



## 2019-20 NFHS PROPOSED SWIMMING & DIVING RULES CHANGES

3-3-1	<p><b>ART. 1 . . .</b> It is recommended all swimmers and divers on the team wear suits of identical coloring and pattern. <del>Suits shall be of one piece. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Boys shall wear suits which cover the buttocks. Girls shall wear suits which cover the buttocks and breasts.</del></p>
3-3-2	<p><b>ART.2. . .</b> Suits shall be of one piece. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. <del>Males</del> <u>Boys</u> shall wear suits which cover the buttocks <del>and shall not extend above the waist or below the top of the kneecap.</del> <u>Females</u> <del>Girls</del> shall wear suits which cover the buttocks and breasts <del>and shall not extend beyond the shoulders or below the top of the kneecap, nor cover the neck.</del></p>
PENALTIES (NEW)	<p><b><u>PENALTIES: When an official discovers a competitor wearing illegal suit as described in Article 2, the official shall:</u></b></p> <ol style="list-style-type: none"> <li><b><u>1. when observed prior to the start of the heat/dive, notify the coach of the competitor to make the suit legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from that event/dive and shall not be eligible for further competition until in a legal suit;</u></b></li> <li><b><u>2. when observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time/score and he/she shall not be eligible for further competition until in a legal suit.</u></b></li> </ol>
3-3-3	<p><b>ART. <del>3 2</del> . . .</b> The uniform consists of a suit and, if worn, cap(s).</p> <ol style="list-style-type: none"> <li>a. The suit or cap(s) may display the competitor's name, school name, school nickname and/or the school logo.</li> <li>b. Advertising or name other than that permitted in 3-3-2c is prohibited.</li> <li>c. A single visible manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches is permitted on each item of the uniform [suit and cap(s)].</li> <li>d. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.</li> </ol> <p><b>NOTE:</b> The FINA mark and/or individual barcode on certain swimsuits designating that the suit has been approved for FINA and/or USA Swimming competition is not considered to be a second manufacturer's logo nor a form of advertising. Such swimsuits with a FINA marking, if otherwise legal, shall be legal for NFHS competition.</p> <p><b><u>PENALTIES: When an official discovers a competitor wearing illegal attire as described in Articles 1 and 2, the official shall:</u></b></p> <ol style="list-style-type: none"> <li><b><u>1. when observed prior to the start of the heat/dive, notify the competitor to</u></b></li> </ol>

