

November 19, 2010

Dear Swimming Coaches and Officials:

This is the first of two letters you will receive during the swimming season to address rule's issues that may need further clarification. Our hope is the letters will facilitate a more consistent application and understanding of the rules across the state.

2010-2011 IMPORTANT DATES

First Legal Competition Date: Tuesday, November 23, 2010

District Competition: Saturday, February 5, 2011 - 12:30 pm

State Competition: Saturday, February 12, 2011 - 12:30 pm

2011-2012 IMPORTANT DATES

First Legal Practice Date: Monday, November 7, 2011

First Legal Competition Date: Monday, November 22, 2011

District Competition: Saturday, February 4, 2012 - 12:30 pm

State Competition: Saturday, February 11, 2012 - 12:30 pm

2010-2011 INFORMATION

2010-2011 Rules Changes

3-3-1 new NOTE: Clarifies the FINA mark and/or individual barcode appearing on some swimsuits is not considered a second manufacturer's logo nor a form of advertising. Such swimsuits with a FINA marking are legal for NFHS competition.

Rationale: This NOTE will clarify that new swimsuit markings required by FINA shall not be considered a second manufacturer's logo that would render the suit illegal.

3-3-2b(2): Allows placing one post-construction impermeable school name and/or logo not exceeding 9 square inches on the competitor's swimsuit.

Rationale: Clarifies that a school name and/or mascot may be placed on the suit even though it might be impermeable. The restriction on the size and number of school logos prevents coating the full or significant portion of the suit after construction to make the swimsuit impermeable.

3-3-3: Clarifies that competitors shall not wear or use any device to aid in body compression other than that which occurs by a legal swimsuit.

Rationale: One of the advantages of the technical suits that have not been disallowed was the body and muscle compression which reduced muscle fatigue during competition. This same effect could be replicated by the use of various tapes or other devices that compress muscles, therefore, a restriction to address compression is necessary. This restriction will not prohibit bandages or similar tapes applied for medical purposes or protection of injuries.

8-3-8b: Nullifies use of a lead-off time for qualifying or record in the corresponding individual event if the relay team is disqualified for Conduct or any entry rule violation under Rule 3-2.

Rationale: Currently, only a conduct violation would nullify an otherwise legal lead-off swim on a relay from being recognized as a record or qualifying time in the corresponding individual event. In addition to a conduct violation, the lead-off swim should also be nullified if there is an entry violation that would render the relay team from being entered in the race.

District Meet Information

One (1) minute of cool-down will be provided at the conclusion of each heat of each event, with the exception of the 200 Yard Freestyle Relay and the 400 Yard Freestyle Relay. With the exception of the two mandatory breaks, any warm-up/cool-down area is to be closed once the meet begins.

Rationale: Some facilities have a warm-up/cool-down area while others do not. This would provide consistency and be equitable regardless of the venue. This cool-down would add approximately 30 minutes to the length of the district meet, which normally take about 2 ½ hours beginning at 12:30 PM. A signal would need to be given by the referee/starter indicating the cool-down has begun and allowing relay swimmers 1, 2, and 3 in the 200 Medley Relay to re-enter the pool.

State Meet Information

State Meet Qualifying Photos- All qualifiers and alternates along with their head coach will receive a state qualifying picture plaque courtesy of the Farm Bureau. No picture plaques will be given to individual and team event winners or to the top three place winning schools. Trophies will not be given to the winning relay team in each event. Team and individual photos will be taken at the state meet upon your arrival. Schedules and additional information will be provided closer to the state meet.

Rationale: The philosophy of the state qualifying picture plaques was never to have an individual accumulate more than one picture plaque per state championship. The philosophy was to ensure that each individual would have a keepsake to remember their experience as a state meet qualifier. Slowly, over the last 2-3 years, the IHSAA administrative staff has developed a criteria so that our sports are as consistent as possible regarding the receiving of these picture plaques.

2009-2010 REVIEW

RULE 3-3-2-Suits

Please be sure to read the information regarding legal and illegal swim suits. Another key piece to this is in regards to the number of suits to be worn. Only

one (1) suit is to be worn during competition. A suit worn along with a “drag” suit would be a violation of the rule. Please keep this in mind during competition.

RULE 8-2-2- Breaststroke

Following the turn in the breaststroke, a swimmer’s hands separate slightly after their feet leave the wall, after which the swimmer does a downward butterfly kick before beginning the first arm pull. Legal. After the start and after each turn, any separation, drifting, lateral or downward movement of the hands or arms is considered the initiation of the first arm pull after which the butterfly kick may occur. This is a change from the previous interpretation that the initiation of the arm pull did not occur unless there was continuous motion of the hands and arms.

