2018-19 NFHS RULES CHANGES

<table>
<thead>
<tr>
<th>Rule</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rule 1</td>
<td>Rule 1 has been reorganized to more accurately reflect and define meet specifications and organization.</td>
</tr>
<tr>
<td>2-4-5</td>
<td>The 16.4-yard/15-meter marks must be visible on both sides of the pool deck.</td>
</tr>
<tr>
<td>2-7-2b</td>
<td>Backstroke starting ledges are not permitted in high school swimming.</td>
</tr>
<tr>
<td>2-7-2c (NEW), 2-7-2 NOTE (NEW)</td>
<td>Options for starting platform malfunctions are provided, and direction for malfunctioning swimming equipment has been re-organized.</td>
</tr>
<tr>
<td>4-2-1d</td>
<td>The referee shall conduct a pre-meet conference with the starter, the coach and the captain of each team for all non-championship meets.</td>
</tr>
<tr>
<td>4-5-3, 4-7</td>
<td>The responsibilities of stroke inspectors and turn/finish judges can now be combined by the referee.</td>
</tr>
<tr>
<td>5-1-2a</td>
<td>In non-championship meets, the diving event may be held first, last or simultaneously with the swimming events, in addition to the traditional placement as Event 5 between the 50-yard freestyle and the 100-yard butterfly.</td>
</tr>
<tr>
<td>5-3, 5-3-2, 5-3-6 NOTE</td>
<td>Section 5-3 has been updated to provide lane and heat assignment protocol from the dual meet to the championship meet.</td>
</tr>
<tr>
<td>5-4-2</td>
<td>New language provides scoring protocol based on pool facilities with differing numbers of available lanes.</td>
</tr>
<tr>
<td>9-4-6 NOTE 2 (NEW)</td>
<td>The NOTE clarifies that it is permissible to conduct 11-dive competitions during dual meets, double-dual meets, and other non-championship multi-team meets.</td>
</tr>
</tbody>
</table>
**2018-19 MAJOR EDITORIAL CHANGES**

2-6 Reorganizes water condition requirements and provides directives for non-compliant conditions.

2-7-9, 7-2-5 Clarifies the recommendation for posting team scores through a meet.

4-1-2 Clarifies that a meet committee and meet director are only required for championship meets. Other meets are administered by the referee or other officials appropriate to the type of meet.

8-3-3 NOTE Instruction for the starting procedure during a backstroke relay was moved to a NOTE, as this is not an NFHS event. The NOTE can provide the guidance that may be needed.

**OTHER EDITORIAL CHANGES**

- 1-2-3
- 3-1-1
- 3-1-2
- 3-2-1
- 3-2-2
- 3-2-3
- 3-2-3 PENALTIES
- 3-6-1 PENALTY
- 4-1-2
- 4-1-4
- 4-1-7
- 4-3-1b
- 4-6-2
- 4-6-3
- 4-6-4
- 4-9-3
- 5-1-1NOTE
- 7-1-2
- 7-1-3
- 9-1-1f, g
- 9-2-4
### 2018-19 POINTS OF EMPHASIS

**Suit Coverage:** Rule 3-3-1 states all suits shall be of one piece and competitors shall not be permitted to participate wearing a suit that is not of decent appearance. Boys shall wear suits which cover the buttocks while girls shall wear suits which cover the buttocks and breasts. If individuals or teams are in violation of this rule, officials are encouraged to contact the head coach of the offending team, rather than the student, requesting that all team members be appropriately equipped with uniforms that meet specified standards. School administrators and coaches are also asked to be proactive in monitoring their athletes' compliance with this rule. If the athlete cannot or will not comply with the suit coverage rule, they will be disqualified from events until they are in legal attire. Coaches are encouraged to select team suits that provide appropriate coverage as it pertains to NFHS rules.

**Guidelines on Handling Contests During Lightning or Thunder Disturbances:** The NFHS Sports Medicine Advisory Committee (SMAC) convened in March 2018 and revised its “Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances” (see Appendix H). These revised guidelines provide a model policy for consideration by those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder.

