

SWIMMING

Each member swimming school receives one copy of the National Federation of State High School Associations Swimming, Diving & Water Polo Rules Book. **Unless other rules are adopted by the Board of Control, member schools will follow the rules published in the National Federation's Rules Book. Please note beginning with the 2010-11 school year, swimming rules books will be sent out on an every other year basis. Schools were sent a 2012-13 NFHS Swimming and Diving Rules Book this fall. Please keep this book through the 2013-14 season as no rule books will be sent out for the 2013-14 school year. All rule updates will be sent each school through the IHSAA.**

REGULATIONS PERTAINING TO SWIMMING MEETS AND PRACTICE

Year	First Practice: Week/Date	First Contest: Week/Date
2012-13	Week 19/November 5	Week 21/November 20
2013-14	Week 19/ November 11	Week 21/November 26
2014-15	Week 19/November 10	Week 21/November 25
2015-16	Week 19/November 9	Week 21/November 24

1. **Schools may not start swimming practice before Week 19/November 5, 2012**, and no practice may be conducted after the state meet is concluded.
2. **No interscholastic swimming contest may be held by member schools of the IHSAA prior to Week 21/November 20, 2012.**
3. **Each school is allowed a maximum of 12 competition dates prior to district competition.** The 12 date limitation pertains to individual swimmers as well as a school's team. *EXAMPLE: You may have 12 freshmen meets, 12 junior varsity meets, and 12 varsity meets. Each individual swimmer may compete a maximum of 12 dates during the regular season, not including district and state competition.*

If a school is competing in a multiple level meet (EXAMPLE: junior varsity/varsity, sophomore/varsity, freshmen/junior varsity), or a double dual, on the same day, at the same site, an individual may compete in both meets as long as he does not violate the NFHS individual participation rule (3-2-1). That rule states, "A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events." Rule 3-2-1 is a daily participation rule and pertains to the number of events an individual swimmer may enter on a given day.
4. **Scrimmages between schools are not allowed** in swimming.
5. **Member schools are not permitted to participate in any interscholastic swimming competition from December 24 through January 1.** This does not exclude a school from practicing during this time.
6. **During all regular season competition (dual, double dual, triple dual, triangular, and tournaments), a mandatory 10 minute break will be taken immediately following Event #4, the 50 yard freestyle and Event #8, the 200 yard freestyle relay.**

MANDATORY REPORTING OF STATS

Based on a recommendation from the Swim Coaches Advisory Committee, head varsity swim coaches are required to enter statistical data on the IHSAA's statistical web site, www.quickstatsiowa.com. Statistical data needs to be entered by 3:00 PM on Tuesday, December 11th, Tuesday, January 8th, and Tuesday, January 29th. All meets completed through the previous Saturday of each reporting date need to be included in the statistical data. Statistical data must be also entered by the Tuesday after both the District Meet and State Swim 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.

RECOMMENDED WATER DEPTH

The Board of Control of the Iowa High School Athletic Association's policy regarding water depth in the starting end of swimming pools is as follows: "In pools with water depth of 5' or more, the staffing platform may be used in accordance with Rule 2, Section 7, Article 2 of the Swimming, Diving, and Water Polo Rules Book published by the National Federation of State High School Associations. **IF THE DEPTH OF THE WATER IS LESS THAN 4', THE START FOR ALL SWIMMING EVENTS SHALL BEGIN IN THE WATER.**"

PROPER SUPERVISION AT SWIMMING PRACTICES & MEETS

Administrators and coaches need to be aware of the following section of the Iowa Code. Rule (641-15.4(4)"d"(4) of the Iowa Administrative 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. "

WARMUP GUIDELINES

Each swimming school should have warm-up guidelines established to help prevent injuries. The Swimming Advisory Committee recommended many years ago the following guidelines for meet warm-ups. These guidelines also appear in the NFHS Swimming & Diving Rules Book.

1. A supervisor should be on deck during the entire warm-up period. *(Any personnel supervising warm-ups should meet the Iowa Administrative Code requirements of being certified in emergency water safety or being a lifeguard.)*
2. Swimmers should enter the water feet-first, except for starts which are limited to specific 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 or similar sign on the starting platforms of the 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).
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 starts during the last 15 minutes of warm-up.
8. Coaches should stand at the starting end of the pool and verbally start swimmers for starts and pace work.
9. Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.

USE OF TOBACCO PROHIBITED

No team personnel or official shall use any form of tobacco while at or in the vicinity of the contest site. The use of any tobacco by team personnel is considered unsportsmanlike conduct. The penalty for tobacco use by team personnel is disqualification from further participation. (The IHSAA ejection policy is not invoked in this situation as the conduct is not construed as flagrant, violent, or verbal misconduct.) Situations involving officials' use of tobacco at the contest site should be reported to the Athletic Association.

NFHS RULE ADOPTIONS AND EXCEPTIONS

The following rule adoptions and exceptions, as noted in the NFHS Swimming Rules Book, have been adopted by the Iowa High School Athletic Association: **Rule 3-1-2(d)** Unlimited team entries for invitational and non-varsity meets; **Rule 3-2-1 (a; b)** Exhibition competitors allowed, as per rule; unlimited individual entries in pentathlon-type meets; **Rule 5-1 (1) (note)** Swimming events may be modified for junior varsity and invitational competition; **Rule 7-2-4** Suspended meets may be resumed from the point of the suspension.

Rule 3-2-2(note) ENTRY OF RELAY TEAMS WITHOUT INDIVIDUAL NAMES HAS NOT BEEN ADOPTED. Relay teams are to be entered with individual names, including alternates, on the entry form. The relay shall count as an event only for the four swimmers who actually compete.

SWIMMING MEET CHECKLIST

For many years, the Iowa High School Athletic Association, through the Swimming Coaches Advisory Committee, provided a swimming meet checklist to be used when planning major swim meets. The National Federation now prints a similar checklist in the Swimming and Diving Rule Book. **Please refer to the NFHS Web site for suggestions and guidelines for planning major swim meets.**

COACH EJECTIONS

Beginning with the 2010-2011 school year, any coach at any level grades 7-12 who is ejected from an IHSAA sanctioned sport be required to take the NFHS Fundamentals of Coaching elective course "Teaching and Modeling Behavior." The course must be viewed prior to being able to return and coach an interscholastic contest and the certificate of course completion must be sent to the IHSAA office. In addition, the cost of the course will be the responsibility of the individual coach. This mandate is in addition to missing the next playing date at the level of competition he/she was ejected from and all games in the interim.

STUDENT-ATHLETE EJECTION

Any student-athlete at any level grades 7-12 who is ejected from an IHSAA sanctioned sport will be required to take the NFHS Coach Education/Certification Program elective course — Sportsmanship — It's Up to You. The course must be viewed prior to being able to return and participate in an interscholastic contest at any level and the certificate of course completion must be sent to the IHSAA office. This mandate is in addition to missing the next regularly scheduled game/meet which is defined as the next scheduled, rescheduled, or contracted date. There is no cost for this course.

GAME PROTESTS NOT UPHELD

The Board of Control will not uphold any protest by a member school arising from any interscholastic contest involving the question of rules interpretation by any of the contest officials.