

# WELCOME

## 2016-17

## DIAA – NFHS

## Rules Clinic



# **DIAA STAFF**

**Thomas E. Neubauer, CMAA**  
**Executive Director**

**Terre Taylor**  
**Coordinator of Interscholastic Athletics**

**Tina M. Bates**  
**Secretary**

**302-857-3365**



# **DIAA: Delaware Interscholastic Athletic Association**

## **Very Important Websites**

**#1 = DIAA**

**<http://www.doe.k12.de.us/diaa>**

**Your starting point for ALL DIAA  
information and related links**



# NFHS Website



[NFHS.org](#) [NFHSLearn.com](#) [NFHSNetwork.com](#)

[Sign In](#) [Register](#)

**NATIONAL FEDERATION  
OF STATE HIGH SCHOOL  
ASSOCIATIONS**

[Activities & Sports](#)

[NFHS For You](#)

[We Are High School™](#)

[Resources](#)



## The Importance of Multi-sport Participation

[Read More](#)

### NFHS News

[View All](#)

### Around The Nation

[View All](#)



**New NFHS Officers, Board  
Members Elected for 2016-  
17**



**Carney to retire from  
SDHSAA**



**Track & Field/Cross Country  
Rules Changes Include**



**DIAA/DOA Names  
Neubauer as New DIAA**

# NFHS RULES BOOK AS E-BOOKS

## GET NFHS RULES ON YOUR MOBILE DEVICE

Have you been without your printed rules book and needed to find an obscure rule quickly, make a note or highlight a rule?

### E-books Features:

- Searchable
- Highlight Areas of Interest
- Make Notes
- Desktop/Laptop Availability
- Easy Navigation
- Adjustable Viewing Size
- Immediate Availability



[www.nfhs.org/ebooks](http://www.nfhs.org/ebooks)

**NFHS Rules** and **Case e-books** for **\$5.99** each

Download from iTunes or Amazon

- E-books features:
  - Searchable
  - Highlight areas of interest
  - Make notes
  - Desktop laptop availability
  - Easy navigation
  - Adjustable viewing size
  - Immediate availability



# **DIAA: Delaware Interscholastic Athletic Association**

**Very Important Websites:**

**Arbiter Sports**

**<https://www.arbitersports.com>**

**The starting point for all Officials'  
Information and Testing**



**DIAA: Delaware  
Interscholastic Athletic Association**

**Very Important Websites:  
Your School Site**

**WebSites4Sports.com**

**The most important site for  
Coaches and A.D.s to keep  
updated and accurate information**



# **DIAA: Delaware Interscholastic Athletic Association**

## **Very Important Websites:**

### **NFHS Learning Center**

**[NFHSLearn.com](http://NFHSLearn.com)**

**The essential site for  
ALL NFHS Course work**





# NFHS FREE COURSES

- Concussion in Sports **REQUIRED**
- Coaching Pole Vault
- NCAA Eligibility
- Positive Sport Parenting
- **Sportsmanship**
- **Sports Nutrition**
- **Heat Illness Prevention**
- Introduction to Music Adjudication
- Introduction to Pitch Smart
- **CONCUSSION in Sports for Students**
- Learning Pro – Suite of 4 courses
- Coaching Unified Sports
- **Creating a Safe and Respectful Environment**
- Engaging Effectively with Parents
- **Sudden Cardiac Arrest**
- **Captains Course**
- **Interscholastic Officiating**



**National Coach Certification Program**



# “NEW” COURSE

## Course Details



### Concussion for Students

Concussion for Students, developed in Partnership with the Barrow Neurological Institute, has been designed specifically for students to inform them on how to identify, react to, and prevent concussions. This free course is presented as a social media conversation, showing how four different students learn about concussion in different ways. It includes high school students and medical professionals discussing concussion. The key goal is for students to be able to identify signs and symptoms of a concussion so that they can get immediate help before any further injury can occur.



# DIAA Concussion Protocol

**Parents and Athletes must read and sign PPE  
Concussion information sheet**

**ALL Coaches and Officials must take the NFHS  
Concussion Education Course**



# DIAA Concussion Protocol

- 1- Shows Signs or Symptoms =
  - a- Remove from play - Official or Coach
  - b- Evaluated by a Qualified Healthcare Professional
- 2- Qualified Healthcare Professional [QHCP] =  
MD, DO, School Nurse, Nurse Practitioner,  
Physician's Assistant or Athletic Trainer [ATC]
- 3- IF CLEARED BY QHCP at that time, they may return to play that day



# DIAA Concussion Protocol

4- If NOT CLEARED by QHCP at that time, they CANNOT return to play that day

At that point, they must have Written Clearance from a QUALIFIED PHYSICIAN to return to practice or play.

Failure to comply = INELIGIBLE athlete



# Sudden Cardiac Arrest (SCA)

Free Course  
from  
NFHS Learn

The screenshot shows a web browser window displaying the NFHS Learn website. The browser's address bar shows 'http://nfhslearn.com'. The website header includes the NFHS logo and 'LEARNING CENTER'. Navigation links include 'COURSES', 'NFHS Learn FOR YOU', 'USER LOOKUP', and 'HELP'. A 'Sign In' button and a 'Register' link are also present. The main content area features a 'New Course' section for 'Sudden Cardiac Arrest'. The text reads: 'Learn and recognize the warning signs and symptoms of Sudden Cardiac Arrest with this new, free course.' Below this text is a blue 'Learn More' button. To the right of the text is a graphic of a heart rate monitor with a red 'ALERT' sign and a red arrow pointing to a sharp spike in the waveform. Below the course announcement, the website states 'National Leader in Interscholastic Education'. Three statistics are listed: '51 Member State Associations' (with a US map icon), 'Over 19,000 High Schools' (with a school building icon), and 'Over 11 million Students' (with a group of people icon). At the bottom, it says '3,144,680 Courses Delivered and Counting...'. The browser's taskbar at the bottom shows various application icons and the system clock indicating 11:29 AM on 7/20/2015.