Even though large, substantial buildings containing electrical wiring and plumbing are generally considered as safe, there may still be a potential risk of lightning injury in certain situations indoors. Lightning can enter a building through electrical or telephone wiring and plumbing, which makes locker-room shower areas, swimming pools (indoor and outdoor), landline telephones, and electrical appliances unsafe during thunderstorms because of the potential contact injury. Even if the building is customarily grounded for electricity, lightning is often fast enough and powerful enough to spread and injure someone before the ground fault interrupters or other systems are triggered to protect the person touching any of these systems. Indoor swimming pools are just as dangerous as outdoor pools because lighting, heating, plumbing, and drains used in indoor pools ultimately connect to materials outside the building that can be used to transmit the lightning energy into the building or pool. If people cannot reach a safer location when thunderstorms are in their area, they should at least avoid the riskiest locations and activities, including elevated places, open areas, tall isolated objects, and being in, on, or at the edge of large bodies of water, including swimming pools, as all of these locations are not lightning safe.

Remember, The NFHS Guidelines state that activities should be suspended at the first sound of thunder or sighting of lightning and should not be resumed until 30 minutes after the last thunder is heard or lightning is seen. Host management should have a plan in place regarding inclement weather that includes assignment of a staff member to monitor local weather conditions, development of an evacuation plan, and development of criteria for suspension and resumption of play. The lightning safety policy should be reviewed annually with all administrators, coaches, officials, and meet personnel. Student-athletes and their parents should be informed of the lightning policy at the start of each sports season. A lightning safety policy is only effective if it is enforced. Everyone should be aware of lightning as a threat, and those who oversee participants, whether they are responsible for health care, are coaches, or meet officials, should be proactive in vacating all student-athletes and spectators to a safer location.
Scratches/Declared False Starts/Failing to Compete: Scratches, declared false starts, and the penalty for failing to compete are applied differently to championship and non-championship meets. Competitors, once officially entered, shall compete in all races. In championship meets:

- A scratch is the withdrawal of a competitor from the remainder of his/her events in the meet. (1-4-10)

- A declared false start is the withdrawal of a competitor from a specific event (1-4-11). A competitor may withdraw from a preliminary event or final with a declared false start, if submitted to the referee/designee at the specified time and place. The time and place could be during a pre-competition coaches meeting, at some point prior to the start of the meet, or prior to the start of that specific event. The designated time and place must be specified in the meet announcement (1-4-7). The event shall still count as an entry, although it does not disqualify the competitor from further competition. When a relay team withdraws by a declared false start, the coach shall designate which four swimmers from among the potential participants in the event are charged with an entry.

- By state association adoption, an alternate qualifier is one of the next two fastest swimmers/relays after the finalists are designated with the faster of the two being the first alternate qualifier and the next being second alternate qualifier. If a finalist cannot participate, an alternate qualifier may be called to take his/her place. The process and procedures for moving alternate qualifiers into finals and consolation finals must be specified in the meet announcement. (1-4-7)

- A competitor who fails to compete in an event in which he/she has officially entered, shall be disqualified from further competition unless the failure to compete is due to a medical reason certified by an appropriate medical professional and declared to the referee in advance of the event. The competitor shall not be disqualified from events for which he/she has previously qualified. (3-2-2 PENALTY 3)

In non-championship meets:

A competitor who fails to compete in an event in which he/she has officially entered, shall be disqualified from that event only. (3-2-2PENALTY 2)

Officials Recruitment: High school swimming needs dedicated men and women to become involved so that the sport can continue to prosper for years to come. Administrators, coaches, and officials are encouraged to reach out to local graduating seniors, area college students, retiring coaches, and/or officials who are licensed in other sports to recruit new individuals as prospective swimming and diving officials.
Note: PIAA Adoptions are to be applied/enforced the same as the rules contained in the NFHS Rules Book.

- Adopt the 2018-19 NFHS Swimming and Diving Rules Book.

- Modify Rule 2-7-7, to provide for the optional use of backup manual timing devices whenever automatic electronic timing is used.

