

2023-24 SWIMMING & DIVING MANUAL

Kansas State High School Activities Association

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AT A GLANCE

Welcome

The official manual for high school swimming & diving with information concerning regulations, qualifying times, meet supervision and state championship meets.

This Boys and Girls Swimming & Diving Manual has been designed and prepared to provide general information and for use in the administration of swimming and diving meets. Numerous questions may arise during the course of the season; we believe many of your questions will be answered by a thorough review of the contents of this manual.

The KSHSAA thanks all personnel, including meet managers, school administrators, officials, coaches, competitors, members of the media (newspaper, radio and television), and the loyal swimming and diving supporters for their efforts and interest during the swimming and diving seasons.

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Checklist for Participating Teams

Boys Swimming & Diving

- Meet entries (qualifying times and consideration times all in one file) due by Hy-Tek Meet/Team Manager **by 6 p.m. Sunday, February 11**, emailed to Rod Garman - rgarman@kshsaa.org.
- Check the KSHSAA website (www.kshsaa.org) Tuesday, February 13 for considerations that have made it into the meet.
- Send online pass gate information by noon, Tuesday, February 13 to KSHSAA by contacting your athletic director for User ID and administrative password and logging in, clicking on Entry Forms, clicking on the month of February, then selecting SW-1.

Girls Swimming & Diving

- Meet entries (qualifying times and consideration times all in one file) due by Hy-Tek Meet/Team Manager by **6 p.m. Sunday, May 12**, emailed to Rod Garman - rgarman@kshsaa.org.
- Check the KSHSAA website (www.kshsaa.org) Tuesday, May 14 for considerations that have made it into the meet.
- Send online pass gate information by noon, Tuesday, May 14 to KSHSAA by contacting your athletic director for user ID and administrative password and logging in, clicking on Entry Forms, clicking on the month of May, then selecting SW-2.

Projected Calendar Dates

Boys Swimming & Diving	SCW	23-24	24-25	25-26	26-27	27-28
Beginning Practice Date	20	11/13	11/18	11/17	11/16	11/15
Earliest Possible Competition	22	11/27	12/2	12/1	11/30	11/29
State Meet	33	2/15-17	2/20-22	2/19-21	2/18-20	2/17-19
Girls Swimming & Diving	SCW	23-24	24-25	25-26	26-27	27-28
Beginning Practice Date	35	2/26	3/3	3/2	3/1	2/28
Earliest Possible Competition	37	3/11	3/17	3/16	3/15	3/13
State Meet	46	5/16-18	5/22-24	5/21-23	5/20-22	5/18-20

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IMPORTANT

Rules Exam Requirement for Coaches

Coaches Online Test - October 11, 2023 - November 22, 2023

All senior high coaches whose teams participate in swimming/diving must successfully complete the NFHS Exam I. A grade of 90% or better must be scored. Those coaches who do not receive a grade of 90% or better must take the KSHSAA Test II. If they do not score the required 90% or better on the KSHSAA Test II, their school's name will be published in the Activities Journal. Schools not submitting a test will also be identified. **Any school whose coaches do not complete an online test by November 22 will pay a penalty of \$100.**

Contact the KSHSAA directly if your school's girls coach has not been hired prior to November 22, so they can complete the rules exam at a later date.

01 SPORTS MEDICINE GUIDELINES

For more information check out www.kshsaa.org>Sports Medicine & Safety

Pre-Participation Physical Evaluation (PPE)

No student is eligible to represent any school team (in practice and games) until there is on file with the superintendent or principal a statement (physical form) certifying that the student has passed an adequate physical examination and is physically fit to participate. The form must be signed by any of the following licensed health care providers: a physician, a chiropractor, a physician assistant (PA) or an advanced practice registered nurse (APRN). The statement (form) must also be signed by a parent or legal guardian, stating the student has permission to participate. The physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable.

KSHSAA Concussion and Head Injury Information Release Form

This form must be signed by all student-athletes and parent/guardians before the student participates in any athletic or spirit practice or contest each school year.

Concussion Management / Kansas Law

Below is a summary of our recommendations to our member schools to comply with the state law and the NFHS playing rule. A complete and detailed version can be found on the KSHSAA website in the sports medicine and safety section.

1. If concussion consistent signs or symptoms are observed in an athlete, the athlete should be immediately removed from the practice or contest.
2. The athlete should not be allowed to return to any practice or contest until written clearance is obtained from a health care provider (MD or DO).
3. The KSHSAA and the NFHS strongly recommend the athlete not be allowed to return to the practice or contest the same day the concussion consistent signs or symptoms were observed.
4. A gradual return-to-play protocol should be followed before the athlete is allowed to return to unrestricted participation in their sport.
5. The signed concussion and head injury information release form must be on file with the school.
6. Be sure all of your coaches view the free online course from the *NFHS: Concussions in Sports, What You Need to Know*. This course can be accessed through the sports medicine and safety section of our website or directly through www.nfhslearn.com. Schools may choose to use this course in group settings with parents, students or with school staff at in-service meetings.

Concussion Reporting

If a student suffers, or is suspected of having suffered, a concussion or head injury during a sport competition or practice session, the student: (1) must be immediately removed from the contest or practice and (2) an urgent referral to a health care provider should be arranged (if not already onsite). The student may not again participate in practice or competition until a health care provider has evaluated the student and provided a written clearance for the student to return to practice and competition. The National Federation and the KSHSAA recommend that the student should not be cleared for practice or competition the same day the concussion consistent sign, symptom or behavior was observed.

REPORT THE HEAD INJURY ON THE KSHSAA CONCUSSION REPORTING PORTAL IF:

1. This is a head injury that required the student participant to be removed from participation due to the student exhibiting signs/symptoms of a concussion.*

** AND **

2. The head injury was sustained during a school sponsored, preseason or in-season practice or competition in the following KSHSAA sanctioned activities: Baseball, Basketball, Bowling, Cross Country, Football, Golf, Gymnastics, Soccer, Softball, Swimming/Diving, Tennis, Track & Field, Volleyball, Wrestling, Cheerleading, Dance and Marching Band.

*If the student was removed from participation, but after a medical examination it was determined no concussion occurred, DO NOT REPORT the injury.

Medical Appliance Statement

National Federation of State High School Associations (NFHS) and Sports Medicine Advisory Committee (SMAC)

Although still relatively rare, the use of insulin pumps by athletes with diabetes has become more commonplace over the past few years. With the wider use of insulin pumps, as well as other medical devices such as heart monitoring equipment, concerns have been raised regarding the safety of the athlete wearing the device, teammates, opponents and the device itself. The NFHS SMAC has discussed these issues and come to the following conclusion:

When it is necessary for an athlete to wear a medical appliance (such as an insulin pump) during athletic competitions, the device shall be padded and securely attached to the player's body underneath the uniform. Devices attached to the head (such as hearing aids and cochlear implants) do not need to be padded, but shall be firmly secured to the body. No medical appliance should pose a risk of injury to others. It is recommended that the athlete notify the official of the presence of the medical appliance prior to a contest.

KSHSAA Recommended Procedures to Consider When Inclement Weather Occurs During a Contest

The safety of athletes (participants), spectators, coaches/directors, school personnel and all others present at an athletic contest must be the first and foremost concern of contest officials and building administrators.

1. When an interscholastic contest has been scheduled and dangerous playing conditions exist or severe weather is anticipated, the following should be considered:
 - a. Prior to beginning an athletic contest, when severe weather is anticipated, the head contest official and the principals of each school, or their designees, will meet to review the suspension and/or postponement procedures. This would include any playing rule book coverage.
 - b. The host school administrator will be responsible for informing contest officials, visiting school administrators and, if applicable, the individual responsible for public address announcements of designated shelter areas.
 - c. If a TORNADO WATCH has been issued, the host team building administrator and the head contest official will notify coaches, school administrators and, if applicable, the individual responsible for public address announcements that the possibility of abrupt suspension of play exists.
 - d. If a TORNADO WARNING has been issued, the contest should be suspended immediately. Participants, spectators and all personnel involved with the contest will be advised to "take cover." The procedure will be announced, when available, over the public address system.
 - e. When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for 30 minutes and take shelter immediately.
 - Thirty-minute rule: Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed before resuming play.
 - Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
 - f. If any other life-threatening condition occurs, play should be suspended immediately and predetermined directions to safe locations will be announced.

2. When a suspension of a contest occurs, the following should be considered:
 - a. If the suspension is 45 minutes or greater, resuming at a later date should be considered.
 - b. When it appears that weather conditions are no longer a threat to the safety of participants, spectators or contest officials, administrators from all schools involved will meet with the head contest official to determine if play will continue. If any administrator or the head contest official casts a negative vote for play to resume, the suspension should continue.
 - c. If play is to be resumed, contestants will be given at least a 15 minute warm-up period prior to competition.

Statement on Performance Enhancing Drugs and Nutritional Supplements

In order to promote the health and safety among all student-athletes, reduce health risk, maintain ethical standards as well as reduce liability risk, students should not use any drug, medication (over-the-counter or prescription) or nutritional supplement, as defined by the World Anti-Doping Agency, for the purposes of performance-enhancement. All school personnel, including coaches and school nurses, should never recommend the use of any drug, medication (over-the-counter or prescription) or nutritional supplement, as defined by the World Anti-Doping Agency, for the purposes of performance-enhancement.

