

Table of Contents

	PAGE
OHSAA Mission Statement	2
Calendar	2
2009 Rules Interpretation Meetings	2
2009-10 Season Important Dates	3
OHSAA Contact Information	3
Swimming and Diving Links	3
New Swim Suit Rules	4
Coaches	5
Ohio High School Swimming Coaches Association	5
Important Information	6
Contest Procedures	7
Uniforms & Exhibition Competition	7
Sports Regulation 4.4 – Non Interscholastic Competition	8
Entry Limitations	8
Ejection Rules	9
Weekly Rotation of Voluntary Dive Groups	10
Medical & Safety	11
Reference Information	11
Department of Health and NFHS Water Depth Standards	11
Virginia Graeme Pool and Spa Safety	12
Guidelines for Meet Warm-up	13
Tournament Entry Information	13
Officials	14
Officiating Ethics & Code of Conduct	14
Pre-Season Preparations	15
Address Changes	15
Uniform Requirements	15
Website Resources	15
Rules Information	16
Whistle Preparatory Commands Regulations	16
Regulations	
Tournament Regulations	17
General Sports Regulations	17
Local Association Meetings	17
Sporting Conduct	18
Respect the Game Program	18
Online Resources	19
Statement of Mutual Respect	19
OHSAA Sports Regulations for Swimming and Diving	Excerpted after p. 19

Enclosures

COACHES AND OFFICIALS	OFFICIALS
2009-10 NFHS Swimming and Diving Rules Book "Your Athletic Eligibility" Brochure	

OHSAA MISSION STATEMENT

The Ohio High School Athletic Association's mission is to regulate and administer interscholastic athletic competition in a fair and equitable manner while promoting the values of participation in interscholastic athletics as an integral part of a student's educational experience. The OHSAA represents its member schools by recognizing and promoting academics, the safety of participants, good citizenship and lifelong values as the foundation of interscholastic athletics.

CALENDAR

2009 SWIMMING AND DIVING RULES INTERPRETATION MEETINGS

By Board of Directors ruling, any school sponsoring interscholastic contests in swimming and diving must be represented by the head varsity swimming and diving coach, assistant swimming and diving coach or athletic administrator at one of the meetings listed below. There must be a head varsity swimming and diving coach, assistant swimming and diving coach or athletic administrator for both the boys and girls teams in attendance at one of the meetings listed below. Any school failing to meet the requirement will be ineligible for OHSAA tournament competition.

Those coaches or officials who do not attend a regularly scheduled rules interpretation meeting or the scheduled make-up meeting may request a special make-up meeting from one of the interpreters listed below. The fee for a special make-up meeting is \$50.00.

Officials who fail to attend one of these meetings will be suspended the following year and will be ineligible for tournament assignments in the current year.

It will be the responsibility of the head varsity swimming and diving coach, assistant swimming and diving coach or athletic administrator and officials to be in attendance within 10 minutes of the start of the meeting to receive credit for attendance. Anyone tardy more than 10 minutes or leaving before the conclusion of the meeting will not receive attendance credit.

INTERPRETERS	PHONE	EMAIL
Sterling Apthorp, Jr.	740-344-9349	sbthorp@yahoo.com
Deborah Moore	614-267-2502 Ext. 115	dmoore@ohsaa.org

<u>Site #</u>	<u>Date</u>	<u>City</u>	<u>Location</u>	<u>Time</u>	<u>Coordinator</u>
11	Sat., Oct. 3	Dublin	Embassy Suites Hotel 5100 Upper Metro Pl., 43017	8:00 A.M.	Tim Hart
12	Mon., Oct. 5	Berea	Berea H.S., Cafeteria 165 E. Bagley Rd., 44017	7:15 P.M.	Bob Cistolo
13	Tues., Oct. 6	Cincinnati	Princeton H.S., Cafeteria 11080 Chester Rd., 45246	7:15 P.M.	Scott Kaufman
14	Wed., Oct. 14	Kettering	Kettering Fairmont H.S., Recital Hall 3301 Shroyer Rd., 45429	7:15 P.M.	Brian Donoher
15	Thurs., Oct. 15	Canton	GlenOak H.S., Main Commons (Enter door #17) 1801 Schneider Rd., NE	7:15 P.M.	Jeff Burrows
16	Mon., Oct. 19	Findlay	Findlay H.S., Library 1200 Broad Ave., 45840	7:15 P.M.	Jeff Wobser
17	Tues., Oct. 20	Zanesville	Zanesville H.S., Library or Auditorium 1701 Blue Ave., 43701	7:15 P.M.	Scott Aronhalt
18	Wed., Oct. 21	Worthington	Thomas Worthington H.S., Rm. 185 300 W. Dublin-Granville Rd., 43085	7:15 P.M.	Sterling Apthorp
19	Wed., Nov. 4	Worthington	\$50.00 – Make-up Thomas Worthington H.S., Room 185 300 W. Dublin-Granville Rd., 43085	4:00 P.M.	Sterling Apthorp

IMPORTANT DATES

2009-10 OHSAA SWIMMING AND DIVING CALENDAR	
November 6, 2009	First Day of Coaching and Instruction
November 30, 2009	First Contest
January 11, 2010	Non-Interscholastic Competition No Longer Permitted (See Swimming/Diving Regulation 12-A-1. for additional information)
Jan 11 – Jan 18, 2010	Deadline for Entering or Withdrawing from the OHSAA Tournament
January 21, 2010	Deadline for Entering or Withdrawing from OHSAA Tournament with \$150 penalty
January 24, 2010	Seeding and Drawing Meeting (if held)
February 8-13, 2010	Sectional Tournaments
February 15-20, 2010	District Tournaments
February 24-27, 2010	State Tournament – C.T. Branin Natatorium, Canton, Ohio

OHSAA CONTACT INFORMATION

OHSAA Office – 4080 Roselea Place, Columbus, OH 43214 ~ 614-267-2502 ~ 614-267-1677 (fax)