- Modify Rule 3-2-7 (Concussion Rule), to clarify that “an appropriate health-care professional” is a licensed physician of medicine or osteopathic medicine (MD or DO).

- Modify rule 3-3-5, to prohibit the wearing of jewelry and reclassify watches as jewelry (Minutes, Board of Directors Meeting, July 22, 2015, p. 20).

- Adopt Rule 5-1-1 NOTES (a) these events may be modified for non-championship multi team competition, (b) the order of events may be modified for state championships.

- Pursuant to Rule 9-4-6, approve the following voluntary dive group schedule:

  1. Beginning with the first Contest day of Regular Season for swimming and diving and ending with the last Contest day of Regular Season for swimming and diving, all diving competition shall consist of one (1) voluntary dive, which shall be done first, and five (5) optional dives, coming from at least 4 of the 5 groups and which may include any of the dives other than the voluntary dive.

  2. The voluntary dive groups and the Calendar Weeks for the 2018-19 swimming and diving Regular Season shall be as follows: Forward group for weeks beginning December 2, January 6, and February 10; Back group for weeks beginning December 9, January 13 and February 17; Inward group for weeks beginning December 16, and January 20; Twisting group for weeks beginning December 23 and January 27; and Reverse group for weeks beginning December 30 and February 3.

  3. In the case of a Regular Season Contest that is postponed and, subsequently rescheduled, the voluntary dive group shall be the voluntary dive group that is required for the Calendar Week in which the postponed Regular Season Contest is rescheduled.

- Modify Rule 9-5-1, to further clarify the start position of a forward dive. The diver is considered to have assumed the starting position when there is a brief pause of all voluntary body movement initiated by the diver.

- Modify Rule 9-5-3, To further clarify the start position of a back/inward dive. The diver is considered to have assumed the starting when there is a brief pause of all voluntary body movement initiated by the diver.

- Appendix B, Starting with the 16/17 swimming season, the ban on the use of Electronic Relay Judging Equipment (Appendix B, pg. 104) has been removed. The use of this equipment can be used at all levels of competition.
CLARIFICATION / INTERPRETATION OF RULES

- Clarification of Rule 1-2-3, A clarification of this rule is listed below regarding exhibition swimmers/divers. Example: in a six-lane pool, if Team A cannot fill all their lanes in an event, any empty Team A lane(s) can be filled by a Team B’s exhibition swimmer(s)/diver(s). During the dual meet season, no extra heats, of exhibition swimming/diving is permitted between competing teams. Intermediate times are not permitted.

- Clarification/Interpretation of Rule 3-2-4 and Situation 3-2-4 (Pertains to dual meets only): In order to accommodate the use of electronic scoring, both the visiting and home teams are encourage to provide their line-ups (name of swimmers/divers participating in each event) to the meet management software operator at the time requested by the home team. If a team chooses not to do this, then at a minimum, the team shall provide a roster (names of the swimmers/divers on the team) to the software operator by the designated time. If a line-up is not provided to the software operator prior to the start of the meet, then individual entry cards shall be used and provided to the referee, when instructed to do so, but prior to the start of any race (Rule 3-2-4). When line-ups are provided by both schools, the software operator shall print out a copy of the home team’s line-up for the home team and a copy of the visitor’s team line-up for the visitors. The software operator shall provide copies of the merged entries for officials only.

- Clarification/Interpretation of Rule 3-3-1 thru 3-3-3, Uniform: (The following applies to all levels of competition and includes warm-ups for swimmers and divers:
  1. Female swimmers/divers shall not pull the suit/straps past the shoulders down to waist and wear sports bras, bikini tops or halter tops. When on deck, the straps of a competition/performance suit may be lowered off the shoulders, PROVIDED the one-piece drag suit is on top of the competition suit, and has the straps in place on the shoulders.
  2. A drag suit may be worn over a competition suit for warm-ups.
  3. All suits worn on deck (except drag suits) shall meet all requirements of the uniform rule.
  4. Leggings and pantyhose may be worn with a competition suit for warm-ups.

