

# 2020-21 BOYS SWIMMING & DIVING ANNOUNCEMENTS – November 16



## 2020-21 IMPORTANT DATES

Coach Online Rules Exam	October 21 – November 25
Boys Beginning Practice Date	November 16
Boys Earliest Possible Competition	November 30
Winter Moratorium (no practice)	December 23-27
<b><u>BOYS STATE MEET</u></b>	February 18-20
Girls Beginning Practice Date	March 1
Girls Earliest Possible Competition	March 15
<b><u>GIRLS STATE MEET</u></b>	May 20-22

## COACH RULES EXAM

All (boys and girls) senior high varsity head coaches must successfully complete an NFHS Swimming & Diving Rules Exam and score 90% or better. This online exam is open and available to access through **November 25**. Be sure to contact your school's athletic director for instructions including your User ID and Password. Those coaches who do not receive a score of 90% or better must take an Exam 2. If they do not score 90% or better on the 2<sup>nd</sup> Rules Exam, their school's name will be published in the Activities Journal. Any school whose coach does not complete the online Rules Exam by November 25 will pay a fine of \$100.

## 2020-21 NFHS RULES & POINTS OF EMPHASIS

To access and review NFHS swimming and diving rules changes and points of emphasis with rationale and explanation for the 2020-21 high school seasons, please go to [NFHS.ORG – SWIMMING & DIVING](http://NFHS.ORG – SWIMMING & DIVING) or [KSHSAA.ORG – SWIMMING & DIVING](http://KSHSAA.ORG – SWIMMING & DIVING). This year's points of emphasis are as follows:

1. Communication Between the Referee and Table
2. Establishing the Official Time
3. Diving Entries
4. Signals for Officiating Swimmers with Disabilities



## COVID-19 RISK MITIGATION CONSIDERATIONS – PRACTICE & COMPETITION

How is your school doing incorporating risk-mitigation strategies for practices and competition?

Each of the following links can be accessed on the KSHSAA Website at [www.kshsaa.org](http://www.kshsaa.org).

[COVID-19 RESOURCES](#) – Includes [RETURN TO PARTICIPATION GUIDELINES](#).

[ELIGIBILITY FAQS](#).

[GENERAL CONSIDERATIONS FOR ALL ACTIVITIES](#)

[ACTIVITY SPECIFIC CONSIDERATIONS \(SWIMMING & DIVING\)](#) – Page 5 explains Virtual Competitions.

A quick checklist:

- Practice in pods/small groups; keep practice lane assignments the same.
- No shared equipment; sanitize regularly.
- Locker rooms/restrooms – limit numbers.
- Re-visit meet schedules – decrease participation numbers and reduce travel distance.

## **2020-21 STATE QUALIFYING STANDARDS & CONSIDERATION TIMES**

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

## **NFHSLEARN.COM – FREE COURSES**

Check out all the online courses available from [NFHSLEARN.COM](#). Some FREE courses/topics include: **COVID-19 for Coaches**, 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**. A couple FREE videos that are great to share with parents are Beyond the Scoreboard and The Parent Seat.

## **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.**

**Offseason Conditioning during the School Year** – Tuesday after Labor Day until the Friday before Memorial Day

A school may not have more than one offseason conditioning program. It must be open to anyone enrolled in the school and must be voluntary. It is strictly for general conditioning (running, weights, flexibility exercises, agility drills, etc.) and cannot include use of specific sport equipment such as balls or include any sport specific instruction.

**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.”

**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.

**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 2020-21 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.

**NFHS Rule #5 (Section 1, Article 1) – Order and Length of Events and Virtual Competitions**

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. Any Virtual Competitions need approval as well and must include all host sites/locations. Requests can be emailed to [rgarman@kshsaa.org](mailto:rgarman@kshsaa.org).