



2023-24 SWIMMING & DIVING ANNOUNCEMENTS – October 10

IMPORTANT DATES

Coach Online Rules Exam	October 11 – November 22
Boys Beginning Practice Date	November 13
Emergency Action Plan Rehearsal Day	November 21
Boys Earliest Possible Competition	November 27
Winter Moratorium (NO PRACTICE)	December 24-28
<u>BOYS STATE MEET</u>	February 15-17
Girls Beginning Practice Date	February 26
Emergency Action Plan Rehearsal Day	March 7
Girls Earliest Possible Competition	March 11
<u>GIRLS STATE MEET</u>	May 16-18

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. This online exam is available to access **October 11 – November 22**. Be sure to contact your school's athletic director for instructions including your User ID and Password. Those coaches who do not receive a score of 90% or better must take an Exam 2. If they do not score 90% or better on the 2nd 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 November 22 will pay a fine of \$100.

There are 55 questions provided for the NFHS Rules Exam. Five of the questions utilize video. 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 4 at Wichita-North High School. Presenters and topics include in-water stroke clinics from Ron Neugent (1980 Olympian), a dietitian, dryland and dynamic warmup ideas and discounts from ASCA and Swimcloud. For more information, contact KSCA President – Dale Heckman (Wichita-Heights) dheckman@usd259.net or KSCA Secretary – Melody Turley (Wichita-North) mturley@usd259.net.

2023-24 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 2023-24 high school seasons, please go to [NFHS.ORG – SWIMMING & DIVING](https://www.nfhs.org/swimming-diving).

This year's [POINTS OF EMPHASIS](#) are:

1. Risk Minimization
2. National Trends
3. Participant & Spectator Unsporting Conduct
4. Designated Areas for Photographers



2 NFHS RULES CHANGES TO HIGHLIGHT

8-2-1g: Removes the language about some part of the body at or above the surface during a backstroke finish.

Rationale: The change aligns with national trends, allows the official to concentrate on the backstroke finish (wall touch), and may prevent lunging at the wall which reduces risk. The backstroke flags are positioned at the 5-yard mark in 25-yard pools and at the 5-meter mark in 25-meter facilities and shall be used as the point where the swimmer may resubmerge once their head is at or beyond this mark.

SITUATION: As the backstroke swimmer approaches the wall to finish the event, the swimmer's head passes the flags and the swimmer submerges and dolphin-kicks to the wall. The meet referee disqualifies the swimmer because of the forward propulsion caused by the underwater kick. **RULING:** Incorrect ruling. Once some part of the swimmer's head has passed the backstroke flags, the swimmer may partially or completely submerge and continue kicking until touching the wall. (8-2-1g)

9-7-4c: Adds a penalty for when a diver's head is too close to the diving board. The diving referee shall make the determination and inform diving judges to score the dive as unsatisfactory.

Rationale: Minimizes the risk factor of the diver performing the dive in a way that brings the diver's head too close to the board (within 6 inches). A dive that is performed with the diver's head unsafely close to the board is at least equally important as a diver touching the board with their hands or feet. The diving referee will be responsible for making the call and will instruct judges to score a maximum of two points. The diving referee shall be seated in line with the end of the board to have an accurate line of site for judging this new requirement.



SITUATION: Prior to the diving event, the diving referee asks to be seated in line with the end of the diving board. The host coach refuses to allow this to happen, stating that their diving coach always sits in that position. The diving referee insists on being seated in line with the end of the diving board. **RULING:** Correct procedure. The diving referee is responsible for determining if the diver's head is too close to the board as it passes the horizontal plane, and therefore, it is strongly recommended that the diving referee shall be seated in line with the end of the board to have an accurate line of site for judging this new requirement. (9-7-4c)

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.

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.

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 21**

- 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.

KSHSAA & NFHS RULES REMINDERS

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 2023-24 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.

NFHS Rule #5 (Section 1, Article 1) – Order and Length of Events and Virtual Competitions

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. Any Virtual Competitions need approval as well and must include all host sites/locations. Requests can be emailed to rgarman@kshsaa.org.

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 #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.”

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.

2023-24 STATE QUALIFYING STANDARDS & CONSIDERATION TIMES

State Qualifying and Consideration Time Standards for both boys and girls are posted on the [KSHSAA SWIMMING & DIVING HOMEPAGE](#).

BOYS DIVING STATE QUALIFYING STANDARDS

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

NEW: *Must include all 5 dive categories: forward, back, inward, twisting, and reverse in a 6-dive meet and have a 10.7 DD and score at least 190 to qualify for the state meet.*

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 meet referee’s signature for state meet diving entries, so coaches, be sure to keep those qualifying diving sheets throughout the season.

2023-24 DIVING WEEKS – BOYS (Reference NFHS Rule 9-4-6)

Week 1 (Nov. 27 – Dec. 2) = Forward Group

Week 6 (Jan. 8-13) = Forward Group

Week 2 (Dec. 4-9) = Back Group

Week 7 (Jan. 15-20) = Back Group

Week 3 (Dec. 11-16) = Inward Group

Week 8 (Jan. 22-27) = Inward Group

Week 4 (Dec. 18-30) = Twisting Group

Week 9 (Jan. 29 – Feb. 3) = Twisting Group

Week 5 (Jan. 1-6) = Reverse Group

Week 10 (Feb. 5-10) = 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. Also, click [HERE](#) to access the 2023-24 Diving Officials’ Manual. Very helpful information for diving judges can be found on pages 13-22 of the manual.