



**Idaho High School Activities  
Association**

**2025-2026**

**Swimming Officials 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

<b>6A</b>	<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

<b>5A</b>	<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

District	6A 1400 & Above	5A 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



## 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 1<sup>st</sup>.

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.

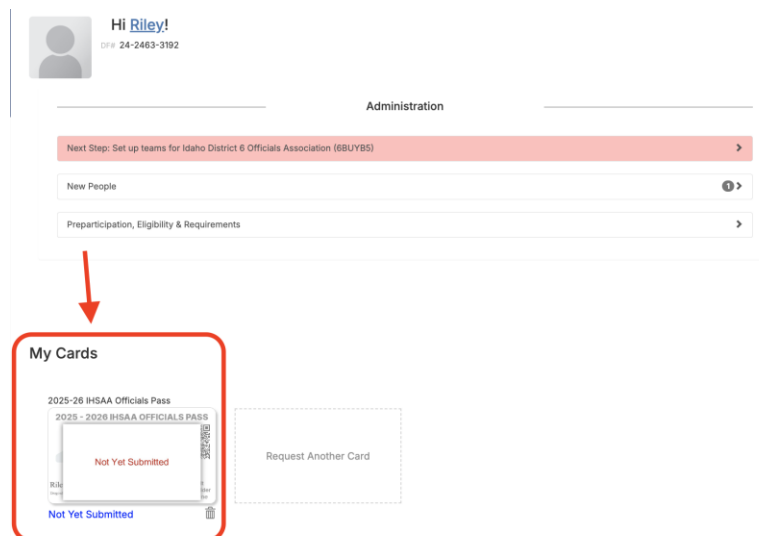
### **Uniform and equipment**

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.



## **Applying for a IHSAA Officials Pass in Dragonfly**

1. Before the pass will show up as an option for you to apply for, you must first register with IHSAA as an official in one sport + pay the \$35 fee for the pass.
2. Once the above is completed, you will be able to apply for the pass. To begin this process, on your “Today” page, you will see the following under “My Cards”, select the “2025-26 IHSAA Officials Pass”:



3. Complete the questions in part 1 (much of which will be auto-filled using your information already in Dragonfly).
4. Upload a headshot or use your Dragonfly photo ensuring it meets all the requirements listed.
5. You will then be able to submit your request for the card. Cards will be reviewed at least once a week. Once your card is approved, you will receive a email.
6. To retrieve your card in the app, select “Cards” in the bottom right corner of the “Officials” app. This will what you use to gain access for yourself and one guest to contests. There will be no paper/ laminated cards printed.



## **4-3 EJECTIONS**

- 4-3-1** In any athletic contest, including jamborees, any coach or player ejected for an unsportsmanlike or flagrant act will be suspended for the remainder of the contest/game/jamboree – and, will be suspended for the next regularly scheduled contest at that level of competition, and all other games/meets/matches in the interim, in any sport, at any level of competition. Any staff or parent/fan/spectator associated with a member school ejected for an unsportsmanlike or flagrant act will be suspended for the remainder of the contest/game/jamboree – and, will be suspended for the next two regularly scheduled contests at that level of competition, and all other games/meets/matches in the interim, in any sport, at any level of competition.

Note: Jamborees shall not be considered a regularly scheduled contest.

- a. At the time of ejection, the person/s must leave the field of play and assume a position that will not enable him or her to see or be seen.
- b. During the suspension of the next regularly scheduled contest, the player is permitted to watch the contest, but may not participate. The coach is not allowed at the contest. The parent/staff/fan/spectator is not allowed at the next two contests.
- c. Players will also be required to take the NFHS free, online sportsmanship course and submit a certificate of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.
- d. Coaches will also be required to take the NFHS online Teaching and Modeling Behavior course and submit a certification of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.
- e. Parents will also be required to earn the NFHS National Parent Credential which includes the free, online Positive Parenting Within School Programs course and The Parent Seat. Credential Certificate must be submitted to school administration prior to reinstatement. The credential must be completed between ejection and reinstatement.
- f. Other Persons (staff/fan/spectators that are not parents) will also be required to take the NFHS free, online sportsmanship course and submit a certificate of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.