School personnel should not dispense or administer any drug, medication (over-the-counter or prescription) or nutritional supplement, unless the student-athlete is under the direct care of a licensed health professional, licensed to practice in the state of Kansas and practicing within their scope of practice as defined by the Kansas Board of Healing Arts, and only as prescribed.

We recommend that coaches, athletic directors, nurses and other school personnel develop strategies that address the prevalence and growing concerns of using any drug, medication or nutritional supplement for the purpose of performance-enhancement. Athletes should be encouraged to pursue their athletic goals through hard work, appropriate rest, proper hydration and good nutrition, not unsubstantiated shortcuts. School personnel, coaches and parents should allow for open discussion about dietary supplement use, and should strongly encourage obtaining optimal nutrition through a well-balanced diet.

(adopted by the KSHSAA Sports Medicine Advisory Committee and Executive Board, April 2017)

KSHSAA Coach/Sponsor CPR/AED Training Requirement

Per KSHSAA Board Handbook **Rule 10-1-9**: Any person serving in the role of a head or assistant sport coach/aide or a head or assistant activity sponsor/aide in a KSHSAA member school shall be certified or trained in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) administration.

Components of the rule are as follows:

1. Following an initial 30-day grace period from the start of the season, personnel are not eligible to work as a coach or sponsor for their school until proof of completion of CPR/AED training is on file with their school.
2. Every coach/sponsor must complete CPR/AED training every two (2) years.
3. The training shall be coordinated by a certified CPR instructor.
4. Online only training courses are not accepted.
5. There must be a hands-on educational component to the training process.
6. On an annual basis by activity, a school administrator must acknowledge through the KSHSAA website that each coach/sponsor is currently trained in CPR/AED administration. To acknowledge rule compliance, a school administrator should login to the KSHSAA website and go to the Coach/Sponsor Requirements page. Select the activity and enter the date of CPR/AED training next to each coach/sponsor name. If you do not see the coach/sponsor listed, add that person through the Update Directory process online. All head and assistant coaches/sponsors should be listed for every activity!

Training could be obtained from the following organizations:

- American Heart Association
- American Red Cross
- American Safety & Health Institute / Medic First Aid
- National Safety Council

Potential sources for locating a certified CPR instructor:

- School nurse
- School/community athletic trainer
- Local emergency personnel: EMTs, firefighters, police officers
- Community hospital
- Contacting the organizations listed above

Concussion and Head Injury Education Requirement

On an annual basis and PRIOR to the first practice of the season, ALL coaches, student participants and school administrators responsible for event coverage are required to complete a concussion education program. This requirement includes cheer and dance sponsors and participating students. Students and coaches involved in more than one sport only need to complete this training one time each year. It is recommended the program be completed prior to the start of practice during preseason team meetings or coaching in-service. Schools may choose to utilize the free "Concussion in Sports" and the "Concussion for Students" courses found at www.nfhslearn.com.

KSHSAA Ejection Policy

Requirements for Ejected Coaches

Coaches who are ejected from a contest (at all levels grades 7-12) are required to complete the NFHS *Teaching and Modeling Behavior* course prior to coaching in their next game. (The course fee is \$20 and can be completed in one hour.) The next game is defined as the next regularly scheduled day of competition. In addition, the school administrator is responsible to provide the KSHSAA administrator a copy of the coach's certificate of completion of the online course. The coach may print this as the final step on the online course. Recurring ejections result in a requirement to repeat the course.

Requirements for Ejected Players

Any player ejected from a contest at any level of play (grades 7-12) for unsporting conduct or behavior will be required to successfully complete the free *NFHS Sportsmanship Course* online, prior to the KSHSAA and school reinstating his/her eligibility privileges. The school principal or athletic director is responsible to oversee compliance of this requirement. There is no cost for the course which takes approximately 20 minutes to complete. Schools are not required to submit the student's certificate of completion to the KSHSAA but should retain it on file.

Ejection Policy for Player, Coach, Spectator Involving an Official

Any participant (player, coach, spectator) who is ejected for making contact with an official, who is ejected for unsporting behavior directed toward an official, or who negatively confronts an official following a contest, shall be subject to a non-appealable suspension from the next contest at that level and for all contests at any level (in that activity) until the suspension has been served. Local school leadership may levy additional sanctions as they deem appropriate.

The KSHSAA staff reviews all ejection reports.

NOTE: The requirement for all ejected students to complete the *NFHS Sportsmanship Course* and the requirement for all ejected coaches to complete the *NFHS Teaching and Modeling Behavior* course prior to being reinstated remains in effect.

Rule 52 - Citizenship/Sportsmanship

INTRODUCTION—The effective American secondary school must support both an academic program and an activities program. We believe that these programs must do more than merely coexist—they must be integrated and support each other in “different” arenas. The concept of “sportsmanship” must be taught, modeled, expected and reinforced in the classroom and in all competitive activities. Therefore, all Kansas State High School Activities Association members stand together in support of the following sportsmanship policy.

PHILOSOPHY—Activities are an important aspect of the total education process in the American schools. They provide an arena for participants to grow, to excel, to understand and to value the concepts of SPORTSMANSHIP and teamwork. They are an opportunity for coaches and school staff to teach and model SPORTSMANSHIP, to build school pride, and to increase student/community involvement; this ultimately translates into improved academic performance. Activities are also an opportunity for the community to demonstrate its support for the participants and the school, and to model the concepts of SPORTSMANSHIP for our youth as respected representatives of society. **Sportsmanship is good citizenship in action!**

ALL ACTIONS are to be FOR, NOT AGAINST; POSITIVE, NOT NEGATIVE or DISRESPECTFUL!

Section 1: General Regulations (apply to grades 7-12)

Art. 1: SPORTSMANSHIP is a general way of thinking and behaving. The following sportsmanship policy items are listed below for clarification:

- a. Be courteous to all (participants, coaches, officials, staff and fans).
- b. Know the rules, abide by and respect the official's decisions.
- c. Win with character and lose with dignity.
- d. Display appreciation for good performance regardless of the team.
- e. Exercise self-control and reflect positively upon yourself, team and school.
- f. Permit only positive sportsmanlike behavior to reflect on your school or its activities.

Art. 2: Enforcement Procedure:

- a. It is encouraged and recommended by the Kansas State High School Activities Association that local boards of education adopt these regulations and reinforce them as indicated herein.
- b. The Executive Board of the Kansas State High School Activities Association shall be responsible for the interpretation of these regulations, including “desirable and unacceptable behavior” and shall publish them in the association’s *Citizenship/Sportsmanship Manual*.

The KSHSAA Code of Ethics for Coaches, Directors, Aides, Adjudicators, Judges and Officials

Believing that mine is an important part in the nationwide school activity program, I pledge to act in accordance with these principles:

1. I will honor contracts regardless of possible inconvenience or financial loss.
2. I will study the rules, observe the work of other coaches, directors, adjudicators, judges, or officials and will, at all times, attempt to improve myself and the activity.
3. I will conduct myself in such a way that attention is drawn not to me but to the young people participating in the contest.
4. I will maintain my appearance in a manner befitting the dignity and importance of the activity.
5. I will cooperate with the news media in the interpretation and clarification of rules and/or other areas relating to good sportsmanship, but I will not make statements concerning decisions made during the contest.
6. I will uphold and abide by all rules of the KSHSAA and the National Federation.
7. I will shape my character and conduct so as to be a worthy example to the young people who participate under my jurisdiction.
8. I will give my complete cooperation to the school which I serve and to the KSHSAA which I represent.
9. I will cooperate and be professional in my association with other coaches, directors, adjudicators, judges or officials and will do nothing to cause them public embarrassment.
10. I will keep in mind that the contest is more important than the wishes of any individual.
11. I will make responsible decisions about consumption of alcohol, including abstinence from alcohol at least 12 hours prior to a contest in which I will be involved.
12. I will not use tobacco or e-cigarette products while directly involved in interscholastic activities.

KSHSAA Pre-Activity Timeout

Purpose: As a proactive communication measure, schools are expected to designate a time prior to the start of any interscholastic contest to share event critical information with stakeholders. The following information should be shared/reviewed prior to the first contest at each location:

1. Introduction of home and visiting administration on duty (identify primary point of contact).
2. Identify the location of athletic trainer(s) or other qualified medical professionals.
3. Identify the location of the AED(s).
4. Identify emergency entrance/exits for the facility.
5. Identify the storm shelter location and communication plan for evacuation.
6. Identify the rapid body cooling plan (location of cold water immersion tub).
7. Identify the communication plan for leadership.
8. Identify the communication plan for respective groups (students, coaches, fans).
9. Identify any special events or concerns relative to the event.

These nine items are to be reviewed prior to the event by the ranking school leader of every school involved in the contest. Each participating school is to be represented in this pregame meeting. If an administrative representative is not in attendance, this responsibility belongs to the head coach.

HAVE A PLAN. COMMUNICATE YOUR PLAN.

