal foul shall not be charged to that player. (See Rule 5-1-2.)
- e. If no player or an incorrect player(s) leaves the field of play after an exclusion, the referee should immediately correct the situation if a goal has not been scored. The referee should stop play quickly, allow the incorrect player(s) to re-enter, exclude the correct player(s), instruct both timers to reset both clocks and commence play. (See Rule 21-2.)
- f. If the two referees point in opposite directions, the ball is called out of the water, and play is resumed when neither team has an advantage. (See Rule 7-2.)
- g. If the referee indicates the award of a free throw by pointing in the wrong direction, the referee shall stop play and call the ball out of the water; play is resumed when neither team has an advantage. (See Rule 7-2.)
- h. If there are errors in the operation of the game clock and/or shot clock, the referee shall correct the error and resume play. (See Appendix D-14.)
- i. If there is equipment malfunction, the referee must take action appropriate for the situation as equipment malfunction should have no effect on the outcome of the game. The action could include temporarily halting the game until the equipment is fixed, replacing the equipment with any backup or alternate equipment available, etc.
- j. If the exclusion secretary waves in the substitute for an excluded player before the excluded player reaches the re-entry area, the referee shall stop play and correct the error. No penalty foul is charged.
- k. During an extra-player situation, if a warmup ball enters play, if a goal becomes unfastened and moves, if the game is stopped for lightning, malfunction of a game clock or if a similar event occurs which affects play, the game shall be stopped. The game clock shall be reset to the time of the exclusion and the shot clock reset.
- l. If the referees due to noise or other conditions do not hear the first call of a coach for a time-out, they must, when aware of the call, stop play, award the time-out, and make the appropriate changes in the clocks.
- m. If the team in possession of the ball ends a time-out early and, in error, the game timer does not cancel the remainder of the time-out, resulting in a failure of the game clock to start, but play is restarted and a goal is scored before the error is discovered, the goal shall be counted if, in the opinion of the referees, the goal would have counted if the game clock had started. The game and shot clocks shall then be set to reflect how much time the referees estimated had elapsed.

SECTION 10 PROTESTS

Protests may be lodged only for misapplication of the rules, equipment malfunction or errors in recording information or other desk errors, including timing errors. Judgment calls are not subject to protest. A referee may alter a decision provided that it is done before the ball is put into play (Rule 7-2). Differences of opinion of the referees shall not serve as a basis for protest or appeal (Appendix D-1).

NOTE: Examples of misapplication of rules include:

- a. A player of the team not in possession of the ball is excluded for 20 seconds and enters improperly during the extra-player period of time. The referee excludes the player for 20 seconds and continues play. This is protestable as Rule 21-13 requires a penalty shot in this situation in addition to the exclusion.
- b. A player interferes with the taking of a penalty shot. The referee excludes the player for 20 seconds and retakes the penalty shot if missed. This is protestable as the player should have been excluded

for the remainder of the game (Rule 21-14).

c. The desk waves in an excluded player who has not reached the re-entry area. The referee awards a penalty foul. This is protestable as the referee should have corrected the desk error (Rule 7-9-j).

NOTE: Examples of judgment calls of the referees, which may not be protested, include:

a. The referee signals that a direct shot on goal scores. The decision of the referee that the shot was taken correctly can not be protested.

b. A player initiates a drive. The referee calls no foul on the defense. The coach can not protest later than the player was held or sunk at that time.

c. The goalkeeper is excluded and a field player enters the goal and blocks a shot. The referee allows play to continue. The coach can not protest later claiming that the player really had two hands up, even though the player blocked the ball with only one hand.

A protest may be filed during a game and at any time up to five minutes after the conclusion of the game.

INTERPRETATIONS:

1. The coach of either team may file a protest during the game or after the game, within the time limits specified in the rules.

2. A coach may file a protest after the referees have signed the scoresheet, provided that the referees are informed of the protest before five minutes have elapsed after the conclusion of the game and the written protest is completed by 15 minutes after the conclusion of the game.

When filing a protest, the coach may address the referee. If a coach wishes to protest during the course of a game, the coach should approach the referees as soon as possible after the event occurred at the next normal stoppage of play, without taking the advantage away from either team, and inform the referee of the rule or event the coach is protesting. If the referees agree that the protest is not for a judgment call and that they can handle the protest at that time, the referees will rule on the protest immediately. If the protest is upheld, the game will be replayed with the clocks reset to the point of the event protested. The coach must file a brief written description of the protest after the game, signed by the referees, in order to have a written record of the protest.

If the event is not protested at the time it occurs during the game, it may still be protested at the conclusion of the game. If protesting after the conclusion of the game, the coach must inform the referees within five minutes after the conclusion of the game that the coach is filing a protest. The referees must immediately notify the opposing coach. The protest filing procedure must be completed within 15 minutes after the completion of the game. Protests must be lodged at the site, recorded on the official scoresheet and signed by the referees. Protests must be ruled on immediately if there is a tournament committee. If there is not a tournament committee, the decision being protested, if not handled by the referees, shall be referred to the sponsoring league or agency, if any, as per the state association directions. The sponsoring league is the league to which both schools in a dual meet or all the schools in a tournament belong. If the schools involved do not belong to the same league or conference, the appropriate governing authority shall be the league or conference of the host school or other entity as set forth in state association policy.

NOTES:

1. If the protest is upheld, the game shall be replayed from the point of the event protested. See Rule 11-6

2. The written protest with the decision must be attached to the scoresheet or as otherwise directed by the state association. This serves as the official record of the protest.

3. If a protest is denied by the referees, the reason for denial must be in writing (citing rule) and attached with the protest to the scoresheet. The coach must be informed of the reason for denial. The referee must also file a written report to the state association of the protest and the reason for the decision (see Rule 7-7-b for the description of required reporting).

SECTION 11 FORFEITS

A game may be declared a forfeit if a team:

- a. fails to follow the water polo rules as stated in this book;
- b. is not ready to start the game within 30 minutes of the announced starting time, unless there is mutual consent between the competing institutions to wait an additional period of time; or
- c. decides not to start or to complete the game.

The score of a forfeited game shall be 5-0 and declared by one of the referees. Goals are not credited to any player. Withdrawal of a team from competition, either before or during the game, to gain an advantage (as determined by the tournament committee) in advancement or final placement in a tournament shall result in disqualification from the rest of the tournament. If this occurs during the game, the existing score or 5-0, whichever reflects a greater goal difference, shall be recorded.

Rule 8***Goal Judges*****SECTION 1 LOCATION**

When the pool is set up as in the diagrams on page 147, with the re-entry areas on the opposite side from the score table, the goal judges shall be situated on the same side as the score table, each on the goal line at the end of the field of play. If the team benches are located on the same side as the score table, the goal judges shall be situated on the opposite side from the score table.

SECTION 2 DUTIES

The duties of the goal judges shall be:

- a. to signal by raising one arm vertically when the players are correctly positioned on their respective goal lines at the start of a period;
- b. to signal by raising both arms vertically for an improper start or restart;
- c. to signal by pointing with the arm in the direction of the attack for a goal throw;
- d. to signal by pointing with the arm in the direction of the attack for a corner throw; and
- e. to signal by raising and crossing both arms for a goal.

The goal judges shall use the signals set out in Appendix E (Figures V-Y).

SECTION 3 GAME BALLS

Each goal judge shall be provided with a supply of balls (see Rule 3-5) and when the original ball has gone outside the field of play, the goal judge shall immediately throw a new ball to the goalkeeper or to a field player in position to take the goal throw (for a goal throw), to the nearest player of the attacking team (for a corner throw), or as otherwise directed by the referee.

Rule 9***Timekeepers*****SECTION 1 DUTIES OF THE GAME TIMER**

The duties of the game timer are to time the exact periods of actual play, time regular time-outs if equipment is available at the score table to do so and the intervals between the periods. The game timer shall:

- a. start the game clock at the beginning of each period when a player touches the ball and

stop the clock each time the whistle blows. Start the clock again when the ball is put into play. Play is resumed when the ball leaves the hand of the player taking a free throw, goal throw or corner throw;

- b. start the game clock on a penalty throw when the ball leaves the hand of the player taking the penalty throw and stop the clock on the whistle, or, if the shot is missed and the ball rebounds, continue running the clock;
- c. start the game clock on a neutral throw when one of the players touches the ball;
- d. if there is no announcer, audibly announce the start of the last minute of the game, the last minute of the second period of overtime and the last minute of any subsequent sudden-victory overtime periods; and
- e. for regular time-outs, signal by whistle or air horn at 1:45 minutes and at 2:00 minutes if equipment is available at the score table to do so.

NOTES:

1. If there is not automatic timing of time-outs on the game clock, the referees shall continue timing time-outs and sounding the warning signal and the conclusion of the time-out period. The referees must determine prior to the game if the referee or if the game timer shall time the regular time-outs.
2. The referees shall time the 30-second time-outs, if these are used as an option in a tournament, and sound the warning signal at 20 seconds and at the end of the time-out at 30 seconds unless there is a time-out secretary at the score table.

SECTION 2 DUTIES OF THE 30-SECOND SHOT CLOCK TIMER

The duty of the shot clock timer is to time the periods of continuous possession of the ball by each team. The timekeeper shall start the shot clock at the beginning of the period when the first player gains possession of the ball (the player need not actually touch the ball) and shall stop the shot clock each time the whistle blows. Play is resumed when the ball leaves the hand of the player taking a free throw, goal throw or corner throw. The timekeeper shall reset the shot clock:

- a. after a goal or an attempt at a goal (reset the shot clock when the ball leaves the hand of the shooter. If the ball rebounds into the field of play after an attempt, reset the shot clock again and start the shot clock when one team gains possession of the ball);
- b. after an exclusion, double exclusion or offensive turnover (start the shot clock when the ball is put into play);
- c. when the opposing team gains possession of the ball ("possession" shall not include the ball merely being touched in flight by an opposing player);

INTERPRETATION: The timer shall reset the shot clock on a ball-under call if there is a clear change of possession, not a momentary touching or contact with the ball. The player has to be in control of the ball.

- d. when a neutral throw is awarded (start the shot clock when one player gains possession of the ball);
- e. when a penalty throw is awarded (if the shot is missed and the ball rebounds, start the shot clock when a player gains possession of the ball); and
- f. on a goal throw or corner throw (start the shot clock when player puts the ball into play).

The shot clock is not reset when the ball goes out of bounds on the side of the pool last touched by a defensive player unless a shot was taken.

If a player relinquishes possession of the ball by dumping the ball into a vacant area before the expiration of the shot clock, the referee shall blow the whistle, turn the ball over and the shot clock is then reset. Both the game clock and the shot clock are started when the ball is put into play by the opposing team at the site of the free throw.

The timekeeper shall blank the shot clock when less than 30 seconds remain in a period and a new 30-second period of possession is awarded.

SECTION 3 END OF PERIOD

A timekeeper shall signal by means of an automatic clock buzzer, air horn or whistle (or by any other means provided it is distinctive, acoustically efficient and readily understood), the end of each period independently of the referees and that signal shall take immediate effect except:

- a. in the case of the simultaneous award by a referee of a penalty throw, in which event the penalty throw shall be taken in accordance with the rules; and
- b. if the ball is in flight and crosses the goal line, in which event any resultant goal shall be allowed.

INTERPRETATION: A shot is taken near the end of the period. The buzzer for the end of the period sounds while the ball is in the air. If the ball then crosses the goal line, the goal counts. The time of the goal is recorded as 0:00, since the goal scored after the end of the period.

Rule 10**Secretaries****SECTION 1 DUTIES OF THE SCOREKEEPER**

The duties of the game secretary (scorekeeper) are to maintain the record of the game, including the players, the score, time-outs, and exclusion fouls and penalty fouls awarded against each player. The home team scoresheet shall be the official record of the game. The scorekeeper shall record on the scoresheet:

- a. the date, time and place of the game, names of teams, player names and corresponding cap numbers in numerical order for all players (the team roster for each team with cap numbers designated must be in the secretary's hands before the start of the game);
 - b. the players' goals (time, cap number, team, goal and score) on the lower portion of the scoresheet. In the upper part of the scoresheet record goalie saves, attempts and goals with vertical lines in the appropriate spaces.
 - c. personal fouls (time and cap number). Note personal fouls on the lower portion of the scoresheet. Use E (for an exclusion foul), P (for a penalty foul), E-game misconduct, E-game flagrant misconduct, E-game fighting and E-MAM (for a minor act of misconduct). In addition, on the upper portion of the scoresheet in the Personal Fouls columns, record the personal foul and period (E/2 for example, for an exclusion foul in the second period) in the appropriate box. If the foul requires removal of the player for the remainder of the game, such as for misconduct, flagrant misconduct and fighting, on the upper portion of the scoresheet in the Personal Fouls columns, after recording the exclusion and period (M/2, for example), draw a horizontal line across the remainder of the boxes to indicate that the player was removed from the remainder of the game;
- NOTE:** If a player is excluded for the remainder of the game for any other reason, such as an excluded player walking on the deck to the re-entry area, an 8th player in the pool, a player pulling over the goal completely, a player with a sticky substance on the hands after warning or interference with a penalty shot, the notation on the lower portion of the scoresheet should merely read E-game.
- d. the issuance of yellow cards and red cards in the Progress of Game section of the scoresheet.
 - e. regular and 30-second time-outs, the time and period each occurs, and notify the coach and referees when a team has used its allotted time-outs; and
 - f. protests, if any.
- The referees must check and then sign the scoresheet.

SECTION 2 DUTIES OF THE EXCLUSION SECRETARY

The duties of the exclusion secretary are to control the periods of exclusion of players and to signal the expiration of the period of exclusion by raising the appropriate flag, except that a referee shall signal the re-entry of an excluded player or a substitute when that player's team has retaken possession of the ball. The exclusion secretary shall:

- a. record the cap number of the excluded players, the time of exclusion and the calculated time of re-entry of the excluded player or substitute;
- b. raise the white or blue flag when the excluded player or substitute may enter the game at the conclusion of the 20-second exclusion period, provided that the excluded player has reached the re-entry area and is eligible to enter. The exclusion secretary shall keep the flag raised for several seconds after the excluded player or substitute enters the pool to ensure that the referee is aware that the entry was permitted by the exclusion secretary. The exclusion secretary shall not raise the flag for entry at the expiration of the 20-second exclusion period of a substitute player if the excluded player (for whom the substitute is going to enter) has not gone to the re-entry area (exception: substitution for excluded player during a time-out, after a goal or between periods);
- c. signal with whistle for any improper entry of an excluded player or improper entry of a substitute, which signal shall stop play immediately; and
- d. signal, without delay, the award of a third personal foul against any player as follows:
 1. with the red flag if the third personal foul is an exclusion foul;
 2. with the red flag and whistle if the third personal foul is a penalty foul before the penalty shot is taken.

If two players are excluded, one from each team, and the foul is the third personal foul for one of the players, the secretary shall immediately raise (in one hand) the red flag and the flag corresponding to the cap color of the player with three personal fouls.

In the case of a third personal foul which is a penalty foul, the entry of the substitute is immediate (before the penalty throw is taken). The exclusion secretary raises the red flag and blows the whistle immediately after the penalty foul is awarded, before the penalty shot is taken, as the substitution takes place before the penalty shot. However, if a player is excluded for the second time and interferes with play when leaving the pool, a penalty foul shall be awarded against the excluded player, that foul making that player's third personal foul. The exclusion secretary must raise the red flag to indicate that this is the third foul on that player but does not blow the whistle as the penalty throw is taken with the substitute for the excluded player in the re-entry area. The substitute may not enter until after the earliest occurrence of an event referred to in Rule 21-3.

In the case of a third personal foul which is an exclusion foul, the secretary shall blow the whistle if the player enters the field of play, even if the referee signals a change in possession. If the game is in progress when the player with three personal fouls enters the field of play, the player must be removed immediately, with immediate substitution, and a penalty throw awarded. No additional personal foul is charged. If the player with three personal fouls enters immediately after a goal has been scored, the referee should remove the player and allow a substitute to enter immediately. No additional personal foul or penalty throw is awarded in this instance.