Name	Title	Responsibilities	E-Mail/Phone
Deborah Moore	Associate Commissioner	Oversees the sport & coordinates the tournaments; Rules Interpreter	dmoore@ohsaa.org
Henry Zaborniak	Assistant Commissioner	Oversees officials programs & tournament assignments	hزابorniak@ohsaa.org
Renee Moore	Administrative Assistant	Assists in the coordination of the sport & tournaments	rmooore@ohsaa.org
Sterling Apthorp	State Rules Interpreter	Conducts state rules interpretation meetings and fields rules inquiries	740-344-9349 sbthorp@yahoo.com

SWIMMING AND DIVING LINKS

National Federation of State High School Associations	www.nfhs.org
National Interscholastic Swimming Coaches Association	www.nisca.net
Ohio High School Swim Coaches Association	www.ohssca.org
USA Swimming	www.usaswimming.org
USA Diving	www.usadiving.org
Our Kids Initiative	www.ourkidsinitiative.org
U.S. Paralympics	www.usoc.org/paralympics
Electronic Conversion Utility	www.swimmingworldmagazine.com/results/conversions.asp
Pam Cook – Tournament Data Support	pamswim@aol.com 440-808-9192 (H) 440-808-9692 (Fax)

IMPORTANT RULES CHANGE RELATIVE TO SWIM SUITS

The NFHS Swimming and Diving Rules Committee recommended and the NFHS Board of Directors approved the following changes to Rule 3-3-2 with an **immediate implementation date for the 2009-10 school year**.

Rule Change and Rationale

Rule 3-3-2, page 20 in 2009-10 Swimming & Diving Rules Book

New ART. 2...Suits worn by swimmers shall be limited to the following requirements:

- a. only one swimsuit shall be permitted in competition. (A swimmer with special needs may request customization through his/her school to the state association.)
- b. the swimsuit shall be:
 1. constructed of a woven/knit textile material;
 2. permeable (100 percent to air and water);
 3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
 4. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings, and waist openings); and
 5. constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

Penalty (For ART. 2): When an official discovers a competitor wearing an illegal swimsuit by the wearing of two suits or a suit which is of an illegal construction, the official shall:

1. when reporting prior to the start of the heat, notify the competitor to make legal the swimsuit before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat, the competitor is disqualified from that event and shall not be eligible for further competition until in a legal swimsuit.
2. when the competitor has stepped up on the starting platform but prior to the starting device being activated, direct the competitor to "Step down," disqualify the competitor from that event and he/she shall not be eligible for further competition until in a legal swimsuit;
3. when the starting device has been activated, disqualify the competitor at the completion of the heat; nullify the competitor's performance time and he/she shall not be eligible for further competition until in a legal swimsuit.

Rationale: Technical swimsuits were introduced to the world of swimming approximately two years ago. The advanced technology fundamentally altered the sport, and swimwear became more of a piece of equipment as opposed to a uniform. The rules of swimming have always prohibited the wearing or use of an item that would aid in the swimmer's speed or buoyancy. The technical suits have evolved with little or no regard for these basic rules. In order to preserve the integrity, tradition and heritage of the sport, as well as protect and enhance the interscholastic swimming program, the new requirements and restrictions on swimwear are necessary to promote the educational values of high school athletics by promoting fair play. The immediate implementation date will guarantee fairness in competition throughout the high school swimming seasons and allow the meet officials to fairly and consistently enforce the rule.

The issue of the introduction and use of the technical swimsuit has been perhaps one of the most controversial in the sport of swimming at all levels. The NFHS Swimming & Diving Rules Committee has diligently monitored the developments surrounding the impact of the suits and evolving rules. The committee and the Board of Directors, once sound information was available, took immediate action in order to preserve the integrity of our high school swimming programs and bring back the fairness in competition that is expected to be present in our education-based athletic competitions.

Please be advised that this rules change is to be implemented immediately in Ohio for all interscholastic competition. The rules change will be addressed in detail at the state rules interpretation meetings.

COACHES

OHIO HIGH SCHOOL SWIM COACHES ASSOCIATION

www.ohssca.org

Ohio High School Swimming Coaches Association Mission

- To Promote harmonious relationships between school administrators and coaches in their respective schools concerning the administration of athletics
- To assist in promoting pure, wholesome, amateur interscholastic athletics in the schools of Ohio
- To help maintain the highest possible educational, moral and physical standards for both the coach and the athlete
- To work together for the improvement of conditions in Ohio High School Athletics, such as; working for necessary rule changes, developing a close relationship with the office of the State Commissioner of Athletics and providing a clearing house of information for member coaches
- To endeavor to improve all sports in every phase by understanding the objectives of the various associations and giving our utmost cooperation
- To have a representative group of coaches to which athletic problems may be referred, especially swimming problems, with the goal of creating better relationships between schools and between the various athletic programs within the schools
- To promote good fellowship and social contacts among coaches
- To recognize and honor those who made outstanding contributions to the sport of swimming in the state of Ohio

2009-2010 OHSVCA Officers Directory

Title	Name	E-Mail	Phone
President	Mike Griggs	coachmikeg@aol.com	330-896-8651 (H) 330-438-2738 (W)
Past President	Rob Salisbury	rsalisbury@brunswickschools.org	440-268-0222 (H) 330-273-0449 (W)
Treasurer	Steve Cremean	scremean@aol.com	419-621-2061 (H)

Please refer the to OHSSCA website for other contact information.

IMPORTANT INFORMATION

▪ **Professionalism**

Your professionalism is of the utmost importance. Your athletes and fans will follow your lead. If you are respectful of the competition and the officials, your athletes and fans are more likely to do the same. If you are disrespectful of the competition and the officials, it will be reflected in the words and actions of your athletes and fans. Officials aren't perfect and mistakes will be made, but it is all part of the learning process for our young student-athletes. So please take those disappointments and turn them into positive learning experiences. What you permit, you promote.