Moratoriums

Winter Moratorium - December 24 - 28, 2023

Art. 1: The Executive Board shall establish a consecutive five-day period (including December 25) where there shall be no school practice or interscholastic contests or activities.

- a. There shall be no interschool activities.
- b. There shall be no staff members present for any interscholastic activities.
- c. There shall be no staff members present for any interscholastic activity practice in activities under the jurisdiction of the KSHSAA.

Art. 2: There shall be no group interscholastic activity practice either on or outside school premises under supervision of school employees.

Summer Moratorium - July 1-7, 2024

Art. 5: The Executive Board shall establish a consecutive seven day period (including July 4) where there shall be no school related athletic activities. During this time, coaches (licensed teacher coaches and coach aides employed by member schools) shall be prohibited from engaging in any type of activity involving student athletes whether it be practice, training, weight lifting, conditioning, competition or travel.

All member school athletic facilities will be closed during this period to school personnel and students grades 7-12. If member school athletic facilities also serve as non-school community recreation facilities, these facilities may remain open during the moratorium so long as no school teams are playing and no school coaches are coaching the teams/individuals. During this one week dead period, students may attend camps or competitions but may not do so with their school coaches.

Unmanned Aircraft Systems or UAS (Drone Policy)

Unless granted special permission by the KSHSAA Executive Director, the use of drones (UAS) for any purpose is not permitted at any KSHSAA state tournament or postseason game or event. This prohibition applies to all fields of play, courts, arenas, mats, gym floors or pools and includes a ban on the entire facility being used as part of the KSHSAA event, including the spectator areas and parking areas. During the regular season, member schools should have a drone policy. At no time should a drone be on or over the field of play during the game, even if the school policy permits the use of drones during the regular season.

RULES AND REGULATIONS

Rule 40 - Swimming & Diving (Boys & Girls)

Section I: General Regulations (none)

Section 2: Senior High Regulations

Art. 1: Practice shall not begin—

- a. Boys—Prior to Monday of Standardized Calendar Week #20.
- b. Girls—Prior to Monday of Standardized Calendar Week #35.
 1. Any student who has been out for a fall sport shall not start practice if the team on which he competed or had membership has not completed its season.

NOTE: A participant is considered as having completed such season if he does not qualify for entry into the state championship series, or is not continued on the squad when the team advances to the state championship series.

Art. 2: Competition shall not begin—

- a. Boys—Prior to Monday of Standardized Calendar Week #22.
- b. Girls—Prior to Monday of Standardized Calendar Week #37.

Art. 3: The state championship meet—

- a. Boys—Shall be held during Standardized Calendar Week #33.
- b. Girls—Shall be held during Standardized Calendar Week #46.

Art. 4: No student representing a member school shall participate in more than 10 meets during a season, exclusive of the state meet.

Art. 5: Schools are encouraged to schedule as many quadrangular or smaller events as possible. It is recommended that these events start after school hours.

2023-24 Boys Diving Weeks

Week 1 - forward group - November 27 - December 2

Week 2 - back group - December 4-9

Week 3 - inward group - December 11-16

Week 4 - twisting group - December 18-30

Week 5 - reverse group, etc. - January 1-6 (*reference - Rule 9-4-6*)

REPEAT

Week 1 - forward group - January 8-13

Week 2 - back group - January 15-20

Week 3 - inward group - January 22-27

Week 4 - twisting group - January 29 - February 3

Week 5 - reverse group, etc. - February 5-10 (*reference - Rule 9-4-6*)

2023-24 Girls Diving Weeks

Week 1 - forward group - March 11-16

Week 2 - back group - March 18-23

Week 3 - inward group - March 25-30

Week 4 - twisting group - April 1-6

Week 5 - reverse group, etc. - April 8-13 (*reference - Rule 9-4-6*)

REPEAT

Week 1 - forward group - April 15-20

Week 2 - back group - April 22-27

Week 3 - inward group - April 29 - May 4

Week 4 - twisting group - May 6-11

Week 5 - reverse group, etc. - May 13-18 (*reference - Rule 9-4-6*)

Rule 26 - Anti-Tryout and Private Instruction

A student who violates this rule shall be ineligible in that activity for a period of one year from the date of the violation, unless reinstated by the Executive Board.

Section 1: General Regulations (apply to grades 7-12)

Art. 1: A student may receive instruction from their parent(s) at any time. A student's parent(s) may attend their student's private instruction session without violating the provisions of this rule.

Art. 2: A student may receive private instruction at any time of the school year. During the time a student is a member of a school athletic squad, starting with the student's first day of school practice and ending with the student's last day on the school athletic squad, a student may receive private instruction subject to the conditions set forth in this rule.

Art. 3: Other individuals may be present at a student's private instruction session as long as they are there in a supportive capacity only and not giving or providing instructions to the student.

NOTE: Private instruction is defined as one student receiving instruction from one person during the period of instruction.

A group is defined as two or more students receiving instruction from an instructor during the same period of instruction.

Supportive capacity is defined as participating in the period of instruction without providing any instruction to the student or instructor or in a competitive situation/capacity.

Art. 4: A student shall not participate in group training sessions or tryouts held by colleges or other outside agencies in a sport while he or she is a member of a school athletic team in that identical sport.

Exception: The Kansas Legislature, in the 2011 session, enacted the following law:

- a. "The Kansas State High School Activities Association (KSHSAA) and its member high schools, and administrators, principals, coaches, teachers and others affiliated with such association and member high schools, shall not adopt any rules and regulations or interpret any existing rule and regulation in any manner which would prohibit a student-athlete from training with any Kansas state high school league-sponsored sport or competition while the student-athlete is participating in nonschool swimming athletic training or diving athletic training, or both, during the high school sport season and throughout the year if:
 1. The nonschool swimming athletic training or diving athletic training, or both, is under the jurisdiction of and sanctioned by the national governing body of the sport, U.S.A. Swimming, Inc. or U.S.A. Diving, Inc., and is conducted in a manner which protects the health and safety of the student-athlete; and
 2. The student-athlete meets the reasonable and ordinary school-established requirements for participation in the student-athlete's high school swimming program or diving program, or both, including requirements designed to protect the health and safety of such student-athlete.
- b. This section shall take effect on and after July 1, 2011."

Rationale:

An Anti-Tryout and Private Instruction requirement:

- a. Protects the school/coach - student-athlete relationship;
- b. Establishes guidelines under which a student-athlete may receive private instruction;
- c. Helps preserve the school's staffing integrity;
- d. Promotes and helps protect the student-athlete relationship to the school's team;
- e. Provides opportunity for specialized individual training;
- f. Prohibits student-athletes from trying out for non-school teams during the school season of the same sport;
- g. Maintains a fair competitive environment for school teams;
- h. Protects the parent/child relationship.

Rule 4 - United States Olympic Committee-Sponsored National Trials and Competitions

Section 1: General Regulations (apply to grades 7-12)

Art. 1: Notwithstanding the other rules of the KSHSAA, a student may participate as an individual (not representing his or her school) without loss of interscholastic eligibility:

- a. as a member of a National Team (and the actual, direct tryouts therefore), which is defined as one selected by the national governing body of the sport on a national qualification basis either through a defined selective process or actual tryouts for the purpose of international competition which requires the entries to officially represent their respective nations, although it is not necessary there be team scoring by nation; or
- b. in an Olympic Development Program, which is defined as a training program or competition:
 1. conducted or sponsored by the United States Olympic Committee (USOC); or
 2. directly funded and conducted by the USOC member national governing body (NGB) on a national level (e.g. NGB national championship competition and the direct qualifications therefore); or

PROVIDED, HOWEVER, participation as described in (a) and (b) above is an exception to the other rules of the KSHSAA only if:

1. the participation, if during the school year, is approved by the student's high school principal, and the KSHSAA is notified in writing by the principal at least 30 days prior to the start of the program; and
2. the student makes prior arrangement to complete missed academic lessons, assignments and tests before the last day of classes of the credit grading period in which the student's absence occurs; and
3. the student misses no KSHSAA-sponsored postseason athletic event involving a team in that sport.

Rule 4 - Olympic Development Program (ODP)

Member schools may apply per KSHSAA **Rule #4** – ODP for their athletes to compete in sanctioned USA Swimming & Diving Meets. A complete list of the 2023-24 approved meets may be accessed on the KSHSAA Swimming and Diving Home-page. 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, 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 and need to be done 30 days prior to the competition.

