

2021 Swimming

Classification — based on grades 9-12

5A	1,280 and over
4A	1,279 and under

2021 Swimming Season

First day of practice	August 9
First meet	August 25
Dist. Tourn. Completion	October 30
State Meet	November 5-6

***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 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 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, 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 or “in training” 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-certified referee, starter, stroke inspectors, turn, takeoff and finish judges, timers, a scorer, a recorder and an announcer.

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 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, 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: 2022-23, 2024-25, 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:

2021 Representation (cont.)

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

* Next five fastest times statewide qualifies
** Next two fastest times statewide qualifies

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

* Next four fastest times statewide qualifies
** Next two 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 2020 State Meet) 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

Idaho Modification of NFHS Rule 2-3-2

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

<u># of Relays Qualified</u>	<u># of Alternates Allowed</u>
1	4* maximum
2 or more (regardless of gender)	8* maximum

*Alternates must be gender specific. Example:

- If School A only qualifies in the boys 200 medley relay, they may not designate female alternates.

- If School B qualifies in the boys 400 freestyle relay, the boys 200 medley relay and the girls 200 medley relay, they would not be allowed to designate 6 female and 2 male alternates. They could, however, designate 6 boys and 2 girls as alternates.

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