Also, **Bylaw 8-3-1** of the OHSAA Handbook reads in part, "Protests arising from the decisions and interpretations of the rules by officials during the game will not be considered. Their decisions and interpretations are final." This means that correctable errors must be corrected during the contest. Officials and coaches must "keep their cool" during the contest so that all teams have an equal opportunity to win under the rules. It must be remembered at all times that the competition is being conducted for the athletes. Neither officials nor coaches would be involved except for the athletes.

• **Coaches' Comments to the News Media** – OHSAA Sports Regulation B under Media Regulations

OHSAA Bylaw 8, Section 2, reads in part, "Great care shall be exercised in the selection of officials, well in advance of the contest and agreed upon by schools involved. When the contest begins each school waives all of its rights so far as objecting to the officials." Public criticism of officials is a direct reflection upon those who were responsible for assigning the officials to the game. Officials are trained and expected to make no derogatory comments regarding the players, coaches, or schools. Coaches are expected to follow the same procedure. Failure to follow this request will result in disciplinary action.

▪ **Pre-Season Preparations**

During your pre-season preparations, invite a local official(s) to meet with your squad during pre-season workouts. It allows the officials to meet your athletes and discuss new rules. It gives your athletes an opportunity to ask questions and have a discussion prior to competition days. We would also recommend inviting an official to a pre-season meeting with your parents. Again, it provides a forum for healthy discussions and an opportunity for your parents to learn more about the game.

▪ **Scheduling Conflicts**

Certainly, scheduling conflicts are going to arise. **PLEASE COORDINATE WITH YOUR ATHLETIC ADMINISTRATOR TO ENSURE THAT OFFICIALS ARE NOTIFIED IN ADVANCE OF ANY CHANGES.** When dates, times, and / or locations are changed it not only affects the officials scheduled for that contest, but also other contests they are scheduled to work. Thanks so much for your assistance!

• **Protecting Athletic Eligibility**

If you have not received copies of the 2009-2010 OHSAA Athletic Eligibility Information Bulletin, entitled "*Your Athletic Eligibility*", which is written to explain the rules to coaches and student-athletes and their parents, please note that a sample has been enclosed with this mailing. See your school administrator for additional copies if these have not been distributed to your students. OHSAA rules require all schools to conduct mandatory pre-season orientation meetings for students, parents, booster club members and other individuals identified by the principal. These meetings afford the coach the opportunity to present information pertaining to school policy, athletic codes of conduct, OHSAA eligibility rules and details concerning the swimming program. The eligibility bulletins could be presented at this time. Also a DVD has been prepared to highlight eligibility issues, your school's code of conduct and sportsmanship, ethics and integrity issues.

Please remember that when parents sign their consent for their son or daughter's participation in interscholastic athletics on the OHSAA consent form that accompanies the Pre-Participation Physical Exam, they also are indicating that they have read and understood the OHSAA Athletic Eligibility Information Bulletin.

▪ **Inquiries**

Our OHSAA office is here to help as needed, but depending on the time of the year it can be difficult to reach us. However, there are other sources of assistance. Our website (www.ohsaa.org) includes a great deal of information that covers many of the inquiries we often receive. The website provides swimming and diving regulations, general sport regulations, tournament regulations, uniform regulations, etc. Your OHSSCA Officers are another great resource for you as well. Their contact information is provided on page 4 of this manual and can be found on their website (www.ohssca.org).

CONTEST PROCEDURES

UNIFORMS (Rule 3-3)

The OHSAA has become increasingly concerned about violations that relate to uniforms and jewelry as referenced in Rule 3-3. Please note the following items that are part of the rules code and shall be enforced:

- ❑ **Suit of a decent appearance.** Coaches are expected to insist on this standard, and officials are expected to enforce this rule. Of particular concern in Ohio are boys' suits that do not cover the buttocks. Coaches are urged to review this regulation with members of their squads so there will be no misunderstanding.
- ❑ **Manufacturer's Logo/Trade Name.** Rule 3-3-1 permits ONE visible, manufacturer's logo/trade mark or reference name *not to exceed 2¼ square inches and not exceeding 2 ¼" in any dimension*, on each item of uniform apparel. The rules clearly define uniform apparel to include the suit and swim cap/hat but not the goggles. Coaches and athletes are ultimately responsible for compliance with this rule.
- ❑ **Jewelry/Objectionable Attire.** Competitors shall not wear jewelry or illegal attire. The only jewelry exception is a religious/medical medal, which must be removed from a chain or bracelet and taped to the body – under the suit for a religious medal and where visible (usually on the chest or wrist area) for a medical alert medal. "Jewelry" is defined as anything that is used as ornamentation and includes but is not limited to body piercing ornaments, friendship bracelets, anklets, commemorative wristbands, earrings, etc. These must be removed for competition. When it is discovered that any competitor is wearing illegal attire or jewelry, she or he will not be permitted to participate in an event/dive until the illegal attire/jewelry is replaced or removed. As has been stipulated previously in the *Points of Emphasis*, athletes are responsible for being properly attired to compete. Coaches have the ultimate responsibility of certifying to officials that all competitors are free of illegal jewelry. Please note the clarification regarding hair-restraining devices. **They are legal provided they are functioning and worn in the hair during the event.**
- ❑ **Coaches' Certification.** Rule 3-3-5 requires the coach to verify with the meet referee that all his/her competitors are legally attired and free of jewelry. Officials shall ask this question of all coaches prior to any OHSAA competition. Note: The pool must be cleared prior to this mandatory meeting.
- ❑ **American Flag-** NFHS and OHSAA rules permit one American flag, not to exceed 2 x 3 inches on each piece of the uniform. Multiple flags or flags of other countries are not permitted regardless of whether they are sewn on the suit or woven into the material. In addition it is not permissible to place pictures, language or emblems on high school uniforms unless they refer to the school name, mascot or the sport or have been approved by the OHSAA.

EXHIBITION COMPETITION

Due to the large number of questions concerning exhibition competition, the following is reprinted.