Rule 11***Duration of the Game*****SECTION 1 LENGTH OF GAME**

The duration of the game shall be four periods each of seven minutes actual play. Time shall commence at the start of each period when a player touches the ball. At all signals for stoppage,

the game clock shall be stopped until the ball is put back into play by the ball leaving the hand of the player taking the appropriate throw or when the ball is touched by a player following a neutral throw. It is recommended that junior varsity contests be 24 minutes (four periods of six minutes) and that freshman/sophomore games be 20 minutes (four periods of five minutes each).

SECTION 2 INTERVAL BETWEEN PERIODS, CHANGE OF ENDS

There shall be a two-minute interval between periods one and two and between periods three and four and a five-minute interval between the second and third periods of the game. The teams, including the players, coaches and other team officials, shall change ends before starting the third period and before the second period of any overtime. Referees change sides of the pool before the start of any period where the teams do not change ends (the referees shall change sides before the second period, before the fourth period and before the first period of any overtime.) If requested by one coach, the teams must change ends and benches at the end of each period (and overtime period.) In this instance the referees do not change sides during the game. This rule applies to all types of pools (all deep or shallow-deep.)

NOTE: If both teams are ready to start before the conclusion of the five-minute interval between the second and third periods, the referee may start play.

SECTION 3 OVERTIME

Should the score be tied at full time in any game, continuation into overtime shall be after an interval of five minutes. There shall then be played two periods, each of three minutes actual play, with an interval of two minutes for the teams to change ends between the two overtime periods. If at the end of the first two periods of overtime the score is tied, there shall be an interval of two minutes. There shall be a coin toss to determine ends for the first sudden-victory three-minute period. Additional three-minute periods will be played until a goal is scored, at which time the game shall end (sudden victory). After each sudden victory three-minute period, a two-minute interval shall be allowed for change of ends.

NOTE: A game shall not remain a tie.

SECTION 4 DESCENDING TIME

The visible clock shall show the time in a descending manner (that is, show the time remaining in a period).

SECTION 5 TOURNAMENT VARIATIONS

ART 1 . . . There may be variations in the length of game periods, length of overtime periods, type of overtime, requirement for overtime (for example, in a tournament with the group system of play, games may end in a tie), and number, type and duration of time-outs in a tournament, provided that teams are notified in advance of any special tournament rules. The teams shall also be notified in advance which team shall wear dark caps in each game by a statement such as the first team listed wears dark caps.

NOTES:

1. For example, the host may decide to allow only one regular and one 30-second time-out during regulation play in a tournament and no time-outs of either type during overtime.
2. Breaking a tie by means of a penalty shoot-out at the end of regulation play or at any time during overtime in a tournament is not permitted.

ART. 2 . . . During a tournament, the referees will rule on a protest made during or after a game (see Rule 7-10.) However, if there is a tournament committee, the decision of the referees may be referred by the protesting team to the tournament committee. If there is not a tournament committee, the decision of the referees on the protest may be further protested by the team to the state association (see Rule 7-10), if permitted by the state association policy.

SECTION 6 REPLAY OF GAME

If a game (or portion of a game) must be replayed, the goals, 20-second exclusion fouls, penalty fouls and time-outs that occurred during the time to be replayed are removed from (lined through on) the secretary's scoresheet; however, notations of misconduct, flagrant misconduct, fighting, red cards and yellow cards that occurred at any time during the game must be retained on the secretary's scoresheet.

INTERPRETATION: A player removed for the remainder of the game for misconduct may not play in any part of the game to be replayed, even if the misconduct occurred during the part of the game to be replayed. Similarly, if the coach received a red card during the part to be replayed, the coach may not coach in any part of the game to be replayed and must leave the facility. (Rule 7-4-5)

Rule 12***Time-outs*****SECTION 1 NUMBER OF TIME-OUTS, HOW CALLED**

ART. 1 . . . Each team shall be entitled to three time-outs during the first four periods; in overtime, each team shall be entitled to only one time-out regardless of the number of time-outs called during regulation time. The duration of the time-out shall be no longer than two minutes. The game timer shall time regular time-outs, including giving the warning signal at the proper time, provided that equipment is available at the desk to do so. If it is not, officials shall accurately time time-outs and period breaks, using a watch. The warning whistles (buzzers or horns) shall also be given at the proper time.

NOTE: The referees must determine prior to the game if the referees or if the game timer shall time the regular time-outs.

ART. 2 . . . A time-out may be requested at any time by the coach or by any player in the water of the team in possession of the ball calling "time-out" and signaling to the referee with the hands forming a T-shape or the coach may signal with an air horn. If a time-out is requested, the referee shall immediately stop the game by whistle, remove the ball and the players shall immediately return to their respective halves of the field of play.

NOTE: The ball is removed from the field of play during the time-out by the defensive referee, but either referee may perform this task.

ART. 3 . . . A time-out also may be called by any defending player or by the coach of the team on defense after the team on offense has called a time-out and before the ball has been put into play after the time-out. After a goal is scored either team may call a time-out before the referee puts the ball into play. However, only the team on offense may call a time-out before a penalty throw is taken.

INTERPRETATION: The team on offense called a time-out before taking a penalty shot. The team on defense may not call a time-out after the conclusion of the time-out called by the team on offense before the penalty throw is taken.

SECTION 2 POSITION OF PLAYERS DURING TIME-OUT

During a time-out before the time-out warning signal, both teams must stay in their respective halves of the pool. An excluded player may leave the water to meet with the team and then move to the re-entry area. A player may be substituted for an excluded player during a time-out. The excluded player in this instance does not have to go to the re-entry area before the substitute may enter from the re-entry area.

Teams may only take up their position to restart on signal from the referee or game timer with 15 seconds remaining in the time-out. The coach or captain of the team that called the time-out

may inform the referee at any time before 1:45 minutes have elapsed of the time-out that the team is ready to resume play. The referee shall blow a whistle when so informed, as a signal to both teams that play will start in 15 seconds and shall also verbally inform the other team at the same time that play will start in 15 seconds.

INTERPRETATION: The referee may not shorten a time-out unless instructed by the team that called the time-out. At that time the referee must give the warning whistle and also verbally inform the other team that play will restart in 15 seconds.

SECTION 3 STARTING AFTER TIME-OUT

ART. 1 . . . Before the time-out warning signal, the players must stay on their side of half. After the time-out warning signal, players may take any position in the field of play, subject to the rules relating to the taking of penalty throws and corner throws. Play shall be restarted on the whistle of the referee at the conclusion of the time-out period by the team in possession of the ball putting the ball into play at or behind the half-distance line, except that if the time-out is requested before the taking of a penalty throw or corner throw, that throw shall be maintained.

ART. 2 . . . If the time-out was called by either team immediately after a goal was scored, the team just scored upon shall put the ball in play after the time-out at or behind the half-distance line on the whistle of the referee. Players may take any position in the field of play. If, before the ball has been put into play after the time-out, the other team calls a time-out, the team just scored upon or the team on offense shall put the ball in play after that time-out at or behind the half-distance line and players may take any position in the field of play.

ART. 3 . . . At the conclusion of the time-out period (15 seconds after the warning whistle given by the timekeeper or referee), the defensive referee shall signal by whistle for the ball to be put into play. The player must put the ball in play without undue delay after the referee has whistled the ball in play or lose it to the opposing team's nearest player. If the team calling the time-out does not come out from the time-out after the referee blows the whistle, the referee shall throw the ball to the offensive player closest to and behind the half-distance line and start play.

ART. 4 . . . If the team calling the time-out is ready to resume play at the proper time at the conclusion of the time-out but the other team is not and is still at the side of the pool, the referee must warn the coach of the offending team on the first offense. After the warning, on the second offense, the referee will ask the coach if the coach wants to call a time-out or to receive the appropriate card. Upon subsequent offenses, the referee will ask the coach to call a time-out or receive the appropriate card.

INTERPRETATION: If, on the second offense, the coach uses the team's final time-out instead of receiving a yellow card, the coach will then receive a yellow card on the third offense. On a subsequent offense, the coach will be awarded a red card.

NOTE: The shot clock continues from the recommencement of the play after the time-out.

SECTION 4 OFFENSIVE TEAM-ADDITIONAL TIME-OUT

If the coach of the team in possession of the ball requests a time-out to which the team is not entitled, the game shall be stopped and play shall then be restarted by a player of the opposing team putting the ball into play at or behind the half-distance line as after a time-out. No time-out is charged to the team calling the improper time-out.

SECTION 5 DEFENSIVE TEAM-ADDITIONAL TIME-OUT

The referee shall not award a time-out to the team not in possession of the ball above the number permitted nor at times not permitted. If the team on defense calls a time-out more than the number permitted or at times not permitted, the referee shall blow the whistle and award a penalty throw to the opposing team. No time-out is charged to the team calling the improper time-out.

SECTION 6 TIME-OUT CALLED WHEN NEITHER TEAM HAS POSSESSION OF THE BALL

If a team calls for a time-out when neither team has possession of the ball, the referee shall blow the whistle and remove the longest time-out available from the team that called the time-out improperly and turn the ball over. If the team that improperly called the time-out has no time-outs remaining, a penalty throw is awarded to the opposing team.

SECTION 7 30-SECOND TIME-OUT

In a tournament, the tournament host may decide to have a 30-second time-out replace one of the regular time-outs. Only the team on offense or the team that will be on offense (after a goal is scored by the other team) may call a 30-second time-out. The 30-second time-out is to be used strategically for substitutions and/or to improve the location of the players in the pool. To signal a 30-second time-out, the coach calls "time-out" and touches both shoulders. The referee will immediately note the time and will begin to time the time-out. The coach calling the 30-second time-out may move along the sideline to the half-distance line during the 30-second time-out and the players may swim to the side of the pool to receive instructions from the coach. The teams do not move to their half of the pool for this time-out.

The referee will blow a whistle after 20 seconds and a second whistle after 30 seconds, ending the time-out. All substitutions must be completed by the second whistle. The referee then will throw the ball to an offensive player at or behind the center of the pool, who shall then immediately put the ball into play or lose it to the opposing team's nearest player. If the time-out was requested before taking of a penalty throw or corner throw, that throw shall be maintained.

NOTES:

1. A 30-second time-out may be shortened by the coach calling the time-out.
2. The time during either type of time-out (regular or 30-second) is classified as interval time. See Rule 21-10-1 for the definition of interval time.

INTERPRETATION: A tournament rule stated that each team is allowed two regular time-outs and one 30-second time-out in each game and none in overtime. The coach on offense called for a regular time-out in the third period when that team only had a 30-second time-out remaining. The referee shall deny the request for the regular time-out and award the 30-second time-out, the only time-out remaining, as opposed to turning the ball over. The reverse is also true.

Rule 13***The Start of Play*****SECTION 1 COIN TOSS**

If there are not pre-assigned starting ends of the pool for a game, the referee, in the presence of the captains, shall perform the coin toss at least 10 minutes before the start of the game, the winner to have the choice of ends.

NOTES:

1. Although ends may be pre-assigned, one coach may always request a coin toss for ends.
2. If requested by one coach to the referee prior to the start of the game, the teams must change ends and benches each period (See Rule 11-2).

INTERPRETATION: In a tournament or series of games, the coin toss may occur prior to the finish of the previous game.

SECTION 2 POSITIONS

ART. 1 . . . At the start of each period, the players shall take up positions with their heads on their respective goal lines, about one meter apart and at least one meter from the goal posts. No more than two players shall be allowed between the goal posts. No part of a player's body shall

be beyond the goal line at water level.

ART. 2 . . . If it is possible for both teams to shove off from the ends of the pool, the players may grasp the ends of the pool no higher than the water level at the start of each period; if it is not possible for both teams to grasp the ends of the pool, the players of both teams shall take positions with their heads on the goal lines or the 2-meter lines.

SECTION 3 START

When the referees are satisfied that the teams are ready, a referee shall blow the whistle to start and then release or throw the ball into play on the half-distance line.

NOTES:

1. No player may pull the end line forward.
2. If there are not competent goal judges, the two referees shall take up a position opposite one another on the half-distance line. The starting referee shall wait with one arm raised in a vertical position for the signal from the second referee that both teams are correctly positioned on the goal line. This signal shall be made by the second referee raising one arm above the head when both teams are positioned correctly. The starting referee shall then signal immediately for the start by blowing the whistle and lowering the arm to a horizontal position.
3. The referees shall ensure that the correct number of players is in the water before starting the game or for restarting after a goal, time-out or at the beginning of a period. Should play be started with an extra player in the water or with too few players in the water, the referee shall stop play, correct the situation, reset the clocks and restart play in the usual manner.

INTERPRETATION: The referee started a period with eight players in the water. One player immediately left the field of play under the end line. The referee shall restart the period. The referee shall not award a penalty foul against that player or exclude the player for the remainder of the game as this was a referee correctable error. (See Rule 7-9-c.)

A center sprint with a ball-release device may be used for the start of the game and the restart of each subsequent period. If the center sprint is used, the referees will position themselves on their respective 5-meter lines. The starting signal shall be given by the referee on the same side as the score table. Both referees will then move towards the center as the ball-release person releases the ball on the half-distance line.

NOTES:

1. The center sprint with the ball-release device may be used in any game at the option of the host.
2. If a center sprint is used, the sprinter must not have his/her feet on the goal in an attempt to push off at the start or restart of the game.

SECTION 4 BALL THROWN TO ADVANTAGE OF ONE TEAM

If the ball is released or thrown giving one team a definite advantage, the referee shall call for the ball and award a neutral throw on the half-distance line.

NOTE: If a player pushes off the wall when not entitled to per Rule 13-2, the referee shall award a free throw to the opposing team at the half-distance line.

Rule 14

Method of Scoring

SECTION 1 GOAL

A goal shall be scored when the entire ball has passed fully over the goal line, between the goal posts and underneath the crossbar.

SECTION 2 GOALKEEPER RESTRICTION

A goal may be scored from anywhere within the field of play, except that the goalkeeper shall not be permitted to go or touch the ball beyond the half-distance line.

SECTION 3 HOW SCORED

A goal may be scored by any part of the body except the clenched fist. A goal may be scored by dribbling the ball into the goal. At the start or any restart of the game, at least two players (of either team but excluding the defending goalkeeper) must intentionally play or touch the ball except at the taking of:

- a. a penalty throw;
- b. a free throw thrown by a player into that player's own goal;
- c. an immediate (direct) shot from a goal throw; or
- d. an immediate (direct) shot from a free throw awarded outside 5 meters.

NOTES:

1. A goal may be scored by a player immediately shooting from outside 5 meters after the player's team has been awarded a free throw for a foul committed outside 5 meters. If the player puts the ball into play, a goal can then only be scored if the ball has been intentionally touched by another player, other than the defending goalkeeper.
2. The referees shall not use any signal, such as raising an arm or showing five fingers, to indicate that a player is eligible to shoot a direct shot on goal after that player's team has been awarded a free throw for a foul committed outside 5 meters.
3. If at the award of a foul outside 5 meters, the ball is inside 5 meters or closer to the defending team's goal, a goal may be scored under this rule if the ball is returned without delay to either the place where the foul was committed, to any place on the same line as the foul or to any place behind the line of the foul, provided the shot is then immediately made from that position.

