

2023-24 SWIMMING & DIVING

ANNOUNCEMENTS – December 13

IMPORTANT DATES

Winter Moratorium (NO PRACTICE)	December 24-28
BOYS STATE MEET	February 15-17
Girls Beginning Practice Date	February 26
Girls Earliest Possible Competition	March 11
GIRLS STATE MEET	May 16-18



THE KSHSAA WINTER MORATORIUM = DECEMBER 24-28

Students in Grades 7-12 may not be in member school owned or operated facilities during the Winter Moratorium for involvement in activities under the jurisdiction of the KSHSAA. Weight rooms may not be open for students in Grades 7-12. There shall be no group interscholastic activity practice nor competition either on or outside school premises under supervision of school employees.

[KSHSAA COVERED](#)

Check out recent articles previewing the boys swimming and diving regular season and athletes to watch.

REGULAR SEASON MEET RESULTS & TOP TWENTY-FIVE LINKS

There is a link on the KSHSAA Swim & Dive Website for this season's meet results from around the state. **Please submit final meet results throughout the season by emailing PDF copies to rgarman@kshsaa.org.** All meet results submitted will be posted. Be sure to include diving results and note if it was a six-dive or eleven-dive competition.

From the Regular Season Meet Results submitted to the KSHSAA, a "Top Twenty-Five" Performance List will be compiled for each event in class 6A and 5-1A. These lists will be updated periodically throughout the season, so be sure to send in all regular season meet results. A link to the "Top Twenty-Five" lists can be found on the KSHSAA Swimming & Diving Website.

KSHSAA RULE 40-2-4

"No student representing a member school shall participate in more than 10 meets during a season exclusive of the state meet."

KSHSAA RULE 30-2-2

"A student who is enrolled at the start of a season of sport must be a member of the squad for the majority of the scheduled varsity contests in order to be eligible for postseason competition." Majority means over half. Thus, for schools with a 10-meet schedule, a team member must participate in at least 6 of the 10 meets to be eligible to compete in the state meet.

2023-24 DIVING WEEKS – BOYS (Reference NFHS Rule 9-4-6)

Week 3 (Dec. 11-16) = Inward Group	Week 7 (Jan. 15-20) = Back Group
Week 4 (Dec. 18-30) = Twisting Group	Week 8 (Jan. 22-27) = Inward Group
Week 5 (Jan. 1-6) = Reverse Group	Week 9 (Jan. 29 – Feb. 3) = Twisting Group
Week 6 (Jan. 8-13) = Forward Group	Week 10 (Feb. 5-10) = Reverse Group

2023-24 STATE QUALIFYING STANDARDS & CONSIDERATION TIMES

State Qualifying and Consideration Time Standards for both boys and girls are posted on the [KSHSAA SWIMMING & DIVING HOMEPAGE](#).

BOYS DIVING STATE QUALIFYING STANDARDS

6-Dive Meet: 10.7 DD on 5 Optional AND 190 Score - at the same meet

NEW: *Must include all 5 dive categories: forward, back, inward, twisting, and reverse in a 6-dive meet and have a 10.7 DD and score at least 190 to qualify for the state meet.*

11-Dive Meet: 12.8 DD on 6 Optional AND 280 Score - at the same meet

THE STATE MEET IS AN 11-DIVE MEET. Divers must complete the minimum 11-dive degree of difficulty requirement.

DIVING QUALIFICATION DOCUMENTATION

Schools will be required to submit a copy of a state qualifying dive sheet with the meet referee's signature for state meet diving entries, so coaches, be sure to keep those qualifying diving sheets throughout the season.

DIVING RESOURCES

There is an incredible diving resource available on the www.nfhs.org site under the activity of swimming & diving. It is titled [ONE METER DIVING TABLE](#). Within this table there are links to video clips of actual divers performing the different dives with stated score ranges. Thus, you can view various dives and see what they should be scored. Also, click [HERE](#) to access the 2023-24 Diving Officials' Manual. Very helpful information for diving judges can be found on pages 13-22 of the manual.

2023-24 NFHS SWIMMING & DIVING POINTS OF EMPHASIS

Risk Minimization

The NFHS serves as the national authority on competition rules while promoting fair play and seeking to minimize risk of injury for student participants in education-based high school athletic and activity programs. On an ongoing basis, the rules committee assesses and minimizes risks, to the extent consistent with the sound traditions of the sport. This year, specifically, rules related to risk minimization on the backstroke finish, the diving table, and establishing a penalty for a diver's head being too close to the board, were carefully considered and addressed.

National Trends

The NFHS Swimming and Diving Rules Committee consistently monitors national trends having to do with technical rules, technology, and behavior. The committee remains cognizant of the philosophy of the NFHS membership, the health and safety of the competitor, as well as financial considerations that may present a competitive advantage, while also preserving/protecting the important values of education-based athletics, good citizenship, and personal responsibility. Electronic devices may currently be used to record a competitor's performance, as well as used as a coaching aid, but not while the athlete is swimming or diving in competition. The information may be presented to the athlete prior to the next race or dive, or for review afterwards. Devices which transmit information to athletes during competition are not allowed.