<p>3-3-4</p>	<p><del>make legal the attire before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from the event/dive and shall not be eligible for further competition until in legal attire;</del></p> <p><del>2. when observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time/score and he/she shall not be eligible for further competition until in legal attire.</del></p> <p><b>ART.4</b> . . . Suits worn by swimmers (excluding divers) shall be limited to the following requirements:</p> <p>a. Only one swimsuit shall be permitted in competition. (A swimmer with special needs may request for customization to the state association through his/her school.)</p> <p>b. The swimsuit shall be:</p> <ol style="list-style-type: none"> <li>1. constructed of a woven/knit textile material;</li> <li>2. permeable (100 percent to air and water), except for one post-construction, impermeable school name and/or logo which shall not exceed 9 square inches;</li> <li>3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;</li> <li>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</li> <li><del>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.</del></li> </ol> <p>c. Swimsuits with a FINA marking, if otherwise legal, shall be legal for NFHS competition.</p> <p><b>PENALTIES: When an official discovers a competitor wearing an illegal attire swimsuit by the wearing of two suits or a suit which is of an illegal construction as described in Articles 3 and 4, the official shall:</b></p> <ol style="list-style-type: none"> <li>1. when observed prior to the start of the heat/dive, notify the coach or the competitor to make the attire swimsuit legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from the event/dive and shall not be eligible for further competition until in a legal attire swimsuit;</li> <li>2. when observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time and he/she shall not be eligible for further competition until in a legal attire swimsuit.</li> </ol> <p>Renumber Articles 4 and 5.</p> <p><b>Rationale:</b> New Rule 3-3-2 now contains all current language addressing suit coverage. Penalties associated with this rule were reorganized to provide clear indication of when the coach and/or the competitor should be notified. When a violation of new Rule 3-3-2 has occurred, the official must notify the coach, not the competitor. In situations which a violation of new Rule 3-3-3 or 3-3-4 occurs, the official may notify the coach or the competitor.</p>
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8-1-7	<p><b>ART.7 . . .</b> To finish the race, the swimmer shall contact the finish end in the manner prescribed. <del>When automatic timing /judging equipment is used, the swimmer must contact the touchpad or end wall between the lane lines where the touchpad should be located when in the proper position.</del></p>
8-2-1g	<p><b>ART. 1 . . .</b> The Backstroke: g. The finish requires completion of the required distance and contact with the <del>touchpad finish pad (when automatic timing is used)</del> or finish end by any part of the swimmer with some part of the body at or above the surface.</p>
8-2-2h	<p><b>ART. 2 . . .</b> The Breaststroke: h. The finish requires completion of the required distance and contact with the <del>touchpad finish pad (when automatic timing is used)</del> or finish end with both hands simultaneously, not necessarily on the same plane.</p>
8-2-3g	<p><b>ART. 3 . . .</b> The Butterfly: g. The finish requires completion of the required distance and contact with the <del>touchpad finish pad (when automatic timing is used)</del> or finish end with both hands simultaneously, not necessarily on the same plane.</p>
8-2-4e	<p><b>ART.4 . . .</b> The Freestyle: e. The finish requires completion of the required distance and contact with the <del>touchpad finish pad (when automatic timing is used)</del> or the finish end by any part of the swimmer.</p>
8-3-5	<p><b>ART.5 . . .</b> Each swimmer of a relay team must contact the finish end at the conclusion of his or her leg of the relay in accordance with the finish rule applicable to such stroke, <del>however, only the final swimmer is required to contact the finish pad and in accordance with Rule 8-1-7.</del></p> <p><b>Rationale:</b> A legal finish now requires the competitor to contact either the touchpad or the finish end according to the finish rules pertaining to the stroke being swum. The rule no longer requires the touchpad to be activated when electronic timing is used, provided the competitor contacts the finish wall as prescribed by the rules applicable to that stroke.</p>
9-1-3	<p><b>ART. 3 . . .</b> A fulcrum, which can be moved and set at varying positions between 5 feet <del>6 1</del> inches and 7 feet 6 inches (<del>1.676</del> <u>1.594</u> m and 2.286 m) from the rear of the diving board, is required. However, it is permissible to limit the range of the movement of the fulcrum if the diving facility does not conform to one or more of the recommendations of Rule 9-1-1. The board shall remain horizontal with the fulcrum in any position.</p> <p><b>Rationale:</b> The rule was updated to comply with current industry standards.</p>
9-4 Table	<p>204C Back 2 SS DD <del>2.0</del> <u>2.2</u> 204B Back 2 SS DD <del>2.3</del> <u>2.5</u> 304C Reverse 2 SS DD <del>2.1</del> <u>2.3</u> 304B Reverse 2 SS DD <del>2.4</del> <u>2.6</u></p> <p><b>Rationale:</b> The degree of difficulty for back and reverse double somersaults was lowered to match back and reverse 1½ somersault degree of difficulty, which is consistent with the degree of difficulty assessed to back and reverse dives versus back and reverse somersaults.</p>

<p>9-5-6</p>	<p><b>ART. 6 . . .</b>The flight shall be either in the:</p> <ul style="list-style-type: none"> <li>a. straight position <del>in which the body shall not be bent either at the knees or hips, the knees and feet together and toes pointed</del> where the body shall not be bent either at <u>the knees or hips. The feet shall be together, and the toes pointed. The position of the arms is at the option of the diver;</u></li> <li>b. pike position in which the body shall be bent at the hips, <del>the legs straight, and together and the toes pointed</del> <u>the legs must be kept straight at the knees, the feet shall be together, and the toes pointed. The position of the arms is at the option of the diver;</u></li> <li>c. tuck position in which the body shall be <u>compact</u>, bent at the <del>hips with knees, the knees and feet together and toes pointed</del> <u>knees and hips with the knees and feet close together within the bodyline of the shoulders. The hands shall be on the lower legs and the toes pointed;</u></li> <li>d. free position in which a combination of positions may be used to perform twisting dives.</li> </ul> <p><b>Rationale:</b> Descriptions of diving positions were adjusted to maintain consistency with national trends.</p>
<p>9-7-4 NOTE (NEW)</p>	<p><b>ART.4 . . .</b> A dive is unsatisfactory if, in the diving referee’s opinion:</p> <ul style="list-style-type: none"> <li>a. the dive is clearly done in a position other than that described on the diving scoresheet;</li> <li>b. a diver hits the diving board;</li> <li>c. a diver does not attempt to come out from the tuck or pike position;</li> <li>d. a diver does not attempt to come out of the twist;</li> <li>e. a diver does not hold the straight position until the body is horizontal to the water on any flying one somersault dives or does not hold the straight position until the body is perpendicular to the water on any flying one and one half somersault dives.</li> </ul> <p><u><b>NOTE:</b> In a championship meet, the diving referee may consult with a designated member of the judging panel concerning a possible unsatisfactory dive.</u></p> <p><b>Rationale:</b> The addition of the NOTE is consistent with the diving referee’s capability of consulting with a designated member of the judging panel concerning a possible fail dive.</p>