

2016-17 Swimming and Diving Rules Changes

1-5-2, 3-6-1d: Deck changing has been defined as changing into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes. Incidents of deck changing will result in the assessment of an unsporting behavior penalty.

Rationale: High school athletes should not be changing into or out of swimsuits except in designated changing areas.

6-4-1b: The protocol for determining an official time when a touch pad malfunctions on a lane was changed. Backup buttons and/or watch times, as outlined in the protocol, will now determine the official time.

Rationale: Research indicates that the current practice of calculating the average difference between the automatic and backup timing systems, and adjusting the backup time in the malfunctioning lane(s) does not improve the accuracy of the final time. Utilizing backup times without adjustment results in a final time that is just as accurate and avoids an exercise which is both time-consuming and difficult to perform during a meet.

8-2-4c: The final leg of the individual medley and the medley relay requires the swimmer to be at or past vertical toward the breast before any stroke, kick or propulsive motion.

Rationale: This language clarifies the required body position during the final leg of the individual medley and the medley relay.

9-4 Table: The Flying Back 1 SS (212) and the Flying Reverse 1 SS (312) have been removed from the NFHS Diving Table, while new dive (5142) has been added.

Rationale: The added dive is an intermediate step to performing more difficult dives listed on the diving table.

9-5-5: The balk has been more clearly defined and should be called when a diver assumes the starting position and he/she makes an obvious attempt to start the approach or press, and stops the continuous execution of the dive prior to the water entry.

Rationale: This rule change adds clarity and consistency to the balk call, requiring a diver to actually commence, then stop the dive.

9-7-5q: When using the forward approach, a dive is failed if, in the diving referee's opinion, the diver performs an additional bounce(s) on the end of the board after the culminating hurdle.

Rationale: The forward approach shall begin with not less than three steps and finish with a hurdle, defined as a jump off one foot to a landing on both feet at the end of the board. The diver should not be permitted to do an additional bounce prior to the take-off.

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3-3-2c, 3-6-1 NOTE

2016-17 Swimming and Diving Points of Emphasis

1. The backstroke ledge is not allowed in high school competition.
2. Tie back suits are considered illegal equipment given the use of a fastening system
3. Photographers should be limited to areas adjacent to the starting area.