INTERPRETATIONS:

1. A player in the above situations who is either fouled outside 5 meters and has the ball outside 5 meters or is fouled outside 5 meters but the ball is inside 5 meters and returned without delay as described above, may look in the general direction of the goal and then take an immediate shot at the goal.
2. A player is fouled outside the 5-meter line. The player must pick the ball up with the hand with which he/she intends to shoot. Transferring the ball from one hand to the other is putting the ball into play. However, if the foul is awarded outside 5 meters with the ball inside 5 meters and if the player must get the ball and move back to the line of the foul, the player may transfer the ball to the other hand while getting back to the correct position to take the free throw.
3. A player may take a direct shot on goal in the following manner if the ball is near the non-dominant hand: the player without hesitation sweeps (pushes) the ball with the non-dominant hand over the surface of the water (without picking the ball up with the non-dominant hand) to the dominant hand, raises the arm, and shoots with one continuous motion. The resultant goal would be allowed, provided that the action is in one continuous motion and that the ball was not picked up with the non-dominant hand.
4. The player taking a direct shot on goal may take a lob shot as long as it is without delay and without faking.
5. When taking a direct shot a player may pick up the ball on top using the ball for leverage to get up and out of the water as long as it is done in one motion.
6. A foul is awarded outside five meters with the ball behind the player (that is, farther from the goal). The player may turn, pick up the ball, turn 180 degrees to face the goal and take a direct shot on goal as long as the action is one continuous motion.
7. Defensive players must not interfere with a direct shot on goal by continuing to hold the offensive player after the foul or by moving into the player with the free throw.

NOTE: A goal may not be scored under this rule direct from the restart following:

- a. a time-out
- b. a goal
- c. an injury, including bleeding

- d. the replacement of a cap or while zipping up a suit
- e. the referee calling for the ball

INTERPRETATIONS:

1. A goal may not be scored by a direct shot on goal by the player taking the free throw after a double exclusion foul because the referee takes the ball out of the pool before returning it to a player for the free throw.
 2. However, a player may take a direct shot on goal after the referee returns the ball to a player fouled outside the 5-meter line after removing the ball to correct a clock error. For example, near the end of the game, the referee blew the whistle for a foul committed outside the 5-meter line. The clock operator let the clock run two seconds and the buzzer sounded, ending the game. The referee should correct the clock error, then return the ball to the player fouled, who may then take a direct shot on goal.
- f. the ball leaving the side of the field of play
 - g. at the taking of a corner throw
 - h. any other delay, such as issuance of a red or yellow card.

NOTES:

1. A direct shot at goal taken after a free throw has been awarded inside the 5-meter line is an ordinary foul and the referee awards a free throw to the opposing team, even if the shot has entered the goal or if the ball has been diverted outside the field of play by a defender.
2. All goal throws may be shot at the opposing goal regardless of whether the ball was within the field of play or came from outside the field of play. All balls that go out of bounds over the goal line that are awarded to the goalkeeper may be shot. However, if the ball goes out of bounds over the sideline, it may not be shot.

INTERPRETATION: A defending field player tips a shot over the sideline. After the ball is given to the goalkeeper to put into play, the goalkeeper may not take a direct shot on goal because the ball left the side of the field of play.

SECTION 4 GOAL AT EXPIRATION OF TIME

A goal shall be scored if, at the expiration of 30 seconds possession or at the end of a period, the ball is in flight and enters the goal.

NOTES:

1. In the circumstances of this rule, if the ball enters the goal after hitting the goal post, crossbar, goalkeeper or other defending player, and/or bouncing off the water, a goal shall be allowed. If the end of the period has been signaled and the ball is then played or touched intentionally by another attacking player on its way into the goal, the goal shall not be allowed.
2. If the ball is in flight towards the goal in the circumstances of this rule and the goalkeeper or another defending player pulls down the goal, or within the 5-meter area a defending player other than the goalkeeper stops the ball with two hands or arms or punches the ball to prevent a goal being scored, the referee shall award a penalty throw if, in the referee's opinion, the ball would have reached the goal line if the offense had not occurred.
3. If the ball that is in flight towards the goal in the circumstances of this rule lands on the water and then floats completely over the goal line, the referee shall award a goal only if the ball floats over the goal line immediately due to the momentum of the shot.

SECTION 5 WHEN COUNTED

A goal counts in the following situations and is awarded to the player on the opposing team closest to the goal:

- a. if a player awarded a free throw passes the ball to that team's goalkeeper, who without having touched it (and without any other player having touched it) allows the ball to go through that team's goal;

- b. if the ball is thrown by a player into that player's goal; or
- c. if the defense puts the ball into its own goal (for example, by tipping a pass into the goal).

SECTION 6 WHEN NOT COUNTED

A goal does not count if:

- a. the ball is in flight on its way to the goal when the referee blows the whistle for a foul;
- b. there is a player in the pool with three personal fouls who was not visibly red-flagged by the desk (see exception in Rule 5-1);
- c. the ball thrown by a player toward the goal hits an overhead obstruction and then goes into the goal space;
- d. the defending goalkeeper drops the ball when taking a goal throw or free throw and allows the ball to enter the goal (the goalkeeper is to take the throw again); or
- e. the ball is shot illegally (for example, shot on a corner throw, shot directly outside the 5-meter line with delay, shot on a free throw for a foul inside the 5-meter line, shot on a free throw after a time-out, shot on a free throw at the restart after a goal, etc., regardless of whether the goalkeeper or another defending player tips the ball into the goal). A goal in this circumstance is counted only if the ball is played (controlled) by a player of either team after the free throw and then goes into the goal.

Rule 15

Restarting After a Goal

SECTION 1 METHOD OF RESTART

After a goal has been scored, the players shall take up positions anywhere within their respective halves of the field of play. No part of a player's body shall be beyond the half-distance line at water level. A referee shall restart the game by blowing the whistle. At the time of the restart, actual play shall resume when the ball leaves the hand of a player of the team not having scored the goal. A restart not taken in accordance with this rule shall be retaken.

NOTE: The referees shall ensure that the correct number of players is in the water before restarting play after a goal. Should play be restarted with an additional player not entitled to be in the water or with too few players in the water, the referees shall stop play, correct the situation, reset both clocks and restart play in the usual manner.

Rule 16

Goal Throws

SECTION 1 WHEN AWARDED

A goal throw shall be awarded:

- a. when the entire ball has passed fully over the goal line, excluding between the goal posts and underneath the crossbar, having last been touched by any player other than the goalkeeper of the defending team or

INTERPRETATION: However, it is a corner throw if a defensive player deliberately sends the ball over the goal line or if a defensive player deflects a pass and sends the ball out over the goal line (see Rule 17-1).

- b. when the entire ball has passed fully over the goal line between the goal posts and underneath the crossbar, or strikes the goal posts, crossbar or the defending goalkeeper directly from:
 1. a free throw awarded inside 5 meters;
 2. a free throw awarded outside 5 meters not taken immediately in accordance with the rules;

INTERPRETATION: A free throw awarded outside 5 meters must be shot immediately in order for the goal to count (see Rule 14-3 for definition of immediate shot).

3. a goal throw not taken immediately; or
4. a corner throw.

SECTION 2 HOW TAKEN

The goal throw shall be taken by any player of the team from anywhere within the 2-meter area. A goal throw not taken in accordance with this rule shall be retaken.

NOTE: The goal throw shall be taken by the player nearest to the ball. There shall be no undue delay in taking a free throw, goal throw or corner throw, which must be taken in such a manner so as to enable the other players to observe the ball leaving the thrower's hand. Players often make the mistake of delaying the throw because they overlook the provisions of Rule 19-4, which permit the thrower to dribble the ball before passing to another player. The throw can thus be taken immediately, even though the thrower cannot at that moment find a player to whom to pass the ball. On such an occasion, the player is allowed to take the throw either by dropping it from a raised hand on to the surface of the water (Figure 1) or by throwing it in the air (Figure 2) and then swim with or dribble the ball. In either case, the throw must be taken so that the other players are able to observe it.

INTERPRETATIONS:

1. By definition, a player who picks up the ball and spins it in his/her hand has now put the ball in play because in order for the ball to spin, the ball must have left the player's hand.
2. The goal throw may be taken by any player of the team from anywhere within the 2-meter area. Even though a rule may state that the goalkeeper takes the goal throw, it shall be understood to mean that the goal throw should be taken by the player nearest to the ball from anywhere within the 2-meter area. In most cases this is the goalkeeper.
3. If the ball goes out of the field of play, then the coach or goal judge throws the ball to the goalkeeper to put into play. If the ball goes behind the goal line but is still in the field of play, then the closest player to the ball puts the ball into play.



Figure 1



Figure 2

Rule 17

Corner Throws

SECTION 1 WHEN AWARDED

A corner throw shall be awarded when the entire ball has passed fully over the goal line excluding between the goal posts and underneath the crossbar, having last been touched by the goalkeeper of the defending team or when a defending player deliberately sends the ball over the goal line.

INTERPRETATION: If a defensive player deflects a pass and sends the ball out over the goal line, play shall be restarted with a corner throw. This action is considered as deliberately sending the ball over the goal line.

SECTION 2 HOW TAKEN

The corner throw shall be taken by a player of the attacking team from the 2-meter mark on the side nearest to which the ball crossed the goal line. The throw need not be taken by the nearest

player but shall be taken without undue delay.

NOTE: For method of taking the throw, see note to Rule 16-2 or Rule 19-4.

SECTION 3 POSITION OF PLAYERS

At the taking of a corner throw, no players of the attacking team shall be within the 2-meter area.

SECTION 4 RETAKING CORNER THROW

A corner throw taken from the wrong position or before the players of the attacking team have left the 2-meter area shall be retaken.

Rule 18

Neutral Throws

SECTION 1 WHEN AWARDED

A neutral throw shall be awarded:

- a. when, at the start of a period, a referee is of the opinion that the ball has fallen in a position to the definite advantage of one team;
- b. when one or more players of opposing teams commit an ordinary foul at the same moment which makes it impossible for the referees to distinguish which player offended first;
- c. when both referees blow their whistles at the same moment to award ordinary fouls to the opposing teams;
- d. when neither team has possession of the ball and one or more players of opposing teams commit an exclusion foul at the same moment. The neutral throw shall be taken after the offending players have been excluded; or
- e. when the ball strikes or lodges in an overhead obstruction.

SECTION 2 HOW TAKEN

At a neutral throw, a referee shall throw the ball into the field of play at approximately the same lateral position as the event occurred in such a manner as to allow the players of both teams to have equal opportunity to reach the ball. A neutral throw awarded within the 2-meter area shall be taken on the 2-meter line. One player from each team closest to the point where the foul and/or stoppage occurred shall be selected by the referee to engage in the neutral throw. All other players are not allowed within 2 meters of the two players involved in a neutral throw. If a goalkeeper is involved in action requiring a neutral throw, the nearest team member shall replace the goalkeeper in the neutral throw.

NOTE: At least one of the two players selected for the neutral throw must touch the ball before any other player may touch the ball. The ball may be played before it touches the water.

SECTION 3 WHEN RETAKEN

If at a neutral throw the referee is of the opinion that the ball has fallen in a position to the definite advantage of one team, the referee shall call for the ball and retake the throw.

Rule 19

Free Throws

SECTION 1 WHERE TAKEN

A free throw shall be taken at the place where the foul occurred, except:

- a. if the ball is farther from the defending team's goal, the free throw shall be taken from the location of the ball;

INTERPRETATION: If the ball goes out of the field of play in a lateral position, usually the ball falls just outside the sideline of the field of play, within easy reach of the player. If the player can reach the ball (without leaving the field of play), the player can then take the free throw from this point inside the field of play.

- b. if the foul is committed by a defending player within the defender's 2-meter area, the free throw shall be taken on the 2-meter line opposite to where the foul was committed or, if the ball is outside the 2-meter area, from the location of the ball;
- c. in the event of an offensive foul, the free throw is taken at the location of the ball when the foul is awarded; or
- d. where otherwise provided for in the rules.

A free throw taken from the wrong position shall be retaken.

SECTION 2 TIME ALLOWED

The time allowed for a player to take a free throw shall be at the discretion of the referees; it shall be reasonable and without undue delay but does not have to be immediate. It shall be an offense if a player who is clearly in a position most readily to take a free throw does not do so.

SECTION 3 RESPONSIBILITY FOR RETURN OF BALL

The responsibility for returning the ball to the player who is to take the free throw shall be that of the team to which the free throw is awarded.

SECTION 4 HOW TAKEN

The free throw shall be taken in a manner to enable the players to observe the ball leaving the hand of the player taking the throw, who shall also then be permitted to carry or dribble the ball before passing to another player. The ball shall be in play immediately when it leaves the hand of the player taking the free throw.

NOTE: There shall be no undue delay in taking a free throw, goal throw or corner throw, which must be taken in such a manner so as to enable the other players to observe the ball leaving the thrower's hand. Players often make the mistake of delaying the throw because they overlook the provisions of Rule 19-4 which permit the thrower to dribble the ball before passing to another player. The throw can thus be taken immediately, even though the thrower cannot at that moment find a player to whom to pass the ball. On such an occasion, the player is allowed to take the throw either by dropping it from a raised hand on to the surface of the water (Figure 1) or by throwing it in the air (Figure 2) and then swim with or dribble the ball. In either case, the throw must be taken so that the other players are able to observe it.

INTERPRETATIONS:

1. By definition, a player who picks up the ball and spins it in his/her hand has now put the ball in play because in order for the ball to spin, the ball must have left the player's hand.
2. Swimming up to the ball and then moving away from the spot of the free throw without picking the ball up and putting the ball in play shall result in a turnover for failing to put the ball in play properly.

Rule 20

Ordinary Fouls

SECTION 1 DEFINITION

It shall be an ordinary foul to commit any of the following offenses (Rule 20-2 to Rule 20-17), which shall be punished by the award of a free throw to the opposing team.

NOTES:

1. The referees must award ordinary fouls in accordance with the rules to enable the attacking team

to develop an advantage situation. However, the referees must have regard to the special circumstance of Rule 7-3 (Advantage).

2. An ordinary foul committed by the team on defense should only be called if it will give the advantage to the attack, or if it will assist in controlling the physical play of the game.
3. The location of a player in the context of Rule 20 is determined by the position of the head relative to the 2-meter, 5-meter, half-distance and goal lines.

SECTION 2 STARTING EARLY

To advance beyond the goal line at the start of a period, before the referee has given the signal to start. The free throw shall be taken from the location of the ball or, if the ball has not been released into the field of play, from the half-distance line.

SECTION 3 ASSISTING A PLAYER

To assist a player at the start of a period or at any other time during the game.

SECTION 4 HOLDING OR PUSHING OFF FROM POOL

To hold or push off from the goal posts or their fixtures, to hold or push off from the sides or ends of the pool during actual play or at the start of a period.

NOTE: An exception is made in a pool with wall goals at the start of a period if both teams are able to push off the walls.

SECTION 5 USING THE BOTTOM

To take any active part in the game when standing on the floor of the pool, to walk when play is in progress or to jump from the floor of the pool to play the ball or tackle an opponent. This rule should be applied in deep pools (two or more meters deep). This rule shall not apply to the goalkeeper while within the goalkeeper's 5-meter area.

INTERPRETATION: A field player pushes off the bottom to play the ball or tackle an opponent at approximately seven meters from the goal in an all-deep pool. This is an ordinary foul even if it occurred during a man-down situation.

In the case of a shallow-bottom pool (a pool less than two meters deep), a defensive player who uses the bottom to otherwise impede or hold an offensive player and prevent him/her from moving will be excluded for 20 seconds for holding under Rule 21-8. Even if this foul might otherwise have been viewed as impeding under Rule 20-9, in this special situation of a shallow-bottom pool, using the shallow-bottom will be considered an exclusion foul, whether the offensive player is holding the ball or not. This rule also applies to the situation in a shallow-bottom pool where a defensive player uses the bottom to improve his/her defensive position and take away an advantage created by the offense. See Appendix F for additional information about officiating in a shallow-bottom pool.

INTERPRETATIONS:

1. If the ball is passed into the center forward in a shallow-bottom pool and a defender guarding another player launches himself/herself off the bottom in order to crash on the center forward, it is considered a violation of this rule as the defender has now been able to impede the offense by use of the bottom. This would also apply to a defender on the perimeter who uses the bottom to take away an advantage gained by an offensive player on a drive. In both these cases, the offending player is excluded for 20 seconds.