SCA is the leading cause of death for high school athletes

# School Responsibility for SCA

The Gracie Firestone Act recognizes the threat SCA poses to high school athletes.

What do you & your school need to do?

Please ensure that...

- All students must have annual PPE & answer the 12 AHA approved heart history questions.
- All students must sign the SCA Fact Sheet on PPE form



# **DIAA Responsibility for SCA**

## **What is DIAA doing?**

- **DIAA provides annual SCA awareness for Coaches.**
- **DIAA has SCA information on our website.**
- **ALL Coaches must hold valid CPR certification.**





# Emergency Action Plan [EAP]

## Coaches/A.D.

-Have an ACTION PLAN and PRACTICE it

1. Call 911
2. Start chest compressions [CPR]
3. Get an Automated External Defibrillator (AED)
4. Turn it on and follow the voice prompts

-Sample Plan on [DIAA website](#)

ANYONE CAN SAVE A LIFE

Plan Books were distributed to  
ALL member schools



# It Can Happen Indoors



# Practice Policies

## DIAA Regulation 1008/1009-4.2



### ALL practice days (school and non-school day):

- One day of no activity per seven day period
- A minimum of 21 calendar days of practice prior to the first competition date [11-11-16]
- Student must practice at least 7 calendar days prior to participating in a contest



School day practices limited to two [2] hours

# Practice Policies

## DIAA Regulation 1008/1009-4.2 [Practices]



These are in effect for NON-SCHOOL days

- A limit of no more than 2 practices with physical activity
- No practice can be longer than three (3) hours in length
- A grand total of five (5) hours of physical activity daily
- When having 2 practice session in a day; there MUST be a one hour minimum cooling period between the two practice

sessions



# PPE – Medical Card [page 4]

**COACHES:**  
**You MUST carry every  
athletes’  
Medical Card with you at  
ALL times.  
PRACTICES & GAMES  
This is page 4 from their  
Physical Forms  
[DIAA PPE]**



## SCHOOL ATHLETE MEDICAL CARD

(Parent/Guardian: please print and complete Sections 1, 2 & 3)

### Section 1: CONTACT/PERSONAL INFORMATION

NAME: \_\_\_\_\_ SPORT(S): \_\_\_\_\_  
AGE: \_\_\_\_\_ GRADE: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_ GUARDIAN NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
PHONE: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_ (P) \_\_\_\_\_  
Other authorized person to contact in case of emergency:  
NAME: \_\_\_\_\_ PHONE(s): \_\_\_\_\_  
NAME: \_\_\_\_\_ PHONE(s): \_\_\_\_\_  
Preference of Physician (and permission to contact if needed):  
NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_  
HOSPITAL PREFERENCE: \_\_\_\_\_ INSURANCE: \_\_\_\_\_  
POLICY #: \_\_\_\_\_ GROUP: \_\_\_\_\_ PHONE: \_\_\_\_\_

### Section 2: MEDICAL INFORMATION

MEDICAL ILLNESSES: \_\_\_\_\_  
LAST TETANUS (mo/yr): \_\_\_\_\_ ALLERGIES: \_\_\_\_\_  
MEDICATIONS: \_\_\_\_\_  
(any medications that may be taken during competition require a physician's note)  
PREVIOUS HEAD/NECK/BACK INJURY: \_\_\_\_\_  
HEAT DISORDER OR SICKLE CELL TRAIT: \_\_\_\_\_  
PREVIOUS SIGNIFICANT INJURIES: \_\_\_\_\_  
ANY OTHER IMPORTANT MEDICAL INFORMATION: \_\_\_\_\_

### Section 3: Consent for Athletic Conditioning, Training and Health Care Procedures

I hereby give consent for my child to participate in the school's athletic conditioning and training program, and to receive any necessary healthcare treatment including first aid, diagnostic procedures, and medical treatment, that may be provided by the treating physicians, nurses, athletic trainers, or other healthcare providers employed directly or through a contract by the school, or the opposing team's school. The healthcare providers have my permission to release my child's medical information to other healthcare practitioners and school officials. In the event I cannot be reached in an emergency I give permission for my child to be transported to receive necessary treatment. I understand that Delaware Interscholastic Athletic Association or its associates may request information regarding the athlete's health status, and I hereby give my permission for the release of this information as long as the information does not personally identify my child.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Section 4: Clearance for Participation

Cleared without restrictions  Cleared with the following restrictions:

Health Care Provider's Signature: \_\_\_\_\_ MD/DO, PA, NP Date: \_\_\_\_\_

**For office use only:** This card is valid from April 1, 20\_\_\_\_ through June 30, 20\_\_\_\_

Note: If any changes occur, a new card should be completed by the parent/guardian. The original card should be kept on file in the school athletic director's or athletic trainer's office. A copy should be kept in the sports' athletic kits. This card contains personal medical information and should be treated as confidential by the school, its employees, agents, and contractors.

Name of School: \_\_\_\_\_ Name of ATC: \_\_\_\_\_

# DIAA POLICIES & PROCEDURES

## GAME EJECTION PROCEDURE

- INCIDENT REPORT FORM
- found on either Website
- **MUST** be sent to Incident Chair by next morning [ASAP]

If you eject someone the DIAA Office/Incident Chair must **be notified by noon** of the next day so the School A.D. can be notified too.



# **DIAA POLICIES & PROCEDURES**

**When sending Ejection Reports by email, please use abbreviations or punctuation marks for profane words.**

**Most firewalls [especially the state's] will block emails containing spelled out profanity.**

**E.G – S\$%T, F#\$K etc .**



# DIAA POLICIES & PROCEDURES

## APPEAL OF GAME EJECTION

- for NON-SPORTSMANSHIP related removals or disqualifications
- only to be used when TECHNICAL violations occur (not many of these)  
NOT Sportsmanship related incidents.





# DIAA POLICIES & PROCEDURES

## BENCH PERSONNEL RULE

- Players DO NOT leave the Bench (or playing area) to enter playing area to get involved in a confrontation.

