



SWIMMING & DIVING

ANNOUNCEMENTS – October 11

IMPORTANT DATES

Head Coach Online Rules Exam	October 16 – December 2
Boys Beginning Practice Date	November 18
Emergency Action Plan Rehearsal Day	November 26
Boys Earliest Possible Competition	December 2
Winter Moratorium (NO PRACTICE)	December 22-26
<u>BOYS STATE MEET</u>	February 20-22
Girls Beginning Practice Date	March 3
Emergency Action Plan Rehearsal Day	March 13
Girls Earliest Possible Competition	March 17
<u>GIRLS STATE MEET</u>	May 22-24

COACH RULES EXAM

All (boys and girls) senior high varsity head coaches must successfully complete an NFHS Swimming & Diving Rules Exam and score 90% or better. Coaches get two opportunities to score at least a 90% on the required rules exam. This online exam is available to access **October 16 – December 2**. Be sure to contact your school's athletic director for instructions including your User ID and Password. If coaches do not score the required 90% on the Rules Exam, their school's name will be published in the Activities Journal. Any school whose coach does not complete the online Rules Exam by December 2 will pay a fine of \$100.

There are 55 questions provided for the NFHS Rules Exam. Five of the questions utilize video. Coaches may access the exam to study or print prior to taking it when logged on to the KSHSAA site under *Exams & Online Meetings*. Use your NFHS Rules Book to review and answer the questions before taking the online exam. There are 50 questions for the online NFHS Rules Exam. The 50 questions will be randomly selected from the original 55 questions provided.

COACHING CLINIC

The Kansas Swimming & Diving Coaches Association (KSCA) is hosting a coaching clinic on Saturday, November 2 at Chisholm Trail Middle School in Olathe. Clinicians include KU Head Coach Clark Campbell and Yaseen El-Demerdash – USA Paralympic Swimmer. To register, go to: <https://forms.gle/yWcx45Yr3CZkvS7QA>.

2024-25 NFHS RULES CHANGES & POINTS OF EMPHASIS

To access and review NFHS swimming and diving rules changes and points of emphasis with rationale and explanation for the 2024-25 high school seasons, please go to [NFHS.ORG – SWIMMING & DIVING](https://www.nfhs.org/swimming-diving).

This year's **POINTS OF EMPHASIS** are:

1. Athlete Well-Being
2. Electronic Devices
3. Risk Minimization – Backstroke Ledges



KSHSAA SWIMMING & DIVING MANUAL AND HY-TEK TEAM MANAGER INFO

An online copy of the manual may be accessed on the public KSHSAA Swimming & Diving Homepage. When setting up your school in the Hy-Tek Team Manager™ Software, please use the **ASSIGNED KSHSAA TEAM ABBREVIATION** as listed on pages 30-31 in the manual. Also, input in TM athletes' grade levels (SR, JR, SO, FR).

REGULAR SEASON MEET OFFICIALS

Host schools of regular season meets are strongly encouraged to utilize USA Swimming & Diving Certified Officials and have a minimum of two officials on deck during swimming competitions. Utilizing officials who are knowledgeable of current rules and practices ensures a safe competition environment and prepares participants consistently across the state for how the KSHSAA State Swimming & Diving Championships will be officiated.

Click [HERE](#) to access the 2024-25 NFHS Swimming Officials' Guidelines Manual.

Click [HERE](#) to access the 2024-25 Diving Officials' Manual. Very helpful information for diving judges can be found on pages 13-22 of the manual.

SCHOOLS WITH COOPERATIVE AGREEMENTS

The KSHSAA policy requires that cooperative agreement teams in quasi-team/individual sports (including swimming & diving) compete separately at postseason (state) competition. Leagues have the option of requiring cooperative teams to separate for league championship events. RELAY EVENT state qualifications must be achieved during the regular season by individual schools. In other words, if 3 students from School A and 1 student from School B swim together and earn a state qualifying time in a relay event, it cannot be used as an entry qualifying time for either school. For more information, review carefully the K- Form signed and agreed to by each school involved in a cooperative agreement.

ORDER & LENGTH OF EVENTS – NFHS RULE #5-1-1

If your school hosts a meet that does not follow the normal order and length of events such as a Relay Meet or Pentathlon Meet, be sure to request permission from the KSHSAA in writing providing meet details such as meet name, location, date, events, and participating schools and email request to rgarman@kshsaa.org.



OLYMPIC DEVELOPMENT PROGRAM (ODP) – KSHSAA RULE #4

Member schools may apply per KSHSAA Rule #4 – ODP for their athletes to compete in sanctioned USA Swimming & Diving Meets. For a complete list of the 2024-25 approved meets click [HERE](#). KSHSAA Member Schools must apply by writing a letter on school letterhead, 30 days prior to the event, requesting approval for their athletes to compete in the USA Swimming & Diving Meet. The letter must be signed by: Principal, Athletic Director, Scholastic Swim Coach, & Athlete. These meets will count towards the limit of 10 meets for a season.