- Clarification of Rule 8-1-1 and 8-1-2, to start a race, the referee or referee/starter shall blow one long whistle followed by the verbal command to “step up” for forward starts or “step-in” for backstroke starts.

- Clarification of Rule 9-1-1, The NFHS Swimming and Diving Rules Book deals with Diving not being conducted because of inadequate water depth. The PIAA has determined that the same criteria listed in Rule 9-1-1 regarding inadequate depth, shall also apply in the following situation. School authorities (school board and/or administration) have the right to remove the diving board(s) from a pool at the school or determine that diving will no longer be conducted at a school’s pool with the board(s) still in place, even though the pool meets the adequate depth criteria defined in Rule 9-1-1. Written notification shall be given to opponents at least two weeks to the first home meet or a date specified by the state association, diving is not conducted and no points are awarded. See Rule 9-1-1, PENALITIES: 2 a and b.

The decision to eliminate competitive diving from a school’s natatorium is not intended to be a year-to-year decision but a permanent determination.
POOL CONTAMINANTS WARNING: FECES– VOMITUS IN THE POOL

If there is contamination in the pool by either of the above named contaminants, **the pool must immediately be cleared.**

“Contrary to popular belief, chlorine does not kill all germs instantly. There are germs today that are very tolerant to chlorine and were not known to cause human disease until recently. Once these germs get in a pool, it can take anywhere from minutes to days for chlorine to kill them.” (CDC-Recreational Water Illnesses [RWI’s]).

How long does it take to disinfect a pool following the above situation? It depends on whether the contaminant is solid or in liquid form (Diarrhea).

Free Chlorine Levels need to be established for a specific period of time to inactivate Giardia, Crypto, Norovirus and E. coli.

The same criteria applies to vomitus in a pool. This situation is similar to diarrhea, in that, it contains liquid and particles of food.

This means that a meet **cannot be conducted** following such incidents until the pool operator guarantees that the required CT inactivation value has been achieved and the free chlorine and pH levels have been returned to the normal operating range allowed by the state or local regulatory authority.

The athletic directors from the competing schools will determine when and if the meet is rescheduled after receiving a report from the pool operator. This is **not** a determination made by coaches or referees.

(Center for Disease Control-Healthy Swimming and Recreational Water Illnesses [RWI’s] Feb 2015)
QUALIFICATION OF INDIVIDUAL STUDENTS FROM SCHOOLS THAT DO NOT SPONSOR A SWIMMING AND DIVING TEAM DURING THE REGULAR SEASON

A student attending a member school that does not sponsor a swimming and diving team which participates in more than 50% of the maximum permitted number of Regular Season Contests in that sport, may qualify for the member school’s PIAA District or Region meet by swimming the event(s) for “time” or diving for a “score” during a Regular Season swimming and diving Contest being conducted by another member school. The “timing” of the swimmer may occur during an official event, or, it may occur prior to the first event, in between events, or immediately following the last event. The “score” of the diver may be obtained only during an official event. A PIAA-registered swimming and diving official must certify the swimmer’s or diver’s performance, in writing, to the PIAA District or Region meet director. This can be accomplished by filling out and signing a lane card for a swimmer or signing a dive sheet for a diver. It is the responsibility of the swimmer’s or diver’s school Principal or Athletic Director to make the necessary arrangements with the host member school a minimum of two (2) weeks prior to the meet in which the swimmer or diver desires to attempt to qualify.

Non-swim schools may not sponsor/enter relay teams at any level of competition, including invitational meets.

All students who are attempting to qualify to the PIAA District or Region meet under the procedures described above must meet all PIAA eligibility rules and requirements and must be accompanied and supervised by a coach from the member school that the student is representing, or by a full-time professional employee of the school or school district in lieu of a coach. The coach or full-time professional employee must be a properly designated representative of the school for the student, and that coach or full-time professional employee must be fully responsible for supervision of the student.

This representative shall also show to the referee, a letter from the school’s principal or athletic director on school letterhead, stating they are the designated individual responsible for the student(s).

