

~ SWIMMING & DIVING CALENDAR ~

February 6	District certification deadline
February 12-13	Regional meets
February 26-27	State meet

~ NATIONAL FEDERATION SWIMMING & DIVING RULE CHANGES ~

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 The two piece suit option, as originally allowed in the rules, is outdated.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.

Rule 3-3-2 New ART. 2 - (Revised 8/11/2009) - 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.

### ~ NATIONAL FEDERATION POINTS OF EMPHASIS ~

1. Posting and announcing of meet scores - While it is recommended the meet score be posted and announced during meets, it is no longer required. At some meets, there may be no announcer or PA system available and there may be limited personnel helping conduct the meet, which would make posting and announcing the score impractical. Coaches typically keep team scores themselves, but a coach should be able to approach the scorer's table during the meet to inquire about the score. If scores are not posted or announced, the referee may want to periodically ask the scorer for the team score. Whenever practical, the meet score should be posted and/or announced. This will keep coaches and athletes apprised of the progress of the meet, as well as keeping the fans informed and involved with the competition between teams.
2. Legal competitive suits - The option to wear a two piece suit has become outdated from a competitive suit manufacturer's standpoint. Competition suits for swimming and diving are made as one piece. The recreational two piece suit is not appropriate for the interscholastic competition. If it is desired to wear a second suit, this would be allowed by rule, provided it is a one piece suit over another one piece suit.
3. Pistol used as sounding device - For all practical purposes, it is inappropriate to use a pistol capable of discharging live ammunition as the sounding device at an education based interscholastic athletic event. Should a pistol be used as the sounding device, it shall be disabled from being able to fire live rounds. Most states, by state law, prohibit firearms on school grounds and school events.
4. Lead-off swimmers establishing an official time - It has been common practice to accept the time swum by the first swimmer of a relay as an official time for that comparable individual event. This is possible due to the first swimmer being able to execute the swim using a legal start, meet stroke requirements and have a legal finish. Subsequent swimmers in a relay will not meet all three of these requirements for a legal swim as in the comparable individual event. When a relay team is disqualified for a violation by swimmers two, three or four, such as an early start, turn or stroke which results in the relay disqualification, the split time for the lead swimmer shall still be recorded as official. However, should the relay team be disqualified for a conduct violation under Rule 3-5, the split time of the lead swimmer shall be nullified. In high school swimming, proper sporting conduct is paramount and should it become inappropriate by rule, no mark shall stand.

5. Compliance with entry rules when using electronic meet management software - The use of electronic meet management software has certainly made it more efficient for those managing swim meets. This software has also created some minor issues when implementing NFHS rules related to entry procedures. For swimming, host schools may ask for visiting team rosters in advance of the meet so entries can be entered into the computer. For diving, there is a concern about properly identifying the voluntary dives on the diving scoresheet. State associations, or meet management, should communicate with participating schools on how entries will be submitted when electronic meet management software is used to be within the intent and spirit of the rule. The use of electronic meet management software does not change the rules or time frame in which coaches have for making changes in their entries.

### ~ UIL RULE CHANGES ~

All amendments below are effective for the 2009-10 school year, unless otherwise noted.

- In football, Conference 1A, 11-man participating schools will be divided in to two divisions.
- Change in "Reclassification and Realignment" process by which six-man schools determine enrollment figures.
- Allow track and field regional and/or state qualifiers, including alternates to be eligible to participate in any event at a regional and/or state qualifiers meet. (Effective January 2009)
- Changes to the official fee scale for wrestling.
- Allow a school golf coach to coach from green to tee.
- Allow swimming and diving consolation finals at the regional meet.
- Change in the time frame to identify or place overage students in 504 or special education for an athletic eligibility waiver prior to the end of his or her second year in high school.
- Change to the softball practice start date.

### ~ SWIMMING & DIVING PLAN ~

**Excerpt from the *UIL Constitution and Contest Rules*.**

Section 1290: SWIMMING PLAN

- (a) ATHLETIC PURPOSES, CODES, PLAN APPLICABLE. Rules in Sections 1200-1209 also apply to the Swimming Plan.
- (b) DIVISIONS. There shall be two divisions for high school boys and two divisions for high school girls, Conferences 5A and 4A and below.
- (c) ENTRIES.
  - (1) Girls', Boys' Team Restrictions. No girls' team shall compete against a boys' team and vice versa.
  - (2) District Entry. Each school shall submit the official entry blanks with qualifying times to the meet director at least 10 days prior to the district meet unless other arrangements have been authorized by the district executive committee.
  - (3) Regional Entry. Each school shall submit the official entry blank with final district times for seeding purposes to the regional director at least 10 days prior to the regional meet.
  - (4) State Entry. Each school shall submit the official entry blank to the League office 10 days prior to the state meet.
  - (5) Relay Events. In relay events, qualification is by school. Schools may change personnel on relay teams prior to the next UIL qualifying meet according to National Federation regulations.