Rule 3-2-1a - Exhibition and Sports Regulation 24

The OHSAA has received several inquiries as to the definition and interpretation of "exhibition" competition. Please note that the OHSAA has a state association policy prohibiting "exhibition" competition; therefore, **National Federation Rule 3-2-1a does not apply.**

- ❑ An exhibition swimmer/diver is one that does not score points or count in the official standings for a competition.
- ❑ The OHSAA does not permit exhibition competition as described above.
- ❑ Junior varsity, reserve or class competition (nonvarsity) is not exhibition competition. By rule and OHSAA adoption (NFHS Rule 5-1-1), events for swimming and diving may be modified for such competition.

For example, two high schools may agree to contest five selected events for junior varsity athletes during a varsity dual meet. Such a competition must be mutually agreed upon prior to the competition by the schools and all contest officials informed of the format well in advance of the date.

This is just one example of why the OHSAA strongly recommends that schools use official OHSAA contracts and that contest officials insist upon a written contract to officiate a contest. It is unreasonable to expect officials to work more events than what they had originally agreed to officiate.

- ❑ In meets during which both varsity and nonvarsity contests are being competed, an individual athlete may participate in both contests provided the athlete does not exceed the event limitations – four events no more than two of which may be individual events.
- ❑ Officials should refuse to officiate exhibition events in swimming and diving competition.
- ❑ Officials are covered under the NFOA liability insurance policy when working interscholastic swimming and diving competition.

SPORTS REGULATION 4.4 – PARTICIPATING IN A NON-INTERSCHOLASTIC CONTEST WHILE A MEMBER OF A SCHOOL SQUAD – INDIVIDUAL SPORTS

This regulation states that once an athlete in an individual sport has participated in an interscholastic contest for his/her school, the athlete may not compete in a non-interscholastic contest in the same sport during the school's season. The maximum penalty for such non-interscholastic participation while a member of the school squad is ineligibility for school competition for the remainder of the school's season.

The Commissioner's office has made exceptions to this regulation in the event that the athlete has been selected to compete as a member of a national team or has been invited to participate in national or international competition by virtue of his or her past performance in the sport. In the sport of swimming and diving the following **guidelines** have been used to determine waivers:

- ❑ The student has been selected as a member of the junior or senior national team in swimming and/or diving by the achievement of national standards in an event/events.
- ❑ The student was either the champion or the runner-up in the OHSAA State Swimming and Diving Tournament the immediately preceding year.

The intent of the waiver is to protect the integrity of the regulation and the interscholastic program while allowing the development of national-caliber athletes who have been invited to compete non-interscholastically during the school season. **The procedure for requesting the waiver requires that the principal or official designee of the member school direct a request to Dr. Deborah Moore, Associate Commissioner, at the OHSAA. Please include the supporting documentation with the letter of request. Each request will be reviewed on an individual basis.**

ENTRY LIMITATIONS – OHSAA TOURNAMENT SERIES

Coaches should note that the individual entry limitations as specified in Rule 3-2-1 apply to the OHSAA tournament series. Exceeding entry limitations is considered a violation of eligibility standards and may be penalized whenever discovered, including after a competition has been completed. Each level of tournament (sectional, district and state) is considered a separate championship competition even though it is a qualifying event for further tournament participation. Hence, a competitor may swim/dive in a maximum of four events, no more than two of which shall be individual events, in each level of tournament competition. **This includes the preliminaries and finals of each respective level.**

For example, in district competition, a swimmer may swim in the 50 yd. Freestyle, the 100 yd. Backstroke and as a member of the 200 yd. Medley Relay and the 200 yd. Freestyle Relay in the preliminaries. If this swimmer qualifies to the finals in the 100 yd Backstroke but not the 50 yd. Freestyle, and both relays qualify to the finals as well, he/she is entitled to swim only the 100 Back, and both or either the 200 Free Relay and the 200 Medley Relay in the finals. He is NOT entitled to swim in a third relay even though his school may have qualified that relay to the finals.

In other words, failure to qualify in one of the individual events in the prelims does not permit the athlete to exceed the entry limitations by swimming one individual event and three relays in the finals. Such action would constitute competing in five events. The penalty for that is disqualification from the fifth event and from further competition in the tournament. In this case, the athlete would be disqualified from the 400 yd. Freestyle Relay and her team would forfeit points, awards and qualification to the state tournament, if applicable. If this same competitor fails to qualify for the next level of competition (state tournament) in one of his or her individual events, and the school qualifies three relays, the athlete could swim in the one individual event and the three relays at the state tournament. This would not exceed the event limitation as the next level of competition is considered a separate championship event.

Schools may change names on relay cards and include any athlete who is on the eligibility certificate when the first level of tournament competition begins. It is not required that the slate of names remains the same throughout the tournament series.

NOTE: It is the coach's responsibility to manage the entry limitations for his or her team. This is not a contest official's responsibility.

INTERPRETATION OF EJECTION FOR UNSPORTING CONDUCT

Fortunately, the sport of swimming and diving is quite "healthy" in terms of the conduct of the student-athletes, the coaches and other team personnel involved. **During the 2008-2009 season, there were no ejections for unsporting conduct – Very Commendable.** However, it is necessary to provide a written interpretation of those acts that are considered "ejections" and shall require a two-contest suspension for either the coach or participant.

The purpose of this section is to clarify for both coaches and officials the official interpretation of OHSAA General Sports Regulations as they pertain to swimming and diving. The violations for which a competitor or coach shall be ejected from a competition are found in Section 5 of Rule 3 beginning on page 26 of the 2008-2009 NFHS Swimming and Diving rules book. This section is entitled "Conduct." Although the word ejection is not used in the rules book, the **following penalties**, when applied, **shall result in the two contest suspension required by OHSAA sports regulations:**

- a. Disqualification from further participation for unsporting conduct which violates Rule 3-5-1 (a), (b) or (c) or any other act that the referee deems unsporting.
- b. Disqualification from further participation for use of any tobacco product, which violates Rule 3-5-2.
- c. Disqualification from further participation for a non-participating swimmer or diver (in the on-going event) who enters the water while a race is in progress, which violates Rule 3-5-3.
- d. Disqualification from further competition for performing on-site shaving before, during or after the meet – Rule 3-5-7 – Penalty. **NOTE: This rule was developed to be in full compliance with universally accepted "Communicable Disease Procedures." Please see the NFHS rules book for a complete list of these procedures. Coaches should prohibit shaving at any time during practices and training as well as at a competition site. In addition, they should discuss with student-athletes the potential danger of sharing razors.**
- e. Disqualification from the event and the competition when a competitor does not leave the pool immediately when requested to do so by the referee – Rule 3-5-6 Penalty.
- f. Examples of disqualifications that are not ejections include: submitting an incomplete or inaccurate entry card; exceeding the contest event limitations; failing to compete in all heats, races, rounds of competition; failing to swim in the assigned lane; contacting the bottom of the pool; as a competitor in that event, reentering the water during the race or prior to the race without the referee's approval (This violation brings an event disqualification but would not be an ejection unless further misconduct resulted); or any stroke form violation.

