

SWIMMING & DIVING

ANNOUNCEMENTS – January 28



2025 BOYS STATE CHAMPIONSHIPS

The Boys State Championships will take place February 20-22 at the Shawnee Mission School District Aquatic Center in Lenexa.

Click [HERE](#) to access information including a link to the schedule.

IMPORTANT MEETING & DUE DATES

Sunday, February 16 – 5:00 PM Swimming & Diving State Entries DUE to the KSHSAA

Tuesday, February 18 – **10:00 AM** Swimming & Diving State Pass Gate Info DUE to the KSHSAA

Wednesday, February 19 – **6:00 PM** Zoom Meeting with 6A Participating Schools (Head Coaches)

Wednesday, February 19 – **7:30 PM** Zoom Meeting with 5-1A Participating Schools (Head Coaches)

TRUE BLUE KSHSAA SCHOLARSHIP

In partnership with Capitol Federal Foundation, the KSHSAA will award True Blue Scholarships intended to support Kansas High School graduates in postsecondary efforts. This one-time scholarship is for students graduating during the 2024-25 school year. These funds will be made payable to a two-year or four-year accredited college, university, or technical school in the name of the selected student. Awards are non-renewable, one-time scholarships in the amount of \$2000 provided for a student in each activity administered by the KSHSAA **(INCLUDING BOYS & GIRLS SWIMMING & DIVING)**. Applications are due **March 3**. Funds for these scholarships are possible through the partnership between Capitol Federal Foundation and the Kansas State High School Activities Association. [CLICK HERE FOR SCHOLARSHIP APPLICATION](#)

SPORTSMANSHIP



The KSHSAA places top priority on sportsmanship! It is imperative that coaches, officials, and spectators willingly accept the responsibility of being positive role models. The ethics, integrity, and sportsmanship exhibited by adults have a profound effect on the young people who participate. **#STARTSWITHME**

2024-25 NFHS SWIMMING & DIVING POINT OF EMPHASIS

Risk Minimization - Backstroke Ledges

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. The NFHS Swimming and Diving Rules Committee continues to evaluate information regarding the use of backstroke starting ledges and the development of this equipment. At present, there is a considerable lack of reliable data assessing the safety and risk-minimization issues surrounding the use of ledges. It is anticipated that the results of a study currently underway at DePauw University will be available this spring for the rules committee to consider whether to permit such equipment to be used as part of the high school swimming competitive environment. The primary concern will be, of course, athlete safety. Additional factors that must be assessed include fiscal/budgetary constraints, impact upon the flow of competition resulting from the installation and removal of the devices for a specific event, and effects on competitive equity.

2024-25 NFHS SWIMMING & DIVING RULE INTERPRETATION

SITUATION: At the request of several local club coaches, the host of a major high school invitational provides backstroke starting ledges for all lanes for the 200-yard medley relay and 100-yard backstroke events.

RULING: Rule 2-7-2b prohibits use of such devices in NFHS-regulated competition, and currently state associations DO NOT have discretion to permit such use due to concerns about athlete safety. Until athlete safety studies currently underway have been concluded and data-driven rules decisions made, these devices may NOT be used in high school swimming competition.

2024-25 DIVING WEEKS – BOYS (Reference NFHS Rule 9-4-6)

Week 8 (Jan. 27 – Feb. 1) = Inward Group

Week 9 (Feb. 3-8) = Twisting Group

Week 10 (Feb. 10-15) = Reverse Group

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.

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 are required to submit a copy of a state qualifying dive sheet with the meet referee's signature for state meet diving entries. Coaches may submit signed dive sheets anytime throughout the season.

DIVING EDUCATION RESOURCES

NFHS One Meter Diving Table with Video Links & Scoring Examples

<https://www.nfhs.org/media/1020355/nfhs-one-meter-diving-table-with-video-clips.pdf>

NFHS Diving Officials' Guidelines Manual (includes guidelines for judging diving)

<https://www.kshsaa.org/Public/Swimming/PDF/Diving%20Officials%20Guidelines%20Manual%202024-25.pdf>

Diving Judge & Diving Referee Calls (one page document)

<https://www.nfhs.org/media/7212416/nfhs-diving-referee-and-diving-judge-calls.pdf>

Diving Silhouettes

<https://www.nfhs.org/media/1018474/2023-24-diving-silhouettesnew.pdf>

FREE Courses on NFHS Learn: Coaching Diving and Judging Springboard Diving

<https://nfhslearn.com/courses/coaching-diving>

SCHOOLS WITH COOPERATIVE AGREEMENTS

The KSHSAA policy requires that cooperative agreement teams in quasi-team/individual sports (including swimming & diving) compete separately at postseason (state) competition. Leagues have the option of requiring cooperative teams to separate for league championship events. **RELAY EVENT** state qualifications must be achieved during the regular season by individual schools. In other words, if 3 students from School A and 1 student from School B swim together and earn a state qualifying time in a relay event, it cannot be used as an entry qualifying time for either school. For more information, review carefully the K- Form signed and agreed to by each school involved in a cooperative agreement.