- (d) **SUBSTITUTION IN INDIVIDUAL EVENTS.** After the entry deadline, there shall be no substitution allowed in the individual events according to National Federation Rules. If the individual place winner cannot compete in the next higher meet, the next place winner may be certified if time allows.
- (e) **QUALIFICATIONS.**
- (1) **Regional Meet Qualifications.** It shall be the responsibility of the district director to submit the district report to the regional meet director by midnight of the day of the district meet. Schools must also submit regional school entries to the regional director at least 10 days prior to the regional meet. The regional director may contact alternate qualifiers to replace individual school entries who are scratched, if time permits.
  - (2) **State Meet Qualifications.** It shall be the responsibility of the regional meet director to submit the regional report to the state meet director by midnight of the day of the regional meet. Schools must submit state school entries to the state director. The League office shall contact additional qualifiers to the State Meet after individual school entries are received.
- (f) **NUMBER OF MEETS.**
- (1) **Number of Meets.** No student representing a participant school shall participate in more than eight meets during the school year, excluding one district meet, the regional meet and the state meet. Each meet a school team enters counts as one meet for each participating individual. Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee. Meets which are limited to three or fewer schools, do not count as a meet for participants, provided there is no loss of school time.
  - (2) **School Week Limitation.** No student representing a participant school shall participate in more than one meet per school week (the first instructional day of the week through the last school day). Exceptions: the regional and state meet and district varsity meets postponed by weather or public disaster, may also be scheduled during the school week.
- (g) **CONSOLATION FINALS.** There shall be no consolation finals in district meets. See Coaches Manual for scoring.
- (h) **CHAMPIONSHIP STRUCTURE.**
- (1) **District Meets.** District meets shall be held in districts with more than six individuals or relays in any event.
  - (2) **Qualifiers to Regional.** Top six individuals and relays shall qualify from district to regional.
  - (3) **Qualifiers to State.** The first place winner in each of eight regional swimming meets and the next eight swimmers with the best regional final times overall will advance to the state meet.
  - (4) **Diving.** In diving, two divers will qualify at each of eight regional meets.
  - (5) **Timing.** Swimmers must have been electronically timed unless the League office grants an exception.
  - (6) **Ties.** If ties occur for positions to the regional or state competitions, the times of the competitors from the district or regional preliminary competition will be considered first with the competitor with the fastest preliminary time advancing to the regional or state meet. If a tie should still exist, then decision as to which qualifier will advance will be made by flipping a coin.
- (i) **DEGREE OF DIFFICULTY.** In diving, there shall be a degree of difficulty requirement for girls and for boys on six optional dives. This rule applies to divers advancing from the regional to the state meet. The requirement for each year will appear in the Coaches Manual.

2009-10 Sport Season Dates and Number of Games Allowed

Sport	Number of Contests Allowed	Conference	First Day of Practice	Certification Deadline	Date(s) of State Championship
* Baseball (Boys)	2 invitational tournaments plus 19 games or 3 invitational tournaments plus 17 games	all conferences	1/29	5/4	6/9-12/2010
* Basketball (Girls)	3 invitational tournaments plus 21 games	all conferences	10/21	2/13	3/4-6/2010
* Basketball (Boys)	3 invitational tournaments plus 21 games	all conferences	10/28	2/20	3/11-13/2010
** Cross Country (Girls & Boys)	8 meets	all conferences	year round	10/31	11/14/2009
* Football (Boys)	10 games	Districts w/byes in first playoff round Districts w/o byes in first playoff round 2A, 3A, 4A, 5A w/no spring training 4A, 5A w/spring training	8/3 8/3 8/3 8/10	11/14 11/7 11/7 11/7	12/12/2009--Division I— 1A 11-man, 2A, 3A; 1A 6-man Division I & II 12/19/2009--Division II— 1A 11-man, 2A, 3A, 4A; 4A, 5A Division I & II
** Golf (Girls & Boys)	8 tournaments	1A, 2A, 4A, 3A, 5A	year round	4/17 4/17	5/10-11/2010 5/13-14/2010
* Soccer (Girls & Boys)	3 invitational tournaments plus 15 games	4A 5A	11/30 11/30	3/16 3/20	4/8-10/2010
* Softball (Girls)	2 invitational tournaments plus 19 games or 3 invitational tournaments plus 17 games	all conferences	1/22	4/27	6/3-5/2010
** Swimming & Diving (Girls & Boys)	8 meets	all conferences	year round	2/6	2/26-27/2010
* Team Tennis (Girls & Boys)	8 tournaments (team & individual combined)	4A, 5A	year round	10/27	11/6-7/2009
** Tennis-Individual (Girls & Boys)	8 tournaments total (team & individual combined)	all conferences	year round	4/17	5/10-11/2010
** Track & Field (Girls & Boys)	8 meets	2A, 3A, 4A, 5A 1A	year round	4/17 4/10	5/14-15/2010
* Volleyball (Girls)	3 invitational tournaments plus 23 matches-all conferences	all conferences	8/3	10/31	11/19-21/2009
** Wrestling (Girls & Boys)	8 tournaments	all conferences	year round	2/6	2/26-27/2010

\*\*District chair is responsible for sending certification form to the UIL office.

\*\*District chair is responsible for sending district results to regional director.