



**Idaho High School Activities
Association
2024-2025
Swimming Officials Packet**

unbottled.

2024 Swimming

Classification — based on grades 9-12

6A	1,400 and over
5A	1,399 and under

2024 Swimming Season

First day of practice	August 12
First meet	August 23
Dist. Tourn. Completion	November 2
State Meet	November 8-9

***All teams and meet hosts/directors will be required to enter rosters, schedules and meet results on MaxPreps for every contest.**

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.

Number of Coaches/Support Personnel at State Tournament

All classifications will be limited to two official school* coaches at State. These individuals will be admitted without an IHSAA card or admission ticket and will be allowed deck access.

Any coaches or support personnel exceeding that number must have either an IHSAA card or purchase tickets for admission but *will not* be allowed deck access.

*Official school coaches are those designated by the school principal and the local school board.

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 medley relay
2. 200 freestyle
3. 200 individual medley
4. 50 freestyle
5. 100 butterfly
6. 100 freestyle
7. 500 freestyle
8. 200 freestyle relay
9. 100 backstroke
10. 100 breaststroke
11. 400 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 Rules)

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. 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).
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 and/or the USA Swimming approved checkmark logo, 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 may also register/certify through the IHSAA. Schools shall provide no less than two (2) USA Swimming certified, USA “in training” or IHSAA 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 USA or IHSAA certified referee, starter, stroke inspectors, turn, takeoff and finish judges, timers, a scorer, a recorder and an announcer. For district-qualifying meets, the referee and starter must be IHSAA certified. All officials at the State Meet shall be certified by the IHSAA.

Non-championship 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 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, the NFHS online Sudden Cardiac Arrest course and the NFHS online Student Mental Health and Suicide Prevention course upon hiring and on even numbered years prior to the first day of practice. IHSAA Statewide Concussion Review dates: 2024-25, 2026-27, 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.

Representation

Eighteen (18) individuals per event/classification and twelve (12) relays per classification will qualify for the state meet. The representation per district and classification are as follows:

2024 Representation

<u>6A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	2*	2**
	III	7*	6**
	IV-V-VI	3*	2**

* Next six fastest times statewide qualifies

** Next two fastest times statewide qualifies

<u>5A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	2*	2**
	III	3*	2**
	IV	4*	3**
	V	1*	1**
	VI	3*	1**

* Next five fastest times statewide qualifies

** Next three fastest times statewide qualifies

NOTE:

Individuals may qualify for the state swim meet by meeting or bettering the ninth best qualifying time or mark made by individuals who have qualified for the state meet.

Hardship Qualification for State Swimming

Possible "hardship" qualifiers qualifying for the state meet other than by district or regional competitions must meet the criteria in #1 and either #2 or #3:

1. Meet or surpass the state qualifying mark (3rd place time from previous 3-year average, not including 2020) in their particular event(s) in a sanctioned meet (one with four or more schools), or with electronic timing during one of the seven regular season meets or at the district qualifying meet (prelims or finals).
2. Provide proof that they were physically unable to compete at their district/regional meet. Such proof must be a letter from a physician, chiropractor, nurse practitioner or any medical practitioner licensed by the state, stating the nature of the injury/illness that prevented the athlete from competing at the district/regional meet, and also stating the athlete is released to compete in the state meet. Such proof must be presented by the head coach or athletic director prior to the conclusion of the meet to the district manager and **be approved** by the tournament management of the respective district/regional meet so that the athlete's name may be included on the list of "Special Qualifiers" sent to the IHSAA.
3. Compete in the particular qualified event at their district/regional meet and fail to qualify by place or mark because of an incident beyond the athlete's control that the meet referee deems a hardship to the athlete in question. Example: An athlete in an obvious qualifying place that is fouled or interfered with and is unable to finish the event at all or not to finish in a qualifying place.

Swimming Alternates Allowed at State

Schools shall be limited to the following number of relay-only alternates at the State Championship meet:

<u>Relays Qualified</u>	<u># of Alternates Allowed</u>
1 or more girls' relays	4* maximum
1 or more boys' relays	4* maximum

*Alternates must be gender specific and must not exceed 4 girls and 4 boys in all cases.

Example:

- If School A only qualifies in the boys 200 medley relay, they may not bring female relay-only alternates.
- If School B qualifies in the boys 400 freestyle relay, the boys 200 medley relay and the girls 200 medley relay, they would be allowed to bring 4 female and 4 male relay-only alternates.

Only those students who have qualified for State or have been designated as a relay-only alternate will be allowed on-deck.

Swimming and Diving Rules Changes - 2024-25

4-1-4: Removes the word “clerical” from the description of the official’s authority over a meet through the completion of any reports that are responsive to actions occurring while the referee has jurisdiction.

Rationale: The referee will do what is necessary to ensure meet outcomes and related details are appropriate and accurate. The authority of the referee in this context is broad and is not limited to clerical authority only.