## HEAD COACH ENTERING PLAYING AREA DURING ALTERCATION

- Only the **HEAD COACH** may enter unsolicited to break up an altercation.



# DIAA POLICIES & PROCEDURES

## PROHIBITION AGAINST USE OF TOBACCO

PRODUCTS -Very Simple – DON'T SMOKE,

DON'T CHEW

DON'T DIP

## NFHS Marked VARSITY Game Balls

- Must have NFHS branded logo
- Not applicable to swimming



# DIAA POLICIES & PROCEDURES

## Special Accommodations Requests

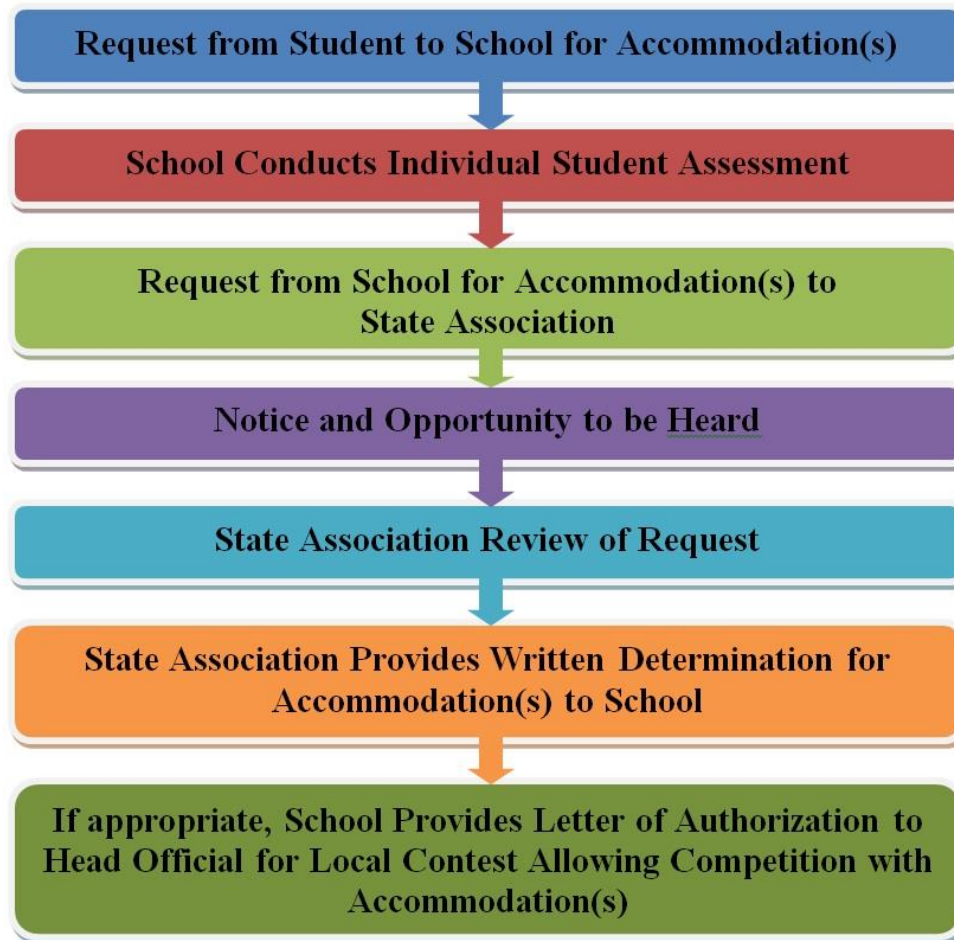
### - Medical, Religious, Other

Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage. The school must request a review of the proposed rule accommodation by contacting the DIAA office or that sport's rules interpreter. DIAA will rule on the legality of the accommodation, if approved the school needs to keep the approval letter on file and the Coach needs to take a copy of the approval letter with them to EVERY contest and surrender a copy of

the letter to the Game Officials



# GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS



# DIAA POLICIES & PROCEDURES

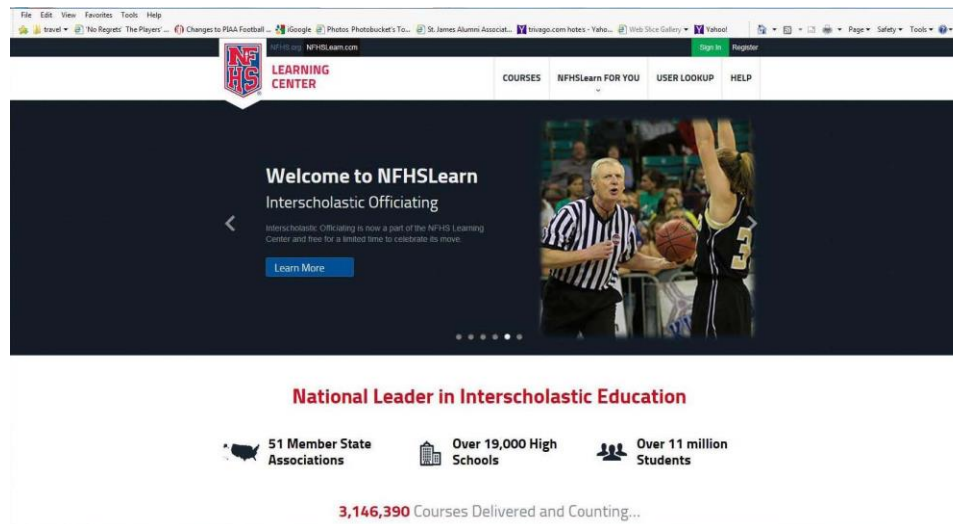
## Recommended Contest Assignment Guidelines

- Read the Code of Ethics
- Read and Follow the Hand Out Guidelines
- Do NOT put yourself in a situation where your integrity, ethics and character are questioned –  
Avoid them.



