



## 2011-12 IHSA GIRLS/BOYS SWIMMING AND DIVING BULLETIN

(Last Revised August 3, 2011)



**INTRODUCTORY NOTE:** This bulletin has been prepared to give you a quick study guide for the upcoming Swimming & Diving Season. Complete information will be included in the Terms & Conditions and the Manual for Schools on the IHSA Swimming & Diving Website. **The Following Information** deserves your special attention. If you have questions about official interpretations or recommendations for rule changes for next year, please email IHSA Assistant Executive Director Ron McGraw ([rmcgraw@ihsa.org](mailto:rmcgraw@ihsa.org)).

### NOTICE:

**One Girl's Coach and one Boy's Coach per school and any swimming official must review the complete online rules meeting video in order to receive credit. Each year schools and officials are required to review the Rules Meeting Video to prevent a probation or suspension status. The Online Girls & Boys Swimming & Diving Rules Meeting begins August 9 and will be closed on September 6, 2011 for Girls Coaches AND ALL OFFICIALS.**

**GIRLS COACHES AND ALL OFFICIALS WILL BE REQUIRED TO VIEW THE ONLINE RULES MEETING VIDEO BY THE SEPTEMBER 6<sup>th</sup> DEADLINE. BOYS COACHES WILL HAVE FROM AUGUST 9 UNTIL DECEMBER 5<sup>th</sup> TO VIEW THE RULES MEETING VIDEO.**

### I. 2011 Important Dates for Swimming & Diving:

- August 9: Online Rules Meeting Video will be available through the IHSA Schools & Officials Center login (FOR GIRLS AND BOYS SCHOOLS AND OFFICIALS).  
**NOTICE: If you are a coach at two different schools or you are a coach and an official, you must contact Cheryl Lowery at the IHSA Office to give you credit for both. You must be listed as the coach at both schools in the respective Schools Center for the schools you are coaching for.**
- August 9: First date of Officials Online Part 1 test
- August 10: Season/practice may begin
- August 22: 1<sup>st</sup> Contest Date.
- September 1: School Team/Individual Entry Deadline to participate in the State Series (Principal or Official Representative password required) through their IHSA Schools Center Site.  
**Coaches:** Double Check to make sure the Official Representative or Principal from your school entered your school. This is the only way your school will be assigned to a Swimming Sectional. If you notice your school is not listed on the Sectional assignments, it indicates your school is not entered in the IHSA State Series.  
**If your school is listed on the Regional and Sectional Assignments and your school will not be competing in the IHSA Sectional Competitions, send an email to [tcraig@ihsa.org](mailto:tcraig@ihsa.org) and indicate your school needs to withdraw from Swimming & Diving. Sometimes prior Principals or Official Representatives will enter your school before the end of the prior school year without knowing how many kids will go out for your program in the fall. Check on your IHSA status with your school representative.**
- September 1: Coaches should review the Online Manual for Schools for instruction to be used throughout the Swimming & Diving Season. It is located on the respective IHSA Swimming & Diving web page as well as the terms and Conditions pertaining to Swimming & diving (will appear online around mid August).
- September 6: Last date of online Rule Meeting Video for Girls Coaches and All Swimming Officials.  
**Girls Schools:** If you miss the deadline, there is a penalty fee of **\$50.00** payable to the IHSA Office prior to activating the link in your Schools Center to be taken off probation or suspension.  
**Officials:** If you miss the deadline, there is a penalty fee of **\$15.00** payable to the IHSA Office prior to your personal site being re-opened to be taken off probation or suspension.
- September 6: Last date of Officials Online Part 1 exams
- September 6: Probation/Suspension Calculated, Power Ratings Posted
- September 9: Officials Availability Deadline/Officials Assignment Process Begins – Calendars should be updated in the Officials Center
- October 24: Officials Deadline to volunteer working the State Final Meet should go to their Officials Center and indicate so.

