2019-20 NFHS RULES CHANGES

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-4, 3-3-4 PENALTIES

Rule 3-3 was reorganized to identify penalty protocol for specific uniform violations.

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e, 8-3-5

A legal finish now requires the competitor to contact either the touchpad or the finish end according to the finish rules pertaining to the stroke being swum.

9-1-3

The rule was updated to comply with current industry standards.

9-4 Table

The degree of difficulty for back and reverse double somersaults was lowered to be consistent with back and reverse 1½ somersaults degrees of difficulty.

9-5-6

Clarified descriptions of diving positions.

9-7-4 NOTE (NEW)

The diving referee may confer with a member of the diving panel regarding a possible unsatisfactory dive.

2019-20 NFHS EDITORIAL CHANGES

- 1-5-3
- 2-3-1
- 2-4-2
- 2-7-8
- 3-3-3b
- 4-1-2
- 4-2-2e
- 4-8-1
- 4-9-2
- 6-2-1
- 6-3-1a
- 9-4-1

Table
Preventing Shallow Water Blackout - The rules for NFHS swimming and diving exist to ensure fair competition in a positive, safe and healthy environment. Consequently, the NFHS Swimming and Diving Rules Committee recognizes concerns that have been raised over instances of shallow water blackout, which can affect swimmers of all experience levels. Shallow water blackout is a potentially fatal condition that causes a swimmer to lose consciousness while under water. Shallow water blackout can be prevented through education, awareness and understanding of the dangers of breath-holding. The tips below are provided by Shallow Water Blackout Prevention. For further information, visit shallowwaterblackoutprevention.org.

a. Never hyperventilate
b. Never ignore the urge to breathe
c. Never swim alone
d. Never play breath-holding games
e. No repetitive underwater laps

Suit Coverage - Suit coverage continues to be a focus of administrators, coaches, officials and competitors. While the rule itself has not changed, language addressing coverage and the protocol for addressing violations has been reorganized in the rules book. In addition, pre-meet coaches and athlete meetings have been mandated, which is an opportunity for the coach to verify that his/her athletes are properly and legally equipped AND an opportunity for captains/peers to consult with their teammates to ensure suits and caps meet rule guidelines. It is recommended that coaches address suit coverage with parents and athletes during their pre-season meetings to specify that suits should be worn as the manufacturer has intended, and that athletes purchasing personal suits for competition only obtain suits that comply with NFHS rules regarding appropriate coverage as well as design and decoration.

Accommodations for Students with a Disability - Language and officials signals regarding the inclusion of students with a disability have been updated and will be available in the 2019 NFHS Swimming Officials Guidelines Manual. Included are updated images of officials signals for the forward and backstroke starts as well as images for modified starting positions. Specific accommodations for visually impaired and hearing-impaired competitors are also provided in this publication.

Sub-Varsity Participation - The policy permitting state associations to modify events and distances for non-varsity competition remains in effect. (5-1-1 NOTE 1). States have the authority to shorten/lengthen distances and add other events in non-varsity competition. NFHS playing rules are written specifically for varsity competition. Modifications for levels other than varsity are at the discretion of the state association.

Pre-Meet Conference - The mandatory pre-meet conference as applied to championship meets can become problematic in some contexts, particularly in large meets. The pre-meet conference is a time to review meet procedures, special instructions and any unusual pool conditions. A comprehensive list of items to be covered is included in Appendix G of the NFHS Swimming Officials Guidelines Manual. State associations may determine an alternative method or methods of communication in situations where the size of the meet makes a pre-meet conference impractical. State associations are encouraged to provide appropriate policy direction for officials and meet administrators in assuring that the stated purposes for this conference are fulfilled and that both coaches and athletes are fully informed and prepared for the ensuing competition.
2019-20 COMMENTS ON THE RULES

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-4, 3-3-4 PENALTIES

Rule 3-3 was reorganized to specify penalty protocol for uniform violations. All current language addressing suit coverage was moved to Rule 3-3-2. The penalty associated with this rule was written to provide clear indication that the coach of the competitor should be notified when a violation of the coverage requirement has occurred. In the case of suit construction and cap violations, for practicality and concerns over delay of meet, the officials may communicate with either the competitor or coach.

