Current Situations

- In a traditional hurdle where the diver lunges forward with one foot and then jumps to two feet, does the lunge step count towards the required 3 steps?
  - **ANSWER:** The diver may use any combination of steps, hops, leaps to make up the three steps prior to the hurdle that qualify as a legal approach.

- Is there a limit to the number of steps a diver may take?
  - **ANSWER:** The number of steps needed is three but there is no max number and no penalty for more than three.

- Takeoff from a wedge platform - left foot was behind the wedge, right foot was on the front side of the wedge. As the swimmer in the water came to the wall, the swimmer on the block left foot stepped over the wedge to the front of the takeoff platform and they took off after the touch. Is this legal? Are there any safety concerns?
  - **ANSWER:** According PIAA and NFHS, this is a legal, and safe, takeoff and can be used.

- What “covered up” means for the 500 lap counters, will just shorts be sufficient or do they need a t-shirt or jacket too?
  - **ANSWER:** As far as covered up, it is to make sure that the suit does not ride up and reveal the buttocks so a towel wrapped around, shorts, sweats are what should be worn for decency. It is not necessary for them to wear a tee shirt or jacket.

- We have always told the kids they need to just step in for the backstroke start. No turning or grabbing the starting block. The coaches are telling us that that rule is not being enforced at districts and states. Is it something we should continue to enforce?
  - **ANSWER:** As for the backstroke entry, a step in with or without grabbing the block or turning around close to the blocks are all legal and that is why they aren’t DQ’d at Districts or States. The key is to not hot dog or jump out away from the blocks which delays the start of the race and they are illegal. Our goal should be to run a fair and consistent meet where we enforce the rules and not overthink the intent of the rule where athletes are unnecessarily DQ’d.

- Do school administrators need to be at the Coaches and Captains meetings?
  - **ANSWER:** They are not required but may be in attendance at Coaches and Captains Meetings and there has not been a change in NFHS or PIAA Protocols. Only the head coach and captains need be present.
• Do swim caps have to match?
  • **ANSWER:** The caps do not need to match, however, they do need to all meet the logo restrictions. They can have school name, mascot or nickname without size restrictions, but only one manufacturer logo not to exceed 2 ¼ inches square is permitted.

• Is there a PIAA adoption or directive that specifies that only an air horn may be used for the signal lap, or can a bell be used?
  • **ANSWER:** Bringing an air horn to the meet should be a standard practice by your starter or referee for the 500. A bell is permissible but one will not be used at the state meet or your district meet, so using them may confuse the swimmers.

• Are schools requiring insurance coverage for the officials?
  • **ANSWER:** Requiring insurance coverage is between the schools and the official. Officials are independent contractors and NFHS and NASO offer insurance coverage policies.

• Who does the letter for the independent swimmer need to come from, AD, Super, or Principal?
  • **ANSWER:** The letter can come from the Principal or Athletic Director on School Letterhead indicating the swimmer(s) name, their coach and that they are students in good standing.

• Should this be considered a violation of the back press (similar to a violation of the forward approach and therefore a ref’s call to deduct 2 points off each score)?
  • **ANSWER:** As far as the arms are concerned in back or inward dives, they can be held in any position of the divers choice - 9.5.3. While during the press, the diver is benefited by moving the arms in a forward circle but eliminating that movement does not signify the need for any further deduction. There is only a violation of the forward approach and nothing on the back press. The lack of power and height will cause a low enough score as it is and deducting more points from a poor dive will not aid that diver in continuing to develop.

• Should judges take this into consideration in their overall score, as the diver’s back press/takeoff did not follow the Appendix C guidelines?
  • **ANSWER:** The judges will automatically look at the dive as Deficient at best and more likely Unsatisfactory because of the lack of height, distance from the board, execution, entry so they will take that into consideration when they score that dive.