04 QUALIFYING & CONSIDERATION STANDARDS

2023-24 Standards 5-1A Boys

Event	5-1A Qualifying	5-1A Qualifying	5-1A Consideration	5-1A Consideration
	Yards	Meters	Yards	Meters
200 medley relay	1:53.56	2:06.62	1:59.24	2:12.95
200 freestyle	1:58.40	2:11.18	2:04.32	2:17.74
200 IM	2:14.83	2:29.79	2:21.57	2:37.28
50 freestyle	23.41	26.19	24.58	27.50
100 butterfly	59.49	1:06.27	1:02.46	1:09.59
100 freestyle	52.53	58.36	55.16	1:01.28
500 freestyle	5:29.85	4:49.60 (400 meters)	5:46.34	5:04.09 (400 meters)
200 freestyle relay	1:39.13	1:50.63	1:44.09	1:56.17
100 backstroke	1:01.07	1:07.85	1:04.13	1:11.24
100 breaststroke	1:08.23	1:15.73	1:11.64	1:19.52
400 freestyle relay	3:46.32	4:12.12	3:57.64	4:24.73

2023-24 Standards - 6A Boys

Event	6A Qualifying	6A Qualifying	6A Consideration	6A Consideration
	Yards	Meters	Yards	Meters
200 medley relay	1:49.33	2:01.90	1:54.79	2:08.00
200 freestyle	1:53.76	2:06.04	1:59.44	2:12.34
200 IM	2:10.08	2:24.52	2:16.59	2:31.75
50 freestyle	23.09	25.84	24.25	27.13
100 butterfly	57.20	1:03.73	1:00.06	1:06.91
100 freestyle	51.19	56.87	53.75	59.71
500 freestyle	5:16.69	4:38.06 (400 meters)	5:32.53	4:51.96 (400 meters)
200 freestyle relay	1:37.15	1:48.42	1:42.01	1:53.84
100 backstroke	58.64	1:05.15	1:01.57	1:08.40
100 breaststroke	1:05.00	1:12.15	1:08.25	1:15.76
400 freestyle relay	3:36.29	4:00.94	3:47.10	4:12.99

Boys Diving (All Classes):

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

Must include all 5 dive categories: forward, back, inward, twisting, and reverse.

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.

2023-24 Standards 5-1A Girls

Event	5-1A Qualifying	5-1A Qualifying	5-1A Consideration	5-1A Consideration
	Yards	Meters	Yards	Meters
200 medley relay	2:08.56	2:23.47	2:14.99	2:30.64
200 freestyle	2:12.45	2:26.76	2:19.07	2:34.09
200 IM	2:31.20	2:47.83	2:38.76	2:56.22
50 freestyle	26.62	29.69	27.96	31.17
100 butterfly	1:07.61	1:15.12	1:10.99	1:18.88
100 freestyle	59.21	1:05.84	1:02.17	1:09.13
500 freestyle	5:59.39	5:15.25 (400 meters)	6:17.36	5:31.02 (400 meters)
200 freestyle relay	1:52.70	2:05.89	1:58.34	2:12.15
100 backstroke	1:07.04	1:14.49	1:10.40	1:18.21
100 breaststroke	1:17.42	1:26.10	1:21.30	1:30.40
400 freestyle relay	4:12.45	4:41.23	4:25.08	4:55.30

2023-24 Standards - 6A Girls

Event	6A Qualifying	6A Qualifying	6A Consideration	6A Consideration
	Yards	Meters	Yards	Meters
200 medley relay	2:06.62	2:21.30	2:12.95	2:28.37
200 freestyle	2:08.06	2:21.89	2:14.47	2:28.99
200 IM	2:26.74	2:42.88	2:34.07	2:51.02
50 freestyle	26.37	29.41	27.69	30.88
100 butterfly	1:05.65	1:12.93	1:08.93	1:16.58
100 freestyle	58.06	1:04.56	1:00.96	1:07.79
500 freestyle	5:51.95	5:08.73 (400 meters)	6:09.55	5:24.17 (400 meters)
200 freestyle relay	1:51.52	2:04.57	1:57.10	2:10.76
100 backstroke	1:04.94	1:12.15	1:08.18	1:15.75
100 breaststroke	1:14.98	1:23.37	1:18.72	1:27.54
400 freestyle relay	4:11.72	4:40.42	4:24.31	4:54.44

Girls Diving (All Classes):

6-Dive Meet 10.2 DD on 5 Optional AND 180 Score - at the same meet

Must include all 5 dive categories: forward, back, inward, twisting, and reverse.

11-Dive Meet 12.2 DD on 6 Optional AND 275 Score - at the same meet

The state meet is an 11-dive meet. Divers must complete the minimum 11-dive degree of difficulty requirement.

STATE SWIMMING & DIVING MEET

Boys Swimming & Diving State Championships

Capitol Federal Natatorium @ Hummer Sports Park – Topeka, KS

Thursday – February 15, 2024

- 7:00 a.m. Pass Gate Opens
- 7:30 a.m. 5-1A Diving Coaches Meeting with KSHSAA & KSDCA
- 8:00 a.m. 5-1A Diving Prelims Warm-Up
- 8:30 a.m. General Admission Gate Opens for 5-1A & 6A Diving Prelims & Semis
- 9:30 a.m. 5-1A Diving Prelims & Semifinals (SESSION 1)
**Following the prelims, there will be a 45-minute semifinal warm-up.*
- 2:30 p.m. 6A Diving Coaches Meeting with KSHSAA & KSDCA
- 3:00 p.m. 6A Diving Prelims Warm-Up
- 4:30 p.m. 6A Diving Prelims & Semifinals (SESSION 1)
**Following the prelims, there will be a 45-minute semifinal warm-up.*
- 9:00 p.m. Building Closes

Friday – February 16, 2024

- 7:15 a.m. Pass Gate Opens for 5-1A
- 8:00 a.m. General Admission Gate Opens for 5-1A Swimming Prelims
5-1A Swimming Prelims Warm-Up – Open Warm-Up in All Lanes
Sprints and Starts (8:45 – 8:55)
- 9:00 a.m. 5-1A Swimming Prelims (SESSION 2)
**Following the swimming prelims, diving boards will open for diving warm-ups. (5-1A only)*

The facility will be cleared and closed at the conclusion of Session 2.

- 2:15 p.m. Pass Gate Opens for 6A
- 3:00 p.m. General Admission Gate Opens for 6A Swimming Prelims
6A Swimming Prelims Warm-Up – Open Warm-Up in All Lanes
Sprints and Starts (3:45 – 3:55)
- 4:00 p.m. 6A Swimming Prelims (SESSION 3)
**Following the swimming prelims, diving boards will open for diving warm-ups. (6A only)*
- 8:30 p.m. Building Closes

Saturday – February 17, 2024

- 7:15 a.m. Pass Gate Opens for 5-1A
- 8:00 a.m. General Admission Gate Opens for 5-1A Swimming & Diving Finals
5-1A Swimming and Diving
Finals Warm-Up
Diving Warm-Up in Lanes 6-8
Swimming – Open Warm-Up in All Remaining Lanes
Sprints and Starts (8:45 – 8:55)
- 9:00 a.m. 5-1A Swimming and Diving Finals (SESSION 4)
Event #1 = Diving Finals

The facility will be cleared and closed at the conclusion of Session 4.

- 2:15 p.m. Pass Gate Opens for 6A
- 3:00 p.m. General Admission Gate Opens for 6A Swimming & Diving Finals
6A Swimming and Diving Finals Warm-Up
Diving Warm-Up in Lanes 6-8
Swimming – Open Warm-Up in All Remaining Lanes Sprints and Starts (3:45 – 3:55)
- 4:00 p.m. 6A Swimming and Diving Finals (SESSION 5)
Event #1 = Diving Finals
- 9:00 p.m. Building Closes

Girls Swimming & Diving State Championships

Shawnee Mission School District Aquatic Center – Lenexa, KS

Thursday – May 16, 2024

- 7:00 a.m. Pass Gate Opens
- 7:30 a.m. 5-1A Diving Coaches Meeting with KSHSAA & KSDCA
- 8:00 a.m. 5-1A Diving Prelims Warm-Up
- 8:30 a.m. General Admission Gate Opens for 5-1A & 6A Diving Prelims & Semis
- 9:30 a.m. 5-1A Diving Prelims & Semifinals (SESSION 1)
**Following the prelims, there will be a 45-minute semifinal warm-up.*
- 2:30 p.m. 6A Diving Coaches Meeting with KSHSAA & KSDCA
- 3:00 p.m. 6A Diving Prelims Warm-Up
- 4:30 p.m. 6A Diving Prelims & Semifinals (SESSION 1)
**Following the prelims, there will be a 45-minute semifinal warm-up.*
- 9:00 p.m. Building Closes

Friday – May 17, 2024

- 7:15 a.m. Pass Gate Opens for 5-1A
- 8:00 a.m. General Admission Gate Opens for 5-1A Swimming Prelims
5-1A Swimming Prelims Warm-Up – Open Warm-Up in All Lanes
Sprints and Starts (8:45 – 8:55)
- 9:00 a.m. 5-1A Swimming Prelims (SESSION 2)
**Beginning Event #6 – 100 Yd Butterfly, diving boards will open for diving warm-ups.*

The facility will be cleared and closed at the conclusion of Session 2.

- 2:15 p.m. Pass Gate Opens for 6A
- 3:00 p.m. General Admission Gate Opens for 6A Swimming Prelims
6A Swimming Prelims Warm-Up – Open Warm-Up in All Lanes
Sprints and Starts (3:45 – 3:55)
- 4:00 p.m. 6A Swimming Prelims (SESSION 3)
**Beginning Event #6 – 100 Yd Butterfly, diving boards will open for diving warm-ups.*
- 8:30 p.m. Building Closes

Saturday – May 18, 2024

- 7:15 a.m. Pass Gate Opens for 5-1A
- 8:00 a.m. General Admission Gate Opens for 5-1A Swimming & Diving Finals
5-1A Swimming and Diving Finals Warm-Up
Diving Warm-Up in Diving Competition Pool Swimming – Open Warm-Up in All Remaining Lanes
Sprints and Starts (8:45 – 8:55)
- 9:00 a.m. 5-1A Swimming and Diving Finals (SESSION 4)
Event #5 = Diving Finals

The facility will be cleared and closed at the conclusion of Session 4.