NOTE: Chapters’ officiating meets, where non-swim school athletes participate, should encourage the athletic directors of the “home” school to advise the officials assigned to the meet, and the coach of the visiting team of the attendance of these athletes at the meet. This will allow officials/coaches to plan for any extra time needed, such as having the visiting team’s bus come at a later time.
PIAA OFFICIALS INSURANCE

For the 2018-19 school year, American Specialty Insurance Services will provide the following benefits:

- One Million Dollars of Liability Coverage;
- $25,000 Excess Accident Medical Coverage (with a $250 deductible);
- $5,000 Accidental Death and Dismemberment (including a cardiac benefit).

This program is administered by American Specialty Insurance Services and underwritten by USF&G and Mutual of Omaha. Both carriers carry “A” ratings by A.M. Best. Again this year, as a new service for chapters, all regularly scheduled chapter meetings will be covered under PIAA’s basic liability coverage. This is a major change from the past when only the annual rules interpretation meetings have been covered. Chapters are requested to please submit their list of regularly scheduled chapter meetings to the PIAA Office to assist procedurally in the exchange of information to have all local associations’ meetings covered.

Contact information is as follows:
Drew Smith,
Vice-President for Client Services
Sara Douglass, Administrative Assistant
American Specialty Insurances Services, Inc.
142 N. Main Street,
P.O. Box 309
Roanoke, Indiana 46783-0309
Phone: 260-672-8800
Fax: 260-673-1295
www.amerspec.com
GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

PROACTIVE PLANNING
1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
   a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
3. Develop criteria for suspension and resumption of play:
   a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
   b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
   c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
   d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.
   * 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.
4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
5. Inform student-athletes and their parents of the lightning policy at start of the season.
Any coach and/or contestant who, while coaching or competing for a PIAA member school, is ejected from a Contest by a state high school association recognized and/or registered official in that sport for unsportsmanlike conduct or flagrant misconduct shall be disqualified from coaching and/or participating for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition. For a coach, participation in the next Contest includes any contact by the coach with members of the Team, including other coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal shall direct the coach not to attend all of the Contest(s).

Any coach and/or contestant ejected from the last Contest in that sport in a sport season shall be disqualified from coaching and/or participating in the first Contest(s) in that sport in the subsequent sport season, at the same level (varsity, junior varsity, or otherwise) of competition, at any PIAA member school or, if the student changes levels of competition, such as from junior varsity to varsity, the first Contest(s) in that sport.

The official shall file a report with the PIAA Office on the form prescribed for the sport involved, within twenty-four (24) hours following the completion of the Contest in which the ejection occurred. Failure to file such report shall not affect the validity or consequences of the ejection.

The athletic director and principal must meet with the ejected coach/contestant and detail in a report what corrective action has been taken. This report then must be signed by all parties and sent to the district football chairperson. This form is located on the PIAA website on the football page.

When a coach or contestant is disqualified/ejected from a Regular or Post-Regular Season Contest a report must be filed by the official who disqualified/ejected the coach or contestant. When the report is received in the PIAA Office it is faxed to the concerned school Principal and Athletic Director and mailed to the respective District Chairmen, officials’ representatives and sportsmanship chair. A copy is also given to the Associate Executive Director and placed in the school’s file.

**OFFICIALS ARE TO FILE A REPORT WITH THE PIAA OFFICE ON THE APPROPRIATE FORM WITHIN 24 HOURS OF THE EJECTION OR THEY MAY BE PLACED ON PROBATION.**

Officials must complete the disqualification form online through the officials’ information area of the PIAA website. Officials who repeatedly do not file the proper form in the prescribed time period may be suspended.

