

2015-16 Swimming and Diving Rules Changes for High Schools

By NFHS on April 16, 2015

Coaches News

3-3-5, 6: The prohibition of wearing jewelry has been removed from the rules for swimming and diving competition. As in previous years, the wearing of a medical alert with the alert visible continues and is encouraged for the purposes of risk minimization.

Rationale: The prohibition of jewelry is not necessary in swimming and diving. The wearing of jewelry ordinarily presents little risk of injury to either the competitor or opponents. Elimination of the rule allows officials to focus on meet administration directly related to competition. Coaches continue to have the obligation to see that competitors are properly equipped.

4-1-7: Requires swimming and diving officials dress in the same uniform attire as approved by the state association and no longer considers white as the default uniform.

Rationale: Due to the many variations in the officials uniform, it is more practical that the state association determine the appropriate swimming and diving uniform for officials.

4-3-1a, b: The starter may designate another individual to sound a device for the lead swimmer during the 500-yard/400-meter freestyle when the lead swimmer has two lengths plus 5 yards remaining in the race.

Rationale: During the 500-yard/400-meter freestyle event, the starter may have multiple tasks occurring at the same time. The starter may designate another individual to sound a device for the lead swimmer during the 500-yard/400-meter freestyle with two lengths plus 5 yards remaining to swim in the race.

9-6-1: The judging panel in diving may or may not include the diving referee.

Rationale: Clarifies the diving referee may be one of the judges on the panel or a separate official.

2015-16 Swimming and Diving Editorial Changes

Suggested Meet Warm-up Procedures, 2-NOTES, 2-7-3 NOTE, 3-3-2d

2015-16 Swimming and Diving Points of Emphasis

- ✓ Uniform responsibilities – making sure you have it right
- ✓ Focus on risk minimization in development of warm-up procedures
- ✓ Coaching starts and turns can prevent injuries
- ✓ Ensuring the 15-meter mark is clearly visible
- ✓ Preparing the lap counter.