2. It is a penalty foul (Rule 22-2) for a defending player to commit any foul within the 5-meter area but for which a goal would probably have resulted. This includes jumping off the bottom by any player other than the goalkeeper to prevent a probable goal in either a shallow or deep pool.

SECTION 6 TAKING THE BALL UNDER

To take or hold the entire ball under the water when tackled. The foul of taking the ball under when tackled refers to taking or holding the ball under water when, through bodily contact, the

player in possession of the ball is forced to take the ball under against that player's will or purposely takes the ball under and there is contact by the defender on the shoulder, arm or hand holding the ball.

NOTE: It is an ordinary foul to take or hold the ball under the water when tackled, even if the player holding the ball has the ball forced under the water, as a result of the opponent's challenge (Figure 3). It makes no difference that the ball goes under the water against that player's will. What is important is that the foul is awarded against the player who was in contact with the ball at the moment it was taken under the water. It is important to remember that the offense can only occur when a player takes the ball under when tackled. Thus, if the goalkeeper emerges high out of the water to save a shot and then while falling back takes the ball under the water, the goalkeeper has committed no offense; but if the goalkeeper then holds the ball under the water when challenged by an opponent, the goalkeeper will have committed an infringement of this rule and if the goalkeeper's actions prevented a probable goal, a penalty throw must be awarded under Rule 22-2.



Figure 3

INTERPRETATION: "Challenged" refers to the situation where the goalkeeper takes the ball under water if the opponent goes after, chases, approaches, etc., the goalkeeper. This also applies to other field players in addition to the goalkeeper. A player can not take the ball under to keep an opponent from getting the ball. An ordinary foul is awarded unless this action, if committed inside the 5-meter line, prevents a probable goal, in which case a penalty throw is awarded.

SECTION 7 USING CLENCHED FIST

To strike at the ball with a clenched fist. This rule shall not apply to the goalkeeper while within the goalkeeper's 5-meter area.

SECTION 8 USING TWO HANDS

To play or touch the ball with two hands at the same time. This rule shall not apply to the goalkeeper while within the goalkeeper's 5-meter area. Outside the 5-meter area, the goalkeeper loses his/her privileges.

INTERPRETATION: A field player violates the two-hands rule if contact with the ball is made simultaneously with two hands, two arms or with one hand and with the other arm, etc. It is not a violation to move the ball quickly from one hand to the other.

NOTE: However, it is an exclusion foul (or penalty foul if inside 5 meters) instead of an ordinary foul to attempt to block a shot or pass with two hands. See Rule 21-6 and Rule 22-2-b.

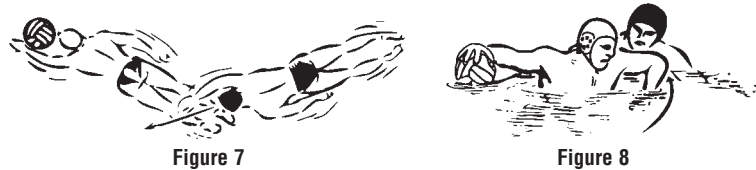
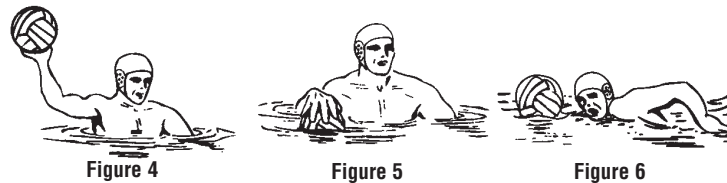
SECTION 9 IMPEDING

To impede or otherwise prevent the free movement of an opponent who is not holding the ball, including swimming on the opponent's shoulders, back or legs. "Holding" is lifting, carrying or touching the ball, but does not include dribbling the ball. Impeding includes ducking under to gain an advantage.

NOTES:

1. The first thing for the referee to consider is whether the opponent is holding the ball, because if the opponent is doing so, the player making the challenge cannot be penalized for "impeding". It is clear that a player is holding the ball if the player holds it raised above the water (Figure 4). The player is also holding the ball if the player swims with it held in the hand or makes contact with the ball while it is lying on the surface of the water (Figure 5). Swimming with the ball (dribbling), as shown in Figure 6, is not considered to be holding.

2. A common form of impeding is when the player swims across an opponent's legs (Figure 7), thus reducing the pace at which the opponent can move and interfering with normal leg action. Another form of impeding is swimming on the opponent's shoulders. It must also be remembered that the foul of impeding can be committed by the player who is in possession of the ball. For example, Figure 8 shows a player keeping one hand on the ball and trying to force the opponent away to gain more space. Figure 9 shows a player in possession of the ball impeding an opponent by pushing the opponent back with the head. Care must be taken with Figures 8 and 9, because, while any violent movement by the player in possession of the ball might constitute striking or even flagrant misconduct, the figures are intended to illustrate impeding without any violent movement. A player may also commit the offense of impeding even if that player is not holding or touching the ball. Figure 10 shows a player intentionally blocking an opponent with the player's body and with the arms flung open, thus making access to the ball impossible. This offense is most often committed near the boundaries of the field of play.



SECTION 10 PUSHING OR PUSHING OFF

To push or push off from an opponent who is not holding the ball.

NOTE: Pushing can take place in various forms, including with the hand (Figure 11) or with the foot (Figure 12). In the cases illustrated, the punishment is a free throw for an ordinary foul. However, referees must take care to differentiate between pushing with the foot and kicking - which then becomes an exclusion foul or even flagrant misconduct. If the foot is already in contact with the opponent when the movement begins, this will usually be pushing, but if the movement begins before such contact with the opponent is made, then this should generally be regarded as kicking.

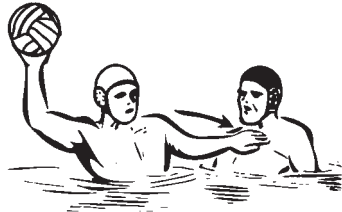


Figure 11



Figure 12

SECTION 11 INSIDE 2-METER AREA

To be within two meters of the opponents' goal except when behind the line of the ball. It shall not be an offense if a player takes the ball into the 2-meter area and passes it to another player who is behind the line of the ball and who shoots at goal immediately, before the first player has been able to leave the 2-meter area.

NOTE: If the player receiving the pass does not shoot at goal, the player who passed the ball must immediately leave the 2-meter area to avoid being penalized under this rule.

INTERPRETATION: Referees should not penalize an attacking player who momentarily enters the 2-meter area without interfering with the play. If the player continues to stay there, the player is affecting play by his/her very presence there as that player is forcing a change in how or where the defense plays and the foul should be called.

SECTION 12 FAILING TO TAKE PENALTY THROW CORRECTLY

To take a penalty throw other than in the prescribed manner.

NOTE: See Rule 23-4 for method of taking a penalty throw.

SECTION 13 DELAY IN TAKING A THROW

To delay unduly when taking a free throw, goal throw or corner throw.

NOTE: See note to Rule 16-2 or Rule 19-4.

SECTION 14 GOALKEEPER BEYOND HALF-DISTANCE LINE

For a goalkeeper to go or touch the ball beyond the half-distance line.

INTERPRETATION: Referees shall apply the advantage rule (Rule 7-3) when deciding whether or not to penalize the goalkeeper for going beyond the half-distance line. If calling this foul would be to the advantage of the defensive team (i.e., stopping the game clock), the referee should refrain from calling the foul, but if the team on offense is in danger of losing the ball, the foul should be called immediately.

SECTION 15 BALL OUT OF BOUNDS OVER SIDELINE

To last touch the ball that goes out of the side of the field of play (including the ball rebounding from the side of the field of play above water level) except in the case of a defensive field player blocking a shot over the side of the field of play, in which case a free throw is given to the defensive team.

INTERPRETATIONS:

1. The ball must pass completely over the sideline or rebound from the side of the field of play above water level to be out of bounds.
2. A free throw is awarded to the defending player (i.e., defending field player or goalkeeper) if the

defending field player tips out a shot over the sideline. The free throw may be taken at the location where the ball went out of the side of the pool or at any spot behind this location (including by the goalkeeper).

3. If the defending goalkeeper tips a shot over the sideline or if the goalkeeper tips the ball so that it flies off the goal and over the sideline, a free throw is awarded to the offense at or behind the point where the ball went over the sideline.
4. A free throw is awarded to the defending player if the offense sends the ball out of the side of the field of play by a shot or bad pass.
5. A free throw is awarded to the attacking team if the defending team tips out a pass over the sideline.
6. A free throw is awarded to a defending player if the offensive player shoots and the ball rebounds off the goal over the sideline untouched by any player.

SECTION 16 KEEPING BALL MORE THAN 30 SECONDS WITHOUT SHOOTING

For a team to retain possession of the ball for more than 30 seconds of actual play without shooting at its opponent's goal. However, if a team relinquishes possession of the ball by dumping the ball into a vacant area prior to the expiration of the shot clock, the referee shall blow the whistle and turn the ball over. The shot clock is reset.

The timekeeper recording the possession time shall reset the shot clock (also see Rule 9-2):

- a. when the ball has left the hand of the player shooting at goal. If the ball rebounds into play from the goal post, crossbar or the goalkeeper, the possession time shall not recommence until the ball comes into the possession of one of the teams.
- b. when the ball comes into the possession of the opposing team. "Possession" shall not include the ball merely being touched in flight by an opposing player.

INTERPRETATION: The shot clock is reset for a ball-under call if there is a clear change of possession, not a momentary touching of the ball. The player has to be in control of the ball.

- c. when the ball is put into play following the award of an exclusion foul, penalty foul, goal throw, corner throw or neutral throw.

Visible clocks shall show the time in a descending manner (that is, to show the possession time remaining).

INTERPRETATION: The timekeeper and referees must decide whether there was a shot on goal or not, but the referees have the final decision. At the end of a period or the end of the game, if a player throws the ball high in the air towards the opponent's goal, the referee must determine whether the player is taking a shot on goal or if the player is relinquishing the ball.

SECTION 17 TEAM NOT READY TO START

To fail to be ready to start at the beginning of the period. The ball will be awarded to the opposing team at the half-distance line.

Rule 21

Exclusion Fouls

SECTION 1 ENFORCEMENT

It shall be an exclusion foul to commit any of the following offenses (Rules 21-4 to 21-15), which shall be punished (except as otherwise provided by the rules) by the award of a free throw to the opposing team and the exclusion of the player who committed the foul for 20 seconds or the earliest occurrence of an event described in Rule 21-3.

SECTION 2 METHOD OF LEAVING FIELD OF PLAY

The excluded player shall move to the re-entry area nearest to that player's own goal line with-

out leaving the water. An excluded player who leaves the water other than following the entry of a substitute, shall be excluded for the remainder of the game.

NOTES:

1. An excluded player (including any player excluded under the rules for the remainder of the game) shall remain in the water and move (which may include swimming under water) to the re-entry area nearest to the excluded player's own goal line without interfering with the play. The excluded player may swim from the field of play at any point on the goal line or sideline and may swim behind the goal to reach the re-entry area provided the player does not interfere with the alignment of the goal. [The field of play is defined as the area between the end (boundary) lines and sidelines.]
2. On reaching the re-entry area, the excluded player shall be required to visibly rise to the surface of the water before the player (or a substitute) shall be permitted to re-enter in accordance with the rules. However, it shall not be necessary for the excluded player to then remain in the re-entry area to await the arrival of an intended substitute.
3. If no player or an incorrect player(s) leaves the field of play, the referee immediately should correct the situation if a goal has not been scored. The referee should stop play quickly, allow the incorrect player(s) to re-enter, exclude the correct player(s), instruct both timers to reset both clocks and commence play. In this case, the incorrect player does not have to swim to the re-entry area before re-entering the field of play.

INTERPRETATIONS:

1. If an excluded player climbs from the side of the pool instead of swimming to the re-entry area, that player is excluded for the remainder of the game, with substitution after the earliest occurrence referred to in Rule 21-3. (This game exclusion is not classified as misconduct.) If the excluded player does not go to the re-entry area, however, the substitute may not enter until after a time-out, a goal or at the end of the period.
2. If a player who has received a third personal foul or a game exclusion leaves the water to go to the re-entry area, no additional penalty is assessed that player and the substitute will be allowed to enter at the appropriate time. If the excluded player does not go into the re-entry area, however, the substitute may not enter until after a time-out, a goal, or at the end of the period.

SECTION 3 RE-ENTRY

ART. 1 . . . The excluded player or a substitute shall be permitted to re-enter the field of play from the re-entry area nearest to that player's goal line after the earliest occurrence of one of the following:

- a. when 20 seconds of actual play have elapsed, at which time the exclusion secretary shall raise the appropriate flag provided that the excluded player has reached the team's re-entry area in accordance with the rules;
- b. when a goal has been scored;
- c. when the excluded player's team has retaken possession of the ball (which means receiving control of the ball) during actual play, at which time the defensive referee shall signal re-entry by a hand signal; or

NOTE: In the case of a double exclusion with the team on offense retaining possession of the ball, both excluded players are eligible to re-enter when a change of possession occurs. Each will be waved in on that change in possession as soon as that excluded player reaches that player's re-entry area.

- d. when the excluded player's team is awarded a free throw or goal throw. The referee's signal to award the throw qualifies as the re-entry signal, provided that the excluded player has reached the re-entry area in accordance with the rules.

NOTE: If a player has not yet reached the re-entry area when the referee signals a change in possession, the player must still exit the field of play under the sideline or end line and swim to the re-entry area before coming back in and participating in the play.

ART. 2 . . . The excluded player or a substitute shall be permitted to re-enter the field of play from the re-entry area nearest to that player's own goal line, provided that:

- a. the player has received a signal from the exclusion secretary or a referee;
- b. the player shall not jump or push off from the side or wall of the pool or field of play;
- c. the player shall not affect the alignment of the goal;
- d. a substitute shall not be permitted to enter in the place of an excluded player until the excluded player has reached the re-entry area nearest to the player's own goal line except between periods, after a goal or during a time-out.

ART. 3 . . . After a goal has been scored an excluded player or a substitute may re-enter the field of play from any place.

ART. 4 . . . These provisions shall also apply to the entry of a substitute when the excluded player has received three personal fouls or has otherwise been excluded from the remainder of the game in accordance with the rules.

NOTES:

1. A team that has seven or more players eligible to participate in the game (any player awaiting re-entry after an exclusion is considered eligible to participate) must play with a goalkeeper unless the goalkeeper has been excluded and is in the re-entry area.
2. An excluded goalkeeper's substitute may only be another goalkeeper; an excluded field player's substitute may only be another field player. As a result, if a goalkeeper is excluded, a substitute wearing a goalkeeper's cap may not be substituted for an exiting field player during that exclusion period (as, for example, during a time-out or as a live-time direct substitute).
3. A substitute shall not be signaled in by a referee, nor shall the exclusion secretary signal the end of the 20-second exclusion period until the excluded player has reached the re-entry area nearest to that player's own goal line. This shall also apply to the entry of a substitute who is to replace a player excluded from the remainder of the game. In the event of an excluded player failing to return to the re-entry area, a substitute shall not be permitted to enter until a goal has been scored or at the end of a period or after a time-out.
4. The primary responsibility for giving the signal for the re-entry of an excluded player or a substitute is with the defensive referee. However, the attack referee may also assist in this regard and the signal of either referee shall be valid. If a referee suspects an improper re-entry, then the referee should first be satisfied that the other referee or exclusion secretary had not signaled the re-entry.
5. Before giving the signal for the re-entry of an excluded player or a substitute, the defensive referee should wait momentarily in case the attack referee whistles to restore possession to the opponent's team.
6. A change of possession does not occur merely because of the end of a period, but an excluded player or substitute shall be eligible to re-enter if the excluded player's team wins the ball at the sprint at the start of the next period. If a player is excluded when the end of a period is signaled, the referees and the secretary shall ensure that the teams have the correct number of players before signaling for the restart.

