

NFHS Swimming & Diving Rules Changes 2009

2-7-9: It is no longer required, but is recommended the meet score be posted and/or announced throughout the meet.

Rationale: There are many meets where it is impractical to announce the score due to lack of a PA system and/or the presence of an announcer. Recommending rather than requiring the announcing and posting accommodates what is already occurring, yet still supports this communication when practical.

3-3-1: Requires the wearing of a one piece competitive suit.

Rationale: The competition suits are manufactured as one piece. The two piece suit option, as originally allowed in the rules, is outdated. This does not prohibit the wearing of multiple one piece suits.

3-3-2 NEW Suits worn by swimmers shall be limited to the following requirements:

a. only one swimsuit shall be permitted in competition. (A swimmer with special needs may request customization through his/her school to the state association.)

b. the swimsuit shall be:

1. constructed of a woven/knit textile material;

2. permeable (100 percent to air and water);

3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;

4. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings, and waist openings); and

5. constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

Penalty (For ART. 2): When an official discovers a competitor wearing an illegal swimsuit by the wearing of two suits or a suit which is of an illegal construction, the official shall:

1. when reporting prior to the start of the heat, notify the competitor to make legal the swimsuit before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat, the competitor is disqualified from that event and shall not be eligible for further competition until in a legal swimsuit;

2. when the competitor has stepped up on the starting platform but prior to the starting device being activated, direct the competitor to "Step down," disqualify the competitor from that event and he/she shall not be eligible for further competition until in a legal swimsuit;

3. when the starting device has been activated, disqualify the competitor at the completion of the heat; nullify the competitor's performance time and he/she shall not be eligible for further competition until in a legal swimsuit.

Rationale: Technical swimsuits were introduced to the world of swimming approximately two years ago. The advanced technology fundamentally altered the sport, and swimwear became more of a piece of equipment as opposed to a uniform. The rules of swimming have always prohibited the wearing or use of an item that would aid in the swimmer's speed or buoyancy. The technical suits have evolved with little or no regard for these basic rules. In order to preserve the integrity, tradition and heritage of the sport, as well as protect and enhance the interscholastic swimming program, the new requirements and restrictions on swimwear are necessary to promote the educational values of high school athletics by promoting fair play. The immediate implementation date will guarantee fairness in competition throughout the high school swimming seasons and allow the meet officials to fairly and consistently enforce the rule.

4-1-5: Allows swimming and diving officials to dress uniformly in attire, other than all white, as approved by the state association.

Rationale: Many states have adopted officials uniforms that do not consist of all white. This change clarifies state associations determine the colors of officials uniforms.

4-3-1b New NOTE: Prohibits the use of a pistol capable of discharging live ammunition for use as the sounding device.

Rationale: It is not appropriate to use a pistol capable of discharging live ammunition as the sounding device at an educational event. In most cases, state law prohibits firearms on school grounds and at school events.

8-1-2: Permits the competitor to place his/her feet on the end wall, out of the water at the backstroke start, as long as the feet, including the toes, are not above or curling over the lip of the gutter or pool edge.

Rationale: For risk minimization and to enhance the competitor's consistent execution of his/her start, the feet may now be placed in the same position on the end wall for the start, rather than changing position based on water level from pool to pool. At no time shall a swimmer be permitted to have the feet, including the toes, above or curling over the lip of the gutter or pool edge.

8-1-7: Clarifies how a swimmer legally finishes a race when a touch pad has been dislodged and moved out of its proper position on the end wall.

Rationale: This language addresses the contact required to finish the race when the touch pad is not in the proper position on the end wall.

8-3-5 New NOTE 2: Defines a legal start for the second, third and fourth swimmers of a relay team when an in-water start is used.

Rationale: The rules previously did not define a legal start for the second, third and fourth swimmers of a relay team when an in-water start was used.

8-3 New 8: Establishes the requirements under which the first leg of a relay may be recorded as an official time for that stroke/distance.

Rationale: Sets forth the requirements for the first swimmer in a relay to have his/her time to be recorded as an official time for the comparable individual event, including a relay team disqualification, which previously had not been specifically addressed in the rules.

Major Editorial Changes

3-2-7, 4-1-3 NOTE, Appendix C A-2a

Points of Emphasis

1. Posting and Announcing of Meet Scores
2. Legal Competitive Suits
3. Pistol Used as Sounding Device
4. Lead-off Swimmers Establishing an Official Time
5. Compliance with Entry Rules when Using Electronic Meet Management