



**Idaho High School Activities  
Association**

**2025-2026**

**Swimming Coaches Packet**

***unbottled.***

# 2025 Swimming

## Classification — based on grades 9-12

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

## 2025 Swimming Season

First day of practice	August 11
First meet	August 22
Dist. Tourn. Completion	November 1
State Meet	November 7-8

**\*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: 2026-27, 2028-29, 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:

### 2025 Representation

<u>6A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	2*	1**
	III	8*	5**
	IV-V-VI	3*	3**

\* Next five fastest times statewide qualifies

\*\* Next three fastest times statewide qualifies

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

\* Next four 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 (3<sup>rd</sup> 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.**



## 2025-26 NFHS Swimming and Diving Rules Changes

**2-1, 2-7-2b, 2-7-3, 8-1-2:** Permits the use of backstroke starting ledges if approved with state association adoption, in pools with a minimum of six feet (1.84 meters) water depth measured from the starting end through sixteen feet five inches (5 meters) from the end wall.

**Rationale:** The permissive nature of the proposal allows for the use of the backstroke ledge in situations where it is both safe and practical. The proposed rule ensures that pools with the required depth can benefit from this technology without creating barriers for those that may not be able to accommodate the equipment.

**8-3-4a:** Clarifies the foot placement for relay participants starting from the deck. One foot must be positioned at the edge of the deck, and ancillary movement of the back foot is permitted, prior to the start.

**Rationale:** The rule provision prohibits swimmers using deck starts from performing a running start.

## 2025-26 SWIMMING AND DIVING EDITORIAL CHANGES

2-7-7 PENALTY, 3-3-3 PENALTIES, 3-3-3a, 3-3-3b, 3-3-4 PENALTIES, 6-3-3, 8-2-1e, 9-7-2, State Association Adoption Chart

## 2025-26 SWIMMING AND DIVING POINTS OF EMPHASIS

1. Backstroke Ledge Education
2. Viability of High School Diving and Importance of Education

# 2024-26 BOYS SWIMMING CLASSIFICATION & ALIGNMENT

<b>District</b>	<b>6A</b> 1400 & Above	<b>5A</b> 1399 & Below
<b>I</b>  (7)	Coeur d'Alene Lake City Post Falls	Lakeland Sandpoint Timberlake Wallace
<b>II</b>  (2)		Lewiston Moscow
<b>III</b>  (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
<b>IV</b>  (13)	Canyon Ridge	Burley* Declo* Filer Gooding Jerome Kimberly Minico* Mountain Home Oakley* Richfield Twin Falls Wood River
<b>V</b>  (4)	Highland-P	American Falls Century Pocatello
<b>VI</b>  (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
<b>I</b> (8)	Coeur d'Alene Lake City Post Falls	Kellogg Lakeland Timberlake Sandpoint Wallace
<b>II</b> (2)		Lewiston Moscow
<b>III</b> (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 Pama Skyview Vallivue
<b>IV</b> (13)	Canyon Ridge	Burley* Declo* Dietrich Gooding Jerome Kimberly Minico* Mountain Home Oakley* Richfield Twin Falls Wood River
<b>V</b> (3)	Highland-P	Century Pocatello
<b>VI</b> (8)	Madison Rigby Thunder Ridge	Bonneville Hillcrest Idaho Falls Shelley Skyline
(57)	(23)	(34)

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

## IHSAA Coaches Code of Ethics

**The function of a coach is to educate students through participation in interscholastic competition. Interscholastic programs should be designed to promote citizenship and enhance the academic mission of the school.**

### The Coach Will

- Be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- Uphold the honor and dignity of the profession. The coach shall strive to set an example of the highest ethical and moral conduct. The coach/school will honor contracts regardless of possible inconvenience or financial loss.
- Master the contest rules and shall teach them to his or her team. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- Demonstrate respect and support for officials. The coach shall not indulge in conduct, which would incite players or spectators against the officials. The coach will not make statements concerning officials' decisions after a game.
- Work with school faculty to promote overall educational growth of the student. The coach shall not exert pressure on faculty members to give student-athletes special consideration.
- Honor the commitment to student based programs that supplement the educational growth of each student-athlete.
- Be professional in association with other coaches. The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- Exert his or her influence to enhance sportsmanship of all extracurricular activities.
- Cooperate with different media sources in an appropriate manner that promotes all aspects of the sport, school and community. Public criticism of officials, opponents or players is unethical.
- Uphold all policies and procedures of the school, district, IHSAA and the National Federation.