RULE 8-3 Relay Entries

A coach: enters a swimmer to swim both the lead off and anchor leg of a relay, or enters a swimmer to swim on the JV and Varsity 200-yard freestyle relay teams. Both of these scenarios are illegal. A competitor may only be entered once in an event.

RULE 8-3-8- Official Time for Lead Off Swimmer

The lead off swimmer in the 400-yard freestyle finishes his leg of the race by touching the end wall, but not the pad. The second swimmer leaves the starting blocks. This is a legal relay exchange. When automatic timing is being used, only the final swimmer in a relay is required to touch the pad (when in proper position) to legally finish the race. The first three swimmers only need to touch the end wall. However, with that being said, if the lead off swimmer does not touch the pad, the time cannot count as an official time as the lead off leg.

Stroke Violation Disqualification- Lead off time will stand
Starting Violation Disqualification- Lead off time will stand
Conduct Violation (Rule 3-5)- Lead off time will be nullified

RULE 8-3 NEW 8- Lead Off Swimmer Official Time

The lead off swimmer on relay may be credited with an official time for his relay leg provided all requirements of the start, stroke and finish are legal. 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. A lead off time shall be nullified should the relay team be disqualified for Conduct, under Rule 3-5.

1. Power Rankings- Please find an insert regarding the directions for the inclusion of power rankings for the Iowa High School Swim Coaches Association.

POST SEASON INFORMATION

1. District Sites & Assignments- District Swimming sites and assignments are on our website. All district competition will take place on Saturday, February 5, 2011, beginning at 12:30 PM

2. On-Line Entries- All entries for district competition will be done on-line by logging onto our website and completing the necessary information. We will provide instructions to all schools after the New Year.

3. Six Lanes of Competition- Regardless of the number of lanes the pool has available, only six lanes are to be used for competition at the district meets.

GENERAL INFORMATION & 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."**

No Recall Starting Protocol For False Starts

FOR ONE OFFICIAL-

1. Upon observing the 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).

DUAL CONFIRMATION-FOR TWO OFFICIALS-

1. All officials working the district and state meet will be sent cards for dual confirmation.
2. The referee shall-
 - a. Upon observing a false start, record in writing the lane or lanes that have committed a false start.
 - b. Compare written records with the starter and, upon confirming (non-verbally) 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.
3. 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 (non-verbally) to confirm/not confirm the potential violation(s).

RECALLING THE ENTIRE HEAT-

The starter/referee may recall the entire heat-

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

Dual Confirmation For Relay Take Offs

1. All officials working the district and state meet will be sent cards for dual confirmation.
2. Independently record swimmer and lane.

3. Side judge signals violation when the last swimmer is in the water.
4. Report violations to referee without conferring.
5. If dual confirmation, the relay team is disqualified.

Referee's Protocol for the Start of a Race

1. Announcer or referee announces the event, "Varsity 50 yard freestyle, heat 2"
2. Blow a long whistle
3. "Step up/into the water feet first,"
4. **If necessary**, Blow another whistle & ask for "Quiet for the start please"
5. "Mr./Madame Starter."

Referee/Starter Starting Protocol

1. Announcer announces the event, "Heat 1, 50 yard freestyle."
2. Referee/starter blows a long whistle
3. "Step up" or "Step into the water feet first"
4. **If necessary**, Blow another whistle and ask for "Quiet for the start please,"
5. Referee/starter announces the event, "Heat 1, 50 yard freestyle"
6. "Place your feet," if backstroke start
7. "Take your mark."

Starter's Protocol for Races using the Forward Start

1. Announce the event, "50 yard freestyle,"
2. "Take your mark,"

Starter's Protocol for Races using the Backstroke Start

1. Announce the event, "100 yard backstroke,"
2. "Place your feet,"
3. "Take your mark,"

2 Person System for Starting Protocol to be used at District and State Meet

1. Announcer or referee announces the event, "Heat 1, 50 yard freestyle"
2. Blow a long whistle
3. "Step up" or "Step into the water feet first"
4. **If necessary**, Blow another whistle and ask for "Quiet for the start please,"
5. "Mr./Madame Starter"
6. Announce the event, "Heat 1, 50 yard freestyle."
6. "Place your feet," if backstroke start
7. "Take your mark."

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

Sincerely,

Todd Tharp
Assistant Executive Director

