

DOUGLAS GLAESER
1363 GARDENIA LANE
LA VERNE, CALIFORNIA 91750
909-596-2707
E-mail: dglaeser@csupomona.edu

DATE: January 20, 2005
TO: CIF Section Commissioners
FROM: Doug Glaeser, CIF State Rules' Interpreter

This memorandum is accompanied by a CD-ROM (70-slide Power Point presentation) of descriptions, diagrams and situations for the 2005 rules. References below are to the slides in that presentation. Each Section office has a copy, and the area presidents of the officials' association which serves the Southern and LA City Sections also have a copy of the CD. Please also consult the Points of Emphasis section (p. 67 of the 2004-05 NFHS Swimming/Diving Rules Book) and other materials contained on the NFHS web site, www.nfhs.org.

WATER DEPTH-STARTING BLOCK HEIGHT RULE

An additional change has been made in the water depth requirement (Rule 2-7-2) to extend the minimum depth requirement from the starting end wall to a point 5 meters out (the area in which swimmers performing racing starts will land). See Slides #3-5. There will continue to be discussion at all levels about increasing the minimum water. Some states now require greater depth as a matter of state law. If schools in your Section are planning to renovate existing pools or construct new ones, they should carefully consider the possibility that additional depth may be required in the future. Rule 2-3-1 should also be consulted here.

RULES AND EDITORIAL CHANGES FOR 2004-2005

1. Rule 1-3-15 and 16 Beginning/End of A Dive

This definition is provided for purposes of applying other rules linked to the beginning/end of an event. Slides #15-18 should be reviewed in conjunction with this rule change.

2. Rule 2-7-5 Placement of Backstroke Flags

This rule was changed but the change does not appear in the text. Slides #6-8 apply here and describe the placement of backstroke flags for pools constructed after June 2004: at 5 yards in yard-measured pools and at 5 meters in meter-measured pools.

3. Rule 3-2-4 Delivery of Entries

This rule was changed last year by deleting words relating to the announcement of results of the previous event. Because results are often displayed or otherwise provided, announcement of results is no longer an appropriate reference point. The additional change was made to assure (a) that the meet referee will specify the time and place for delivery of the entries for each event and (b) to emphasize that event-by-event entry is to be preserved as a matter of coaching strategy. The critical time is "prior to the start of the race." And in order to accommodate computerized operations, entries may be submitted to the referee's designee to facilitate the process. (Slide #10)

4. Rule 3-2-5 Designation of Relay Swimmers

Identifying the order in which relay swimmers will compete is no longer required. The four swimmers who will compete in the relay must be indicated, and the leadoff swimmer must be identified to the referee prior to the completion of the race. See Slides #12-14.

5. Rule 3-3-4 and PENALTY 2 Illegal Attire

Slides #20-24 present the two aspects of this change. The definition of what is illegal attire has been clarified. The time frame for application of the penalty for illegal attire (including jewelry) has been narrowed. Such attire is penalized only if detected during THAT COMPETITOR'S participation – from the time the swimmer steps onto the blocks until he/she finishes the race of leg of the relay, even if other competitors are still swimming. The penalty may be applied to a diver only during the period from beginning to end of the dive (see #1 above).

ADDENDUM Due to a query about the new Speedo Endurance suits, some of which contained two manufacturer's logos, Speedo has submitted several logos which will be used in this line of competitive attire. All of the logos pictured at the end of this memorandum are LEGAL and have been approved by the NFHS. Suits containing the Speedo logo on the front of the suit and the trademark "Endurance" on the back are not legal.

6. Rule 4-2-2m and Rule 6-4-1 Integration of Back-Up Times

It is the responsibility of the meet referee to determine whether integration of back-up times is necessary in any situation where the primary timing/judging system malfunctions. The procedure for adjustment and integration of back-up times, outlined in Rule 6, may not always be necessary, and it is the referee's duty to determine this. See Slides #25-29.

7. Rule 8-1-7 Touch Pad Contact and Use of Back-Up Times

Slides #30-35 present a series of situations where back-up times should be utilized if swimmers do not contact the touch pad at the end of the race, or are unable to do so because the pad has moved or does not fully cover the entirety of the end wall in their lanes. Rule 8 statements about completion of a race are affected by this change.

8. Rule 4-6 and Rule 8-1-3 Dual Confirmation

Dual confirmation of false starts and relay takeoffs is permissible in all meets/required in championships.

9. Rules 8-1-1 and 8-1-2 In-Water Starts

The proper procedure for entering the water for any start performed in the water (usually the backstroke start) is precisely defined. If water depth is inadequate, it is possible that all events may be started in the water. The starter/referee should give the command "Step in" when the swimmers are to enter the water for the in-water start. See Slides # 39-40.