• In an inward or back dive, the diver is standing on the end of the board and is in the starting position with the arms overhead. The diver’s arms do not “make a forward circle in time with the leg push” (as stated in the Appendix C guidelines). Instead, the diver maintains the arms overhead and uses a slight leg push for takeoff. The diver completes the dive. Should this be considered a violation of the back press (similar to a violation of the forward approach and therefore a ref’s call to deduct 2 points off each score)?
  • **ANSWER:** As far as the arms are concerned in back or inward dives, they can be held in any position of the divers choice. There is only a violation of the forward approach and nothing on the back press.
• Section 7 article 5-c states the dive is failed if the diver “falls into the water.” Let’s say the dive is a back dive (201A). The diver maintains the arms overhead in the start position but does not make a forward circle with the arms and does not visibly have a leg push. The diver leans back into the back dive. The dive is completed. Would this situation be considered a fail dive because it appears the diver is falling into the water?
  • **ANSWER:** This inexperienced diver should not receive a fail dive for attempting to do a back dive.

• It was stated that when the arms start moving, counting of oscillations ends. Can you please advise where I can find this in the rule book or bulletin?
  • **ANSWER:** On page 84 in NFHS Rule Book.

• Suit accommodation for Transgender swimmers.
  • **ANSWER:** The accommodation is for a one piece suit that covers the athlete above the waist for male swimmers with no fastening system (zippers, snaps, hook and eye closures) and of a water permeable material with no buoyancy.

• The only option is for our trans male swimmer to wear a woman’s suit? Is that correct?
  • **ANSWER:** Yes, it is correct, unless you can find a one piece suit that complies with NFHS Uniform Rules. Presently no swim suit manufacturers are making one piece suits that comply with NFHS rules for males.

• Is there any prohibition against a relay having “mixed starts,” i.e. lead off swimmer from the blocks, one or more of the other swimmers from the water or pool deck?
  • **ANSWER:** Mixed take offs are fine for relays.

**Update on how to handle tape/wrap/support-brace issues**

At the Captain’s and Coach’s Meeting, the referee shall ask coaches if there are any swimmers/divers* who have documentation from a MD or DO regarding tape, wrap, supports/braces or other medical issues. If there are swimmers/divers* with tape, wrap, supports/braces, who do not have medical documentation, the referee states to the coaches that swimmers/divers cannot compete until they are compliant with the rule. 2019-2020 Swimming and Diving Preseason Bulletin, page 20.

• What do I do if a swimmer/diver* comes to the blocks or diving board with tape, wrap, supports/brace?

**Answer:** The official never instructs the swimmer/diver* to remove the tape, wrap support or brace. The official shall check with the referee for documentation. If there was no medical documentation presented at or before the Coach’s and Captain’s Meeting, the referee shall go to the coach of the swimmer/diver* and inform the coach that the swimmer/diver* must be compliant with the rule and may not compete until compliant. It is the coaches/swimmer/divers* decision whether they want to remove the tape, wrap, support or brace in order to compete.

* Tapes and wraps are legal for divers.
Uniform Rule

The colored area is the appropriate suit for the female athlete. From the edge of the appropriate into the dotted area on the female is inappropriate.

The colored area is the appropriate area for the male, below the dotted area for the male is inappropriate.

Remember that NFHS ruling is that the suit must cover the buttocks on males and buttocks and breasts on females. Rule 3.3.2 page 24.

PROCEDURE WHEN AN ILLEGAL SWIM SUIT IS OBSERVED

When a swimmer or diver is observed in an illegal suit, two officials must agree that the suit, worn by the swimmer/diver, is illegal. If one of the two officials is not the meet referee, the violation must be reported to the meet referee. The meet referee and one of the two officials who observed the illegal suit, shall notify the coach of the violation. Officials must NEVER speak to swimmers/divers regarding suit violations concerning decency.

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:

- Female swimmers/divers shall not pull the suit/straps past the shoulders down to the 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.
- A drag suit may be worn over a competition suit for warm-ups.
- All suits worn on deck (except drag suits) shall meet all requirements of the uniform rule.
- Leggings and pantyhose may be worn with a competition suit for warm-ups.