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If you are in need of updating your officiating supplies, please be reminded that Officially Sports is the official vendor of PIAA Sport Officials’ Uniforms. Please give them your consideration for any purchases regarding officials’ supplies. If interested, you may provide them with your email address to send you their catalog, seasonal specials and discounted items that may be of interest and service to your avocation of sports officiating. Officially Sports may be contacted via email at sales@officiallysports.com, by calling 800-934-4555 or at www.officiallysports.com.
EXAMPLES OF DISQUALIFICATION PROVISION OF ARTICLE XIII, SECTION 8

The following examples are for players or coaches and are only examples and not a complete list. What this means is a player or coach ejected from a contest at any level must sit out the remainder of the day and the next day of the next contest at that level.

Example #1: Player/coach gets ejected from a junior varsity contest before a varsity contest. This player/coach gets disqualified for the remainder of the day and the next day of the next junior varsity contest. If this contest is followed by a varsity contest on the same day, the player/coach gets disqualified for the varsity contest also (the whole day).

Example #2: Player/coach gets ejected from a varsity contest on Friday, the team’s next varsity contest is Friday. Before the varsity contest is a scheduled junior varsity contest, player/coach cannot participate in any of Friday contests.

Example #3: Player/coach gets ejected from a varsity football game Saturday. The next varsity contest is a game on next Friday but the game gets postponed to Saturday. On Saturday, the junior varsity team is to play in another football game, is player and/or coach eligible to participate in the junior varsity game?

Ruling: No. Since the Friday contest was postponed the next varsity game is the same day as the junior varsity game and the player/coach are not eligible to participate the whole day.

**Note to officials: the enforcement of the rules as written and the use of the mechanics when ejecting personnel from a contest cannot be stressed enough. PIAA cannot defend the lack of enforcement of sportsmanship rules nor the failure to use approved mechanics with regard to these ejections.**

SECTION 4 VIOLATION OR CANCELLATION OF SPORTS OFFICIAL’S CONTRACT BY A PIAA MEMBER SCHOOL

If a PIAA member school violates or cancels a contract with an official, the District Committee or the Board of Directors, in their respective jurisdictions, may require a school so violating or so canceling to pay to the offended official the fee or fees for the Contest or Contests which have been provided in the official contract. Failure of a PIAA member school to live up to the terms of the contract shall be considered a violation of the Constitution and By-Laws of PIAA.

Comment: It has been brought to our attention on numerous occasions that officials have lost assignments or games because a school or assignor has “double booked” the contest. Officials are reminded that unless there is a written contract executed between the parties, they have no claim to any type of reimbursement from the offending school(s). Many schools have made a “good faith” effort to the officials to get them an additional assignment in the future or offer a scrimmage to pick up the lost fees. However, officially, without a written, signed, properly executed contract between the official(s) and the school(s), there is no recourse for the officials. In this day of technology it is not very hard for assignors, or schools, to execute these contracts. This is part of an assignor’s responsibility. Officials should request contracts from their assignors or schools for both parties protection.

PIAA BY-LAWS, ARTICLE XV; SECTION 3

All PIAA member schools shall enter into either paper or electronic contracts on the official contract form entitled “Contract for Officials Under PIAA Rules” with all registered sports officials retained by the schools or assigned by an assignor. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor. Disputes arising from oral agreements will not be considered by PIAA.
PIAA SPORTSMANSHIP MESSAGE

**This message shall be read to the head coach and captains prior to each contest officiated by a registered PIAA official. This message shall be enforced by contest officials and its enforcement shall include a strict and swift enforcement when unsportsmanlike actions involve demeaning remarks or actions that may be related to the racial or ethnic background of any party.**

PIAA requires all registered sports' officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, teams, spectators, and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let today's contest reflect mutual respect. Coaches please certify to the contest official(s) that your contestants are legally equipped and uniformed according to NFHS rules and PIAA adoptions. Good luck in today's contest.

Chapter interpreters are requested to remind all officials to read this message at each contest they officiate.

