

2024 SWIMMING & DIVING ANNOUNCEMENTS – February 20

2024 IMPORTANT DATES

Girls Beginning Practice Date	February 26
Emergency Action Plan Rehearsal Day	March 7
Girls Earliest Possible Competition	March 11
<u>GIRLS STATE MEET</u>	May 16-18
KSHSAA Summer Moratorium	July 1-7



BOYS' STATE CHAMPIONSHIP MERCHANDISE

Boys Swimming & Diving State Championship Merchandise may still be purchased online through March 2.

Apparel: <https://www.khsaastore.org/>

Programs: <https://khsaapublications.square.site/state-programs>

KSHSAA COVERED Check out KSHSAA Covered swimming and diving articles.



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 2023-24 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 1**. 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](#)

NFHSLEARN.COM – NEW FREE COURSE = Judging Spring Board Diving

Check out all the online courses available from [NFHSLEARN.COM](https://www.nfhslearn.com). A new, free course is Judging Spring Board Diving. What an informative course for anyone who may judge diving! Some other FREE courses include: **Implicit Bias**, Social Media, **Coaching Diving**, Engaging Effectively with Parents, **Sports Nutrition**, NCAA Eligibility, Concussions, **Officiating Swimming & Diving**, Understanding Vaping & E-Cigarettes, **Captains Course**, Student Mental Health and Suicide Prevention, and **The Collapsed Athlete**. *The Parent Seat*, *Beyond the Scoreboard*, & *A Lasting Relationship* are FREE, brief (around 5 minutes) videos you can download and show at parent meetings or share electronically. Click [HERE](#) to access.

2023-24 NFHS RULES CHANGES & POINTS OF EMPHASIS

To access and review NFHS swimming and diving rules changes and points of emphasis with rationale and explanation for the 2023-24 high school seasons, please go to [NFHS.ORG – SWIMMING & DIVING](https://www.nfhs.org).

This year's [POINTS OF EMPHASIS](#) are:

1. Risk Minimization
2. National Trends
3. Participant & Spectator Unsporting Conduct
4. Designated Areas for Photographers



2 NFHS RULES CHANGES TO HIGHLIGHT

8-2-1g: Removes the language about some part of the body at or above the surface during a backstroke finish.

Rationale: The change aligns with national trends, allows the official to concentrate on the backstroke finish (wall touch), and may prevent lunging at the wall which reduces risk. The backstroke flags are positioned at the 5-yard mark in 25-yard pools and at the 5-meter mark in 25-meter facilities and shall be used as the point where the swimmer may resubmerge once their head is at or beyond this mark.

SITUATION: As the backstroke swimmer approaches the wall to finish the event, the swimmer's head passes the flags and the swimmer submerges and dolphin-kicks to the wall. The meet referee disqualifies the swimmer because of the forward propulsion caused by the underwater kick. **RULING:** Incorrect ruling. Once some part of the swimmer's head has passed the backstroke flags, the swimmer may partially or completely submerge and continue kicking until touching the wall. (8-2-1g)

9-7-4c: Adds a penalty for when a diver's head is too close to the diving board. The diving referee shall make the determination and inform diving judges to score the dive as unsatisfactory.

Rationale: Minimizes the risk factor of the diver performing the dive in a way that brings the diver's head too close to the board (within 6 inches). A dive that is performed with the diver's head unsafely close to the board is at least equally important as a diver touching the board with their hands or feet. The diving referee will be responsible for making the call and will instruct judges to score a maximum of two points. The diving referee shall be seated in line with the end of the board to have an accurate line of site for judging this new requirement.



SITUATION: Prior to the diving event, the diving referee asks to be seated in line with the end of the diving board. The host coach refuses to allow this to happen, stating that their diving coach always sits in that position. The diving referee insists on being seated in line with the end of the diving board. **RULING:** Correct procedure. The diving referee is responsible for determining if the diver's head is too close to the board as it passes the horizontal plane, and therefore, it is strongly recommended that the diving referee shall be seated in line with the end of the board to have an accurate line of site for judging this new requirement. (9-7-4c)

REGULAR SEASON MEET OFFICIALS

Host schools of regular season meets are strongly encouraged to utilize USA Swimming & Diving Certified Officials and have a minimum of two officials on deck during swimming competitions. Utilizing officials who are knowledgeable of current rules and practices ensures a safe competition environment and prepares participants consistently across the state for how the KSHSAA State Swimming & Diving Championships will be officiated.

Click [HERE](#) to access the 2023-24 NFHS Swimming Officials' Guidelines Manual.

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.

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 regarding cooperative agreements, review carefully the Form K signed and agreed to by each school in a quasi-team cooperative agreement.

ORDER & LENGTH OF EVENTS – NFHS RULE #5-1-1

If your school hosts a meet that does not follow the normal order and length of events such as a Relay Meet or Pentathlon Meet, be sure to request permission from the KSHSAA in writing providing meet details such as meet name, location, date, events, and participating schools and email request to rgarman@kshsaa.org.