- 4-3-2** A second violation will result in being suspended for the next two (2) regularly scheduled contests. The third ejection will result in suspension for the remainder of that season. If penalties are imposed at the end of the sport season and no contest remains, the penalty is carried over to that particular sport until the next school year. In the case of a senior student, the penalty will continue to the next IHSAA sponsored sport.

- 4-3-3** The procedure for suspension and notification is:

- a. The officiating crew must approve any additional suspension by a majority vote at the conclusion of the contest.
- b. The official/commissioner shall report an ejection to the school's principal and athletic director when a player/coach/staff/parent/fan/spectator is ejected from a competition.
- c. The report must be submitted within a 24-hour period of the conclusion of the competition in which the infraction occurred.
- d. The game official that disqualifies an individual for an unsportsmanlike act must notify the District Commissioner with a written report by the conclusion of the next day.
- e. The District Commissioner, upon receipt of the report, shall notify the District Secretary, President of the District Board of Control, the school, and the IHSAA with a written report of the incident by the conclusion of the next school day.

- 4-3-4** The responsibility to enforce the penalty for being suspended lies with the school principal. Any dialogue concerning the suspension should come from the school principal and be directed to the President of the District Board of Control of the region in which the contest took place. The President of the District Board of Control (of the region in which the contest took place) may appoint a hearing committee to hear any appeals within 48 hours of the receipt of a complete report of the incident. It is the responsibility of the secretary of the District Board of Control in which the hearing took place, to notify the district Board of Control secretary in which the student athlete or coach resides. Appeals may not deal with decisions made by contest officials.

- 4-3-5** When an individual is suspended for the next contest, the interpretation of "contest" is as follows:

Football: next game	Volleyball: next match
Basketball: next game	Cross Country: next meet
Wrestling: next contest	Softball: next game
Baseball: next game	Track: next meet
Tennis: next match	Golf: next match
Soccer: next match	Swimming: next meet

- 4-3-6** Any ejection that is the result of physical contact or excessive verbal abuse by a player/coach on a game official will be referred to the local District Board of Control for review to determine if any additional reprimand or suspension is warranted.

- 4-3-7** If a coach is ejected from an IHSAA contest, the designated school administrator must appoint an appropriately qualified adult to supervise the remainder of the contest or forfeit the contest.



## Completing an Ejection Report in Dragonfly

1. In the “Assignments” screen, select the game where your ejection report took place.
2. At the bottom of the page, select the “Add Document”, “IHSAA Ejection Report”

A screenshot of the Dragonfly software interface. The top section has two rows: "Officials" with "No Officials found" and "Workers" with "No Workers found". Below this is a "Key People" section featuring a profile icon and the name "Clint Sanders" with his title "Athletic Director | ID Test School 1" and email "clint.idtest1@dragonflyathletics.com". The bottom section is titled "Game Documents" and contains an "Add Document" button. A dropdown menu is open from this button, showing three options: "IHSAA Ejection Report", "Incident Report", and "Yellow Card Report". To the right of the dropdown, the text "0 game documents to show." is visible.

3. Complete all fields (all required). **Be aware that once you have submitted, it cannot be edited. It will also be viewable to all ADs and Commissioners at that time.**

Please ensure when completing the report please do the following:

- **Use language from the rule book in your sport that constitutes an ejection.**
- Be clear and concise and only report information relevant to the ejection.
- Do not include editorial comments or opinions, just facts.
- If the ejection is for language, please use the language that the player/coach used without paraphrasing or characters to replace letters.



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](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).



## Athletic Officials Code of Ethics

Believing that mine is an important part in the nationwide school athletic program, I pledge to act in accordance with these principles:

- I will honor contracts regardless of possible inconvenience or financial loss.
- I will study the rules of the game, observe the work of other officials and will, at all times, attempt to improve myself and the game.
- I will conduct myself in such a manner that attention is drawn no to me, but to the young people playing the game.
- I will maintain my appearance in a manner befitting the dignity and importance of the game.
- I will cooperate with the news media in the interpretation and clarification of rules and/or other areas related to good sportsmanship but I will not make statements concerning “calls” after a game.
- I will uphold and abide by all rules of the IHSAA and the NFHS.
- I will give my complete cooperation to the school I serve and to the IHSAA which I represent.
- I will cooperate and be professional in my association with coaches and other officials and will do nothing to cause them public embarrassment.
- I will keep in mind that the game is more important than the wishes of any individual.