## IHSAA Coach Education

The Idaho High School Activities Association is committed to the promotion of coaches' education programs as well as providing resources toward continuing education for all of Idaho's coaches.

### ✓ **Requirements for Idaho Interscholastic Coaches**

#### **ALL COACHES**

- CPR/1<sup>st</sup> Aid Certification (current certification)
- St. Luke's Concussion Course (fall of even numbered years)
- NFHS Sudden Cardiac Arrest Course (fall of even numbered years)
- NFHS Student Mental Health & Suicide Prevention (fall of even numbered years)

#### **NON-CERTIFIED TEACHER**

- NFHS Fundamentals of Coaching (Head Coaches Only)
- NFHS Teaching & Modeling Behavior

#### **CHEER/DANCE/MUSIC/DRAMA/ADMINISTRATION**

- NFHS Understanding Copyright & Compliance

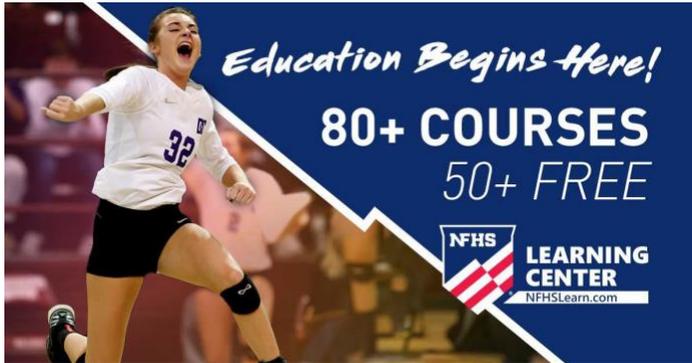
#### **POLE VAULT COACHES**

- NFHS Coaching Pole Vault

### ✓ **NFHS/IHSAA Educational Recommendations for Idaho Interscholastic Coaches**

- Complete the NFHS Fundamentals of Coaching course (prior to coaching)
- Complete necessary courses to become and NFHS LEVEL 1 Coach within the first year
- Maintain current certification in AED and 1<sup>st</sup> Aid Safety
- Complete online courses or professional development specific to the sport in which they are an interscholastic coach
- Know the playing rules of their sport(s) and understand state association rules and policies governing their sport
- Pursue NFHS Certified LEVEL 3 credential within two years
- Read, understand and agree to the national and state Coaches Code of Ethics





Safety courses are required for all coaches on even numbered years. Courses must be taken after May 1, 2024. Submit certificate of completion to your administration.

## **Required Safety Courses:**

- \*Student Mental Health & Suicide Prevention**
- \*Sudden Cardiac Arrest**
- \*St. Luke's Concussion Course**

Follow these instructions to access the free, courses.

- ✓ Go to the IHSAA website - [www.idhsaa.org](http://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](http://www.nfhs.org).



IHSAA  
IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION



Swimming Coaches,

MaxPreps is excited to offer Idaho coaches its swimming application. Idaho is one of a handful of states around the country to use the swimming & diving platform, per our partnership with the IHSAA.



With the system, MaxPreps will provide state swimming coaches with a team page and database access to display and maintain all their team information for a respective season.

**Idaho coaches will be responsible for:**

- 1) Entering complete rosters into MaxPreps. *\*Complete before the season begins*
- 2) Assigning their teams to the regular-season meets they are hosting or participating in through the MaxPreps scheduling tool. *\*Complete before the season begins*
- 3) Ensuring regular season meet results are posted within 48 hours of the meet completion.

To get access to your team page, go to [MaxPreps.com](http://MaxPreps.com) and follow the steps to create your free, personal account.

You can obtain access to your coach admin from your MaxPreps Idaho rep Alisa Dancer ([alisa.dancer@playonsports.com](mailto:alisa.dancer@playonsports.com)). If you already have a MaxPreps account, login with your email address and password to access your coach admin.

**RESULTS**

**Host coaches and/or meet managers will be responsible for importing the Hytek results file into MaxPreps within 48 hours of meet completion**, but they will not be able to do so efficiently unless a complete roster has been entered and the team has been assigned to the meet. Host coaches and meet managers can refer to the Meet Manager Tutorial posted on the Idaho state association swim page for instructions on importing results.

All results from the regular-season meets will be posted on each school’s swim team page, as well as on the MaxPreps leaderboards.

**ROSTERS & MEET SCHEDULES:** Once you have created your MaxPreps account, to enter your roster & meets in your coach admin, hover your mouse cursor over the person icon at the top right of MaxPreps.com (shown above). A popup box will appear: click on your team name under “Admin Accounts” to go to your coach admin.



