

# 2020-21 GIRLS SWIMMING & DIVING

## ANNOUNCEMENTS – March 1, 2021



### 2020-21 IMPORTANT DATES

Girls Beginning Practice Date	March 1
Girls Earliest Possible Competition	March 15
<u><a href="#">GIRLS STATE MEET</a></u>	May 20-22

Up-to-date information regarding the Girls Swimming & Diving KSHSAA State Championships including the entries process, schedule, format, and spectator status will be provided throughout the season as COVID conditions are evaluated and decisions are made by the KSHSAA and host site meet directors, the local county health department, the KSHSAA Sports Medicine Advisory Committee, and the KSHSAA Executive Board of Directors.

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

COVID still exists! Be sure to implement risk-mitigation strategies for practices and competitions during the regular season. We all want to do our part to make sure we get to the state championships in May.

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](#).

[GENERAL CONSIDERATIONS FOR ALL ACTIVITIES](#)

[ACTIVITY SPECIFIC CONSIDERATIONS \(GIRLS SWIMMING & DIVING\)](#) – 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 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

### NFHSLEARN.COM – FREE COURSES

Check out all the online courses available from [NFHSLEARN.COM](http://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**.

## **2021 DIVING WEEKS – GIRLS** (Reference NFHS Rule 9-4-6)

Week 1 (March 15-20) = Forward Group

Week 2 (March 22-27) = Back Group

Week 3 (March 29 – April 3) = Inward Group

Week 4 (April 5-10) = Twisting Group

Week 5 (April 12-17) = Reverse Group

Week 6 (April 19-24) = Forward Group

Week 7 (April 26 – May 1) = Back Group

Week 8 (May 3-8) = Inward Group

Week 9 (May 10-15) = Twisting Group

Week 10 (May 17-22) = Reverse Group

## **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**.

## **RESOURCES/LINKS ON KSHSAA WEBSITE**

There are many resources/links available on the KSHSAA Website ([www.kshsaa.org](http://www.kshsaa.org)) under the “Athletic” tab and “Swim & Dive”. Be sure to check them out including info about the state meet, qualifying standards, past state champions and results, state records, diving score sheet, ODP Information, NFHS Diving and Swimming Officials’ Guidelines Manuals 2020-21, and Weekly Announcements including previous ones. Plus, a link to the [NFHS ONE METER DIVING TABLE](#) that includes live links to dive specific video clips and example scoring. Great resource for inexperienced diving judges!

## **KSHSAA & NFHS RULES REMINDERS:**

### **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).

### **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.

### **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.**