- 2:15 p.m. Pass Gate Opens for 6A
- 3:00 p.m. General Admission Gate Opens for 6A Swimming & Diving Finals
6A Swimming and Diving Finals Warm-Up
Diving Warm-Up in Diving Competition Pool Swimming – Open Warm-Up in All Remaining Lanes
Sprints and Starts (3:45 – 3:55)
- 4:00 p.m. 6A Swimming and Diving Finals (SESSION 5)
Event #5 = Diving Finals
- 9:00 p.m. Building Closes

Medals and Trophies

Medals will be awarded to the top eight (8) swimmers and divers in each event.

Trophies will be awarded to the top three (3) teams in 6A and 5-1A.

Scoring

	Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th
Relay Events		40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2
Individual Events		20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Meet Entries

NOT PARTICIPATING IN STATE MEET - If your school will not have anyone participating at this state meet, please contact Rod Garman at rgarman@kshsaa.org or 785-273-5329 by Friday, February 9 (boys), May 10 (girls).

This state meet is being set up and conducted by computer. **Your Hy-Tek Meet Manager/Team Manager entries must arrive at the KSHSAA by 6 p.m. the Sunday before the state meet, February 11 (BOYS) and May 12 (GIRLS).** An entry fee of \$10 per contestant per individual event and \$25 for each relay team is required. **SCHOOLS WILL BE INVOICED.**

- Qualifying/Consideration swimmers must be submitted on Hy-Tek Meet Manager/Team Manager in the same file.
- You may list a swimmer with multiple individual consideration times; however, events will be filled in order.
- All swimmers MUST be entered into Meet Manager to compete in a relay.

The meet will be conducted according to the **Official 2023-24 Swimming & Diving Rules Book**, published by the National Federation of State High School Associations. **Entries will be governed as per Rules 3-1-1, 3-2-1 and 3-2-2.**

Entries in all events will be limited to those who have met the minimum performance standards as published in this manual and on www.kshsaa.org. **Qualifying standards must have been met during this season in interscholastic competition.**

- Send the best time or score which the swimmer or diver has performed in competition this scholastic season. Entrants must participate as listed in team manager. **No changes will be permitted unless an emergency exists.**
- **Please be able to provide proof of the meet and the date the standard was met for both swimming and diving competition. The same procedure is to be followed for those with consideration times!**
- **Eight (8) lanes will be used in conducting preliminaries, consolation finals and finals.**
- **If more than three (3) full heats qualify (24), additional lanes will be filled with consideration times.**

It is the coaches' responsibility to check the KSHSAA website to see if any of your swimmers with consideration times qualified. These will be available on the Tuesday before the state meet.

February 13 (boys) and May 14 (girls)

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.

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, be sure to review carefully the K-W (Winter Activities) Form signed and agreed to by each school in a coop agreement for boys swimming & diving and the K-S (Spring Activities) Form for girls swimming & diving.

Pass Gate

Pass Gate forms will need to be submitted online at www.kshsaa.org by Tuesday, 12 p.m., prior to the state meet.

Login using the school user ID and administrative password at www.kshsaa.org>Schools>Entry Forms> February (Boys) or May (Girls)>SW-1 (Boys) or SW-2 (Girls)

Coaches Meetings - Please Attend

Coaches meetings will be held virtually at 6:00 p.m. and 7:30 p.m. (by class) on Wednesday before the state meet.

February 14 (boys), May 15 (girls)

These meetings will be led by the KSHSAA, meet officials, and the Kansas Swimming and Diving Coaches Association (KS-DCA). Diving coaches meetings will be held onsite at 7:30 a.m. and 2:30 p.m. (by class) on Thursday.

February 15 (boys), May 16 (girls)

Attention Diving Coaches

Instructions for eDive state entries (due by 11 a.m. on the Monday before the state meet):

1. Go to www.edive.info
2. On the menu at the bottom under 'resources', click on email entries.

3. Complete entry form on this page.

For host email use *kansasdiving@gmail.com* (Lenexa site)

hammerdiving@gmail.com (Topeka site)

For event use Boys/Girls 11 Dive 1M

4. Enter diver information and dive list.

Make sure to specify voluntary or optional.

5. Click on ***Send My Entries***.

Once again, the state meet is an eleven (11) dive meet. Therefore, divers must complete the minimum 11-dive DD qualifying standard at the State Championship Meet.

All diving sheets must be completed and turned in after the diving coaches meeting on Thursday. This will give the diving referee time to check all sheets. See Swimming and Diving Rule #9 for details.

As in the past, the diving judges will be selected from those schools with diving entries. When your state meet entries are sent to the KSHSAA, you must also send the name of a qualified diving judge (**not necessarily the diving coach**). Please list their name in the area provided on the pass gate list. This person must be an adult. The names of the judging panel will be assigned by the KSHSAA. The teams who are selected to provide a judge will be notified by the KSHSAA in advance of the meet.

Divers may warm up on Thursday, February 15, (boys) May 16 (girls), at 8:00 a.m. for 5-1A and at 3:00 p.m. for 6A. The diving preliminaries will begin at 9:30 a.m. for 5-1A and 4:30 p.m. for 6A. All divers will be permitted to complete the preliminaries (5 dives).

Diving semifinals - top 20 divers in each class will be conducted immediately following preliminaries.

Diving finals - top 16 divers in each class will be conducted by class with 5-1A at 9:00 a.m. and 6A at 3:00 p.m. on Saturday, February 17, (boys) May 18 (girls). Warm-ups will begin at 8:00 a.m. and 3:00 p.m.

Admission/Pass Gate

Admission will be charged Thursday, Friday and Saturday. The prices are \$10 for adults and \$10 for grades K-12. ***Please inform your spectators that admission will be charged for the diving - Thursday, Friday and Saturday.*** Please complete and return the pass gate form. Those properly listed will be admitted free. **PLEASE ASK THE PARTICIPANTS TO CHECK-IN ALPHABETICALLY TO EXPEDITE THE ADMITTANCE PROCESS.**

Timer Assignments

Participating schools in both classes (6A & 5-1A) will be assigned to provide timers for the state championship meets. Schools will be notified prior to the meet. Timers will receive free admission and should use the Pass Gate Entrance.

Programs

KSHSAA State Championship Meet programs with both classes' preliminary entries will be available for \$4 on Friday. Heat Sheets will be available for the finals on Saturday for \$1 unless proof of a purchased \$4 preliminary program is shown. In that case the finals heat sheet is free.

Locker Rooms

Adequate dressing room facilities and lockers will be available. However, **SCHOOLS SHOULD BRING THEIR OWN COMBINATION LOCKS.** Towels **WILL NOT** be furnished. All schools will furnish their own as they have done in the past. Coaches are also reminded to bring locks for their belongings.

****Coaches, please inform your athletes no shaving in the locker rooms!***

Seating

The deck area is for athletes, coaches, managers and meet officials only. Safety marshals will only admit these individuals!

Coaches, please have your swimmers and divers find seating on the deck and in the specified crash areas. Save the bleacher seats for spectators. Ask those in front to remain seated, so spectators may see the competition.

Saving "groups" of seat at the state championship meet is not allowed!

Pool Area Rules

NATATORIUM (Deck and Spectator Area)

- No glass containers allowed anywhere!

DECK

- Only drinks in plastic containers with lids are permitted in this area.
- No food allowed on the deck (includes: candy, snacks, fruit, etc.).
- No street shoes allowed on the deck!

BOARDS

- Natatorium personnel prohibits "diving and/or jumping celebration" from the boards.

Banners and Signs

Check with event management before putting up any banners or signs.

Safety During the Warm-Up Period

Coaches, please discuss the following safety guidelines with your athletes.

1. Swimmers shall enter the water feet-first except for starts which are limited to specified lanes.
2. Place a cone marker or similar item on starting platforms in lanes not specified as one-way sprint lanes.
3. Specify center lanes for circle swimming two (2) lengths of the pool beginning at the starting end of the pool.
4. Specify the outside lanes as pace lanes (*swimmers swim one or two lengths from an in-water push-off position from the starting end of the pool*).
5. May specify lanes for relay practice during the last 10 minutes of the warm-up.
6. Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
7. Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.

Team Abbreviations

Use the Team Abbreviations (on the following page) for your state entries via Hy-Tek Meet Manager/Team Manager. If your school is not listed, please contact Rod Garman, rgarman@kshsaa.org.