INTERPRETATIONS:

1. The re-entry flag shall not be raised unless the player is eligible to re-enter the pool. For example, the flag is not to be raised until the excluded player is in the re-entry area nor should it be raised if the player in the re-entry area is not eligible to play (for example, if the excluded player has three personal fouls).
2. In order to determine when an excluded player is allowed to start play the next period, the referee must use the principle that if the ball would have been awarded to the defending team if there were time remaining on the clock at the end of the period, then the teams start even up. If the ball would not necessarily have been awarded to the defending team, then the team with the excluded player starts with a player in the re-entry area. For example:
 - a. if a shot is taken at the end of the period and the ball goes out of bounds, not touched by any player, the teams start even at the beginning of the next period;

- b. if a shot is taken at the end of the period and tipped out by any field player, the teams start even at the beginning of the next period;
- c. if a shot is taken at the end of the period and tipped out by the goalkeeper, the team with the excluded player starts with a player in the re-entry area;
- d. if the goalkeeper catches the ball on a shot (or rebound from a shot) immediately after the signal for the end of the period, the teams start even;
- e. if a shot is taken at the end of the period and the ball hits an overhead obstruction before going into the goal, the team with the excluded player starts with a player in the re-entry area, regardless whether a player of either team touches the ball.

SECTION 4 LEAVING WATER

For a player to leave the water or sit or stand on the steps or side of the pool during play, except in the case of accident, injury, illness or with the permission of a referee.

INTERPRETATIONS:

1. The player leaving the pool during play receives an exclusion foul, is excluded for 20 seconds or until the earliest occurrence of one of the events listed in Rule 21-3.
2. A player leaves the field of play under the sideline to retrieve a ball without the permission of the referee. The referee excludes the player for 20 seconds.
3. An excluded player who leaves the pool (walks on the deck), other than from the re-entry area following the entry of a substitute, is excluded for the remainder of the game (Rule 21-2).

SECTION 5 INTERFERING WITH THROWS

To interfere with the taking of a free throw, goal throw or corner throw, including:

- a. intentionally to throw away or fail to release the ball to prevent the normal progress of the game; or
- b. any attempt to play the ball before it has left the hand of the thrower.

NOTES:

1. A player is not to be penalized under this rule if the player does not hear the whistle as a result of being under the water. The referees must determine if the actions of the player are intentional.
2. Interference with a throw may take place indirectly when the ball is hampered, delayed or prevented from reaching the player who is to take the throw, or it may occur when the execution of the throw is interfered with by an opponent blocking the direction of the throw (Figure 13) or by disturbing the actual movement of the thrower (Figure 14). For interference with a penalty throw, see also Rule 21-14.

INTERPRETATIONS:

1. The defensive player cannot interfere with the free throw. If the defending player, with raised hand behind the head, is so close that the offensive player cannot make a throwing motion without hitting the defensive player, the defender has to back away or be called for interfering with the free throw. However, the offensive player may not unnecessarily lean or make some extraordinary arm motion into the defender to create this contact; that is, the free throw should be in a normal throwing motion.
2. The defensive player puts one arm straight up while too close to the player. The referee should call interference with the free throw. The arm can be straight up or behind the player's head provided that the player does not interfere with the free throw.



Figure 13



Figure 14

SECTION 6 BLOCKING A PASS OR SHOT WITH TWO HANDS

To attempt to block a pass or a shot with two hands outside the 5-meter area.

NOTE: If a defending player who is outside the 5-meter area raises two hands in an attempt to block a pass or shot, the player shall be excluded for 20 seconds. The player does not actually have to touch the ball and a shot or pass does not have to be actually taken. The player is punished for intent.

INTERPRETATION: A player may put two hands up to show that the player is not fouling the attacking player. However, the player must immediately lower one hand if the player attempts to shoot or pass.

SECTION 7 SPLASHING INTENTIONALLY

To splash in the face of an opponent intentionally.

NOTES:

1. Splashing is frequently used as an unfair tactic but is often only penalized in the obvious situation when players are facing one another (see Figure 15). However, it can also occur less obviously when a player produces a curtain of water with an arm, seemingly without deliberate intent, in an attempt to block the view of the opponent who is about to shoot at goal or to make a pass.
2. The punishment for intentionally splashing an opponent is exclusion for 20 seconds under Rule 21-7 or a penalty throw under Rule 22-2 if the opponent splashed is inside the 5-meter area and is attempting to shoot at goal. Whether to award a penalty throw or an exclusion is decided solely by the positioning and actions of the attacking player; whether the offending player is inside the 5-meter area or outside is not a decisive factor.



Figure 15

SECTION 8 HOLDING, SINKING, PULLING BACK

To hold, sink or pull back an opponent who is not holding the ball. "Holding" is lifting, carrying or touching the ball, but does not include dribbling the ball.

NOTE: The correct application of this rule is very important both as to the presentation of the game and in arriving at a proper and fair result. The wording of the rule is clear and explicit and can only be interpreted in one way: to hold (Figure 16), sink (Figure 17) or pull back (Figure 18) an opponent who is not holding the ball is an exclusion foul. It is essential that referees apply this rule correctly, without personal arbitrary interpretation, to ensure that the proper limits to rough play are not exceeded. In addition, referees must note that an infringement of Rule 21-8 within the 5-meter area which prevents a probable goal must be punished by the award of a penalty throw.

INTERPRETATIONS:

1. It is an exclusion foul to hold, sink or pull back an opponent even if the ball is not being passed to that player. Referees shall apply the advantage rule as described in Rule 7-3 in this situation.
2. In competing for position, if both the center forward and the center defender are facing each other and holding, the player on offense must let go and face the ball before the pass is thrown to the center forward, or an offensive foul should be called.



Figure 16



Figure 17



Figure 18



Figure 19

SECTION 9 KICKING OR STRIKING

To kick or strike an opponent intentionally or make disproportionate movements with that intent.

NOTES:

1. The offense of kicking or striking can take a number of different forms, including being committed by a player in possession of the ball or by an opposing player; possession of the ball is not a decisive factor. What is important is the action of the offending player, including if the player makes disproportionate movements in an attempt to kick or strike, even if the player fails to make contact.
2. One of the most serious acts of striking is elbowing backwards (see Figure 19), which can result in serious injury to the opponent. Similarly, serious injury can occur when a player intentionally heads back into the face of an opponent who is marking the player closely. In these circumstances, the referee would also be justified in punishing the offense under Rule 21-11 (Flagrant Misconduct) rather than under Rule 21-9.

SECTION 10 MISCONDUCT

ART. 1 . . . To be guilty of misconduct, including the use of obscene, abusive, threatening language or gestures, persistent foul play, overaggressive fouls, or to refuse obedience to or show disrespect for a referee or official. Persistent foul play refers to play that is unacceptable within the spirit of the rules and that is likely to bring the game into disrepute. Persistent foul play is entirely different from and unrelated to "persisting in an ordinary foul." Overaggressive fouls are hard fouls unacceptable within the spirit of the rules, including deliberate elbowing to the head, face or neck or head-butting an opponent. Taunting, baiting or ridiculing an opponent and the use of profanity are additional examples of misconduct.

The offending player shall be excluded from the remainder of the game, with substitution after the earliest occurrence referred to in Rule 21-3. A referee shall have the power to order any player from the water for misconduct and to issue a red card should a player refuse to leave the water

when so ordered. The referee has the power to abandon the game if a player continues to refuse to leave the water when so ordered (Rule 7-6). See Rule 7-7 for reporting responsibilities for misconduct.

If a player of either team commits a foul of misconduct during play, the player is excluded for the remainder of the game, the ball awarded to the offended team and play restarted with a substitute in the re-entry area for 20 seconds or the earliest occurrence of one of the events referred to in Rule 21-3.

INTERPRETATION: The term "during play" refers to the time between the calling of a foul and the taking of the free throw, goal throw, corner throw or neutral throw in addition to the time after the ball is put in play. It incorporates what was formerly called "dead time" before the ball was put into play, and "live time," after the ball was put into play.

If a player of either team commits misconduct or any other offense relating to Rule 21-10 during interval time, (the time between periods, during a time-out, before the restart after a goal or before a penalty throw is taken), no matter which team committed the foul, the player shall be excluded from the remainder of the game and the teams start even up:

- a. If misconduct occurs during the interval between periods, the game restarts even up with a sprint;
- b. If misconduct occurs during a time-out, the game starts even up with a free throw by the team in possession of the ball at the conclusion of the time-out;

NOTE: The shot clock is not reset if misconduct occurs during a time-out.

- c. If misconduct occurs after a goal, the game starts even up at half as after a goal with a free throw by the team which was defending before the goal was scored.
- d. If misconduct occurs before a penalty throw is taken, the game starts even up with the taking of the penalty throw.

If a player commits a foul of misconduct while exiting the pool after committing that player's third personal foul, an exclusion foul, the player is removed for the remainder of the game, the substitute may not enter for 20 seconds or the earliest occurrence of an event described in Rule 21-3, and a penalty throw is taken. If the penalty throw scores, the substitute enters immediately. If it is missed, the substitute may not enter until earliest occurrence of an event described in Rule 21-3. However, if the player continues to be disrespectful to the referee before or after the penalty throw is taken, the referee may also award a red card to the player.

If a player commits a foul of misconduct while exiting the pool after committing that player's third personal foul, a penalty foul, the player is removed for the remainder of the game with immediate substitution, and a second penalty foul is awarded. The first penalty throw is a dead-time penalty throw, the second penalty throw is a live-time penalty throw. See Table 1.

INTERPRETATION: A player commits misconduct, the player's first personal foul. The player is excluded for the remainder of the game. If the player continues to be disrespectful to the referee or commits any other act of misconduct, a penalty throw is awarded and taken with the substitute for that player in the re-entry area. If the player still continues to be disrespectful to the referee, the referee may also award a red card to that player.

ART. 2 . . . An exclusion foul with a 20-second period of exclusion will be awarded for minor acts of misconduct (MAM) that are not sufficient to warrant exclusion for the remainder of the game. (See Appendix E-CC for signal and Rule 10-1 for method of recording the foul.) Examples of this type of exclusion foul include a player directing minor comments to the referee such as "Call the foul" or "Where is the push-off?" or "He's inside the 2," or making minor gestures to the referee or making minor comments (minor taunting) or gestures or minor shoving to a member of the opposing team or to a member of the same team, as, for example, after a goal or after a personal foul.

NOTE: The use of profanity or obscene language is classified as misconduct. Therefore, the player using profanity is excluded for the remainder of the game, rather than for 20 seconds, the punishment

for a minor act of misconduct.

More than one minor act of misconduct may be called during play or during interval time during a game and more than one minor act of misconduct may be called during play or during interval time on the same player in a game. The referee signals for a minor act of misconduct in each case and excludes the player for 20 seconds. If a player commits a minor act of misconduct on the way out after committing a third personal foul which is an exclusion foul, a penalty throw is awarded. The substitute may not enter until after the earliest occurrence of an event referred to in Rule 21-3. If the player commits a minor act of misconduct immediately after committing a third personal foul which is a penalty foul, an additional penalty foul is awarded. A substitute enters immediately as the third foul was a penalty foul. The first penalty shot is a dead-time penalty shot, the second is a live-time penalty shot (See Table 1).

- a. If a minor act of misconduct occurs during the interval between periods, the player is charged with a personal foul, excluded for 20 seconds, with immediate substitution, and the game restarts even up with a sprint.
- b. If a minor act of misconduct occurs during a time-out, the player is excluded for 20 seconds, charged with a personal foul, with immediate substitution, and the game restarts even up with a free throw by the team in possession of the ball.

NOTE: The shot clock is not reset if the minor act of misconduct occurs during a time-out.

INTERPRETATION: The goalkeeper commits a minor act of misconduct during a time-out. The player is excluded for 20 seconds, a substitute goalkeeper enters immediately and the teams start even with a free throw taken by the team in possession of the ball. The excluded goalkeeper can return after 20 seconds as a live-time substitute for the substitute goalkeeper. The exclusion secretary does not raise the flag to indicate the expiration of the 20-second exclusion period as the team has the full complement of players in the field of play. However, the excluded goalkeeper can remain in the re-entry area until the opportunity for a live-time substitution occurs after 20 seconds have elapsed or there is a change in possession or goal scored.

- c. If a minor act of misconduct occurs after a goal, the player is charged with a personal foul, excluded for 20 seconds, with immediate substitution, and the game restarts even up with a free throw by the team which was defending before the goal was scored at half as after a goal.
- d. If a minor act of misconduct occurs in the interval before a penalty throw is taken, the player is excluded for 20 seconds and the game starts even-up with the taking of the penalty throw.

Table 1: Summary of Actions of Referee After Either a Minor Act of Misconduct or Misconduct is Committed Immediately Following an Exclusion Foul or a Penalty Foul

Personal foul committed	Appropriate action of the referee in each case of minor act of misconduct committed after the foul in the first column	Appropriate action of the referee in each case of misconduct committed after the foul in the first column
A player commits his/her first personal foul, an exclusion foul	Player awarded another personal foul (his/her second) and is excluded for 20 seconds*	Player excluded for remainder of game for misconduct; substitute excluded for 20 seconds*
A player commits his/her first personal foul, a penalty foul	Player awarded another personal foul (his/her second); player removed with immediate substitution, and live-time penalty throw conducted (player may re-enter as direct sub after 20 seconds or after goal or after change of possession)	Player excluded for remainder of game for misconduct; with immediate substitution, and live-time penalty throw conducted
A player commits his/her second personal foul, an exclusion foul	Player awarded another personal foul (his/her third) and excluded for remainder of game as the player has 3 personal fouls; substitute excluded for 20 seconds*	Player excluded for remainder of game for misconduct; substitute is excluded for 20 seconds*
A player commits his/her second personal foul, a penalty foul	Player awarded another personal foul (his/her third) and excluded for remainder of game as the player has 3 personal fouls with immediate substitution and live-time penalty throw conducted	Player excluded for remainder of game for misconduct, with immediate substitution, and live-time penalty throw conducted
A player commits his/her third personal foul, an exclusion foul	Player excluded for remainder of game as the player has 3 personal fouls, substitute excluded for 20 seconds*, live-time penalty throw conducted	Player excluded for remainder of game for misconduct, substitute excluded for 20 seconds*, live-time penalty throw conducted
A player commits his/her third personal foul, a penalty foul	Player excluded for remainder of game as the player has 3 personal fouls, substitute enters immediately as the third foul was a penalty foul; first penalty throw is a dead-time penalty throw, second is a live-time penalty throw	Player excluded for remainder of game for misconduct; substitute enters immediately as third foul was a penalty foul; first penalty throw is a dead-time penalty throw, second is a live-time penalty throw

*Excluded for 20 seconds means 20 seconds or earliest occurrence of an event described in Rule 21-3.

SECTION 11 FLAGRANT MISCONDUCT

ART. 1 . . . To commit an act of flagrant misconduct (including playing in a violent manner, kicking, striking, attempting to kick or strike with malicious intent, fighting or biting) against an opponent or official, whether during play or during interval time (between periods, after a goal, during a time-out or before a penalty throw).

Fighting usually involves a minimum of two players or other personnel. Fighting could include, but not be limited to, an attempt to strike an opponent with the arms, hands, legs or feet, or a combative action by one or more players, a coach or team personnel. Combative action includes but is not limited to: (1) a player, coach or other team personnel attempting to punch or kick an opponent, whether or not there is contact with an opponent; (2) a player, coach or other team personnel who, in the opinion of the referee, instigates a fight by perpetuating an unsporting act towards an opponent that causes the opponent to retaliate by fighting. Any player, coach or other team personnel who leaves the bench area during a fight shall be assessed a flagrant misconduct foul. (See Rule 21-11-5).

ART. 2 . . . The player who commits an act of flagrant misconduct during play shall be excluded from the remainder of the game, a dead-time penalty throw awarded, and the team shooting the penalty throw shall get the ball back at or behind the half-distance line as after a time-out whether the penalty shot is made or missed. The substitute for the excluded player must still remain in the re-entry area for 20 seconds or until the earliest occurrence of an event referred to in Rule 21-3.