Failure to follow this procedure of stepping in or feet-first entry may result in a false start (see 8-1-3d) and thus in the disqualification of the swimmer – referee discretion is permitted here to cover unusual circumstances.

10. Rule 8-2-5 Stroke Transitions In the Individual Medley

Each transition is now governed by the finish rule for the stroke being completed. This specifically affects the transition from backstroke to breaststroke. The swimmer must touch the wall prior to moving from a position on the back while executing the turn. Slides #41-44 and 63-64 should be consulted for additional information.

11. Rule 9 Diving Degrees of Difficulty

Although not highlighted in the chart on p. 54, several changes have been made to this chart in the 2004-05 NFHS Rules Book. See Slide #45 for particulars.

12. Rule 9-8-3 Disqualification for Two Failed Dives

A diver shall be disqualified for failing two dives for any reason. Please note that the list of reasons for a failed dive (see Rule 9-7-5) includes both performance and administrative violations, all of which are counted towards the maximum of two failed dives for disqualification. See Slides #48-49.

MATTERS FOR GENERAL REVIEW

1. "By State Association adoption..."

A variety of issues in high school swimming and diving are left to the discretion of the State Association for determination in conformity with local demands and situations. In California, these determinations are made by the Section Commissioners' offices. The rules where such local determination is possible include Rules 3-1-2(d), 3-2-1, 5-1-1-NOTE, 5-1-3, 9-4-1 NOTE, and 9-4-6-NOTE.

Under CIF State By-Laws, Art. 5, (500-D), exhibition competition is permitted. There are a number of CIF and NFHS limitations on such participation, including (a) the swimmer/diver may not earn points towards the team score; (b) s/he may not exceed the maximum allowable number of events in Rule 3-2-1a; (c) s/he may not compete in regular competition on the same day; and (d) this participation must be properly supervised, including written permission from the principals of the schools involved. For more detailed information, please seek advice/direction from your CIF Section office and refer to State Rule 500.

2. Rule 3-2-1 Prelims/Finals Are The Same Meet

Coaches and athletes must remember that prelims and finals of a championship or invitational meet are a single meet. There have been numerous entry rule violations in past years because coaches have assumed that prelims and finals are separate meets. This is especially problematic with relay entries.

3. Rules 8-1-2 and 8-2-1-c Backstroke Start (Rule Change Implemented in the 2002-03 Season)

Safety considerations have made it necessary to eliminate the practice of backstroke swimmers standing in the pool gutter for their starts. This change also brings the NFHS rules into conformity with other rule codes. Both feet are to be completely under the water (even if the water level is low) prior to the start. The expectation is that the starter will make every effort to avoid charging swimmers with false starts by taking steps to correct any misplaced feet/toes.

Once the starting signal has been given, swimmers' feet/toes may slide up the starting wall and be above the water surface, provided the swimmer does not curl the toes over the gutter or stand in the gutter before leaving the starting end. Probably the only time this would occur would be when the vertical surface of the end wall extends above the water level (perhaps due to lower-than-normal water depth)..

SUMMARY – If the swimmer curls the toes over the gutter or stands in the gutter -

Prior to the starting command, swimmers are released from the starting position and the situation is corrected;

After the starting command but prior to the starting signal, swimmers are released from the starting position and the situation is corrected;

After the starting signal, the swimmer is disqualified for a stroke violation and the heat is NOT recalled.

4. Rule 9-1 Diving Competition

Diving is one of the events of the swimming/diving program in high school competition. Unfortunately, too many schools have, either consciously or by default, “eliminated” diving as part of their competitive aquatics program. However, under NFHS rules, there is really only one justification for this decision, and that is inadequate water depth (see p. 53). Otherwise, schools should be conducting diving as part of their competitive program. Penalties 2 & 3 (p. 53) state the consequences.

There are, of course, legitimate situations where diving cannot be conducted because of equipment failure. Those situations are also discussed on p. 53. The usual consequence of equipment failure is that the visiting teams are awarded points without having to dive, while the host team receives no points

5. Unsportsmanlike Conduct

Sportsmanlike conduct, including the prohibition on “taunting,” is an important aspect of the preservation of a proper competitive atmosphere. Athletes, coaches, officials and administrators should be attentive to inappropriate situations and enforce fully the rule provisions that are designed to maintain proper participant conduct. See especially Rule 3-5-1 and accompanying Situations. Rigorous enforcement of good sportsmanship is a critical part of officials'/administrators' responsibilities in the CIF. See also Slides #55-56 on this subject.

6. Warm-Up Procedures (also contained in the NFHS Rules Book at the front of the book)

As a matter of safety, the following guidelines for meet warm up should be implemented for ALL meets – small dual meets as well as large invitational or championship meets. Even though meet officials arrive during or even after warm-up periods, they should be attentive to whether meet hosts are implementing these very important safety guidelines. Avoiding the all-too-frequent injuries that occur during warm-up should be a priority for coaches and school/meet administrators.