# NFHS-DIAA Relationship

DIAA is a 100% compliant member of the:  
National Federation of High School  
Associations  
[NFHS]



The screenshot shows the NFHS Learning Center website. The header includes the NFHS Learning Center logo and navigation links for COURSES, NFHSLearn FOR YOU, USER LOOKUP, and HELP. The main content area features a banner for "Welcome to NFHSLearn Interscholastic Officiating" with a "Learn More" button. Below the banner, the text reads "National Leader in Interscholastic Education". At the bottom, three statistics are displayed: "51 Member State Associations", "Over 19,000 High Schools", and "Over 11 million Students". A red banner at the very bottom states "3,146,390 Courses Delivered and Counting..."



# **DIAA Rules**

## **Adoptions/Modifications of NFHS Rules**

**DIAA website**

- **Sports tab,**
- **DIAA Approved Polices**



# NFHS Network

**“Live”  
Web streaming  
Of DIAA  
Events  
\$9.95  
per month**

The screenshot shows a web browser displaying the NFHS Network website. The address bar shows the URL <http://www.nfhsnetwork.com/associations/diaa>. The page features a dark blue header with the NFHS Network logo and navigation links. The main content area is titled "Delaware Interscholastic Athletic Association" and includes a "DIAA FOLLOW" button. A central banner displays "0 EVENTS LIVE NOW" with a video player showing a volleyball game. To the right, an "UPCOMING GAMES" section lists several events with their dates and times. A sidebar on the left contains navigation options like "WHAT TO WATCH", "FOLLOWING", and "EXPLORE". At the bottom, a subscription prompt reads "SUBSCRIBE TO WATCH YOUR HIGH SCHOOL EVENTS" and a "Produce and Broadcast" section is visible.

THE HIGH SCHOOL SPORTS NETWORK

Delaware Interscholastic Athletic Association

DIAA FOLLOW

0 EVENTS LIVE NOW

UPCOMING GAMES

- 2014 DIAA CROSS COUNTRY CHAMPIONSHIP  
NOV 08, 1:00 PM EST  
Watch Later
- 2014 DIAA VOLLEYBALL CHAMPIONSHIP  
NOV 10, 12:00 AM EST  
Watch Later
- 2014 DIAA FIELD HOCKEY CHAMPIONSHIP  
NOV 15, 12:00 AM EST  
Watch Later
- 2014 DIAA DIVISION 1 BOYS SOCCER CHAMPIONSHIP  
NOV 15, 5:00 PM EST  
Watch Later

SUBSCRIBE TO WATCH YOUR HIGH SCHOOL EVENTS  
Sign up today to watch your favorite high school sporting events live, on demand and on the go here on the NFHS Network!

Produce and Broadcast





# 27 DIFFERENT SPORTS AND ACTIVITIES



# 3 MILLION UNIQUE VIEWERS

# Student Broadcast Program

The School Broadcast Program is available to high schools nationwide. The program allows schools to leverage PlayOn! Sports extensive and proprietary technology, services and support to build their school's digital network on the NFHS Network.

Schools can produce and distribute high quality events throughout the year including regular season sports, graduation, band, cheer events, as well as other school activities. Broadcasting these events is a great way for a school to showcase their students and activities while strengthening the connection with parents, coaches, players, boosters and the community. Fans can watch all the events on the school's branded portal on the NFHS Network.

The School Broadcast Program has several options for participation to fit a school's needs. Schools can participate in the License Fee Model, providing free fan access to streamed events, or join one of the new no-cost options (Subscription or Franchise Model) and partner with the NFHS Network to optimize ad sales and viewer subscriptions to support school programs.



For more information on the program and to find out which option best matches your school's needs, please contact the School Broadcast Program at [sbp@nfhsnetwork.com](mailto:sbp@nfhsnetwork.com) or visit [www.nfhsnetwork.com/sbp](http://www.nfhsnetwork.com/sbp)

# NFHS Campaign #MyReasonWhy

- Campaign to celebrate all the reasons why students participate
- Invite students to share their personal reasons – and parents, coaches, officials
- NFHS will review and select story submissions to be featured in a national campaign in 2017
- Push on your school social media channels and website
- Use the hashtag:  
#MyReasonWhy
- [NFHS.org/myreasonwhy](http://NFHS.org/myreasonwhy)





# QUESTIONS?

**Please Support our Officiating Sponsor:**

**Kevin Hawkins**

**19 Crown Circle Dover,**

**Delaware 19901 Phone (302)588-4877**

[SOUINC@Comcast.net](mailto:SOUINC@Comcast.net)





# 2016-17 SWIMMING AND DIVING RULES POWERPOINT

National Federation of State  
High School Associations



Take Part. Get Set For Life.™

Rules Changes  
Points of Emphasis  
Major Editorial Changes



# 2016-17 NFHS SWIMMING AND DIVING RULES CHANGES



## DEFINITIONS RULE 1-5-2 (NEW)

- **ART. 2 . . .** A deck change, in whole or in part, is changing into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes.



## CONDUCT RULE 3-6-1d (NEW)

- **ART. 1 . . .** No team personnel/competitor shall display unsporting conduct. This includes any act the referee deems unsporting, including, but not limited to, the following:
  - a. making insulting or derogatory remarks, gestures or acts including taunting;
  - b. trying to influence or showing disgust with officials' decisions;
  - c. interfering with meet officials in the performance of their duties;
  - d. deck changing before, during or after the meet.**





## TIMING AND JUDGING RULE 6-4-1B

- The protocol for determining an official time when a touch pad malfunctions on a lane was changed. Backup buttons and/or watch times, as outlined in the protocol, will now determine the official time. New subsections (1,2,3,4) have been added.



# TIMING AND JUDGING RULE 6-4-1B

- b. Malfunction on a lane: When a malfunction is confirmed on a lane, the time shall be determined as follows:
1. If two of the three valid button or watch times agree, that shall be the time for that timing system;
  2. If three valid button or watch times disagree, the time of the intermediate button or watch shall be the time for that timing system;
  3. If only two valid button or watch times are available, the time shall be the average of those two buttons or the average of the two watch times. The digits representing thousandths of a second shall be dropped with no rounding;
  4. If only one valid button or watch time is available, the time of that button or watch shall be the time for that timing system provided it is supported by other information.