Full Team Name	Team Abbr	Full Team Name	Team Abbr
Altamont-Labette County HS	LABC	Newton HS	NEWT
Andover Central HS	ANDC	Norwich HS	NORW
Andover HS	ANDO	Olathe East HS	OLEA
Arma-Northeast HS	NOEA	Olathe North HS	OLNO
Atchison HS	ATCH	Olathe Northwest HS	OLNW
Atchison-Maur Hill-Mount Academy	MAUR	Olathe South HS	OLSO
Baldwin HS	BALD	Olathe West HS	OLW
Basehor-Linwood HS	BASE	Osawatomie HS	OSAW
Bonner Springs HS	BONN	Overland Park-Blue Valley HS	BVH
Buhler HS	BUHL	Overland Park-Blue Valley North HS	BVNO
Burden-Central HS	BCEN	Overland Park-Blue Valley Northwest HS	BVNW
Chanute HS	CHAN	Overland Park-Blue Valley Southwest HS	BVSW
Clay Center Community HS	CLAY	Overland Park-Blue Valley West HS	BVW
Clearwater HS	CLEA	Overland Park-St. Thomas Aquinas HS	AQUI
Coffeyville-Field Kindley HS	COFF	Paola HS	PAOL
Columbus HS	COLU	Parsons HS	PARS
De Soto HS	DESO	Peabody-Burns HS	PEAB
Derby HS	DERB	Pittsburg HS	PITT
Dodge City HS	DODG	Pittsburg-St Mary's Colgan HS	PSMC
Easton-Pleasant Ridge HS	EAPR	Rose Hill HS	ROSE
Effingham-Atchisin Co Community HS	ACCH	Salina-Central HS	SCEN
El Dorado HS	ELDO	Salina-Sacred Heart HS	SAHT
Emporia HS	EMPO	Salina-South HS	SSOU
Fort Scott HS	FORT	Shawnee Mission East HS	SME
Frontenac HS	FRON	Shawnee Mission North HS	SMN
Garden City HS	GCTY	Shawnee Mission Northwest HS	SMNW
Great Bend HS	GREA	Shawnee Mission South HS	SMS
Gypsum-Southeast of Saline HS	SESA	Shawnee Mission West HS	SMW
Hays HS	HAYS	Shawnee Mission-Bishop Miega HS	MIEG
Hesston HS	HESS	Shawnee-Mill Valley HS	MILL
Hillsboro HS	HLSB	Tecumseh-Shawnee Heights HS	SHAW
Holcomb HS	HOLC	Tonganoxie HS	TONG
Humbolt HS	HUMB	Topeka HS	TOPE
Hutchinson HS	HTCH	Topeka West HS	TOWE
Independence HS	INDE	Topeka-Cair Paravel Lation School	CAIR
Junction City HS	JUNC	Topeka-Hayden HS	HAYD
Kansas City-FL Schlage HS	SCHL	Topeka-Seaman HS	SEAM
Kansas City-JC Harmon HS	HARM	Topeka-Washburn Rural HS	WARU
Kansas City-Piper HS	PIPE	Towanda-Circle HS	CIRC
Kansas City-Sumner Academy	SUMN	Valley Center HS	VLCE
Kansas City-Turner HS	TURN	Wamego HS	WAME
Kansas City-Washington HS	KCWA	Wellington HS	WELL
Kansas City-Wyandotte HS	WYAN	Wichita Collegiate HS	COLL
La Crosse HS	LACR	Wichita-Bishop Carroll HS	CARR
Lansing HS	LANS	Wichita-Central Christian Academy	WCCA
Lawrence HS	LAWR	Wichita-Classical School Of Wichita	CSW
Lawrence-Bishop Seabury Academy	SEAB	Wichita-East HS	WIEA
Lawrence-Free State HS	FREE	Wichita-Haysville Campus HS	CAMP
Leavenworth HS	LEAV	Wichita-Heights HS	WIHE
Lenexa-St. James Academy	SJAM	Wichita-Kapaun Mt. Carmel HS	KAMC
Liberal HS	LIBE	Wichita-North HS	WINO
Lindsborg-Smoky Valley HS	SMOK	Wichita-Northwest HS	WINW
Lost Springs-Centre HS	CNTR	Wichita-South HS	WISO
Louisburg HS	LOUI	Wichita-Southeast HS	WISE
Maize HS	MAIZ	Wichita-The Independent HS	WIND
Maize South HS	MASO	Wichita-Trinity Academy	WITR
Manhattan HS	MANH	Wichita-West HS	WIWE
Marion HS	MARI	Winfield HS	WINF
McPherson HS	MCPH		
Moundridge HS	MOUN		

KSHSAA State Swimming & Diving Records

5-1A Boys

Event	Time	Record Holder, School	Year
1. 200-Yard Medley Relay	1:35.02	Max Hernandez-Nietling, Lex Hernandez-Nietling, Kevin Hannon, Kyle Eskew, Shawnee Mission-Bishop Miege	2019
2. 200-Yard Freestyle	1:39.92	Adam Sandid, Wichita Collegiate	2022
3. 200-Yard Individual Medley	1:46.78	Ben Patton, Wichita-Trinity	2019
4. 50-Yard Freestyle	0:20.48	Keiser Witte, Winfield	2013
5. One-Meter Diving	533.55	Daniel Fecteau, Overland Park-Blue Valley West	2015
6. 100-Yard Butterfly	0:48.58	David Winter, Newton	2007
7. 100-Yard Freestyle	0:45.06	Regan Richardson, Maize South	2023
8. 500-Yard Freestyle	4:33.52 Prelim.	Zeke Metz, Topeka-Seaman	2018
9. 200-Yard Freestyle Relay	1:26.10 Prelim.	Derek Yang, Paul Mines, Joseph Gadalla, Adam Sandid, Wichita-Collegiate	2022
10. 100-Yard Backstroke	0:48.60	Ben Patton, Wichita-Trinity	2019
11. 100-Yard Breaststroke	0:55.27	John Amrein, Lenexa-St. James Academy	2021
12. 400-Yard Freestyle Relay	3:10.89	Eli Conrad, Jonathan Gott, Ian Diefenbach, Sam Ellis Andover	2023

6A Boys

Event	Time	Record Holder, School	Year
1. 200-Yard Medley Relay	1:33.71	Keaton Kristoff, John Costello, Micah Leslie, Kobe Otero, Olathe East	2022
2. 200-Yard Freestyle	1:38.72 Prelim.	Ben Bravence, Olathe East	2011
3. 200-Yard Individual Medley	1:50.51	Grant Rogers, Topeka-Washburn Rural	2010
4. 50-Yard Freestyle	0:20.09	Sam Disette, Overland Park-Blue Valley North	2017
5. One-Meter Diving	557.20	Kelly Marx, Overland Park-Blue Valley Northwest	2005
6. 100-Yard Butterfly	0:48.66	Jordan Portela, Lawrence-Free State	2017
7. 100-Yard Freestyle	0:44.15	Sam Disette, Overland Park-Blue Valley North	2017
8. 500-Yard Freestyle	4:31.92 Prelim.	Ben Bravence, Olathe East	2011
9. 200-Yard Freestyle Relay	1:24.57	Sean North, Marshall Wietharn, Logan McMonigle, Richie Stewart, Overland Park-Blue Valley North	2019
10. 100-Yard Backstroke	0:49.26	Keaton Kristoff, Olathe East	2022
11. 100-Yard Breaststroke	0:56.15	Tarrin Fisher, Topeka-Washburn Rural	2018
12. 400-Yard Freestyle Relay	3:08.04	Evan Root, Ian Longan, Aidan Holbrook, Hayden Linscott, Shawnee Mission East	2017

KSHSAA State Swimming & Diving Records

5-1A Girls

Event	Time	Record Holder, School	Year
1. 200-Yard Medley Relay	1:47.16	Ava Ford, Francesca Hernandez-Nietling, Cailey Grunhard, Cassie Grunhard, Shawnee Mission-Bishop Miege	2017
2. 200-Yard Freestyle	1:48.33	Emily Dicus, Topeka West	2011
3. 200-Yard Individual Medley	2:00.28 Prelim.	Caroline Bruce, Wichita-Trinity Academy	2004
4. 50-Yard Freestyle	:23.77	Kathy Echiverri, Winfield	1998
5. One-Meter Diving	486.90	Natalie Leachner, Overland Park-Blue Valley Southwest	2019
6. 100-Yard Butterfly	:53.26	Cailey Grunhard, Shawnee Mission-Bishop Miege	2016
7. 100-Yard Freestyle	:49.45	Emily Dicus, Topeka West	2011
8. 500-Yard Freestyle	4:55.52	Katelyn Blattner, Wichita-Heights	2017
9. 200-Yard Freestyle Relay	1:39.20	Jess Heise, Miriam Hill, Willow Weninger, Presley Babler, Overland Park-Blue Valley Southwest	2023
10. 100-Yard Backstroke	:55.15	Cailey Grunhard, Shawnee Mission-Bishop Miege	2016
11. 100-Yard Breaststroke	1:01.03	Caroline Bruce, Wichita-Trinity Academy	2004
12. 400-Yard Freestyle Relay	3:33.93	Abigail Mahoney, Jennia Lee, Rebecca Swank, Jamie Bruce, Wichita-Trinity Academy	2007