OLYMPIC DEVELOPMENT PROGRAM (ODP) – KSHSAA RULE #4

Member schools may apply per KSHSAA Rule #4 – ODP for their athletes to compete in sanctioned USA Swimming & Diving Meets. For a complete list of the 2023-24 approved meets click [HERE](#). KSHSAA Member Schools must apply by writing a letter on school letterhead, 30 days prior to the event, requesting approval for their athletes to compete in the USA Swimming & Diving Meet. The letter must be signed by: Principal, Athletic Director, Scholastic Swim Coach, & Athlete. These meets will count towards the limit of 10 meets for a season.

VIOLATION – COMPETING IN NON-APPROVED ODP/USA MEETS – KSHSAA RULE #22

A member of a high school swimming & diving team may NOT compete in an outside USA/Club Meet that is NOT on the ODP Approved List during their high school season. If an athlete violates this KSHSAA rule, he/she is ineligible for the remainder of season (no more practice or competition with a high school team) unless he/she is reinstated by the KSHSAA Executive Board. Also, please remember any swimmer/diver wanting to compete in a USA/Club Meet on the ODP/USA Approved List during the regular season must first receive permission from the school. Then, the school must submit a request for approval to the KSHSAA and receive approval from KSHSAA prior to the event.

STUDENT SAFETY REMINDERS – THANK YOU FOR YOUR EFFORTS MINIMIZING RISK FOR KS STUDENTS!

Double-check and verify with your athletic director that all your athletes are eligible to compete.

(Physical Examination, Parental Consent Rule #7, and Individual Eligibility Rules #12-26 in the [KSHSAA HANDBOOK](#))

· **Lightning Safety-[KSHSAA LIGHTNING GUIDELINES](#)**

· **Emergency Action Plans – Recommended Rehearsal Date = March 7**

- An emergency action plan should be in place for every sport, team and venue.
- For assistance in developing an EAP or finding additional resources to improve your EAPs, click [HERE](#).
You will find an EAP template you can download if needed.
- The emergency action plan should be rehearsed by EVERYONE involved, at least one time annually.
- **An automated external defibrillator (AED) should be readily available at any practice or competition.**
- **Review the PPE.** Be sure your coaches are aware of any pre-existing conditions in their student-athletes that were indicated on their PPE (e.g., allergies, asthma, diabetes, cardiac abnormalities, sickle cell trait, concussion history, required medications, etc.).

· **Have all coaches including assistants completed the CPR/AED training requirement?**

- Click [HERE](#) to learn more about this KSHSAA Requirement.

· **Concussion Recognition and Management**

- Click [HERE](#) for information regarding concussion recognition and proper management.
- Know the state law and associated [KSHSAA GUIDELINES](#).
- Per Executive Board policy, all coaches, student participants and school administrators responsible for event coverage must complete a concussion education program.
- **ANY** concussion sustained while participating in a KSHSAA sponsored activity (practice or competition) is to be reported to the KSHSAA via the online [CONCUSSION REPORTING PORTAL](#).

· **Coach/Sponsor Reference Guide**

- Click [HERE](#) to download a reference guide coaches can use for basic emergency management guidelines. This is an excellent tool for coaches to keep on hand and regularly review.

KSHSAA SWIMMING & DIVING MANUAL AND HY-TEK TEAM MANAGER INFO

An online copy of the manual may be accessed on the public KSHSAA Swimming & Diving Homepage. When setting up your school in the Hy-Tek Team Manager™ Software, **PLEASE USE THE ASSIGNED KSHSAA TEAM ABBREVIATION** as listed on page 23 in the manual. Also, input in TM athletes' grade levels (SR, JR, SO, FR).

KSHSAA & NFHS RULES REMINDERS

KSHSAA Rule #10 (Section 1, Article 5) – Tuesday after Labor Day until the Friday before Memorial Day
“During the school year but outside the season of a sport, coaches/coaches’ aides may not coach in practice or competition those students they will be coaching the following year in that sport.”

Cannot Coach Your High School Swimmers/Divers during the School Year Outside the Swim & Dive Season.

KSHSAA Rule #22 (Section 1, Article 3) – “A student becomes a member of a school’s athletic squad when he/she first participates in a practice session.”

KSHSAA Rule #30 (Section 2, Article 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.

KSHSAA Rule #40 (Section 2, Article 4)

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

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

Week 1 (March 11-16) = Forward Group

Week 6 (April 15-20) = Forward Group

Week 2 (March 18-23) = Back Group

Week 7 (April 22-27) = Back Group

Week 3 (March 25-30) = Inward Group

Week 8 (April 29 – May 4) = Inward Group

Week 4 (April 1-6) = Twisting Group

Week 9 (May 6-11) = Twisting Group

Week 5 (April 8-13) = Reverse Group

Week 10 (May 13-18) = Reverse Group

DIVING RESOURCE

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.