

2017 Swimming

Classification — based on grades 9-12

5A	1,280 and over
4A	1,279-640
3A	639 and under

2017 Swimming Season

First day of practice	August 11
First meet	after 10 days of practice
Last day of 2017 season	November 4

Meet Limitations

Teams and individuals are limited to seven meets during the regular season, not to exceed two meets per week. A contestant who exceeds these limitations will become ineligible for district, state, or any further IHSAA sponsored competition.

Rules

All contests will be played under National Federation (NFHS) rules. Rules books/case books are to be picked up and signed for by a school representative at the district rules clinics.

Length and Order of Swimming Events

1. 200 yd./m	medley relay
2. 200 yd./m	freestyle
3. 200 yd./m	individual medley
4. 50 yd./m	freestyle
5. 100 yd./m	butterfly
6. 100 yd./m	freestyle
7. 500 yd./400 m	freestyle
8. 200 yd./m	freestyle relay
9. 100 yd./m	backstroke
10. 100 yd./m	breaststroke
11. 400 yd./m	freestyle relay

Entries by Individuals

A competitor shall be permitted to enter a maximum of four events per meet, not more than two of which may be individual events. Prelims and finals are considered one meet.

Uniforms

(for a full list of uniform requirements see NFHS Rule 3-3)

It is recommended all swimmers on the team wear suits of identical coloring and pattern. Suits shall be of one piece. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Boys shall wear suits which cover the buttocks. Girls shall wear suits which cover the buttocks and breasts.

The suit or cap(s) may display the name and/or number of the competitor, school or mascot.

Only one swimsuit per competitor shall be permitted in competition.

The swimsuit shall be:

1. Constructed of a woven/knit textile material.
2. Permeable.
3. Made so as not to aid in buoyancy and shall not be altered to aid in buoyancy.

4. Make 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).
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 the females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

Swimsuits with a FINA marking, if otherwise legal, shall be legal for IHSAA/NFHS competition.

Officials

(for a full list of officials and their duties see NFHS Rule 4)

All officials must be USA Swimming certified or “in training” for certification. Officials do not have to be registered / certified through the IHSAA. Schools shall provide no less than two (2) USA Swimming certified officials for regular season meets.

The meet referee is the head official and is responsible for making decisions on matters not specifically covered by the rules, setting aside application of a rule during a meet or ordering a race re-swum when there is obvious unfairness.

Championship swimming competition shall be administered by a referee, starter, stroke inspectors, turn, takeoff and finish judges, timers, a scorer, a recorder and an announcer.

Nonchampionship meets shall be administered by a number of officials sufficient to properly conduct the meet. It is recommended a minimum of two officials administer dual meets.

Coach Requirements

1. Head coaches must be certified to teach in Idaho or have completed the NFHS Fundamentals of Coaching or ASEP Coaching Principles course as outlined in Rule 3-1.
2. All coaches must complete a first aid and CPR course from a school district recognized provider, as outlined in Rule 3-2.
3. All coaches (includes head coaches, assistant coaches, and volunteers of all IHSAA activities) are required to complete the St. Luke’s online Concussion Course and the NFHS online Sudden Cardiac Arrest course upon hiring and on even numbered years prior to the first day of practice. IHSAA Statewide Concussion Review dates: 2018-19, 2020-21, etc...

Rules Clinics

Coaches must attend a rules clinic in his/her district each year, presented by the district swimming interpreter. District Boards of Control may fine schools whose coaches do not meet this requirement.

Rule of Two

Swimming coaches are exempt from Rule 17-2-3 Rule of Two for the 2017-18 school year.