6A Girls

Event	Time	Record Holder, School	Year
1. 200-Yard Medley Relay	1:45.29	Bradie Ward, Halle McCullough, Liza Engelbrecht, Samantha Packard, Lawrence-Free State	2022
2. 200-Yard Freestyle	1:48.13 Prelim.	Haley Molden, Topeka-Washburn Rural	2012
3. 200-Yard Individual Medley	2:00.93	Annika Finzen, Overland Park-Blue Valley West	2023
4. 50-Yard Freestyle	:22.70	Megan Keil, Derby	2018
5. One-Meter Diving	538.45	Tammy Crystal, Overland Park-Blue Valley Northwest	1998
6. 100-Yard Butterfly	:54.36 :54.36	Annika Finzen, Overland Park-Blue Valley West Ella Hansen, Shawnee-Mill Valley	2022 2023
7. 100-Yard Freestyle	:49.62	Courtney Caldwell, Lawrence-Free State	2015
8. 500-Yard Freestyle	4:50.37 Prelim.	Haley Molden, Topeka-Washburn Rural	2012
9. 200-Yard Freestyle Relay	1:36.77	Astrid Dirkwager, Gillian Pierce-Butt, Baylor McPherson, Julia Whitfield, Wichita-East	2018
10. 100-Yard Backstroke	:54.11 Prelim.	Courtney Caldwell, Lawrence-Free State	2015
11. 100-Yard Breaststroke	1:01.37	Annika Finzen, Overland Park-Blue Valley West	2023
12. 400-Yard Freestyle Relay	3:30.00	Cierra Campbell, Eliza Anderson, Claire Campbell, Courtney Caldwell, Lawrence-Free State	2015

2023-24 Swimming and Diving Rules Changes

3-3 Note: Moves the note to the beginning of Section 3 and adds language prohibiting accommodations altering compression, buoyancy, or competitive advantage.

Rationale: The section will make it clear this provision applies to all articles in Section 3.

3-3-2: Removes language which specifies that a competitor shall only be able to compete in a suit that is of decent appearance.

Rationale: Eliminates the subjectivity of “decent appearance” for an official when making an illegal suit determination.

8-1-3d PENALTY 2, 8-1-6 PENALTY: Added the requirement of a written record for dual confirmation of a false start.

Rationale: The change aligns language with the current requirement that when dual confirmation is used, the relay take-off judges are required to report in writing any violations to the referee.

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.

8-2-2d-h: Requires the arms and legs to move simultaneously but does not require the arms and legs to be in the same horizontal plane. Also requires separation of the hands during the touch at turns and finish.

Rationale: Changes provide clarity, consistency, and alignment with national trends and do not provide a competitive advantage.

8-2-3c, e, g: Requires the separation of hands and a simultaneous touch with the hands during the turns and finish.

Rationale: Changes provide clarity, consistency, and alignment with national trends and do not provide a competitive advantage.

9-5 Diving Table: Removes dives 104A, 304A and 402A from the Diving Table.

Rationale: When each dive is performed slightly short of vertical, the diver’s head may be precariously close to the diving board. The risk of hitting the board in these cases is far greater than other dives on the table.

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.

2023-24 Swimming and Diving Editorial Changes

2-4-2, Table 2-1, 5-2, 5-3-6, Appendix B

2023-24 NFHS Swimming and 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.

Participant and Spectator Unsporting Conduct

The 2023 NFHS Swimming and Diving Questionnaire revealed a dramatic increase of profanity on the deck. Coaches and competitors are reminded of rule provisions prohibiting this kind of behavior. Under **Rule 3-6-1**, unsporting conduct includes, but is not limited to, making insulting or derogatory remarks, gestures or acts including taunting, trying to influence, showing disgust, or interfering with an official. The meet referee always retains the authority under **Rule 3-6-1** to disqualify a competitor for any act the referee deems as unsporting conduct. Per **Rule 3-6-2**, unacceptable conduct includes, but is not limited to, the use of profanity whether or not it is directed at another person, or any action which could discredit the individual or the individual's high school. Team personnel shall be disqualified from that event or the next event in which the competitor is entered, whichever is appropriate.

Designated Areas for Photographers

Guidelines for photographer access should be clearly defined prior to the swimming and diving event. It is recommended that state associations and event hosts consider the areas, and specifically the angles, for photography of swimmers that they consider appropriate/inappropriate and set reasonable guidelines. Due to swimmer attire and the starting positions in the sport, media access in the starting area may not be appropriate. If a designated media area is used, it should be established before the meet begins. It may be more appropriate for photographers to be limited to areas adjacent to the starting area (starting area is defined as that behind the blocks). When there is not a designated area for press/media or others, photographers can be limited to taking photos from the side and/or the turning end of the competition pool.

DIVING ORDER

Kansas State High School Activities Association

OFFICIAL DIVING SCORE SHEET

PLACE	
TOTAL PTS. AWARDED	

NAME _____ SCHOOL _____

MEET _____ SITE _____ DATE _____ Signed: DIVER _____

CLASS _____ VARSITY _____ Jr. VARSITY _____ MALE _____ FEMALE _____ COACH _____ REFEREE _____

PRELIMS (Dives 1-5: 2 Voluntary & 3 Optional)

DIVE #	DIVE DESCRIPTION	DIVE POS.	JUDGES SCORES							JUDGES TOTALS	D.D.	POINTS AWARDED
			1	2	3	4	5	6	7			
1												
2												
3												
4												
5												

SEMIFINALS (Dives 6, 7, 8 - 2 Voluntary & 1 Optional)

6												
7												
8												

FINALS (Dives, 9, 10, 11 - 1 Voluntary & 2 Optional)

9												
10												
11												
TOTAL POINTS AWARDED												

T = Tuck P = Pike, S = Straight F = Free
 DUAL MEETS: List voluntary dive first, Spaces 2-6 for optional dives
 CHAMPIONSHIP and OTHER 11-DIVE MEETS: List dives in each section as per instructions

ONE METER DIVING TABLE

Dive Order #	Dive	T	P	S	F
FORWARD DIVES					
101	Forward Dive	1.2	1.3	1.4	-
102	Forward 1 SS	1.4	1.5	1.6	-
103	Forward 1-1/2 SS	1.6	1.7	2.0	-
104	Forward 2 SS	2.2	2.3	-	-
105	Forward 2-1/2 SS	2.4	2.6	-	-
106	Forward 3 SS	2.9	3.2	-	-
107	Forward 3-1/2 SS	3.0	3.3	-	-
112	Forward Flying 1 SS	1.6	1.7	-	-
113	Forward Flying 1-1/2 SS	1.8	1.9	-	-
BACK DIVES					
201	Back Dive	1.5	1.6	1.7	-
202	Back 1 SS	1.5	1.6	1.7	-
203	Back 1-1/2 SS	2.0	2.3	2.5	-
204	Back 2 SS	2.0	2.3	-	-
205	Back 2-1/2 SS	3.0	3.2	-	-
REVERSE DIVES					
301	Reverse Dive	1.6	1.7	1.8	-
302	Reverse 1 SS	1.6	1.7	1.8	-
303	Reverse 1-1/2 SS	2.1	2.4	2.7	-
304	Reverse 2 SS	2.1	2.4	-	-
305	Reverse 2-1/2 SS	3.0	3.2	-	-
INWARD DIVES					
401	Inward Dive	1.4	1.5	1.8	-
402	Inward 1 SS	1.6	1.7	-	-
403	Inward 1-1/2 SS	2.2	2.4	-	-
404	Inward 2 SS	2.8	3.0	-	-
405	Inward 2-1/2 SS	3.1	3.4	-	-
412	Inward Flying 1 SS	2.0	2.1	-	-
413	Inward Flying 1-1/2 SS	2.7	2.9	-	-
TWIST DIVES					
5111	Forward Dive, 1/2 Twist	1.6	1.7	1.8	-
5112	Forward Dive, 1 Twist	1.9	2.0	-	-
5121	Forward 1 SS, 1/2 Twist	-	1.7	-	-
5122	Forward 1 SS, 1 Twist	-	1.9	-	-
5124	Forward 1 SS, 2 Twists	-	2.3	-	-
5126	Forward 1 SS, 3 Twists	-	2.8	-	-
5131	Forward 1-1/2 SS, 1/2 Twist	-	2.0	-	-
5132	Forward 1-1/2 SS, 1 Twist	-	2.2	-	-
5134	Forward 1-1/2 SS, 2 Twists	-	2.6	-	-
5136	Forward 1-1/2 SS, 3 Twists	-	3.1	-	-
5142	Forward 2 SS, 1 Twist	2.6	2.7	-	-
5152	Forward 2-1/2 SS, 1 Twist	3.0	3.2	-	-
5212	Back Dive, 1/2 Twist	-	1.8	-	-
5212	Back Dive, 1 Twist	-	2.0	-	-
5221	Back 1 SS, 1/2 Twist	-	1.7	-	-
5222	Back 1 SS, 1 Twist	-	1.9	-	-
5223	Back 1 SS, 1-1/2 Twists	-	2.3	-	-
5225	Back 1 SS, 2-1/2 Twists	-	2.7	-	-
5227	Back 1 SS, 3-1/2 Twists	-	3.2	-	-
5231	Back 1-1/2 SS, 1/2 Twist	-	2.1	-	-
5233	Back 1-1/2 SS, 1-1/2 Twists	-	2.5	-	-
5235	Back 1-1/2 SS, 2-1/2 Twists	-	2.9	-	-
5251	Back 2-1/2 SS, 1/2 Twist	2.7	2.9	-	-
5251	Back 2-1/2 SS, 1 Twist	-	1.9	-	-
5311	Reverse Dive, 1/2 Twist	-	2.1	-	-
5312	Reverse Dive, 1 Twist	-	2.1	-	-
5321	Reverse 1 SS, 1/2 Twist	-	1.8	-	-
5322	Reverse 1 SS, 1 Twist	-	2.0	-	-
5323	Reverse 1 SS, 1-1/2 Twists	-	2.4	-	-
5325	Reverse 1 SS, 2-1/2 Twists	-	2.8	-	-
5331	Reverse 1-1/2 SS, 1/2 Twist	-	2.2	-	-
5333	Reverse 1-1/2 SS, 1-1/2 Twists	-	2.6	-	-
5335	Reverse 1-1/2 SS, 2-1/2 Twists	-	3.0	-	-
5351	Reverse 2-1/2 SS, 1/2 Twist	2.7	2.9	-	-
5411	Inward Dive, 1/2 Twist	1.7	2.0	-	-
5412	Inward Dive, 1 Twist	1.9	2.2	-	-
5421	Inward 1 SS, 1/2 Twist	-	1.9	-	-
5422	Inward 1 SS, 1 Twist	-	2.1	-	-
5432	Inward 1-1/2 SS, 1 Twist	-	2.7	-	-
5434	Inward 1-1/2 SS, 2 Twists	-	3.1	-	-