In addition, any coach who is ejected from a contest for unsporting conduct as described above, in addition to the two contest denial of participation shall be fined \$100 and shall take a coaching course – most likely the new NFHS course **"Teaching and Modeling Behavior"** which is scheduled for rollout in the fall of 2009 and which must be completed within 30 days of the ejection. This course can be taken online at www.nfhslearn.com, and the cost is \$20.00

OHSAA WEEKLY ROTATION OF VOLUNTARY DIVE GROUPS

NOTE: Any dive from the group may be designated as the Voluntary Dive. It will receive its assigned degree of difficulty up to a maximum of 1.8. Any designated voluntary dive with a d.d. greater than 1.8 will be assigned a d.d. of 1.8.

<u>WEEK OF COMPETITION</u>	<u>DIVE</u>
1 – 11/30	Forward Group
2 – 12/7	Back Group
3 – 12/14	Inward Group
4 – 12/21	Twisting Group
5 – 12/28	Reverse Group
6 – 1/4	Forward Group
7 – 1/11	Back Group
8 – 1/18	Inward Group
9 – 1/25	Twisting Group
10 – 2/1	Reverse Group
11 – 2/8	Forward Group
12 – 2/15	Back Group
13 – 2/22	Inward Group

NOTE: As adopted by Rule 9-4-6 2009-10 NFHS Swimming and Diving Rules Book

EJECTION REPORT FORMS

COACHES/PLAYERS EJECTION FROM A SWIMMING OR DIVING COMPETITION

Officials shall file a written report with the school and the OHSAA office whenever a coach or a player is ejected from a contest. Use the Special Report Form provided to all officials. The form may also be obtained by contacting the Association office or the local officials association secretary. In addition, the official should telephone the school principal or athletic administrator no later than the next business day after the ejection unless the official has notified that administrator at the match site. The offending school (coach, athletic administrator or principal) must file a written report with the OHSAA anytime a coach or player is ejected from a contest, home or away.

THE PRE-MEET CONFERENCE

Regular Season

- The referee shall meet with the starter, a captain and the head coach from each school to discuss meet procedures, special instructions, pool conditions and sporting conduct that is expected.
- Each coach shall verify to the referee that all competitors under his/her supervision are legally attired and free of all jewelry
- This conference should take place 30 minutes prior to the first event.
- No athletes shall be in the pool during this conference.

Tournament

- Refer to tournament regulations for information regarding this procedure

MEDICAL & SAFETY

REFERENCE INFORMATION

The safety of our student-athletes is of utmost concern at all times. Information regarding the following important topics can be found at www.ohsaa.org and at www.nfhs.org:

- Heat Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Head Trauma in Sports
- Communicable Disease Procedures (can also be found in the NFHS 2005-06 Rules Book)
- Disordered Eating
- Information on Nutritional Supplements
- Links to the following sites:
 - ❑ Joint Advisory Committee on Sports Medicine
 - ❑ Ohio Athletic Trainers Association
 - ❑ American Medical Society for Sports Medicine
 - ❑ Ohio Parents for Drug Free Youth
 - ❑ National Athletic Trainers Association (NATA)
 - ❑ Gatorade Sports Science Institute News

Safety Emphasized

Adherence to guidelines designed to protect all participants in the sports of swimming and diving is mandatory. Please refer to the Rules Book, Rule 2, pages 12-17, for the specific, mandatory pool, lane and equipment specifications that have been adopted for competition for all Ohio schools. For Diving, Rule 9 explains all safety information.

It is paramount that coaches review correct techniques with swimmers and ensure that all NFHS rules regarding water depth are strictly observed.

Diving

Please refer to NFHS Swimming and Diving Rule 9 1-1 for specific standards for the pool, the diving board and other equipment. Note that pools constructed after January, 1987 must have a water depth of 12 feet or more.

OHIO DEPARTMENT OF HEALTH AND NFHS WATER DEPTH STANDARDS

In June of 2000, the state of Ohio adopted the following regulations for swimming pool operators.

Regulation 3701-31-04 (I) provides that any operator of a swimming facility in this state may permit diving from starting blocks or the pool deck into shallow water for competitive racing events PROVIDED the water depth in those areas is no less than four feet. (Note: A complete transcript of all safety regulations including this one can be accessed at www.odh.state.oh – the Ohio Department of Health’s Website.) **In addition, NFHS rules now require that this minimum depth of four feet at the point of entry for racing starts during practice or competition be measured for a distance from the end of the wall to minimum of 16 feet, 5 inches (5 meters) from the end wall.**

This means that schools sponsoring swimming and diving have **two options**:

1. **Relocate the starting blocks to deep water** (at least 4 feet in depth for a minimum of 5 meters distance from the end wall) **OR**
2. **Start all races in the water** and require all members of relay teams to do the same.

In summary, the NFHS and the Ohio High School Athletic Association urge all member schools with competitive swimming and diving programs to review the suitability of the facilities in which they practice and compete in swimming and diving. Although the OHSAA does not involve itself in coaching strategies or techniques, swimming and diving coaches should review their procedures involving all aspects of instruction as they relate to safety and should keep current on all safety-related developments in the sport.

