

NFHS Swimming & Diving Rules Changes 2010

3-3-1 new NOTE: Clarifies the FINA mark and/or individual barcode appearing on some swimsuits is not considered a second manufacturer's logo nor a form of advertising. Such swimsuits with a FINA marking are legal for NFHS competition.

Rationale: This NOTE will clarify that new swimsuit markings required by FINA shall not be considered a second manufacturer's logo that would render the suit illegal.

3-3-2b(2): Allows placing one post-construction impermeable school name and/or logo not exceeding 9 square inches on the competitor's swimsuit.

Rationale: Clarifies that a school name and/or mascot may be placed on the suit even though it might be impermeable. The restriction on the size and number of school logos prevents coating the full or significant portion of the suit after construction to make the swimsuit impermeable.

3-3-3: Clarifies that competitors shall not wear or use any device to aid in body compression other than that which occurs by a legal swimsuit.

Rationale: One of the advantages of the technical suits that have not been disallowed was the body and muscle compression which reduced muscle fatigue during competition. This same effect could be replicated by the use of various tapes or other devices that compress muscles, therefore, a restriction to address compression is necessary. This restriction will not prohibit bandages or similar tapes applied for medical purposes or protection of injuries.

8-3-8b: Nullifies use of a lead-off time for qualifying or record in the corresponding individual event if the relay team is disqualified for Conduct or any entry rule violation under Rule 3-2.

Rationale: Currently, only a conduct violation would nullify an otherwise legal lead-off swim on a relay from being recognized as a record or qualifying time in the corresponding individual event. In addition to a conduct violation, the lead-off swim should also be nullified if there is an entry violation that would render the relay team from being entered in the race.

9-3-3 new NOTE: The signatures of the coach and diver indicate that the diver is capable of performing all of the dives listed on the diving scoresheet and confirms the accuracy of the scoresheet submitted.

Rationale: The required signatures on the scoresheet currently confirm that both the coach and diver have reviewed the scoresheet being submitted and agree on its accuracy. The signatures should also indicate, for risk minimization purposes, the diver is capable of performing all dives as listed.

9-7-4 new d: Requires a diver to demonstrate his/her attempt to come out of a twist during a dive otherwise it is unsatisfactory.

Rationale: To assist in fairness and consistency in judging a twisting dive performance, requiring the diver to demonstrate his/her attempting to come out of a twist places these dives in line with attempting to come out of the tuck or pike positions. Rule 9-5-7 defines the position of the arms when the diver completes the dive. Therefore, the diver, on a twisting dive, must demonstrate his/her attempt to come out of the twist to complete the dive.

9-7-5g: Specifies the diver's shoulders shall be used as the reference point when the feet/hands contact the water to determine whether the proper amount of twist has been achieved for the individual dive.

Rationale: The reference of a definitive body part to use when judging the completion of twists has been absent from the rule and is necessary for consistency in judging the dive.

9-7-5 new h: Stipulates a diver performing a twisting dive cannot twist the shoulders past 90 degrees before the feet leave the board.

Rationale: To perform a twisting dive, the competitor should perform the majority of the twist while off the board. The twist should not be taken out of the dive by twisting beyond 90 degrees while still having the feet on the board.

9-8-2 new a: A deduction will be given if a diver does not stop the oscillation of the board just before or after the starting position is assumed.

Rationale: It has been accepted that the diver shall stop board oscillation before or after the starting position is assumed, but a clear statement of this requirement has been omitted from the rules.

Major Editorial Changes

1-3-12 NOTE, 3-2-3, 3-2-7, 3-3-2, 8-2-2c, 9-2-1, 9-3-3c, 9-5-4, 9-8-2e

Points of Emphasis

1. No jewelry during warm-ups
2. On-site shaving is prohibited
3. Swimsuit construction and design
4. Automatic timing, judging and integration of times
5. Concussions