## FORM OF EVENTS RULE 8-2-4C

- ART. 4 . . . The Freestyle:
  - a. The forward start shall be used;
  - b. Any body position, stroke and kick is permitted and any combination of styles may be used;
  - c. The turn requires that some part of the swimmer's body contacts the end wall. The final leg of the individual medley and the medley relay requires the swimmer to be at or past vertical toward the breast before any stroke, kick, or propulsive motion.



## DIVING RULE 9-4-7 TABLE

- Flying Dives 212 and 312 have been removed from the NFHS Diving Table while Dive 5142 has been added.



## DIVING RULE 9-5-5

- **ART. 5 . . .** It is a balk if, in the diving referee's opinion, after a diver assumes the starting position the diver makes an obvious attempt to start the approach or press and stops ~~and from that position interrupts~~ the continuous execution of the dive prior to the water entry. The balk shall be declared before the dive is scored.



## DIVING RULE 9-7-5q (NEW)

- A dive is failed if, in the diving referee's opinion, the diver performs an additional bounce(s) on the end of the board after the culminating hurdle.





# 2016-17 SWIMMING AND DIVING POINTS OF EMPHASIS



## BACKSTROKE LEDGE

- The backstroke ledge is currently prohibited in high school swimming.





# FASTENING SYSTEMS

- Swimsuits using fastening systems are not legal for competition.



## PHOTOGRAPHER GUIDELINES

- 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.





# 2016-17 SWIMMING AND DIVING MAJOR EDITORIAL CHANGES



## RULE 3-3-2C

- **ART. 2 . . .** The uniform consists of a suit and, if worn, cap(s).
  - a. The suit or cap(s) may display the name and/or number of the competitor, school or mascot.
  - b. Advertising or name other than that permitted in 3-3-2c is prohibited.
  - c. A single visible manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches is permitted on each item of the uniform (suit and cap(s)).



## RULE 3-6-1 NOTE

**ART. 1 . . .** No team personnel/competitor shall display unsporting conduct. This includes any act the referee deems unsporting, including, but not limited to, the following:

- a. making insulting or derogatory remarks, gestures or acts including taunting;
- b. trying to influence or showing disgust with officials' decisions;
- c. interfering with meet officials in the performance of their duties.
- d. deck changing before, during or after the meet.

**NOTE:** The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances. ~~including on the basis of relative ability, race, gender or national origin.~~





# DIAA / DSDOA

National Federation of State  
High School Associations



Take Part. Get Set For Life.™

## DIAA / DSDOA Procedures



# DIAA

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- In 2016-17 season, the Girls events will precede the Boys events at Dual meets.
- DIAA 2017 Tournament dates are –
  - Feb 22-23 for Prelims
    - Diving Prelims on Feb 21
  - February 25 for Championship Finals
- Entry deadline is Wednesday, February 15





# MISC COMMANDS

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- Whistle commands used for all Starts
- 'No Recall' false start rule will be in effect.
  - May DQ if race is recalled
- False Starts will be single-confirmation at Dual meets.
- Relay take-offs are single-confirmation at Dual meets.





# STARTING SIGNAL

- ‘starting pistols’ are not permitted at any meet.
- DSDOA encourages the use of an electronic starting system – e.g., Colorado
  - Can be separate from a ‘timing system’
- Alternative ‘air horn’ or ‘megaphone’ systems must be capable of a fair start for competitors.
- A bell or other signal will be used in the 500.



# SCORERS PROCEDURES

- Swimmers names may NOT be on the **Scoresheet** before the start of the meet.
- **Entry Count** form should have swimmers listed in alphabetic order (by last name), but no events marked.
- Both **Scoresheet** and **Entry Count** forms will be completed by Scorers during the Meet.



# ENTRY COUNT FORM

DSDOA - Entry Count Form		TEAM							Date			
Opponent		Girls							Boys			
Swimmer Name (Last, First)	200 MR	200 Free	200 IM	50 Free	Diving	100 Fly	100 Free	500 Free	200 FR	100 Back	100 Breast	400 FR
Albert, Susie												
Baker, Joan												
Cannon, Alyssa												
Decker, Marcis												
Fitz, Sandy												





# ENTRY CONFIRMATION RULE 4.2.2A AND .2F

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- Prior to each heat, officials will confirm that the correct swimmers are ready to swim as submitted on the Entry Card.
- **Entry Card is Official.** Swimmers may be inserted to agree with the entry card if the change can be made without undue delay.





# DOUBLE- AND TRIPLE-DUAL MEETS

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- Teams scoring against two other Teams as a Dual Meet **MUST** use the combined Scoresheet.
  - Allows separate scoring on the same Scoresheet.
- Teams scoring against only one other Team may use standard Scoresheet.
- Scoresheet and procedure will be sent to all coaches.





# DIAA TOURNAMENT

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- Electronic entry for Tournament. [**Direct Athletics**]
  - deadline – February 14
  - ADs will have 24 hrs to review entries.
- Qualifying times available in ‘yards’ and ‘meters’.  
Times listed to hundredths.
- Consideration times will be used to fill heats after all Qualified times are entered.



# QUALIFYING TIMES – 2017 TOURNAMENT

## GIRLS

## BOYS

<u>Meter</u>	<u>Yard</u>	<u>Event</u>	<u>Yard</u>	<u>Meter</u>
-	-	200 Medley Relay	-	-
2:30.09	2:15.49	200 Freestyle	2:05.29	2:18.79
2:48.79	2:32.09	200 Ind Medley	2:20.59	2:36.19
31.79	28.49	50 Freestyle	25.39	28.39
1:18.09	1:10.29	100 Butterfly	1:03.19	1:10.39
1:09.29	1:02.29	100 Freestyle	55.79	1:01.99
5:16.49	6:01.69	500 yd / 400 m Freestyle	5:44.19	5:01.09
-	-	200 Free Relay	-	-
1:18.29	1:10.49	100 Backstroke	1:04.99	1:12.19
1:29.69	1:20.69	100 Breaststroke	1:10.19	1:17.89
-	-	400 Free Relay	-	-





# CONSIDERATION TIMES

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- Consideration time used to fill empty lanes in first heat of each event.
- No additional heats will be created.
- May be asked for 'proof-of-time'.
- Teams are limited to four entries per event.
- Consideration swimmers eligible to advance to Finals.