Lifeguards Required for Interscholastic Swimming and Diving Competition and Training

In accordance with final rule 3701-31-05 of Ohio's Health and Safety Code, the licensee of a public swimming pool, public spa or special use pool shall provide lifeguards. This includes pools used for interscholastic swimming and diving practice and competition. Please see the complete text of these rules by linking from the OHSAA web site at www.ohsaa.org or directly to the Ohio Department of Health site at www.odh.state.oh.us.

PUBLIC LAW 110-140—POOL AND SPA SAFETY (also known as the Virginia Graeme Pool and Spa Safety Act)

As enacted by Congress and effective on December 19, 2008, each public pool and spa in the United States shall be equipped with anti-entrapment devices or systems that comply with the ASME/ANSI A112.19.8 performance standard, or any successor standard; and (ii) each public pool and spa in the United States with a single main drain other than an unblockable drain shall be equipped, at a minimum, with 1 or more of the following devices or systems designed to prevent entrapment by pool or spa drains that meets the requirements of subparagraph (B):

(I) SAFETY VACUUM RELEASE SYSTEM.—A safety vacuum release system which ceases operation of the pump, reverses the circulation flow, or otherwise provides a vacuum release at a suction outlet when a blockage is detected, that has been tested by an independent third party and found to conform to ASME/ANSI standard A112.19.17 or ASTM standard F2387.

(II) SUCTION-LIMITING VENT SYSTEM — A suction- limiting vent system with a tamper-resistant atmospheric opening.

(III) GRAVITY DRAINAGE SYSTEM.—A gravity drainage system that utilizes a collector tank.

(IV) AUTOMATIC PUMP SHUT-OFF SYSTEM.— An automatic pump shut-off system.

(V) DRAIN DISABLEMENT.—A device or system that disables the drain.

(VI) OTHER SYSTEMS.—Any other system determined by the Commission to be equally effective as, or better than, the systems described in subclauses (I) through (V) of this clause at preventing or eliminating the risk of injury or death associated with pool drainage systems.

(B) APPLICABLE STANDARDS.—Any device or system described in subparagraph (A)(ii) shall meet the requirements of any ASME/ANSI or ASTM performance standard if there is such a standard for such a device or system, or any applicable consumer product safety standard.

(2) PUBLIC POOL AND SPA DEFINED.—In this subsection, the term “public pool and spa” means a swimming pool or spa that is— (A) open to the public generally, whether for a fee or free of charge; (B) open exclusively to— (i) members of an organization and their guests; (ii) residents of a multi-unit apartment building, apartment complex, residential real estate development, or other multi-family residential area (other than a municipality, township, or other local government jurisdiction); or (iii) patrons of a hotel or other public accommodations facility; or (C) operated by the Federal Government (or by a concessionaire on behalf of the Federal Government) for the benefit of members of the Armed Forces and their dependents or employees of any department or agency and their dependents.

(3) ENFORCEMENT.—Violation of paragraph (1) shall be considered to be a violation of section 19(a)(1) of the Consumer Product Safety Act (15 U.S.C. 2068(a)(1)) and may also be enforced under section 17 of that Act (15 U.S.C. 2066). **SEC. 1405. STATE SWIMMING POOL SAFETY GRANT PROGRAM.** (a) IN GENERAL.—Subject to the availability of appropriations authorized by subsection (e), the Commission shall establish a grant program to provide assistance to eligible States.

For more information, please go to <http://www.poolsafety.gov/pssa.pdf> or consult with your school's general counsel and/or local Department of Health.

GUIDELINES FOR MEET WARMUP

Prior to any athletes entering the water to begin warm-ups, there shall be a meeting that includes head coaches and captains from each team and officials (if available). The criteria to be reviewed include but are not limited to: warm-up procedure, pool environment, water depth at both ends, jewelry and uniform rules, starting blocks, lane selection, emergency procedures, lifeguard responsibilities and other pertinent issues. In addition, the following guidelines are recommended for warm-up procedures at ALL meets

1. A designated supervisor whose sole responsibility is to observe warm-up procedures shall be on duty prior to any athletes entering the pool/diving well and throughout the entire warm-up period.
2. Swimmers shall enter the water feet-first except for starts which are limited to specified lanes.
3. Specify lanes 2 and 5 (six lane pool) or Lanes 2 and 7 (eight lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
4. Place a cone marker or similar sign on starting platforms in lanes not specified as one-way sprint lanes.
5. Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool).
6. Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push off position from the starting end of the pool).
7. May specify lanes for relay practice during the last 15 minutes of the warm-up.
8. Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
9. Swimmers shall not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.
10. Swimmers shall not swim in the area where diving warm-up is occurring.
11. The pool shall be closed during the coaches meeting.
12. Jewelry shall not be worn during warm-ups.

It shall be considered unsporting conduct when a participant violates any of these guidelines.

Meet Management or a designated official may remove and eject a swimmer, coach and/or team for violations of these recommendations. In facilities that have a warm-up and/or warm-down area, management shall provide supervision of the area(s) at all times.

TOURNAMENT ENTRY INFORMATION

OHSAA shall continue to use an on-line entry process for the 2008 State Swimming Tournament beginning at the sectional tournament level. The computer software of choice, for which the OHSAA is licensed, is the Hy-Tek Team Manager Program

Schools that have swim teams (a team consists of 7 or more individuals) are required to use the on-line entry program. Schools with individuals only should also make arrangements for entering athletes using the on-line procedure.

Schools that own a software program (Easy Team or Hy-Tek Team Manager) may use the program that they already own.

Schools that do not own a program are encouraged to purchase the Hy-Tek Program and may do so under a discounted purchase agreement the OHSAA has arranged with the manufacturer. To obtain the software, click on the Hy-Tek logo on the OHSAA web site at <http://www.ohsaa.org/sports/sd/boys/default.asp> or <http://www.ohsaa.org/sports/sd/girls/default.asp>

Specific information for your assigned sectional tournament will continue to be provided by the sectional manager. The sectional manager will inform you about the requirements for the actual process of submission of the electronic on-line entry.