4-2-2e: Removes language that permits an announcement of a disqualification on the basis of a Rule 3-2-2 violation to be made by the public address announcer if the coach cannot be located.

Rationale: This change in language brings Rule 4-4-2e in line with notification protocols when violations of Rule 3-3-2 are detected. When the violation involves improper suit coverage, a public announcement is not appropriate.

2024-25 SWIMMING AND DIVING EDITORIAL CHANGES

2-7-5 PENALTY, 3-2-2, 3-2-3, 3-3 NOTE, 3-6-1f, 4-1-8, 4-2-2, 5-1-3, 6-4-1b (2), 8-1-1, 8-1-2, 9-3-4, 9-4, APPENDIX A, APPENDIX B, APPENDIX C

2024-25 SWIMMING AND DIVING POINTS OF EMPHASIS

1. Athlete Well-Being
2. Electronic Devices
3. Risk Minimization – Backstroke Ledges

2024-26 BOYS SWIMMING CLASSIFICATION & ALIGNMENT

District	6A 1400 & Above	5A 1399 & Below
I (7)	Coeur d'Alene Lake City Post Falls	Lakeland Sandpoint Timberlake Wallace
II (2)		Lewiston Moscow
III (22)	Bishop Kelly Boise Borah Caldwell Capital Centennial Eagle Kuna Meridian* Mountain View Nampa Owyhee Ridgevue Rocky Mountain Timberline-B	Cole Valley Christian* Columbia Homedale Middleton Riverstone Intl. Skyview Vallivue
IV (13)	Canyon Ridge	Burley* Declo* Filer Gooding Jerome Kimberly Minico* Mountain Home Oakley* Richfield Twin Falls Wood River
V (4)	Highland-P	American Falls Century Pocatello
VI (8)	Madison Rigby Thunder Ridge	Bonneville Hillcrest Idaho Falls Shelley Skyline
(56)	(23)	(33)

* Member of a collective co-op during the regular season

2024-26 GIRLS SWIMMING CLASSIFICATION & ALIGNMENT

District	6A 1400 & Above	5A 1399 & Below
I (8)	Coeur d'Alene Lake City Post Falls	Kellogg Lakeland Timberlake Sandpoint Wallace
II (2)		Lewiston Moscow
III (23)	Bishop Kelly Boise Borah Caldwell Capital Centennial Eagle Kuna Meridian* Mountain View Nampa Owyhee Ridgevue Rocky Mountain Timberline-B	Cascade Cole Valley Christian* Columbia Middleton Nampa Christian Parma Skyview Vallivue
IV (13)	Canyon Ridge	Burley* Declo* Dietrich Gooding Jerome Kimberly Minico* Mountain Home Oakley* Richfield Twin Falls Wood River
V (3)	Highland-P	Century Pocatello
VI (8)	Madison Rigby Thunder Ridge	Bonneville Hillcrest Idaho Falls Shelley Skyline
(57)	(23)	(34)

* Member of a collective co-op during the regular season



Becoming an Official

We are so excited to hear about your interest in becoming an official. There is a great need for officials across Idaho so thank you for reaching out. The friendship and camaraderie are hands down one of the greatest reasons to officiate. Here is what you will need to become a high school official.

Registration is through Dragonflymax.com our assigning platform

1. <https://www.dragonflymax.com/module-1-signing-up>
2. Once you are registered you will complete your Sudden Cardiac arrest course and St. Luke's Concussion course. The courses can be found in your dragonfly account once created. You can also go to <https://idhsaa.org> and the two links are found under the "Officials" tab under courses.
3. There will be a NFHS test per sport that your commissioner will go over with you. It is 50 questions, you can take the test up to 5 times and it is open book.

You must attend a Rules Clinic per year

Rule clinics are posted on our website at the beginning of every year on July 1st.

There will be rules clinic in your area, these meetings are required to attend in person or on-line. You will get all information from your commissioner that you will need for the season as well as your hard copy of the rule books.

Uniform and equipment

The IHSAA will contact you with commissioner contact information. Your district commissioner will let you know all you need to get the year started. It is important to reach out to your commissioner to let them know you are ready to officiate or with any questions.



Safety courses are required for all officials on even numbered years. Courses must be taken after May 1, 2024.

Required Safety Courses:

- ***Sudden Cardiac Arrest**
- ***St. Luke's Concussion Course**

Follow these instructions to access the free, courses.

- ✓ Go to the IHSAA website - www.idhsaa.org
- ✓ Click school / Coaches
- ✓ Fill in required information to sign-in or create account
- ✓ Follow instructions to start course
- ✓ At the conclusion of the course, **PRINT / SAVE CERTIFICATE.**

NFHS Learn Help Desk
(317) 565-2023



GUIDELINES FOR HANDLING CONTESTS DURING **LIGHTNING DISTURBANCES**

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - b. Thirty-minute rule: Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count reset the clock and another 30-minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the *Guidelines for Lightning Safety* section contained in the NFHS Sports Medicine Handbook www.nfhs.org.