# FORMS AND PROCEDURES – AVAILABLE ON DIAA WEBSITE

- Coaches can print or download forms and procedures
  - Meet Guidelines for Coaches
  - Tournament Qualifying Times
  - Score Sheets
  - Entry Count form
  - Double-dual Score Sheet and procedure
  - Diving Sheets (6- and 11-dive)
  - Voluntary Dive letter



# TOURNAMENT - DIVING

- Diving will be a non-scoring, medal event at the 2017 DIAA Tournament.
- Diving will not be contested at the Swimming Preliminaries sessions.
- *Unless determined otherwise by Conference, Diving will continue to be a scored event at dual competitions.*



# DIAA DIVING ALLOWANCE

In order for Divers to participate in more meets

- Divers may pre-dive at an earlier meet where diving is conducted.
- Diving Invitational meets are being considered.
- Divers may participate as 'Exhibition' divers at another meet where diving is conducted.
  - AD of the 'hosting' facility must be notified.
  - A coach or school rep must be present.
  - Competing Teams must agree.





# VOLUNTARY DIVE GROUP

2016-17

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The list of Voluntary Dive Groups for each week of the season is available on the DIAA website – and will be sent to any known Diving coaches.





# COACH ROSTER

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- Be sure to complete the Coach Information sheet.
- Or, send your name, home address, phone number(s) and email address to: [FK42@aol.com](mailto:FK42@aol.com)
- Thank you - and have a Great Season !





# NFHS OFFICIALS ASSOCIATION CENTRAL HUB



# NFHS OFFICIALS ASSOCIATION CENTRAL HUB

- Contains:
  - Sport information
  - Rules information
  - Rules library
  - Searchable rules book
  - Video content on officiating sport, competition situations and interpretations

The screenshot shows the NFHS Officials Association website. The header includes the NFHS logo, 'OFFICIALS ASSOCIATION', and 'POWERED BY Arbitersports'. A navigation menu contains links for HOME, SWIM/DIVE, VIDEO, TUTORIALS, PUBLICATIONS, GROUP INFO, FORUM, and CONTACT. The user is logged in as Sandy Searcy (Official) with group ID 105415. The main banner features a swimmer and the text 'NFHS SWIMMING & DIVING OFFICIATING | SPLASH ZONE'. Below the banner is a search bar. The page is divided into three columns: 'Swimming & Diving Rules' with a list of recent updates; 'Welcome' with a photo of Sandy Searcy and a message from the Rules Committee; and 'Sport Specific Information' with a vertical list of sports: Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, and Soccer.



# NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: Basics of Becoming and Staying an Official, Science of Officiating, Art of Officiating
- Course is FREE to NFHS Officials Association members, non-members fee is \$20
- NFHSLearn.com
- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
- Animated mechanics videos for softball and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials





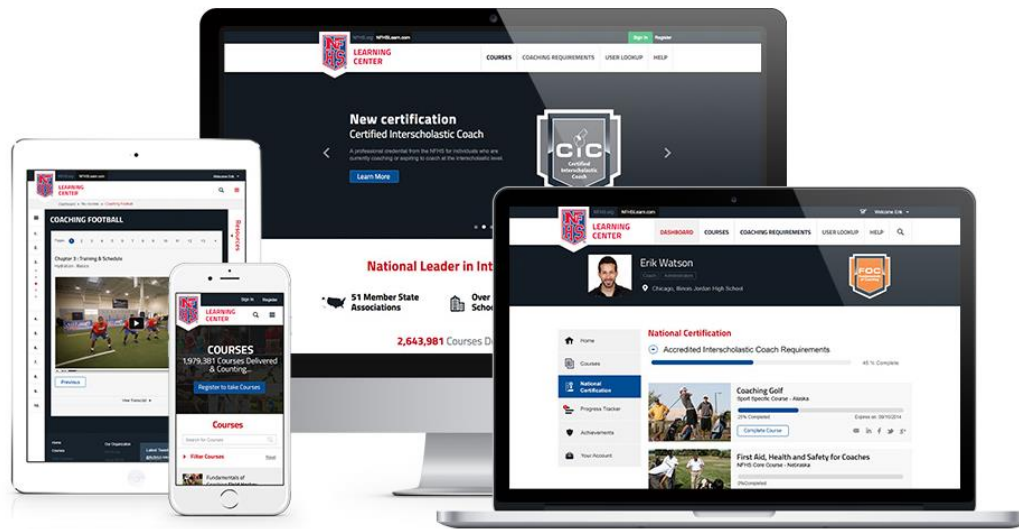


# NFHS LEARNING CENTER



# THE NFHS LEARNING CENTER

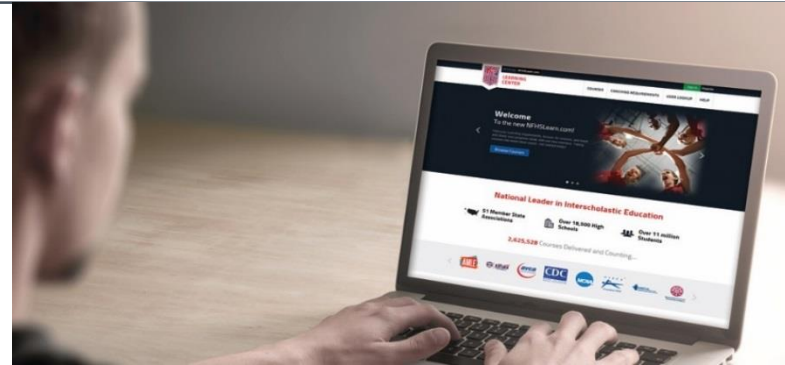
- **Mission:** Provide ongoing professional development for Coaches, Administrators, Students, Parents and Officials on the role they play within interscholastic athletics and activities.