The above information is being provided to assist you as coaches in planning for the 2007-2008 season. Your sectional managers will provide additional information.

OFFICIALS

OFFICIATING ETHICS & CODE OF CONDUCT

(From www.ohsaa.org and the OHSAA Handbook for Officials)

Our member schools have entrusted officials to assist them in the education and development of their youth through athletics. This requires officials to be independent, impartial, and responsible to the people they serve. In recognition of these expectations there is an established **Code of Ethics** and **Code of Conduct** for all officials. The purpose of the code is to establish guidelines for ethical standards of conduct for all officials.

OFFICIATING CODE OF ETHICS

An Official must devote time, thought and study to the rules of the sport and the mechanics necessary to carry out these rules so that one may render effective and credible service in a fair and unbiased manner

An Official must work with fellow officials and the state association in a spirit of harmony and cooperation in spite of differences of opinion that may arise during debate of points or rules at issue

An Official must resist every temptation and outside pressure to use one's position as an official to benefit oneself. Under all circumstances, officials must avoid promoting the special interest of any person or group of persons other than the athletes we serve

An Official must constantly uphold the honor and dignity of the avocation in all personal conduct and relations with the student-athletes, coaches, athletic directors, school administrators, colleagues, and the public, to be a worthy example to the athletes under one's jurisdiction

An Official will be prepared both physically and mentally, dress accordingly to expectations and maintain a proper appearance that is befitting the importance of the game

An Official shall avoid the use of **tobacco** and **related products** at the contest site

An Official must remember and recognize that it is important to honor contracts regardless of possible inconvenience or financial loss

Every member of the officiating profession carries a responsibility to act in a manner becoming a professional person. The conduct of any official influences the attitude of the public toward the profession in general as well as toward the official in particular.

Sports officials bear great responsibility for engendering public confidence in sports. They are critical to the health of athletic competitions. Officials ensure games are played fairly, by the rules, within the spirit of the rules and in a safe manner. Officiating takes a great deal of preparation, continuing education and commitment of time.

PRE-SEASON PREPARATIONS

We have encouraged coaches to invite local officials to meet with their team during pre-season workouts. It allows the officials to meet the athletes and discuss new rules. It gives athletes an opportunity to ask questions and have a discussion prior to competition days. We also recommended inviting an official(s) to a pre-season meeting with team parents. Again, it provides a forum for healthy discussions and an opportunity for parents to learn more about the sport. Many of you already participate in such activities, but for those that do not, please get involved!

ADDRESS CHANGES

NOTE: Annual renewal cards are sent to the address the OHSAA has on file, failure to notify the OHSAA will result in your not receiving the renewal card.

Address changes are now to be submitted via www.myOHSAA.org . Please log-on in order to make the appropriate changes.

UNIFORM REQUIREMENTS

The officiating uniform for swimming and diving officials is a white shirt or blouse, white slacks or shorts, white shoes and socks. No watch except those used in timing or jewelry except a wedding band, medical I.D. or religious medal may be worn. Emblems and patches, other than the official OHSAA officiating patch, are not permitted on the uniform.

WEBSITE RESOURCES

Our website includes a great deal of information specifically geared for officials. Go to www.ohsaa.org and click on "officiating" at the top of the home page. On the officiating page you will find the following information. When you have questions, this may be a great place to start!

Topics include:

- [OHSAA Officiating FAQ's](#)
 - [OHSAA Rules Meetings](#) - information on local & state meetings, how to maintain your officiating permit
 - [Directory of Officiating Information & Forms](#) - assigners, instructors, local & district secretaries, OHSAA staff
 - [How To Become an OHSAA Official](#) - info for beginning and experienced officials, suspended and retired officials wanting to reinstate
 - [How To Change The Status Of Your Officiating Permit](#) - information on upgrades, retired status, active military duty and address changes
 - [How To Renew Your OHSAA Officiating Permit](#) - information on annual renewal procedures and fees
 - [Game Assignments](#) - regular season and tournament selection processes and voting results
 - [Officials Needed Posting](#)
 - [Coach and Player Game Ejections](#) - ejection forms and procedures
 - [Officiating Uniforms, Equipment and Supplies](#) - uniform regulations, authorized dealers, pins & patches
 - [Officiating Ethics and Code of Conduct](#)
 - [OHSAA Officiating Hall of Fame](#) - members, selection process and banquet information
 - [OHSAA Officiating Clinics](#)
-

SAMPLE FORM FOR RECORDING FALSE STARTS

EVENT _____	HEAT _____	
Place an X through the lane number where a false start was observed		
LANE		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
Signature _____		

JUDGE'S FORM FOR DUAL CONFIRMATION ON RELAY TAKE-OFFS

Side Judge _____	Lane Judge _____	
Event _____	Heat# _____	
	Swimmer #	
Lane 1	2	3 4
Lane 2	2	3 4
Lane 3	2	3 4
Lane 4	2	3 4
Lane 5	2	3 4
Lane 6	2	3 4
Lane 7	2	3 4
Lane 8	2	3 4
Lane 9	2	3 4
Lane 10	2	3 4
Signature _____		

OHIO ADOPTS WHISTLE PREPARATORY COMMANDS FOR ALL INTERSCHOLASTIC COMPETITION

NFHS STARTERS' PROTOCOLS

Use of Whistles as Preparatory Commands

For the 2009-2010 season, Ohio will use the whistle preparatory commands only for all levels of competition.