- a. A designated supervisor (most likely not the coach) shall be on the deck during the warm-up period
- b. Swimmers shall enter the water feet-first except for starts which are limited to specified lanes.
- c. Specify Lanes 2 and 5 (six-lane pool) or Lanes 2 and 7 (eight-lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
- d. Place a cone or other marker on starting platforms in lanes not specified as one-way sprint lanes.
- e. Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end).
- f. Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push-off position from the starting end of the pool.).
- g. May specify lanes for relay practice during the last 15 minutes of the warm up.
- h. Coaches should stand at the starting end of the pool and verbally start swimmers for sprint/pace work.
- i. Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.
- j. Swimmers shall not swim in the area where the diving warm up is occurring.

7. Rules 1-3-13 & 14 and 3-2-2 Scratches/Declared False Starts

A scratch means total withdrawal from the meet. A swimmer/diver who is scratched will not participate further in any aspect of that meet; one who scratches at any point during the prelims of a championship meet cannot compete in any events in the finals. A declared false start allows a swimmer/diver to withdraw from a specific event with no additional penalty imposed; however, the competitor is charged as if s/he had actually competed in that event and the event becomes part of the event limitations in Rule 3-2-1.

8. Rules 2-7-6 (including PEN 5) and 3-4-1 Lap Counting for the 500 Freestyle

It is especially critical that officials are aware of their responsibilities for the 500 freestyle event. The meet referee (or designee – see Rule 4-9-2) must employ a process to assure that each swimmer completes the required distance for this event. Reliance on inattentive (student) lane timers may not be wise, so it is strongly recommended that each official develop a method to track accurately each swimmer's progress, to assure that all swimmers in each heat have completed the required distance. See also Slide #53

9. Rule 3-3-1 Competitive Attire

The rule regarding competitive attire applies only to suits and caps, not goggles. The measurements of manufacturer's trademark or American flag are to be made with the suit or cap in the "normal" state, *i.e.*, without being stretched. Only one logo is permitted on each piece of competitive attire (maximum of 2.25 square inches; no more than 2.25 inches in any dimension). The flag display is limited to a single 2"x3" American flag. A commemorative/memorial patch is limited to 4 square inches if approved by the CIF Section Commissioner. (The individual swimmer's name/number and school information, such as mascot, logo or name, is not limited as to size or quantity.)

The "full body" suit is permitted by NFHS rules and may be worn in CIF competition. Note that, despite their full-body coverage, only one manufacturer's logo of 2.25 square inches is permitted. See Slide # 20

10. Underwater Swimming/15-Meter Limitation

In backstroke, butterfly and freestyle, the head of the swimmer must break the surface of the water within 15 meters of the start and each turn. (See Rule 8-2-1-e, 8-2-3-f and 8-2-4-d). If any part of the head has broken the surface by that point, the swimmer is in compliance, even if a portion of the head has already passed the 15-meter mark. Once that requirement has been met, the swimmer may re-submerge and continue swimming underwater, provided all other stroke requirements for backstroke, butterfly and freestyle are met.

11. Rule 9-4 Voluntary Dives

In non-championship meets (9-4-6), the voluntary dive is to be selected from the group for that week of competition and performed first. The d.d. for that dive shall be its actual d.d., up to a maximum of 1.8. Example: In the first week of competition, a diver selects 101B as the voluntary dive; the d.d. is 1.3 for that dive. If the diver chooses 104B, the d.d. will be 1.8, even though a higher d.d. is listed.

In championship meets (9-4-1): Five voluntary dives are performed. The total of the five degrees of difficulty of these dives may not exceed 9.0. The dive number and d.d. of each voluntary dive are to be circled on the entry/score sheet (Rule 9-3-4). In the event that a diver submits a list of voluntary dives that exceeds the 9.0 total d.d., and the error is not discovered and corrected until the event is underway, the dive that puts the diver over the 9.0 total (most likely the final voluntary dive on the list) will be declared failed. This penalty is specified as part of the rule (Rule 9-4-1 Penalty 1, p. 56).

12. Rule 9-4-1 Penalty 2 and Rule 9-8-3 Disqualification of Divers

In championship meets, divers can be disqualified for three additional violations *in addition to the five causes specified in 9-8-3* – see Rule 9-4-1 Penalty 2, p. 56. These violations should be detected at the pre-event review of the entry sheets. Disqualification for these errors should be imposed with utmost caution, given the expectation that pre-event review will be carefully conducted by the referee.

PLEASE CONSULT SLIDES #50-70 OF THE POWER POINT PRESENTATION FOR ADDITIONAL SITUATIONS AND INTERPRETATIONS. THESE REFLECT QUESTIONS THAT HAVE ARISEN DURING THE PAST SEVERAL SEASONS.

