



2016-2017 Swimming and Diving Comments on the Rules Changes By NFHS on April 27, 2016

1-5-2, 3-6-1d - Deck changing is defined as “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes.” Any team personnel/competitor involved in deck changing will be assessed a penalty for unsporting conduct, which would disqualify an individual from further participation in a meet. Suits, uniforms and other attire should be put on or removed only in locations designated as “changing” areas.

6-4-1b (1-4) - Statistical research has shown that the current practice of calculating the average difference between the automatic and backup timing systems, and adjusting the backup time in the malfunctioning lane (s), does not improve the accuracy of the final time. Using the backup times without adjustment results in a final time that is just as accurate and avoids an exercise which is both time-consuming and difficult to perform during a meet.

8-2-4c - The addition of this language clarifies the freestyle portion of the individual medley and the medley relay as it relates to body position. The final leg of these events requires the swimmer to be at or past vertical toward the breast before any stroke, kick or propulsive motion. Pushing off the wall is not considered propulsive movement.

9-4 Diving Table - In the official listing of approved dives, the committee eliminated the Flying Back 1 SS (212) and the Flying Reverse 1 SS (312), and added a new dive (5142) the Forward 2 SS 1 Twist – with degrees of difficulty of 2.6 (tuck) and 2.7 (pike). The added dive is an intermediate step to performing more challenging dives on the diving table.

9-5-5 - The balk has been more clearly defined and should be called when a diver assumes the starting position and he/she makes an obvious attempt to start the approach or press, and stops the continuous execution of the

dive prior to the water entry. The updated language will prevent divers from being called for a balk when they return to adjust the fulcrum on the board without leaving the board, etc., prior to actually commencing the dive. This rule change adds clarity and consistency to the balk call requiring a diver to commence, and then stop the dive.

9-7-5q - When using the forward approach, divers may not perform an additional bounce(s) on the end of the board after the culminating hurdle. The aforementioned violation is now considered a failed dive. This rule change does not affect the steps, hops, leaps and/or jumps that are allowed before the culminating hurdle, as described in Rule 9-5-2.