# WWW.NFHSLEARN.COM

- Register on NFHSLearn.com and receive the following great benefits:

- Immediate access to all 18 NFHS free courses
- Opportunity to receive email updates on your sport, upcoming courses and much more
- Access coursework 24/7/365
- Access completion certificates 24/7/365



# Coaching Swimming

Back to Dashboard

Coaching Swimming

Welcome Dan ▾

Course Introduction

Course Introduction

**Developed with NISCA**

Resources

Welcome to  
Coaching Swimming

Previous

1

Next

## National Leader in Interscholastic Education



51 Member State  
Associations

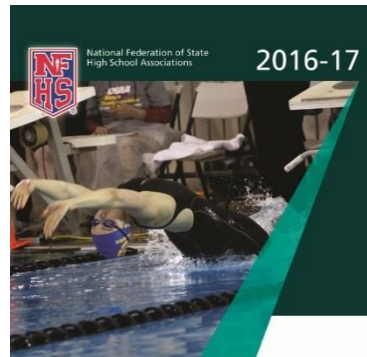


Over 18,500  
High Schools

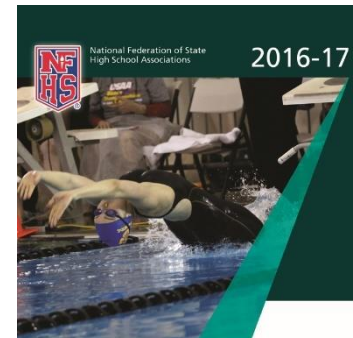


Over 11 million  
Students

# SWIMMING AND DIVING OFFICIALS' GUIDELINES MANUALS



**SWIMMING OFFICIALS' GUIDELINES MANUAL**



**DIVING OFFICIALS' GUIDELINES MANUAL**

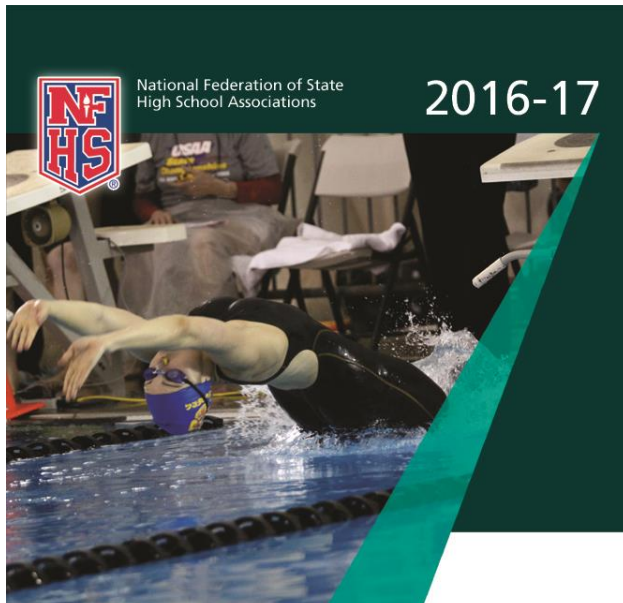
- The revised manuals are available August 1 on the following website locations:

<http://www.nfhs.org/activities-sports/swimming-diving/>

<https://arbitersports.com>



# NFHS SWIMMING AND DIVING PUBLICATIONS



## SWIMMING AND DIVING RULES BOOK

e-book available at [www.nfhs.org/ebooks](http://www.nfhs.org/ebooks)  
SWRB17



The Rules Book, Scorebook and other swimming and diving materials can be ordered:

- online at [www.nfhs.com](http://www.nfhs.com)
- by calling 1-800-776-3462

OFFICIAL NFHS DIVING SCORESHEET											ORDER OF FINISH:			
Name _____ Grade _____ School _____											TOTAL POINTS AWARDED			
Meet _____ Site _____ Date _____											Diving Order			
Class _____ Varsity _____ J. V. _____ Male _____ Female _____														
PRELIMS (Dives 1-5: 2 Val. & 3 Opt.)														
Dive Order	Dive No./ Dive Position <small>(See Water Book)</small>	DIVE DESCRIPTION	JUDGES SCORES									Judges Total	Dive of Day	POINTS AWARDED
			1	2	3	4	5	6	7	8	9			
1														
2														
3														
4														
5														
SEMI-FINALS (Dives 6, 7, 8 – 2 Val. & 1 Opt.)														
6														
7														
8														
FINAL (Dives 9, 10, 11 – 1 Val. & 2 Opt.)														
9														
10														
11														
T/C = Tuck, P/B = Pike, S/A = Straight, F/D = Free (See Back for Diving Table)											TOTAL POINTS AWARDED			
Sign: Diver _____ Coach _____ Referee _____ <small>             List voluntary dive first. Spaces 2-4 for optional dives.                           CHAMPIONSHIP &amp; OTHER 11-DIVE MEETS: List dives in each section per Rule 9-4.1.                           Total D.D. Voluntary Dives _____                           Total D.D. Optional Dives _____           </small>														

# SAMPLE QUESTIONNAIRE AND RESULTS

## 2015 Swimming & Diving Questionnaire

### PART I – Checkup on present 2014-15 rules - Were the following rule changes satisfactory?

1. Reorganization to list the items a competitor may wear/use and clarifying that adhesives are not allowed for swimmers and/or divers. Divers may wear tape or wraps for support and no longer limited to place only on the wrist.
2. Delineating more clearly unsporting conduct, which results in removal from the meet and all events in which the competitor previously qualified, and unacceptable conduct, which carries a penalty of disqualification from the event. This change separated spectator conduct from athletes and coaches.
3. Prohibiting the use of a pistol/starter's pistol as the sounding device in interscholastic swimming.
4. Swimmers no longer stepping off the starting platforms after the referee/starter gives the command, "stand up." Swimmers are directed to step down only when unusual circumstances occur.
5. Specifying in the backstroke event that the swimmer shall remain on or above the water surface on the finish and cannot submerge.
6. Permitting divers at least two practice approaches, with or without water entry, immediately prior to the start of diving competition.
7. In championship meets, granting the meet director the option in the event of diving to seed the finalists based on their semifinal score (lowest to highest) or retain the same dive order as preliminaries and semifinals.
8. Updating the diving scoring scale.