FORWARD STARTS

1. Starter/referee signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or starter/referee announcing the event/distance/heat.
2. When all swimmers have approached the blocks, starter/referee blows a long whistle for the heat to step onto the block and take their preparatory position.
3. Once all swimmers are on the blocks, the referee immediately turns the heat over to the starter
4. When swimmers are settled into position, starter says "take your mark"
5. When swimmers have assumed the correct starting position and are stationary, starter activates the starting signal

BACKSTROKE STARTS

1. The starter/referee signals the swimmers with a series of short whistles (no fewer than 4) to approach the side of the blocks and prepare to swim followed by the announcer or starter/referee announcing the event/distance heat..
2. When all swimmers are at the side of the blocks, starter/referee blows a long whistle for the heat to immediately step into the water.
3. When all swimmers have surfaced, starter/referee blows a second long whistle to have the swimmers return to the wall and immediately assume their starting positions
4. The procedure is then the same as in steps 3-5 in the FORWARD START section.
5. Optional: If a swimmer (or swimmers) has not responded to the whistles, referee/starter may say "step up" or "step in"

TOURNAMENT REGULATIONS

Tournament Regulations are available at www.ohsaa.org (after approval at the October Board of Directors meeting). On the web site, under "Sports & Tournaments" select swimming and diving. The tournament regulations are listed under "Tournament Information" on the left side.

OHSAA GENERAL SPORTS REGULATIONS

General Sports Regulations are available at www.ohsaa.org. Under "Sports & Tournaments" select swimming and diving. The General Sports Regulations are listed under 2010 Swimming and Diving Info on left side.

OHSAA LOCAL ASSOCIATION MEETINGS

OHSAA Local Association Meetings are available at www.ohsaa.org. Under "Officiating" select Local/State Rules Meetings. Select Local Rules Meetings on the left side, sport: swimming and diving.

SPORTING CONDUCT

Respect THE GAMESM

The OHSAA challenges everyone to take positive steps toward positive sporting behavior. It is the responsibility of each of us to serve as a positive role model and set high expectations for others.

ADMINISTRATORS

Athletic departments are comprehensive, pre-eminent teaching departments with a subject matter all their own: self-confidence, leadership, teamwork, discipline, perseverance, respect for others, strategic thinking, dedication, the importance of rules, and sportsmanship. These are true-life lessons, and participation in athletics provides another forum for learning.

Coaches and Officials are responsible for promoting sportsmanship and positive behavior on the field. Administrators, we need your continued assistance in promoting sportsmanship and controlling fan behavior in the stands! Let the parents and fans know what you expect!

COACHES

Your athletes will demonstrate the attitudes and behaviors they have learned from you, either through direct instruction or through observation of your actions. ***Never underestimate the influence you have on your players!*** You must:

- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.
- Display modesty in victory and graciousness in defeat.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.

It is difficult to develop a great setter, a great hitter or a great defensive player. However, your greatest challenge is to develop mature young adults who will become great citizens and role models in your community.

OFFICIALS

Your job is not an easy one, but officials must be aware that they are an important component in the educational development of students. To carry out this responsibility, you must:

- Know the rules and mechanics of our sport and the philosophy behind them.
- Get fit and stay fit. An official with all of the rules and mechanics knowledge and people skills in the world does no good if he or she cannot physically keep up with play.
- Maintain professional and ethical relationships with athletic administrators, especially in the area of fulfilling game contracts.
- Work cooperatively with fellow officials during games and within the officials' association to improve members' performances.
- Maintain at all times and when interacting with all participants, an attitude of civility and professionalism.
- Practice effective preventive officiating as much as possible before, during, and after a match. The quiet word, proper signals, timely verbal instructions, a simple thank-you to a player for avoiding an unsporting act, and well-thought-out pre-game conferences with the teams and other game officials will result in an improvement of sporting conduct by eliminating the chance for things to go wrong.

STUDENT-ATHLETES

You serve as a role model for your younger siblings, young fans in the stands, your teammates, and your classmates. Set high expectations for everyone and help them follow-through! You must:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with others. This will assist everyone in the achievement of a better understanding and appreciation of the game.

- Treat opponents as you would like to be treated with respect.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.

CONCLUSION

Good sporting conduct is everyone's responsibility. It is the essence of interscholastic athletics. Remember...some may question an official's call or a coach's substitution, but no one can question the value of good sportsmanship.

Note from Roxanne Price, Chair of the OHSAA Sportsmanship Ethics and Integrity Committee:

As we prepare for the upcoming seasons, we wish to emphasize to each of you the importance of your leadership role in sportsmanship, ethics and integrity. The professional manner in which officials and coaches conduct themselves prior to, during and following a contest unquestionably impacts the behavior of others involved.

The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sportsmanship, ethics and integrity. We are involved in an ongoing campaign in every sport to do just that. Printed below is the mission statement of the NFHS concerning sportsmanship, ethics and integrity. Please take the time to read and digest this statement and then carefully consider your impact upon the players, officials, coaches, and fans. Thank you and have a great season.

NFHS Sportsmanship Mission Statement

Good sportsmanship is viewed by the National Federation of State High School Associations as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

ONLINE RESOURCES

On our website (www.ohsaa.org – click on “Respect the Game” on the right side of the screen) you will find **Fair Play Codes** for athletes, coaches, and fans, as well as additional information regarding **parents’ role in interscholastic athletics**. The Respect the Game site also includes information about the Harold A. Meyer Sportsmanship Award and the Archie Griffin Sportsmanship Award. Please feel free to contact us with any additional questions. A direct link can be found by clicking on <http://www.ohsaa.org/RTG/Resources/resources.htm>

STATEMENT OF MUTUAL RESPECT

“Together”

Together, as players, we can participate with honor and dignity to the best of our ability, work with our coaches and teammates toward the common goal and exemplify the best qualities of a student-athlete, both on and off the field.

Together, as coaches, we can, by positive role modeling, teach the importance of character, integrity, civility, teamwork and good sportsmanship, and lessons beneficial far beyond the boundaries of the playing field.

Together, as spectators, we can nurture our sons and daughters and exemplify good sportsmanship and civility by cheering for them and supporting them in positive ways.

Together, as officials, we can foster a positive athletic experience for players, coaches and spectators through professionalism, knowledge of the game, concentration, fitness and preventive officiating.

Together, as administrators, we can encourage civility and good sportsmanship through player and spectator education, preseason team-parent meetings and a year-round commitment to excellence.

Together: players, coaches, spectators, officials and administrators, cooperatively enhancing the lives of student-athletes.

Have a great season!