There have been some concerns addressed by the schools that some of our officials are not reading the PIAA Sportmanship message prior to the contest. This is an improper procedure and this message MUST be read. Officials are not to paraphrase, modify, or develop their own Sportmanship Message to the captains and head coaches. The proper procedure is head coaches and captains MUST attend the pre-game reading of the sportmanship message. For distribution purposes, this message is printed on the back of all PIAA registered sports officials' 2017-2018 identification cards. This message MUST BE READ VERBATIM by the contest officials. Coaches must certify to the contest officials their team is legally equipped and in compliance with NFHS Rules. The reading of this message will have the coaches verbally confirm aloud their teams' adherence to compliance with equipment and safety rules. This confirmation is not only the adherence to contest rules, but also assists in alleviating the legal liability concerns for the officials if the teams subsequently violate the proper equipment provisions of the contest rules.

UNIVERSAL HYGIENCE PROTOCOL FOR ALL SPORTS

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

2018-19 SWIMMING SCHEDULE

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
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<tbody>
<tr>
<td>First Practice Date</td>
<td>November 16</td>
</tr>
<tr>
<td>Minimum Length of Preseason Practice</td>
<td>3 weeks</td>
</tr>
<tr>
<td>First Inter-School Practice or Scrimmage Date</td>
<td>November 24</td>
</tr>
<tr>
<td>Max Number of Regular Season Inter-School Practices or Scrimmages</td>
<td>2</td>
</tr>
<tr>
<td>First Regular Season Contest Date</td>
<td>December 7</td>
</tr>
<tr>
<td>Maximum Length of Regular Season</td>
<td>12 weeks</td>
</tr>
<tr>
<td>Maximum Number of Regular Season Contests</td>
<td>18</td>
</tr>
<tr>
<td>Last Regular Season Contest Date</td>
<td>February 23</td>
</tr>
<tr>
<td>District Deadline</td>
<td>March 2</td>
</tr>
<tr>
<td>PIAA AAA &amp; AA Swimming &amp; Diving Championships</td>
<td>March 13-16</td>
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Bucknell University
COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorium, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

INFECTIONOUS SKIN DISEASES

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of infection.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on “time until return to competition.” Participation with a covered lesion may be considered if in accordance with NFHS, state or lock guidelines and the lesion is no longer contagious.

BLOOD-BORNE INFECTIOUS DISEASE

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

OTHER COMMUNICABLE DISEASES

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During time of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.
- For more detailed information, refer to the Infectious Disease and Blood-borne Pathogens” and “Skin Disorders” sections contained in the NFHS Sports Medicine Handbook.
DEFINITION OF TAPE / WRAP

TAPE – is used to secure a gauze pad/dressing in place or used with an under wrap anywhere on the body. Tape can also be used by itself to add an extra layer of stability to fingers, wrists and ankles.

WRAP – can be gauze secured in place by tape or it can be the newer self-adhesive wrap that comes in many different colors and can be used alone. The end of the self-adhesive wrap can be held in place by a piece of tape.

Tapes and wraps are legal for divers but cannot be used by swimmers unless there is an order from an MD or DO. (See below for an additional clarification)*

SUPPORTS – are used when an athlete needs more stability than is provided by tape or wraps. Supports are usually black in color and can be made of neoprene or other materials. Supports can be held in place by Velcro or can fit a particular area like a sleeve. Supports are most often used as additional support for ankles, wrists or knees. Supports cannot be used by swimmers or divers unless there is an order from an MD or DO.

See Situations 3.3.4A and 3.3.4B on page 30, Situations 3.3.4D on page 30 and 3.3.4E on page 31 in the 2018-19 NFHS Rule Book

*The following is the clarification that was provided during the 2012-2013 season, “Wrap” has been added to the clarification.

“Additional clarification on the use of Band-Aids/Gauze/Tape/Wrap during swimming and diving competitions.

Rule 3-2-6 requires an open wound to be properly covered and Rule 3-3-4 permits the use of tape to treat a documented medical condition which allows a competitor to compete but not gain an advantage. When a Band-Aid and/or gauze is required to cover a small wound, it must be covered with tape/wrap to secure the Band-Aid and/or gauze so it does not come off in the water. Additionally, the coach shall be required to inform the referee about the wound that is covered and no medical documentation is required. If a large amount of tape/wrap is required to cover a wound, medical documentation from an MD or DO is required.”