ART. 3 . . . This rule shall also apply if the act of flagrant misconduct occurs during interval time. The offending player shall be excluded from the remainder of the game, a dead-time penalty throw awarded, and the team shooting the penalty throw shall get the ball back at or behind the half-distance line as after a time-out whether the penalty shot is made or missed, with the substitute for the excluded player still in the re-entry area for 20 seconds or until the earliest occurrence of an event referred to in Rule 21-3. These provisions shall not apply, however, before the game has actually commenced.

INTERPRETATIONS:

1. A player on the white team commits an act of flagrant misconduct during a time-out called by the white team or immediately after a goal scored by the blue team. The offending player shall be excluded for the remainder of the game, a dead-time penalty throw awarded to the blue team, and the blue team shall get the ball back at or behind the half-distance line as after a time-out whether the penalty shot is made or missed, with the substitute for the excluded player still in the re-entry area for 20 seconds or until the earliest occurrence of an event described in Rule 21-3.

2. This rule shall also apply if flagrant misconduct occurs during the interval between periods. The player shall be excluded for the remainder of the game. The period shall begin with a dead-time penalty throw and the team shooting the penalty throw shall get the ball back at or behind the half-distance line as after a time-out, whether the penalty shot is made or missed. The substitute for the excluded player must still remain in the re-entry area for 20 seconds or until the earliest occurrence of an event described in Rule 21-3.

ART. 4 . . . In the case of a double flagrant misconduct foul committed during play, both players are excluded for the remainder of the game and a dead-time penalty throw awarded each team. The penalty throws are taken with the substitutes in the re-entry areas. The first penalty throw shall be taken by the team in possession of the ball at the time of stoppage. After the second penalty throw has been taken (made or missed), the game shall be restarted by the team that last had possession of the ball taking a free throw as after a time-out on or behind the half-distance line with the substitutes for the excluded players still in the re-entry areas. The substitutes may not enter until the earliest occurrence of one of the events described in Rule 21-3.

If a double flagrant misconduct foul occurs between periods, the offending players are removed for the remainder of the game, with their substitutes in the re-entry areas, and the next period begins with a sprint. After one team gains possession, the referee will stop the game and award a penalty throw to the team that gained possession. This results in a goal or no goal. The second penalty shot will be taken by the defensive team, which will result in a goal or no goal. The referee will then award a free throw on or behind the half-distance line to the team that gained possession on the sprint as after a time-out. The substitutes still remain in the re-entry areas until the earliest occurrence of one of the events described in Rule 21-3.

If a double flagrant misconduct foul occurs during a time-out or after a goal, both players are excluded for the remainder of the game with their substitutes in the re-entry areas. The first dead-time penalty shot is taken by the team which would normally have possession of the ball, followed by the second. The referee will then award a free throw on or behind the half-distance line as after a time-out to the team that would have had possession of the ball after the time-out or after the goal. Both substitutes must remain in the re-entry areas until the earliest occurrence of one of the events described in Rule 21-3.

ART. 5 . . . If multiple players engage in a fight or enter the pool during a fight, the same principle is followed, with multiple alternate penalty shots.

ART. 6 . . . In the case of flagrant misconduct committed at any time by a substitute who was not in the water during the play, the offending player shall be excluded from the remainder of the game. The captain of the team shall be ordered to remove from the water a player of the captain's choice, a dead-time penalty throw awarded, and the team shooting the penalty throw shall get the ball back at or behind the half-distance line as after a time-out whether the penalty shot is made or missed. The player who was removed (or a substitute) must still remain in the re-entry area for 20 seconds or until the earliest occurrence of an event referred to in Rule 21-3. The player who has been removed can subsequently be used during the remainder of the game as one of that team's remaining players in the water and no personal foul shall be awarded in relation to that player's removal from the water.

ART. 7 . . . The player who committed flagrant misconduct must leave the team bench and may sit in the spectator stands under supervision, during the remainder of that game and may not communicate with the team, team officials or referees by any means during entire time of jurisdiction of referees. This applies to substitutes and other team personnel. A coach or other team official who commits an act of flagrant misconduct must leave the pool facility and have no visual or electronic contact with the team.

ART. 8 . . . The offenders will also be suspended for the next traditional season game, including tournament competition or postseason championship competition. The offenders may sit in the spectator stands during that game but may not communicate with the team, team officials or referees by any method. If the flagrant misconduct was committed during the final game of the traditional season, the suspension will be carried over to the next traditional season game. It is the responsibility of the schools and their respective state association to ensure that the carry-over penalties (i.e., suspension from the first game of next season) for flagrant misconduct are invoked.

ART. 9 . . . If an act of flagrant misconduct occurs immediately after the conclusion of a game, each player involved shall be suspended from the next game. Penalty shots shall not be awarded in this situation. If the flagrant misconduct occurs during a tournament, the tournament committee, if present, or the state association may assess an additional penalty, such as suspension from more than one game in the tournament.

ART. 10 . . . A state association may enact more serious penalties for flagrant misconduct or for participating in a fight than those described in this rule.

SECTION 12 SIMULTANEOUS PERSONAL FOULS

ART. 1 . . . In the case of simultaneous exclusion of players of opposing teams during play, both players are excluded for 20 seconds and the team on attack shall maintain possession of the ball. The referee shall take the ball out of the pool and make sure that both teams and the secretaries know who is excluded. The shot clock shall be reset. Players shall be excluded from the remainder of the game where the rules so provide. Play shall be restarted by a player of the team which had possession of the ball when the simultaneous exclusion fouls were committed, at the point of the foul or behind.

Both players excluded under this rule shall be permitted to re-enter at the next earliest occurrence of an event referred to in Rule 21-3 (goal scored, change of possession, or elapse of 20 seconds). If the two players who have been excluded under this rule are eligible to re-enter before they have reached their respective re-entry areas, the perimeter referee or exclusion secretary, as appropriate, may wave in each player as soon as that player is in the re-entry area ready to re-enter. The referee or exclusion secretary does not have to wait until both players are ready to re-enter. If neither team has possession of the ball when a double exclusion foul is called, both players are excluded and a neutral throw awarded at the point of the foul. Both players may enter after the next change in possession after the neutral throw or when 20 seconds expire or a goal is scored.

INTERPRETATION: The team in blue caps has possession of the ball when a double exclusion was called with 12 seconds remaining in the period. The team in blue caps retained possession of the ball and the period ends with the team in blue caps still in possession of the ball. The next period began with a sprint with both excluded players or their substitutes still in the re-entry area. If the team with blue caps wins the sprint, both players remain in the re-entry area until the earliest occurrence of one of the events described in 21-3. If the team with white caps wins possession of the ball on the sprint, both excluded players may re-enter the field of play, as a change of possession occurred.

ART. 2 . . . If the simultaneous exclusion fouls are committed at the taking of a penalty throw, both players are excluded, the penalty throw shall be maintained and the shot clock reset. If the penalty throw is scored, both players shall re-enter. If it is not scored, the excluded players shall not be permitted to re-enter until the next earliest occurrence referred to in Rule 21-3 following the penalty shot. Players shall be excluded from the remainder of the game where the rules so provide.

INTERPRETATION: If the team shooting the penalty throw regains possession after the missed shot, the excluded players may not re-enter because a change of possession has not occurred. If the other team gains possession of the ball, the excluded players may re-enter.

ART. 3 . . . If the offenses are committed simultaneously at the taking of a neutral throw, both players shall be excluded and the referee shall restart the play with a neutral throw.

ART. 4 . . . When a player of each team commits a penalty foul simultaneously during play, two dead-time penalty throws are awarded. The first penalty throw shall be taken by the team last in possession of the ball. After the second penalty throw has been taken (made or missed), the game shall be restarted with a free throw on or behind the half-distance line as after a time-out by the team which last had possession of the ball. The shot clock is reset with the taking of the penalty throw.

SECTION 13 ENTERING FIELD OF PLAY IMPROPERLY

ART. 1 . . . For an excluded player to re-enter or a substitute to enter the field of play improperly, including:

- a. without having received a signal from the exclusion secretary or referee;
- b. from any place other than that player's own re-entry area, except where the rules provide for immediate substitution;

- c. by jumping or pushing off from the side or wall of the pool or field of play; or
- d. by affecting the alignment of the goal.

ART. 2 . . . If this offense is committed by a player of the team not in possession of the ball, the offending player shall be excluded for an additional 20 seconds and a penalty throw is awarded to the opposing team. However, on the scoresheet, only one additional personal foul, an exclusion penalty marked as EP, shall be recorded against the offending player. The time of the foul shall be the time of the improper re-entry of the excluded player.

ART. 3 . . . If this offense is committed by a player of the team in possession of the ball, the offending player shall be excluded for 20 seconds and a free throw awarded to the opposing team. The player receives only one additional personal foul. On the scoresheet, an additional personal foul (E) shall be recorded against the offending player. The time of this exclusion foul shall be the time of the improper re-entry of the excluded player.

SECTION 14 INTERFERENCE WITH PENALTY THROW

To interfere with the taking of a penalty throw. The offending player shall be excluded from the remainder of the game with substitution after the earliest occurrence referred to in Rule 21-3 and the penalty throw shall be maintained or re-taken as appropriate. This game exclusion is not considered to be misconduct.

NOTE: The most common form of interference with a penalty throw is when an opponent aims a kick at the player taking the throw, just as the throw is about to be taken. It is essential for the referees to ensure that all players are at least 2 meters from the thrower, to prevent such interference taking place. The referee should also allow the defending team the first right to take position on each side of the shooter.

INTERPRETATIONS:

1. A player interferes with a penalty shot. If the shot was scored, the goal counts, the offending player is excluded for the remainder of the game and the substitute enters immediately.
2. A player interferes with a penalty shot, causing the player to miss the shot. The offending player is excluded for the remainder of the game, the substitute is in the re-entry area, and the penalty shot is retaken. If the shot scores, the substitute enters immediately. If the shot is missed, the substitute may not enter until after the earliest occurrence of one of the events described in Rule 21-3.
3. If a player commits an act of misconduct in the interval before the penalty throw is taken, such as directing foul language towards the referee or taunting the shooter, the player is excluded for the remainder of the game for misconduct, a substitute enters immediately before the penalty throw is taken, and then the penalty throw is taken.

SECTION 15 FAILURE TO TAKE POSITION ON GOAL LINE

For the defending goalkeeper to fail to take up the correct position on the goal line at the taking of a penalty throw having been ordered once to do so by the referee. Another defending player may take the position of the goalkeeper but without the goalkeeper's privileges or limitations.

SECTION 16 COMMENCEMENT OF EXCLUSION PERIOD

When a player is excluded, the exclusion period shall commence immediately when the ball has left the hand of the player taking the free throw or when the ball has been touched following a neutral throw.

SECTION 17 INTERFERING WITH PLAY

If an excluded player intentionally interferes with play, including affecting the alignment of the goal, a penalty throw shall be awarded to the opposing team and an additional personal foul awarded against the excluded player. If the excluded player does not commence leaving the field of play almost immediately, the referee may deem this to be intentional interference under this rule.

NOTE: This rule also applies to substitutes in the water during inclement weather behind the goal line who interfere with play (see Rule 5-2).

SECTION 18 CONTINUATION OF EXCLUSION INTO OVERTIME

In the event of the game continuing into overtime, the exclusion period of any excluded player shall also continue into the overtime. Personal fouls awarded during the periods of regulation time shall also carry forward into overtime and any player excluded under the rules from the remainder of the game shall not be permitted to take part in any periods of overtime.

Rule 22

Penalty Fouls

SECTION 1 WHEN AWARDED

It shall be a penalty foul to commit any of the following offenses (Rules 22-2 to 22-7), which shall be punished by the award of a penalty throw to the opposing team.

SECTION 2 WITHIN 5-METER AREA TO PREVENT GOAL

For a defending player to commit any foul within the 5-meter area but for which a goal would probably have resulted.

NOTE: In addition to other offenses preventing a probable goal, it is an offense within the meaning of this rule:

- a. for a goalkeeper or other defending player to pull down or otherwise displace the goal (Figure 20);
- b. for a defending player to attempt to block a shot or pass with two hands inside the 5-meter area. (Figure 21);
- c. for a defending player to play the ball with two hands;

INTERPRETATIONS:

1. If the defending player attempts to block a shot with two hands inside the 5-meter area, a penalty foul is awarded. The defending player does not have to touch the ball nor does a shot have to be taken nor does the shot have to be a probable goal.
2. If the defending player intentionally blocks or attempts to block a pass which prevents a probable goal with two hands, a penalty foul is awarded. It is not a penalty foul if the ball is being passed to a player who was in such a position that the pass would not have led to a probable goal. An exclusion foul should be awarded in this case.
3. A defensive player uses two hands inside the 5-meter area to pull back a ball on the water to prevent it from drifting into the goal or to prevent an attacking player from gaining possession of the ball. A penalty foul is called against that player.
- d. for a defending player to play the ball with a clenched fist (Figure 22);
- e. for a goalkeeper or other defending player to take the ball under the water when tackled;
- f. for the goalkeeper to push off the wall in an attempt to block a shot (if the ball goes into the goal, the goal is scored. If the shot is blocked, a penalty throw shall be awarded); or
- g. for a defending player other than the goalkeeper to jump off the bottom within the 5-meter area to prevent a probable goal

NOTES:

1. It is important to note that while the fouls described above, and other fouls such as holding, pulling back, impeding, etc., would normally be punished by a free throw (and exclusion if appropriate), they become penalty fouls if committed within the 5-meter area by a defending player if a probable goal would otherwise have been scored.
2. If a field player replaces an excluded goalkeeper, the field player does not assume the privileges of

the goalkeeper. If the player attempts to play the ball with two hands, a penalty throw shall be awarded.

INTERPRETATION: The goalkeeper leaves the goal and sinks an offensive player to prevent a goal or pulls back an offensive player to prevent a goal. A penalty foul is awarded against the goalkeeper for committing a foul within the 5-meter area to prevent a probable goal.

SECTION 3 KICKING OR STRIKING WITHIN 5-METER AREA, FLAGRANT MISCONDUCT OR FIGHTING



Figure 20

Figure 21

Figure 22

For a defending player within the 5-meter area to kick or strike an opponent or for a player at any location in the pool to commit an act of flagrant misconduct or to engage in a fight.

NOTE: If a player commits flagrant misconduct, either inside or outside the 5-meter area, a penalty throw is awarded and the player excluded for the remainder of the game. See Rule 21-11 for the procedure for awarding the penalty throw, the time of entry of the substitute, and additional carryover penalties.

SECTION 4 EXCLUDED PLAYER INTERFERING WITH PLAY

For an excluded player intentionally to interfere with play, including affecting the alignment of the goal (see Rule 21-17).

SECTION 5 PULLING OVER GOAL

For a goalkeeper or any other defending player to pull over the goal completely with the object of preventing a probable goal. The offending player shall also be excluded from the remainder of the game, with substitution after the earliest occurrence described in Rule 21-3.

SECTION 6 PLAYER NOT ENTITLED TO PARTICIPATE ENTERING FIELD OF PLAY

For a player or substitute who is not entitled under the rules to participate in the play to enter the field of play. The offending player shall also be excluded from the remainder of the game with substitution. The substitute may enter the field of play after the earliest occurrence described in Rule 21-3.

NOTES:

- Examples of a player not entitled to participate include the entrance of a player with three personal fouls during play; the entrance of an eighth player while the ball is in play; and the entrance of a substitute player before the excluded player has left the field of play. The penalties described in this rule do not apply to the early entrance of an excluded player who has one or two personal fouls as that player is entitled to participate, just not at that time (see Rule 21-13). For example, if an excluded player enters early on offense, the player is excluded again for 20 seconds. The player is eligible to continue playing after the exclusion time elapses and no penalty shot is administered. If a player on defense enters early, a penalty shot is administered and the player is excluded again for 20 seconds. That player is also eligible to play again after serving the penalty.
- A penalty throw is awarded if a player with three personal fouls re-enters the water illegally while the ball is in play. (See exception in Rule 5-1.)
- If an excluded player and a substitute both enter after the earliest occurrence referred to in Rule 21-3, whichever player entered last shall be the player to be penalized under this rule. If both players enter simultaneously, it shall be the substitute who is to be penalized.