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e, 8-3-5

A legal finish now requires the competitor to contact either the touchpad or the finish end according to the finish rules pertaining to the stroke being swum. The rule no longer requires the touchpad to be contacted by the swimmer when electronic timing is used. This change reiterates that a competitor should not be disqualified when the touchpad is not activated or when the swimmer does not physically touch the pad. The competitor has legally completed the race if he/she touches the touchpad or the finish end. The new rule also allows for situations in which pools may not have access to touchpads that stretch the entire width of the lane or in which touchpads may slip off during the course of a race. In those cases, the competitor legally finishes the race by contacting the finish end.

9-1-3

The rule was updated to comply with current industry standards. The change aligns with current diving board manufacturers' installation directions.

9-4-Table

The degree of difficulty for back and reverse double somersaults was lowered to match back and reverse 1½ somersaults. Meet management is advised to edit diving software programs relative to these changes so that the correct degree of difficulty is applied when computer software is utilized to conduct a meet.

9-5-6

Descriptions of diving positions were adjusted to maintain consistency with national trends. The language has been updated to clarify requirements of the straight, pike, tuck and free positions.

9-7-4 NOTE (NEW)

The addition of the NOTE is consistent with the diving referee’s capability of consulting with a designated member of the judging panel concerning a possible failed dive. Now, the diving referee may confer with said member regarding an unsatisfactory dive. Use of another perspective is appropriate because the penalty for an unsatisfactory dive is severe. Often, judges are not able to be positioned so that all have an ideal view of the diver’s performance.

www.piaa.org/officials
Note: PIAA Adoptions are to be applied/enforced the same as the rules contained in the NFHS Rules Book.

- Adopt the 2019-20 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).

- 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 2019-20 swimming and diving Regular Season shall be as follows: Forward group for weeks beginning December 1, January 5, and February 9; Back group for weeks beginning December 8, January 12 and February 16; Inward group for weeks beginning December 15, and January 19; Twisting group for weeks beginning December 22 and January 26; and Reverse group for weeks beginning December 29 and February 2.

  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. 100) has been removed. The use of this equipment can be used at all levels of competition.
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.
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 CONFLICT OF INTEREST POLICY FOR ALL SPORTS

PIAA has a written policy regarding conflict of interest. This policy is in all of our post regular season officiating contracts and is contained in the PIAA Athletic Officials’ Manual for all officials to view.

An official will remove themselves from a contest if they find that they have any personal association with any of the competitors or coaches on any team, with the competitors’ school, or with the competitors' community, such as being a relative of a competitor, or being an employee or a relative of a competitor in the competitors school district, or a resident of the competitors' community.

COMMENT: Officials accepting assignments for contests at their local school where they live, or have a relative competing, place themselves in a compromising position in the performance of their duties as a registered official. Every decision and judgment is open to criticism and places the official in a compromising position where it brings into question the integrity and actions of the official. This is an indefensible position for the official and assignments of this nature are not to be taken or accepted by PIAA registered sports’ officials. Extreme cases of emergency and situations that may be completely unavoidable are the only exceptions to this policy.

This policy applies to all sports and is ultimately an official’s responsibility to remove themselves from situations in which a conflict could or does exist. Officials aware of situations where this policy is being violated should bring it to the attention of their chapter officers in order for adjustments to be made to the schedule.
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.

Revised and Approved March 2018
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.

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.
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 on 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 sportsmanship 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.

<table>
<thead>
<tr>
<th>2019-20 SWIMMING SCHEDULE</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Practice Date</td>
</tr>
<tr>
<td>Minimum Length of Preseason Practice</td>
</tr>
<tr>
<td>First Inter-School Practice or Scrimmage Date</td>
</tr>
<tr>
<td>Max Number of Regular Season Inter-School Practices or scrimmages</td>
</tr>
<tr>
<td>First Regular Season Contest Date</td>
</tr>
<tr>
<td>Maximum Length of Regular Season</td>
</tr>
<tr>
<td>Maximum Number of Regular Season Contests</td>
</tr>
<tr>
<td>Last Regular Season Contest Date</td>
</tr>
<tr>
<td>District Deadline</td>
</tr>
<tr>
<td>PIAA AAA &amp; AA Swimming &amp; Diving Championships</td>
</tr>
</tbody>
</table>
### 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.

### INFECTIOUS 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 3.3.5A and 3.3.5B on page 28, Situations 3.3.5D on page 30 and 3.3.5E on page 29 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 3-3-5 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.”