

November 12, 2012

Dear Swimming Coaches and Officials:

We hope the first week of practice has gone well as you prepare your athletes for their first competition in the upcoming weeks. We want to address this year rules changes that may need further clarification. Our hope is the letters will facilitate a more consistent application and understanding of the rules across the state.

2012-2013 IMPORTANT DATES

District Competition: Saturday, February 2, 2013 – 12:30 pm

State Competition: Saturday, February 9, 2013 – 12:30 pm

2013-2014 IMPORTANT DATES

Please note that 2013-14 is a roll-back year.

First Legal Practice Date: Monday, November 11, 2013

First Legal Competition Date: Tuesday, November 26, 2013

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

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

2012-2013 INFORMATION

2012-13 Rules Books

Each swimming school and official should have received a copy of the 2012-13 NFHS Swimming and Diving Rules Book. Rules books were mailed to schools from our office during the last week in August, while officials were sent their copy during the second week in July. Please keep this rules book through the 2013-14 season, as we will not be mailing out new rules books next year. You will receive a new rules book in the fall of 2014. The IHSAA will post any rules and editorial changes on our website that take place for the 2013-14 season.

The NFHS has granted us permission to post an electronic copy of the 2012-13 Swimming and Diving Rules Book. Individuals may view the electronic copy of the rules book at any time, but they cannot cut, copy, or paste any portion of the rules book.

2012-2013 Rules Meeting

The 2012-13 Swimming and Diving Rules Meeting is active on the IHSAA website through November 20, 2012. Head coaches are required to view the rules meeting in order to coach in post-season competition. Officials are required to view the rules meeting and pass the swimming examination in order to become registered and work any high school meet.

NEW: QUIKSTATS REQUIREMENT

Based on a recommendation from the Swim Coaches Advisory Committee and approved by the IHSAA Board of Control, coaches are now required to enter meet results onto www.quikstatsiowa.com. Instructions were e-mailed to coaches and athletic directors on November 5. There will be 3 checkpoints throughout the regular season: Tuesday, December 11; Tuesday, January 8; and Tuesday, January 29. All meets completed through the previous Saturday of each reporting date need to be included in the statistical data. Statistical data must also be entered by the Tuesday after both the district and state meet. The penalty for failure to report on time is:

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

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

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

2012-13 Rules Changes

Please consult your rule book and/or the online rules meeting for the exact wording of the rules changes.

3-3-2: Clarifies the penalties for a swimmer wearing illegal attire such as an illegal cap and separates these penalties from the penalty for illegal construction of a swimming suit.

Rational: 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: 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.

Rational: 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 local levels 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: The initiation of the turning action in the backstroke may be initiated by an upward or downward, underwater movement of the head.

Rational: 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.

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.

Rational: 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.

District Meet Information

The six district meets will be held on Saturday, February 2, 2013 at 12:30 pm. The district hosts and team assignments are now posted on our web site. The IHSAA will not post individual district meet information as it has done in the past. We will still communicate with each school how to make its district entries, but each district meet manager will be responsible for communicating the particulars of their individual site to the participating school. As we approach the district meet, please be on the lookout from your district meet manager regarding district meet information.

State Meet Information

The state meet will be held at the Marshalltown Community Y on Saturday, February 9, 2013 at 12:30 pm. More information regarding the state meet will be sent out in early January.

At its meeting in May, the Swim Coaches Advisory Committee made two proposals regarding the state swim meet that were then approved by the IHSAA Board of Control. First, schools who qualify for the state meet will complete a competitors' list, similar to that used currently by the Iowa Girls' High School Athletic Union. After the state qualifiers are posted on the IHSAA web site, someone in our office will email the head coach with the number of wristbands his/her team has earned for the state meet. In addition to the number of wristbands, we are also hoping to list your school's individual event qualifiers, so they are not left off of the competitors' list. Each school must submit their competitors' list to the IHSAA via email or fax by 12 Noon, Tuesday, February 5. The athletes that swam in the relay at the district meet will be the athletes listed in the back of the state swim meet program. The IHSAA and Marshalltown Community Y staff and volunteers will use the competitors' lists at the pass gate for the state swim meet, and the athletes will receive their competitor wristbands at as they pass through the pass gate on the Saturday morning of the state meet.

The committee also recommended implementing the current tie-breaking procedure for 24th place for all heat and lane assignments.

State Relay Event Participants and Alternates

The Swim Coaches Advisory Committee has asked the IHSAA to help clarify its current policy regarding relay alternates at the state meet. A school earns one additional wristband for each relay it qualifies for the state meet, in addition to the number of athletes who swam on qualifying relays or in individual events. Relay alternates may be in the team's state qualifying photo, but they will not receive a team picture plaque. We hope the following examples help clarify the current wristband policy.

- 1) Team A qualifies a 200 yard medley relay team. One of the swimmers on that relay team also qualifies in the 50 free. Team A would receive 5 wristbands, for the 4 who swam on the relay and the 1 alternate. You can write down any four names for the 200 yard medley relay. In this case, your individual qualifier has to either participate or be the alternate on the relay because your squad earned 5 participant wristbands from its district meet performances.
- 2) Team A qualifies a 200 yard medley relay team. All four swimmers that swam on the relay team at the district meet also qualify in individual events. In this case, Team A would still only receive 5 wristbands since 4 individual qualifiers swam on a qualifying relay team. At least 3 of the 4 swimmers who swam on the relay at the district meet would still have to swim on the relay at the state meet because your squad earned 5 participants wristbands from its district meet performances.
- 3) Team A qualifies a 200 yard medley relay team and a 400 free relay team. Team A qualifies no individual qualifiers. Two athletes swim on both relays at the district meet. Team A will have 8 participant wristbands for the meet (6 qualifiers who got wet at the district meet and 2 alternates). You have the choice of what athletes will be given those wristbands because you have no individual qualifiers. With this example, a school could have eight different athletes swim on those relays at the state meet that who swam them at the district meet.

We understand a school may need an alternate to replace an athlete who became injured or ill after the district meet, but we also know that the majority of alternates at the state meet do not get wet. We feel comfortable with our current alternate policy and by adopting the competitor list, we feel we have given some flexibility to coaches in putting together their relays.

State Meet Venue

At its meeting in May, the Swim Coaches Advisory Committee discussed the current state meet venue and concerns voiced by coaches at their spring conference. The IHSAA wants to share what was discussed with the committee.

First we acknowledge the University of Iowa has built a spectacular swimming facility in its Campus Recreation and Wellness Center. However, this new facility in Iowa City is not large enough to hold the almost 1,500 fans that attend the state swim meet annually. After reserving seats for coaches and athletes, the Community Y can hold 400 more fans than the University of Iowa. To address another seating issue, it was the IHSAA and not the Community Y who put an end to reserve seating for the state meet. We felt that with all the seats over the pool, there was no need for a reserved seat like there was in the old University of Iowa facility. This February's state meet will be ninth meet hosted at the Community Y of Marshalltown. The IHSAA is grateful for its relationship with the Community Y and the large number of Marshalltown volunteers who give up a Saturday in order to make the state meet a success. We look forward towards working with the Community Y through 2015 and possibly beyond.

General Information and Reminders

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

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

Have a great beginning of the season and a wonderful Holiday season.

Sincerely,

Jared Chizek

Bud Legg