INTERPRETATIONS:

1. In the direct live-time substitution of a goalkeeper, the substitute goalkeeper entered the field of play before the goalkeeper reached the re-entry area, making eight players in the field of play. The referee must stop play, remove the substitute goalkeeper for the remainder of the game and award a penalty throw. The original goalkeeper or a substitute goalkeeper must be in the re-entry area for the taking of the penalty shot. In the direct substitution of a field player, a field player must be in the re-entry area for the taking of the penalty shot.
2. A player was excluded. Immediately after the exclusion, the ball turned over after a missed direct shot. A substitute for the excluded player entered the field of play from the re-entry area while the team was counterattacking down the field of play before the excluded player reached the re-entry area, making eight players from that team in the field of play. The substitute player is considered to be a player not entitled to participate in the play at that time and is excluded for the remainder of the game. The player originally excluded must exit and move to the re-entry area. A penalty throw is awarded. The excluded player or a substitute may enter after the earliest occurrence of an event described in Rule 21-3. No additional foul is charged against the original excluded player.

SECTION 7 IMPROPER TIME-OUT OR TEAM OFFICIAL PREVENTING GOAL

For the coach of the team on defense to call for a time-out more than the number permitted or at times not permitted or for a coach or other team official to take any action to prevent a probable goal, except that no personal foul shall be recorded for this offense.

SECTION 8 AWARD OF PENALTY FOUL IN THE LAST MINUTE

If in the last minute of the game or in the last minute of the second overtime period or at any time during sudden-victory overtime periods, a penalty throw is awarded to a team, the coach may elect to maintain possession of the ball in lieu of taking the penalty throw. The team will be awarded a free throw on or behind the half-distance line with a new possession clock and will start play as after a time-out.

NOTES:

1. It is the responsibility of the coach to give a clear signal by crossing the arms up across the chest (Appendix E, Figure Z) if the team wishes to maintain possession of the ball or by showing five fingers to request a penalty throw, without delay. The referee must take the ball from the pool, verify the decision of the coach if no clear signal was given, and then restart play, either with the penalty throw or by the team on offense restarting play by taking a free throw on or behind the half-distance line as after a time-out. Players may take any position in the pool for the taking of the free throw.
2. Substitutions are not permitted during this temporary stoppage of play unless a time-out is called by the team on offense. The team on defense cannot call a time-out before a penalty shot is taken as that is considered to be disruptive to the shooter. This prohibition includes after a time-out called by the team on offense before a penalty shot in the last minute or at any other time prior to a penalty shot. (See Rule 12-1-3).
3. If the team on offense declines the penalty throw, the player taking the free throw on or behind half may not take a direct shot on goal (as the referee called the ball from the water).

INTERPRETATION: If simultaneous acts of flagrant misconduct are committed during the last minute of the game, during the last minute of second overtime period, or at any time during sudden-victory overtime, the coach whose team was in possession of the ball will decide whether each team will shoot a penalty shot or whether the team in possession of the ball will maintain possession of the ball and put the ball in play behind half as after a time-out with both substitutes in the re-entry area.

Rule 23**Penalty Throws****SECTION 1 PLAYERS ELIGIBLE TO TAKE THROW**

A penalty throw shall be taken by any player of the team to which it is awarded, except the goalkeeper, from any point on the opponents' 5-meter line.

SECTION 2 POSITION OF OTHER PLAYERS AND GOALKEEPER

All players shall leave the 5-meter area and shall be at least two meters from the player taking the throw. On each side of the player taking the throw, one player of the defending team shall have the first right to take position. With floating goals, the defending goalkeeper shall be positioned between the goal posts with no part of the goalkeeper's body beyond the goal line at water level. With wall goals, the defending goalkeeper must assume a position with hips on the goal line. Should the goalkeeper be out of the water, another player may take the position of the goalkeeper but without the goalkeeper's privileges and limitations.

INTERPRETATION: The goalkeeper is excluded and, on the way out, interfered with play, resulting in the award of a penalty throw. The defensive field player in the goal raised one arm and blocked the ball with one hand out of bounds over the goal line. The referee awarded a goal throw because the player in the goal was a field player.

SECTION 3 REFEREE SIGNAL

When the referee controlling the taking of the throw is satisfied that the players are in their correct positions, the referee shall signal for the throw to be taken, by whistle and by simultaneously lowering the arm from a vertical to a horizontal position.

NOTES:

1. This lack of specificity in designating the position of the referee when the whistle is blown allows the referee controlling the taking of the throw to determine the most advantageous position for that referee to watch the shooter, the defensive players and the goalkeeper. The other referee will watch the back court for interference.
2. The lowering of the arm at the same time as the signal by whistle makes it possible under any conditions, even amidst noise by spectators, to execute the throw in accordance with the rules. As the arm is lifted, the player taking the throw will concentrate, for the player knows that the signal will follow immediately.

SECTION 4 HOW TAKEN

The player taking the penalty throw shall have possession of the ball and shall immediately throw it with an uninterrupted movement directly at the goal. The player may take the throw by lifting the ball from the water (Figure 23) or with the ball held in the raised hand (Figure 24) and the ball may be taken backwards from the direction of the goal in preparation for the forward throw, provided that the continuity of the movement shall not be interrupted before the ball leaves the thrower's hand.

NOTE: There is nothing in the rules to prevent a player taking the throw with the player's back to the goal while the player adopts a half screw or full screw action. The player taking the throw may also lob the ball provided the shot is taken without delay.

INTERPRETATIONS:

1. A penalty throw is awarded. Before the whistle, the player may pick up the ball with the left hand and immediately transfer the ball to the right hand and then wait for the referee's signal for the penalty throw. If the player transfers the ball from one hand to the other after the referee signals for the penalty throw to be taken, then the throw will be disallowed and the ball turned over.
2. The defensive players may not interfere with the taking of the penalty throw (shout, whistle, kick the shooter, hit the shooter's arm, etc.). When the whistle is blown, the defensive players on each side of

the shooter may move forward at an angle towards the goal, as long as the player does not interfere with the penalty shot. After the ball is released, the defensive players may move towards the shooter. The shooter may not move inside the 5-meter area until the ball leaves the hand of the shooter.



Figure 23



Figure 24

SECTION 5 REBOUNDED BALL

If the ball rebounds from the goal post, crossbar or goalkeeper, it remains in play and it shall not be necessary for another player to play or touch the ball before a goal can be scored.

INTERPRETATION: A player may skip a penalty shot towards the goal. However, if the ball failed to skip and remained dead in the water, for example, two feet in front of the goal, the shooter cannot take another shot at the goal unless the ball rebounds from the goalkeeper, goal post, or crossbar. The referee should blow the ball dead for the ordinary foul of an improperly taken penalty throw.

SECTION 6 EXTENSION OF TIME

If at precisely the same time as the referee awards a penalty throw the timer whistles for the end of a period, all players except the player taking the throw and the defending goalkeeper shall leave the water before the penalty throw is taken. In this situation, the ball shall immediately be dead should it rebound into play from the goal post, crossbar or the goalkeeper.

Rule 24

Personal Fouls

SECTION 1 WHEN AWARDED

A personal foul shall be recorded against any player who commits an exclusion foul or penalty foul. The referee shall indicate the offending player's cap number to the secretary.

SECTION 2 EXCLUSION AFTER THREE PERSONAL FOULS

Upon receiving a third personal foul, a player shall be excluded from the remainder of the game with substitution after the earliest occurrence referred to in Rule 21-3. If the third personal foul is a penalty foul, the entry of the substitute shall be immediate.

NOTE: If a player is excluded for the second time and interferes with play when leaving the pool, a penalty foul shall be awarded against the excluded player, that foul making that player's third personal foul. The exclusion secretary must raise the red flag to indicate that this is the third foul on that player, but does not blow the whistle as the penalty throw is taken with the substitute for the excluded player in the re-entry area (see also Rule 10-2-d). The substitute may not enter until after the earliest occurrence of an event referred to in Rule 21-3.

Rule 25***Accident, Injury and Illness*****SECTION 1 PLAYER LEAVING WATER**

A player shall only be allowed to leave the water, or sit or stand on the steps or side of the pool during play in the case of accident, injury, illness or with the permission of a referee. A player who has left the water legitimately may re-enter from the re-entry area nearest the player's own goal line at an appropriate stoppage, with the permission of a referee.

SECTION 2 BLEEDING

If a player is bleeding or otherwise injured (see Rule 25-3), the referee shall immediately stop play, remove the player, and allow the entrance of a substitute. However, if the team has a regular time-out remaining (whether the team is on offense or defense), the referee shall ask the coach if he/she wishes to call a time-out instead of immediately replacing the player. If the bleeding stops, the wound covered, the suit or body appropriately cleaned, and/or the suit is changed and the player is able to resume play by the end of the time-out, the player may continue play. If the bleeding has not stopped or if the player has not otherwise recovered, a substitute may enter play and the injured player may return to the game at a later time.

NOTE: Aggressive treatment of open wounds or skin lesions shall be followed. Whenever a player suffers a laceration or wound where oozing or any bleeding occurs, the practice or game shall be stopped at the earliest possible time, and the player shall leave the field of play and be given appropriate medical treatment. No time-out is charged and the player may return to the game after the bleeding has stopped and appropriately treated. (Communicable Disease Procedures, Appendix J.)

SECTION 3 ACCIDENT, INJURY, EXTENUATING CIRCUMSTANCES

In case of accident, injury or extenuating circumstances, at the discretion of the referee, the game may be stopped and the injured player replaced immediately or the incident addressed. No time-out is charged and the injured player may return to the game at a later time (See Rule 25-2 for use of a time-out). Should a goalkeeper retire from the game for any medical reason, the referees shall allow an immediate substitution, subject to one of the players taking the goalkeeper's cap.

INTERPRETATION: "Extenuating circumstances" refers to some incident other than accident, injury, or illness, such as lightning or other weather-related condition, or a crowd-control problem, such as a fight in the stands, etc. At the discretion of the referee, the game may be stopped and the incident addressed (See Lightning Guidelines, Appendix K). No time-out is charged.

SECTION 4 CONCUSSION MANAGEMENT

Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional. (See Suggested Guidelines for Management of Concussion, Appendix H.)

SECTION 5 RETURN OF BALL INTO PLAY

Should the game be stopped through accident, illness, bleeding, weather-related conditions (see Rule 7-6 and Appendix K for Lightning Guidelines) or other unforeseen reason, the team in possession of the ball at the time of the stoppage shall put the ball into play at the place of stoppage when the play is resumed.

NOTE: The shot clock is not reset.

APPENDIX D – INSTRUCTIONS FOR THE USE OF TWO REFEREES

1. The referees are in absolute control of the game and shall have equal powers to declare fouls and penalties. Differences of opinion of the referees shall not serve as a basis for protest or appeal.

2. The committee or organization appointing the referees shall have power to designate the side of the pool from which each referee shall officiate. Referees shall change sides of the pool before the start of any period when the teams do not change ends. Referees do not change sides during the game if one coach has requested that the teams change ends and benches each period in either a regular pool, a shallow-deep pool or a shallow pool.

NOTE: Whenever possible, the referees shall position themselves on opposite sides of the pool. If the two sides of the pool are parallel and do not have significant obstructions, each referee shall referee to the right. If this is not possible, due to an obstruction on one side of the pool, each referee shall referee to the left.

3. At the start of the game and of each period, the starting signal shall be given by the referee on the same side as the score table. (See Rule 13-3 for description of start.)

4. After a goal, both referees shall take up a position on the half-distance line. When both referees are satisfied that any substitutions have been completed, the referee who is to control the attacking play shall raise the hand and advance along the pool side to the right and the other referee (the referee who was controlling the attacking situation when the goal was scored) shall restart play.

NOTE: Both referees have the responsibility to determine if the coaches wish to substitute after a goal, although the primary responsibility is that of the referee on the side of the pool with the team benches.

5. Each referee shall have the power to declare fouls in any part of the field of play but each referee shall give primary attention to the offensive situation attacking the goal to the referee's right. The referee not controlling the attacking situation (the defensive referee) shall maintain a position no closer to the goal being attacked than that player of the attacking team farthest back from the goal.

6. When awarding a free throw, goal throw or corner throw, the referee making the decision shall blow the whistle and both referees shall indicate the direction of the attack, to enable players in different parts of the pool to see quickly which team has been awarded the throw. The referee making the decision shall point to where the throw is to be taken if the ball is not at that position. Referees shall use the signals set out in Appendix E to indicate the nature of the fouls that they are penalizing.

7. The signal for a penalty throw to be taken shall be made by the attack referee, except that a player who wishes to take the throw with the left hand may request the defensive referee to make the signal.

8. When simultaneous free throws are awarded by both referees to the same team, the award shall go to the player awarded the throw by the attack referee.

9. When simultaneous awards are made for ordinary fouls but for opposing teams, the award shall be a neutral throw, to be taken by the attack referee.

NOTE: A referee shall only change his/her decision under these circumstances if the referee realizes a mistake occurred.

10. When simultaneous awards are made by both referees against players either on the same team or on opposing teams and one is for an ordinary foul and the other is for an exclusion foul or penalty foul, the exclusion foul or penalty foul award shall be applied.

11. When one player of each team commits an exclusion foul simultaneously during play, the offending players shall be excluded. The referee shall call the ball from the water and make sure both teams and the secretaries know who is excluded, communicating the numbers of the excluded players to the players in the water and to the game secretary. The shot clock is reset and play

is restarted with a free throw awarded to the team that had possession of the ball at the time the simultaneous exclusion fouls were called. The free throw is taken at the point of the foul or behind. If neither team had possession of the ball when the simultaneous exclusion fouls were called, play shall be restarted with a neutral throw.

12. In the event of simultaneous awards of penalty throws to both teams, the first throw shall be taken by the team last in possession of the ball. After the second penalty throw has been taken, the game shall be restarted with a free throw on or behind the half-distance line as after a time-out by the team that last had possession of the ball.

NOTE: Both penalty throws are dead-time penalty throws.

13. When simultaneous calls are made by both referees for personal fouls on the same team, both players shall receive a personal foul; also, the proper penalty (exclusion or penalty foul) shall be assessed to each player.

14. Both referees have the responsibility to observe that the game clock and the shot clock are being properly administered, although the primary responsibility is that of the defensive referee. If a visible mistake is made on the game clock and/or the shot clock, the referees shall correct the mistake immediately.

15. Both referees have the responsibility to signal a change in direction of attack during an exclusion and are encouraged to wave in the excluded player with the other hand, although the primary responsibility is that of the defensive referee.

16. Both referees have the responsibility to determine if the substitution from the re-entry area of one player for another player occurs correctly while play is in progress, although the primary responsibility is that of the defensive referee.

17. If one referee signals for a corner throw and the other referee signals for a goal throw, the corner throw shall be awarded.

18. The referee who is administering the free throw should determine if the foul is inside or outside the 5-meter line in order to determine whether a direct shot on goal can be taken.

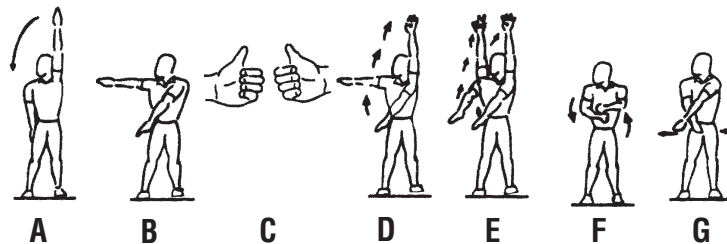
19. At the taking of a corner throw on the side opposite to the attacking referee, the defensive referee shall ensure that the throw is taken from the correct position by moving towards the 2-meter line, pointing with one arm to where the ball is to be put into play and with the other arm the direction of the throw.