- INSTRUCTIONS FOR USE**
1. Refer to the diving table on the left to complete the diving scoresheet.
 2. For each dive, write the dive's number, position and degree of difficulty in the space provided, circle the voluntary dive number; sign the score sheet, then have the coach sign it.
 3. In a six-dive competition, any designated voluntary dive with a DD greater than 1.8 will be assigned a DD of 1.8. (NFHS Rule 9-4-6)
 4. For meets requiring cancellation of high and low judge's scores, the scorer circles those scores which will be used in establishing the score for the dive.
 5. The scorer keeps the diver's cumulative running score on the second line of each dive's Points Awarded column.
 6. The diving referee checks the scorer's tabulation and signs the scoresheet.
 7. For further information and reference, see sample scoresheet below.
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Kansas State High School Activities Association

OFFICIAL DIVING SCORE SHEET

DIVING ORDER	8	NAME	Jane Smith		SCHOOL	South High		TOTAL PTS. AWARDED	5
MEET	Mission Invite	SITE	Mission High		DATE	5-1-23		SPOT/DIVER REFEREE	
CLASS	12	JV VARSITY	X	MALE	X	FEMALE			

DIVE #	DIVE DESCRIPTION	DIVE POS.	JUDGES SCORES							D.D.	POINTS AWARDED					
			1	2	3	4	5	6	7			JUDGES TOTALS				
1	302 Reverse	1 SS	6	6.5	6.0	5.5	6	6	6.5	18	1.8	3	2	4	0	
2	103 Forward	1-1/2 SS	7	7	7.5	8	7	8	7.5	22	1.6	6	7	6	0	
3	5111 Forward Dive	1/2 Twist	7	7	6	7	6.5	6.5	7	20.5	1.8	1	9	4	0	
4	402 Inward	1 SS	6	7	6.5	7	7	6.5	7	20.5	1.6	3	2	8	0	
5	201 Back Dive		5	5	6	5.5	5	5.5	5	15.5	1.7	1	2	6	3	5

SEMIFINALS (Dives 6, 7, 8 - 2 Voluntary & 1 Optional)

6	5122 Forward	1 SS, 1 Twist	F	6	6	5.5	6	6	6	18	1.9	1	9	7	8	5
7	301 Reverse Dive	1 SS	S	7	7	6.5	7	6.5	7	21	1.8	2	3	5	6	5
8	105 Forward	2-1/2 SS	P	6	6	5.5	6	6	6	18	2.6	2	4	6	8	0

FINALS (Dives 9, 10, 11 - 1 Voluntary & 2 Optional)

9	203 Back	1-1/2 SS	P	5	5	5.5	5.5	5	5	15	2.5	3	7	5	0	0
10	401 Inward Dive		P	7	7	7.5	7.5	7	7	21.5	1.8	3	5	8	6	5
11	5134 Forward	1-1/2 SS, 2 Tw	F	5	5	5	5	5	5	15	2.6	3	9	0	6	5

TOTAL POINTS AWARDED 3 9 7 6 5

T = Back, P = Front, S = Straight, F = Free
 DUAL MEETS: List voluntary dive first. Spaces 2-4 for optional dives
 CHAMPIONSHIP and OTHER 11-DIVE MEETS: List dives in each section as per instructions



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Diving Point Awards (*Refer to NFHS Rule 9-7*)

Diving Judge's Deductions:

Deficient dives:

- The diver partially alters the position of the dive during flight;
- A diver enters the water with one or both hands above the shoulders on a dive requiring a feet-first entry, or with one or both hands below the shoulders on a dive requiring a head-first entry.

Mandatory ½ – 2-point deduction:

- Not stopping the oscillations of the board just before or after the starting position is assumed in a back/inward takeoff;
- Excessive oscillation during a back/inward takeoff;
- Feet/foot leaving the board prior to a back/inward takeoff (crow hop);
- Obviously spreading knees in the tuck position outside the shoulders;
- Entering the water to the side of the board, and;
- Twisting manifestly from the board.

Diving Referee's Deductions:

2-point deduction from each judge's score for:

- Violations of the forward approach;
- Standing forward takeoffs (considered a violation of the forward approach);
- Balks (declared before the diving judges have scored the dive). It is a balk if the diving referee believes the diver assumes the starting position, makes an obvious attempt to start the approach or press, and stops the continuous execution of the dive prior to the water entry. An illegal forward approach occurs when a diver does less than the required three steps

Unsatisfactory dive (maximum score of 2 points):

- A dive clearly done in a position other than that listed on the diving scoresheet;
- A diver hits the diving board;
- **A diver's head is unsafely close to the diving board during the dive;**
- A diver not attempting to come out of the tuck or pike position;
- A diver does not attempt to come out of the twist;
- The diver does not hold the straight position until the body is horizontal to the water on any flying one somersault dives or does not hold the straight position until the body is perpendicular to the water on any flying one and one-half somersault dives.
- The diver does not declare a standing forward takeoff.

Failed dive (0 points awarded):

- Executing a dive other than what appears on the diving scoresheet;
- Not assuming a starting position;
- Falling into the water;
- Being assisted by another person;
- Not executing the pike before the twist for dives #5111B and #5411B;
- Does not contact the water with the head or hands first on a head-first dive or with the feet first on a feet-first dive;
- Executes a twist, as determined by the diver's shoulder position, more or less than 90 degrees indicated on the diving scoresheet when the diver's feet/hands contact the water;

- In a twisting dive, twist the shoulders past 90 degrees before the feet leave the board;
- Repeats a dive;
- Steps off the board after assuming the starting position (without permission);
- Does not record the official description of the dive (dive number and position) on the diving scoresheet;
- Commits two balks on the same dive;
- In a dual meet, does not perform the voluntary dive first;
- In a championship meet, does not perform the voluntary and optional dives as specified;
- Performs a dive not listed on the diving table, or submits a dive not listed on the diving table that is not corrected prior to the start of competition;
- Performs an additional bounce(s) on the end of the board after the culminating hurdle.

Disqualifications by the diving referee:

- Diver does not make a sincere attempt to perform the dive;
- It becomes obvious the dives listed on the diver's scoresheet are too difficult for the diver to perform;
- Diver unnecessarily delays in the performance of a dive;
- Diver behaves in an unsporting manner;
- Diver fails two dives.

Note: Unsatisfactory dives that receive a 2-point deduction are not considered fail dives because they technically score points and then receive a deduction. They are considered Zero Sum Dives.

Examples are:

- failing to come out of a somersault after committing a balk;
- doing a dive in clearly the wrong position on an undeclared standing forward takeoff;
- balking and then hitting the board;
- failing to come out of a twist with a balk or undeclared standing forward takeoff.

Generally, "Failed Dives" are declared by the diving referee however, when the referee gives the diver the benefit of the doubt and allows a dive to be scored and all judges give it zeros it would be a fail dive.

Score	Description
10	Excellent – No visible flaws – Approach, hurdle, height, distance, execution and entry are all exceptional.
8½ – 9 ½	Very Good – Approach, hurdle, height and/or distance slightly affected. Execution well defined.
7 – 8	Good – Approach and hurdle adequate. Height and distance acceptable. Execution defined, entry controlled, but slightly affected.
5 – 6½	Satisfactory – Approach and hurdle acceptable. Height and distance adequate. Execution complete and entry over or under.
2½ – 4½	Deficient – Approach and/or hurdle affected. Height and/or distance inadequate. Execution affected and entry over or under.
½ – 2	Unsatisfactory – Approach and hurdle affected. Height and distance inadequate. Execution not complete or broken position. Entry significantly affected.
0	Failed.