**IHSAA**  
IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION



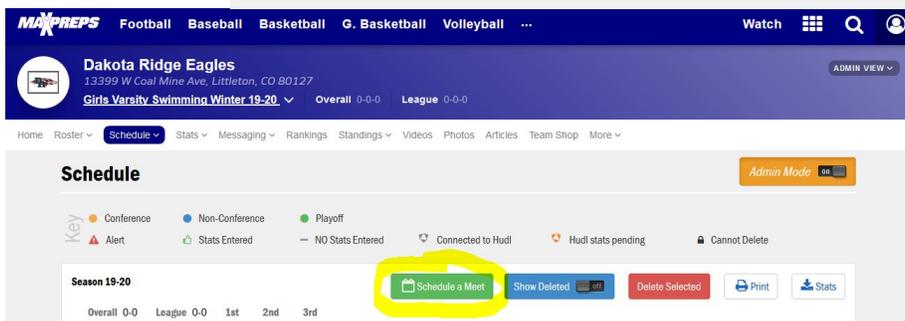
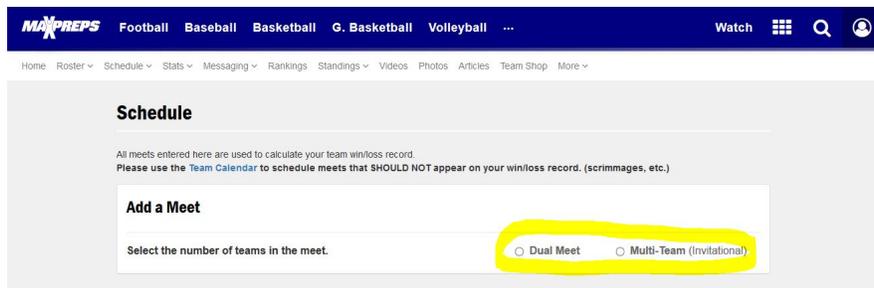
**Entering Rosters:** Once in your coach admin, click on the “Roster” link (shown in the graphic below).



You can enter your roster manually by click on the green +Athlete button shown in the graphic below. This [online tutorial provides instructions](#).

Or, if you have the roster saved in an Excel format you can import it in one click. Click on the Menu button and follow the prompts in the coach admin when importing a roster from Excel. Most important, the headers atop the respective columns in your roster file must match with what MaxPreps requires. Those category headers are listed in MaxPreps.

**Entering Schedules:** If you are hosting a regular-season dual or multi-team invitational, you can enter that meet on your schedule by clicking on the Schedule link in the menu bar and choosing the green **Schedule a Meet** button as shown below.



Once you click the **Schedule a Meet** button, you will have the option to create a dual or multi-team meet, as shown below. Check off either the Dual Meet or Multi-Team circle and click the green Continue button.

On the ensuing screen you will be able to select the date and time of the meet, in addition to selecting the location, status and the teams participating, as shown below. In addition, once you save the meet you also will be able to designate the Meet Manager for the respective event.



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**Add a Meet**

Meet Information

Date: TBA  OR

Time: TBA --:-- PM OR TBA

Location: Neutral

Meet Type: Conference  Non-Conference Meet for Opponent (optional)

Opponent: TBA

Select a team in your league

-- Select an Opponent -- OR  OR

Meet Details

**Assigning Team to Multi-Team Meets:** To add your team to one of the regular-season, multi-team invitational meets, click on the Schedule link in your coach admin and select the green **Schedule a Meet** button. Next, check off the “Multi-Team (Invitational)” circle and click on the green Continue button that will appear.

This will take you to a page where you can search all the meets entered by the host schools. Click the green “Add Team to Meet” and your team will be set up for that meet. Repeat the process for each meet you are competing in.

## STATE LEADERBOARDS

All results imported by host schools and meet managers will be viewable on MaxPreps.com. To view the statewide leaderboards go to the [MaxPreps Idaho page](#), and at the state page select Stat Leaders on the left side of the page.



From there you can select any sport/gender available in Idaho. The leaderboards are searchable by event and division/classification/district/etc.

As you get started, please feel free to contact MaxPreps Idaho rep Alisa Dancer with any comments or questions at [alisa.dancer@playonsports.com](mailto:alisa.dancer@playonsports.com).

You also may contact the MaxPreps Coach Support Team at [coachsupport@maxpreps.com](mailto:coachsupport@maxpreps.com) or (800) 329-7324 ext 1. MaxPreps also offers an interactive help/support site at [support.maxpreps.com](http://support.maxpreps.com).