VIOLATION – COMPETING IN NON-APPROVED ODP/USA MEETS – KSHSAA RULE #22

A member of a high school swimming & diving team may NOT compete in an outside USA/Club Meet that is NOT on the ODP Approved List during their high school season. If an athlete violates this KSHSAA rule, he/she is ineligible for the remainder of season (no more practice or competition with a high school team) unless he/she is reinstated by the KSHSAA Executive Board. Also, please remember any swimmer/diver wanting to compete in a USA/Club Meet on the ODP/USA Approved List during the regular season must first receive permission from the school. Then, the school must submit a request for approval to the KSHSAA and receive approval from KSHSAA prior to the event.

STUDENT SAFETY REMINDERS – THANK YOU FOR YOUR EFFORTS MINIMIZING RISK FOR KS STUDENTS!

Double-check and verify with your athletic director that all your athletes are eligible to compete.

(Physical Examination, Parental Consent Rule #7, and Individual Eligibility Rules #12-26 in the [KSHSAA HANDBOOK](#))

· Lightning Safety-[KSHSAA LIGHTNING GUIDELINES](#)

· Emergency Action Plans – Recommended Rehearsal Date = November 26

- An emergency action plan should be in place for every sport, team and venue.
- For assistance in developing an EAP or finding additional resources to improve your EAPs, click [HERE](#).
You will find an EAP template you can download if needed.
- The emergency action plan should be rehearsed by EVERYONE involved, at least one time annually.
- **An automated external defibrillator (AED) should be readily available at any practice or competition.**
- **Review the PPE.** Be sure your coaches are aware of any pre-existing conditions in their student-athletes that were indicated on their PPE (e.g., allergies, asthma, diabetes, cardiac abnormalities, sickle cell trait, concussion history, required medications, etc.).

· Have all coaches including assistants completed the CPR/AED training requirement?

- Click [HERE](#) to learn more about this KSHSAA Requirement.

· Concussion Recognition and Management

- Click [HERE](#) for information regarding concussion recognition and proper management.
- Know the state law and associated [KSHSAA GUIDELINES](#).
- Per Executive Board policy, all coaches, student participants and school administrators responsible for event coverage must complete a concussion education program.
- **ANY** concussion sustained while participating in a KSHSAA sponsored activity (practice or competition) is to be reported to the KSHSAA via the online [CONCUSSION REPORTING PORTAL](#).

· Coach/Sponsor Reference Guide

- Click [HERE](#) to download a reference guide coaches can use for basic emergency management guidelines. This is an excellent tool for coaches to keep on hand and regularly review.

SWIMMING STATE QUALIFYING STANDARDS & CONSIDERATION TIMES

To view State Qualifying and Consideration Time Standards, go to the [KSHSAA SWIM & DIVE HOMEPAGE](#).

BOYS DIVING STATE QUALIFYING STANDARDS

6-Dive Meet: 10.7 DD on 5 Optional AND 190 Score - at the same meet

Must include all 5 dive categories: forward, back, inward, twisting, and reverse.

11-Dive Meet: 12.8 DD on 6 Optional AND 280 Score - at the same meet

THE STATE MEET IS AN 11-DIVE MEET. Divers must complete the minimum 11-dive degree of difficulty requirement.

DIVING QUALIFICATION DOCUMENTATION

Schools will be required to submit a copy of a state qualifying dive sheet with the referee's signature for state meet diving entries, so coaches, be sure to keep those qualifying diving sheets throughout the season. May submit to rgarman@kshsaa.org anytime during the regular season.

2024-25 DIVING WEEKS – BOYS

(Reference NFHS Rule 9-4-6)

Week 1 (Dec. 2-7) = Forward Group

Week 2 (Dec. 9-14) = Back Group

Week 3 (Dec. 16-21) = Inward Group

Week 4 (Dec. 23 – Jan. 4) = Twisting Group

Week 5 (Jan. 6-11) = Reverse Group

Week 6 (Jan. 13-18) = Forward Group

Week 7 (Jan. 20-25) = Back Group

Week 8 (Jan. 27 – Feb. 1) = Inward Group

Week 9 (Feb. 3-8) = Twisting Group

Week 10 (Feb. 10-15) = Reverse Group



DIVING RESOURCES

There is an incredible diving resource available on the www.nfhs.org site under the activity of swimming & diving. It is titled [ONE METER DIVING TABLE](#). Within this table there are links to video clips of actual divers performing the different dives with stated score ranges. Thus, you can view various dives and see what they should be scored.

KSHSAA RULES REMINDERS

KSHSAA Rule #10 (Section 1, Article 5) – Tuesday after Labor Day until the Friday before Memorial Day

“During the school year but outside the season of a sport, coaches/coaches’ aides may not coach in practice or competition those students they will be coaching the following year in that sport.”

Cannot Coach Your High School Swimmers/Divers during the School Year Outside the Swim & Dive Season.

KSHSAA Rule #22 (Section 1, Article 3) – “A student becomes a member of a school’s athletic squad when he/she first participates in a practice session.”

KSHSAA Rule #30 (Section 2, Article 2)

“A student who is enrolled at the start of a season of sport, must be a member of the squad for the majority of the scheduled varsity contests, in order to be eligible for postseason competition.” Majority means over half. Thus, for schools with a 10-meet schedule, a team member must participate in at least 6 of the 10 meets to be eligible to compete in the state meet.

KSHSAA Rule #40 (Section 2, Article 4)

“No student representing a member school shall participate in more than 10 meets during a season, exclusive of the state meet.”