### PART II – Observations – Have you observed any of the following this year?

1. Adjustments to the diving scoring scale creating any confusion during meets? (Select only one response)
  - A. No
  - B. Rarely
  - C. Frequently
  - D. In most meets
2. Diving scores appearing to be inflated as a result of the adjusted diving score? (Select only one response)
  - A. No
  - B. Rarely
  - C. Frequently
  - D. In most meets

## 2015 Swimming & Diving Questionnaire

		Coach		Official		State	
		#	%	#	%	#	%
1/ Reorganization to list the items a competitor may wear/use and clarifying that adhesives are not allowed for swimmers and/or divers. Divers may wear tape or wraps for support and no longer limited to place only on the wrist.							
No		190	11%	119	9%	1	3%
Yes		1514	89%	1165	91%	36	97%
2/ Delineating more clearly unsporting conduct, which results in removal from the meet and all events in which the competitor previously qualified, and unacceptable conduct, which carries a penalty of disqualification from the event. This change separated spectator conduct from athletes and coaches.							
No		80	5%	83	6%	1	3%
Yes		1616	95%	1203	94%	36	97%
3/ Prohibiting the use of a pistol/starter's pistol as the sounding device in interscholastic swimming.							
No		250	15%	164	13%	3	3%
Yes		1457	85%	1128	87%	34	92%
4/ Swimmers no longer stepping off the starting platforms after the referee/starter gives the command, "stand up." Swimmers are directed to step down only when unusual circumstances occur.							
No		117	7%	102	8%	0	0%
Yes		1581	93%	1192	92%	37	100%
5/ Specifying in the backstroke event that the swimmer shall remain on or above the water surface on the finish and cannot submerge.							
No		731	43%	414	32%	3	8%
Yes		972	57%	881	68%	33	92%
6/ Permitting divers at least two practice approaches, with or without water entry, immediately prior to the start of diving competition.							
No		214	13%	161	14%	2	6%
Yes		1441	87%	1028	86%	31	94%
7/ In championship meets, granting the meet director the option in the event of diving to seed the finalists based on their semifinal score (lowest to highest) or retain the same dive order as preliminaries and semifinals.							
No		175	11%	125	11%	3	9%
Yes		1469	89%	1060	89%	30	91%
8/ Updating the diving scoring scale.							
No		329	20%	277	23%	4	12%
Yes		1320	80%	906	77%	29	88%
PART II – Observations – Have you observed any of the following this year?							
9/ Adjustments to the diving scoring scale creating any confusion?							
Frequently		349	22%	305	26%	5	16%
In most meets		135	8%	92	8%	3	10%
No		681	42%	413	36%	14	45%
Rarely		438	27%	343	30%	9	29%





**THANK YOU!**

[www.nfhs.org](http://www.nfhs.org)





# Online Test for Clinic Credit

- Answer the following ten questions.
- Email your responses to: [diaareply@yahoo.com](mailto:diaareply@yahoo.com)
  - In the email subject line write: Wrestling Clinic
  - In the email body write:
    - Name and School Name (or Association)
    - List Answers #1-10
    - Ex. 1 – A, 2 – B, 3 – D, etc...



You must get at least 8 out of 10 correct for credit.

# Test Question 1

#1. Which website would you use to find the best information regarding playing rules, uniform information and field or court diagrams?

- A. DIAA.org
- B. NFHSLearn.com
- C. NFHSLearn.org
- D. NFHS.org



# Test Question 2

#2. Which website would you use to find the all of the free online courses from the National Federation?

- A. DIAA.org
- B. NFHSLearn.com
- C. NFHSLearn.org
- D. NFHS.org



# Test Question 3

#3. What brand new course has the Federation (NFHS) introduced designed especially for student-athletes?

- A. Cardiac Arrest for Students
- B. Concussions for Students
- C. EAPs for Students
- D. Learning Enrichment for Students



# Test Question 4

# 4. A pistol or starter's pistol shall not be used as a sounding device.

A. True

B. False



# Test Question 5

#5. When blood is detected on the deck or diving board:

- A. The referee speeds up the competition to complete the meet sooner in order for clean-up to occur.
- B. The swimmers/divers are directed to walk around the affected area.
- C. The area and competitor shall be properly treated.
- D. No action is required since chlorine water is always sanitary and will clean the deck or board.



# Test Question 6

#6. The changing of a swimsuit is not permitted in which area?

- A. Locker room
- B. The deck
- C. Temporary locker room
- D. Bathroom



# Test Question 7

# 7. The referee determines there is a timing malfunction in lane 5. The referee should:

- A. Make an adjustment based on using the average difference of backup and primary times.
- B. Use the most valid backup time.
- C. Give no time.
- D. Allow the software operator to decide the time.





# Test Question 8

# 8. A competitor shall be disqualified from the meet and any further participation, including previously-qualified events for:

- A. Competing in the wrong lane.
- B. Re-entering the water before all relay teams have finished.
- C. Exiting the pool across a lane still occupied by competitors.
- D. Making insulting or derogatory remarks, gestures or acts, including taunting.



# Test Question 9

#9. A contestant swims the butterfly during the 50-yard freestyle. At the turn, the swimmer does a freestyle flip turn without touching the wall with both hands. This is legal.

A. True

B. False



# Test Question 10

#10. While reviewing dive sheets, the referee notices a diver has listed dive 5337 D on his/her sheet. The diving referee

\_\_\_\_\_.

- A. Informs the diver he/she is not permitted to perform the dive because it is not listed in the diving table.
- B. Allows the dive to be performed.
- C. Fails the dive.
- D. Changes the dive to a 5335D.



**Thank You for your support of  
High School Athletics!**