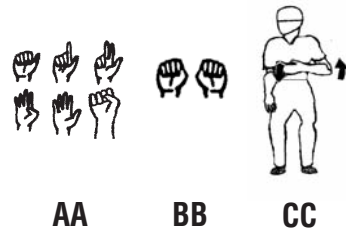
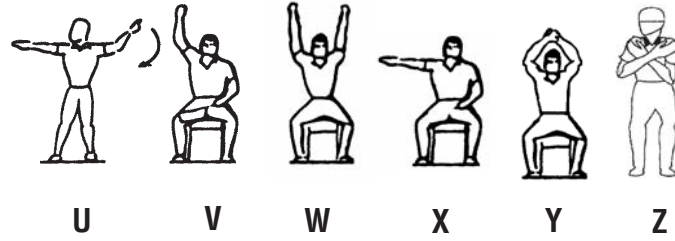
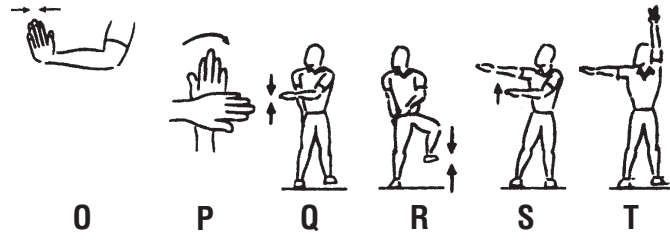
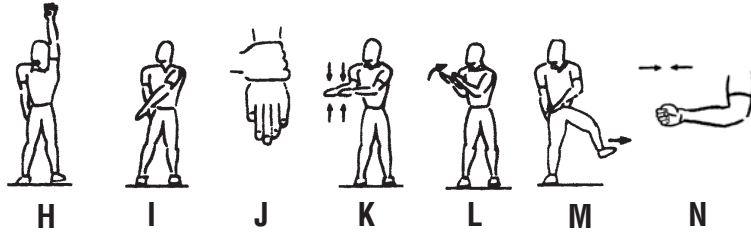
APPENDIX E – SIGNALS TO BE USED BY OFFICIALS

- Fig. A The referee lowers the arm from a vertical position and blows the whistle to signal (i) the start of the period, (ii) the restart after a goal and (iii) the taking of a penalty throw.
- Fig. B To point with one arm in the direction of the attack and to use the other arm to indicate the place where the ball is to be put into play at a free throw, goal throw or corner throw.
- Fig. C To signal a neutral throw. The referee points to the place where the neutral throw has been awarded, points both thumbs up and calls for the ball.
- Fig. D To signal the exclusion of a player. The referee points to the player and then moves the arm quickly towards the boundary of the field of play. The referee then signals the excluded player's cap number so that it is visible to the field of play and the score table. After the ball is put into play, the referee shall call out the cap color and number of the offending player to the score table.
- Fig. E To signal the simultaneous exclusion of two players. The referee points with both hands to the two players, signals their exclusion in accordance with Fig. D, signals the players' cap numbers, calls the ball out of the pool, calls out the cap colors and numbers of the offending players to the score table, and awards a free throw to the team on offense. If neither team was in possession of the ball, a neutral throw is awarded.
- Fig. F To signal the exclusion of a player from the remainder of the game with substitution. The

- referee signals exclusion in accordance with Fig. D (or Fig. E, if appropriate) and then rotates both hands round one another in such a way that is visible to both the field of play and the score table. The referee then signals the excluded player's cap number to the field of play and to the score table and then calls out the cap number of the offending player to the score table. The referee also must notify the scorer of this ruling, including the general reason for the game exclusion, such as misconduct, the entrance of a player not entitled to participate or an excluded player walking to the re-entry area, etc.
- Fig. G To signal the exclusion of a player from the remainder of the game for flagrant misconduct. The referee signals exclusion in accordance with Fig. D (or Fig. E if appropriate) and then crosses the arms down over the abdomen in such a way that this signal is visible to both the field of play and the score table. The referee then signals and calls the excluded player's cap number to the field of play and to the score table. The referee also must notify the scorer of this ruling for notation on the scoresheet.
- Fig. H To signal the award of a penalty throw. The referee raises one arm with five fingers in the air. The referee then signals the offending player's cap number to the field of play and to the score table. The referee shall also call out the cap color and number of the offending player to the score table.
- Fig. I To signal that a goal has been scored. The referee signals by whistle and by immediately pointing to the center of the field of play. The referee shall signal the cap number and call out the cap color and number of the player scoring the goal to the score table.
- Fig. J To indicate the exclusion foul of holding an opponent. The referee makes a motion holding the wrist of one hand with the other hand.
- Fig. K To indicate the exclusion foul of sinking an opponent. The referee makes a downward motion with both hands starting from a horizontal position.
- Fig. L To indicate the exclusion foul of pulling back an opponent. The referee makes a pulling motion with both hands vertically extended and pulling towards the referee's body.
- Fig. M To indicate the exclusion foul of kicking an opponent. The referee makes a kicking movement.
- Fig. N To indicate the exclusion foul of striking an opponent. The referee makes a striking motion with a closed fist starting from a horizontal position.
- Fig. O To indicate the ordinary foul of pushing or pushing off from an opponent. The referee makes a pushing motion away from the referee's body starting from a horizontal position.
- Fig. P To indicate the ordinary foul of impeding an opponent. The referee makes a crossing motion with one hand horizontally crossing the other.
- Fig. Q To indicate the ordinary foul of taking the ball under the water. The referee makes a downward motion with the hand starting from a horizontal position.
- Fig. R To indicate the ordinary foul of standing on the bottom of the pool. The referee raises and lowers one foot.
- Fig. S To indicate the ordinary foul of undue delay in the taking of a free throw, goal throw or corner throw. The referee raises one hand once or twice with the palm turned upwards.
- Fig. T To indicate a violation of the two-meter rule. The referee indicates the number 2 by raising the fore and middle fingers in the air with the arm vertically extended.
- Fig. U To indicate the ordinary foul of expiration of 30 seconds possession or of relinquishing possession of the ball before 30 seconds has elapsed. The referee moves a hand in a circular motion two or three times and points in the opposite direction.
- Fig. V By a goal judge to signal for the start of a period by raising one arm vertically.
- Fig. W By a goal judge to signal an improper start by raising both arms vertically.
- Fig. X By a goal judge to signal a goal throw or a corner throw by pointing the arm in the direction of the attack.

- Fig. Y By a goal judge to signal a goal by raising and crossing both arms.
- Fig. Z By a coach in the last minute of the game or the last minute of overtime to request a free throw and to maintain possession of the ball instead of taking the penalty throw awarded. The coach crosses both arms up across the chest. If the coach decides to request the penalty throw, the coach raises an arm with five fingers in the air.
- Fig. AA To indicate a player's cap number (signals for 1, 2, 3, 4, 5, and 10). To enable the referee to communicate better with the players and the secretary, signals are made using both hands, if appropriate, when the number exceeds five. For numbers 6 through 9, one hand shows five fingers, with the other hand showing additional fingers to make up the sum of the player's number. For the number ten, a clenched fist is shown. For numbers 11 through 15, one hand is shown as a clenched fist with the other hand showing additional fingers to make up the sum of the player's number. For cap numbers 16 through 19, the referee holds up one clenched fist. With the other hand the referee holds up first five fingers and then raises the other digits as necessary for the cap numbers. The referee must also call out the cap number to the players in the field and to the score table. **NOTE:** The referee shows the higher number of fingers on the right hand. For example, to signal number 16, the referee will clench the right fist and then show 5 fingers with the left hand, followed by the thumb of the left hand.
- Fig. BB. To indicate cap number 20, the referee raises and clenches both fists. To indicate cap numbers above 20, the referee clenches both fists and then raises the correct number of fingers on the right hand to indicate cap numbers 21 through 25 or uses two hands if the cap number is above 25. The referee must also call out the cap number to the players in the field and to the score table.
- Fig. CC To signal a minor act of misconduct. The referee rotates one arm/forearm in a circular motion so that it is visible to the other players, coaches and score table. The referee must signal the offending player's cap number to the players in the water and to the score table. After the ball is put in play, the referee must also call out the cap color and number and the nature of the offense (minor act of misconduct) to the score table.





**APPENDIX F – INSTRUCTIONS FOR REFEREES FOR OFFICIATING IN
SHALLOW-BOTTOM POOLS**

The goal of this instruction is to increase the consistency of the punishment for inappropriate use of the bottom by either the offense or defense in a pool involving a shallow bottom (less than two meters deep) and to decrease the number of times a player chooses to use the bottom during a game because of the deterrent effect of a severe punishment (exclusion or contra foul) for doing so. In pools over two meters (6.5 feet) deep, the rules are very clear and should be applied as written.

For pools with shallow ends less than two meters deep, referees are instructed to apply the following rules.

- (1) Rule 20-5 and Rule 7-3: Referees should continue to apply these rules in all games. Under Ordinary Fouls Rule 20-5 states, "It is an ordinary foul to take any active part in the game when standing on the floor of the pool, to walk when play is in progress or to jump from the floor of the pool to play the ball or tackle an opponent. This rule shall not apply to the goalkeeper while within the goalkeeper's 5-meter area. In addition, referees are expected to apply Rule 7-3, Advantage Rule, which states, "The referees shall refrain from declaring a foul if, in their opinion, such declaration would be an advantage to the offending player's team. The referee shall not declare an ordinary foul when there is still a possibility to play the ball." These are the same guidelines that have been used previously. That is, if either the offense or the defense gains an advantage by standing or pushing off the bottom, the ordinary foul described in Rule 20-5 should be called. This will result in a free throw to the offense if committed by the defense and a turnover if committed by the offense. Referees must be especially aware of an offensive player using the bottom to gain an advantage in transition after a turnover in the shallow end. Referees must also apply the advantage rule (Rule 7-3) and refrain from calling the ordinary foul against the defense if that would take away an offensive advantage.
- (2) Rule 20-9 and Rule 21-8: A new instruction to referees is included in the special case of a shallow-bottom pool.
Under Ordinary Fouls, Rule 20-9 states, "It is an ordinary foul to impede or otherwise prevent the free movement of an opponent who is not holding the ball, including swimming on the opponent's shoulders, back or legs. 'Holding' is lifting, carrying or touching the ball, but does not include dribbling the ball."
Under Exclusion Fouls, Rule 21-8 states, "It is an exclusion foul to hold, sink or pull back an opponent who is not holding the ball. 'Holding' is lifting, carrying or touching the ball but does not include dribbling the ball."
In the special case of games played in shallow-bottom pools referees are instructed as follows: A defensive player who uses the bottom to otherwise impede or hold an offensive player and prevent him or her from moving will be excluded for 20 seconds for holding under Rule 21-8. Even if this foul might otherwise have been viewed as impeding under Rule 20-9, in this special situation (shallow bottom) using the shallow bottom will be considered an exclusion foul. This rule is to be applied whether the player on offense is holding the ball or not.
This rule also applies to the situation where a defensive player uses the bottom to improve his or her defensive position and take away an advantage created by the offense. For example, if the ball is passed into the center forward and a defender guarding another player launches him or herself off the bottom in order to slough or crash on the center forward, this will be deemed a violation of this rule as the defender has now been able to impede the offense by use of the bottom. This would also apply to a defender on the perimeter who uses the bottom to take away an advantage gained by a player on offense on a drive.
- (3) Rule 22-2: Referees must also be aware of Rule 22-2, which states that it is a penalty foul "For a defending player to commit any foul within the 5-meter area but for which a goal probably would have resulted." This includes jumping off the bottom by any player other than the goalkeeper to prevent a probable goal.
NOTE: If a coach wishes to have the same referee call the shallow bottom throughout the entire game, the coach may request that the teams change ends and benches after each period (and overtime period). In this instance the referees do not change sides throughout the game (Rules 11-2 and 13-1).

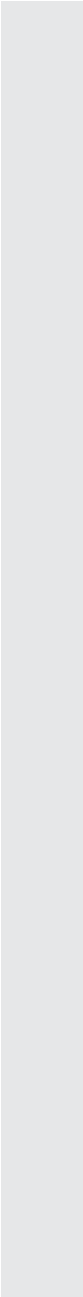
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National Federation of State
High School Associations



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Participation in education-based interscholastic athletics and performing arts programs:

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- Promotes student academic achievement.
- Develops good citizenship and healthy lifestyles.
- Fosters involvement of a diverse population.
- Promotes positive school/community relations.
- Is a privilege.

The NFHS:

- Promotes and protects the defining values of education-based interscholastic activity programs in collaboration with its member state associations.
- Serves as the recognized national authority on education-based interscholastic activity programs.
- Serves as the pre-eminent authority on competition rules for education-based interscholastic activity programs.
- Promotes fair play and seeks to minimize risk for student participants through the adoption of national competition rules and delivery of programs and services.
- Delivers quality educational programs to serve the changing needs of state associations, school administrators, coaches, officials, students and parents.
- Provides professional development for NFHS member state association staff believing that cooperation among state associations advances their individual and collective well-being.

National Federation of State
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Suggested Guidelines for Management of Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

Common Signs and Symptoms of Concussion Include:

- headache
- fogginess
- difficulty concentrating
- easily confused
- slowed thought processes
- difficulty with memory
- nausea
- lack of energy, tiredness
- dizziness, poor balance
- blurred vision
- sensitive to light and sounds
- mood changes – irritable, anxious or tearful
- appears dazed or stunned
- confused about assignment
- forgets plays
- unsure of game, score or opponent
- moves clumsily
- answers questions slowly
- loses consciousness
- shows behavior or personality changes

Suggested Concussion Management:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

For further details please see the “NFHS Suggested Guidelines for Management of Concussion” at www.nfhs.org.

January 2011

National Federation of State
High School Associations



Equipment Guidelines

1. Each NFHS sports rules committee is responsible for recommending the official playing rules to the NFHS Board of Directors for adoption. The committee is not responsible for testing or approving playing equipment for use in interscholastic sports. Equipment manufacturers have undertaken the responsibility for the development of playing equipment that meets the specifications established by the committee. The NFHS urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NFHS nor the applicable NFHS sport rules committee certifies the safety of any sport equipment. Only equipment that meets the dimensions and specifications in the NFHS sport rules may be used in interscholastic competition. While the committee does not regulate the development of new equipment and does not set technical or scientific standards for testing equipment, the committee may, from time to time, provide manufacturers with guidance as to the equipment-performance levels it considers consistent with the integrity of the game. The committee reserves the right to intercede to protect and maintain that integrity.

2. Each NFHS sport rules committee suggests that manufacturers planning innovative changes in sports equipment submit the equipment to the applicable NFHS sport rules committee for review before production.

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General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

Universal Hygiene Protocol for All Sports

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

Infectious Skin Diseases

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on "time until return to competition." Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

Blood-Borne Infectious Diseases

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

Other Communicable Diseases

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During times of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the "Infectious Disease and Blood-borne Pathogens" and "Skin Disorders" sections contained in the NFHS Sports Medicine Handbook.

Revised and Approved in 2010

National Federation of State
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Guidelines on Handling Contests During Lightning Disturbances

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the "Guidelines for Lightning Safety" contained in the NFHS Sports Medicine Handbook.

Reviewed and Approved in 2010

National Federation of State
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Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give students special consideration.

The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

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Officials Code of Ethics

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

Officials shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.

Officials shall work with each other and their state associations in a constructive and cooperative manner.

Officials shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public.

Officials shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.

Officials shall be punctual and professional in the fulfillment of all contractual obligations.

Officials shall remain mindful that their conduct influences the respect that student-athletes, coaches and the public hold for the profession.

Officials shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.

Officials shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.

Officials shall maintain an ethical approach while participating in forums, chat rooms and all forms of social media.

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