- November 8: Girls Coaches must submit their Online List of Participants by noon.
- November 9: Sectional Seeding Meeting – Voluntary Attendance
- November 11: Girls Coaches Deadline who want to be considered to serve on State Final Diving Panel should contact Mike Hutton ([mdhutton@ameritech.net](mailto:mdhutton@ameritech.net))
- November 12: IHSA Girls Sectional Swimming & Diving Meets
- November 18-19: IHSA Girls State Final Swimming & Diving Meet, New Trier High School, Winnetka, IL
- December 5: Last date for Boys Coaches Online Rules Meeting Video. If you miss the deadline, there is a penalty fee of **\$50.00** payable to the IHSA Office prior to activating the link in your Schools Center to be taken off probation or suspension.
- December 9: Power Rating Posted/Officials Availability Deadline/Officials Assignment Process Begins – Calendars should be updated in the Officials Center
- January 30: Officials Deadline to volunteer working the State Final Meet should go to their Officials Center and indicate so.
- February 1: School Team/Individual Entry Deadline to participate in the State Series (Principal or Official Representative password required) through their IHSA Schools & Officials Center login.  
**Coaches:** Double Check to make sure the Official Representative or Principal from your school entered your school. This is the only way your school will be assigned to a Swimming Sectional. If you notice your school is not listed on the Sectional assignments, it indicates your school is not entered in the IHSA State Series.  
**If your school is listed on the Regional and Sectional Assignments and your school will not be competing in the IHSA Sectional Competitions, send an email to [tcraig@ihsa.org](mailto:tcraig@ihsa.org) and indicate your school needs to withdraw from Swimming & Diving. Sometimes prior Principals or Official Representatives will enter your school before the end of the prior school year without knowing how many kids will go out for your program in the fall. Check on your IHSA status with your school representative.**
- February 14: Boys Coaches must submit their Online List of Participant by noon.
- February 15: Boys Sectional Seeding Meeting – Voluntary Attendance
- February 17: Boys Coaches Deadline who want to be considered to serve on State Final Diving Panel contact Mike Hutton ([mdhutton@ameritech.net](mailto:mdhutton@ameritech.net))
- February 18: IHSA Boys Sectional Swimming & Diving Meets
- February 24-25: IHSA Boys State Final Swimming & Diving Meet, Evanston Township High School, Evanston, IL.

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## II. PROCESS FOR RECEIVING CREDIT FOR VIEWING ONLINE RULES MEETING

Coaches and officials should login to the Schools & Officials Center. Remember that a **password is required** to enter these secure areas. Once there, select the link to “find meeting, redeem credit.” At the end of each video, coaches and officials will automatically be given credit for watching the rules meeting video.

**Schools: To receive credit for the Swimming & Diving Online Rules Meeting:** A coach from each boys and girls program (unless they are assigned by their school to coach both programs) **must** login to the IHSA School & Officials Center by using their School ID and Fall Coaches Password (obtain from Athletic Director or Official Representative-new passwords were mailed from the IHSA Office the week of July 18, 2011) **between August 9 and September 6, 2011 (Girls Schools and all licensed Officials) to view the video. Boys Swimming & Diving Coaches have until December 5, 2011 to redeem credit for the online rules meeting. Schools that do not redeem credit for the Rules Meeting within this time period will either be placed on Probation or Suspension and must pay a penalty fee to get the probation or suspension lifted.** It is our hope that **all** coaches will take the few minutes necessary to refresh themselves with the IHSA Swimming & Diving rules and procedures.

**Officials: To receive credit for the Swimming & Diving Online Rules Meeting:** You **must** login to the IHSA Officials Center **between August 9 and September 6, 2011.**

**NOTICE:** If you are a coach at two different schools or you are a girls and boys coach and/or an official, you must contact Cheryl Lowery at the IHSA Office. She will give you credit. You must be listed as the coach at both schools in the respective School & Officials Center for the schools you are coaching for to get credit.

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## III. NFHS Swimming and Diving Rules Changes 2011-12

**2-7-2b chart:** Only in water starts may be used when the water depth is 3½ feet to less than 4 feet.

**Rationale:** For risk minimization purposes and to reflect current trends, this is a more appropriate starting restriction in water with a depth of less than 4 feet and at least 3.5 feet. This rule change does not require any change in equipment.

**4-1-new 4:** Once the meet competition is concluded, the referee continues to maintain clerical responsibilities through the completion of any required reports or correspondence related to action occurring during the meet. If necessary, the state association may intercede due to unusual incidents after officials’ jurisdiction ends or the meet is terminated prior to conclusion of regulation competition.

**Rationale:** Administrative duties for meet referees may need to continue after the contest to document actions which

occur during the competition. This revision illustrates the difference between the meet referees' jurisdiction during the competition and other clerical responsibilities such as submitting specific reports after the competition is completed. In addition, clarifies that state associations may continue to develop and implement policies that allow for review of unusual incidents that occur while the meet officials have jurisdiction or after the competition is completed.

**9-2-2:** The order of divers in meets conducted under championship format are determined by lot or by seeding based on the divers previous 11 dive score.

**Rationale:** For meets conducted under the championship format, this option provides the flexibility to seed diving, similar to swimming, based on the divers' previous score in an 11 dive meet during the current season.

**9-4 Diving Table:** Changes the degree of difficulty for twisting dives 5126D – 2.8; 5136D – 3.1 and 5227D - 3.2.

**Rationale:** It is appropriate for high school diving to change the degree of difficulty for these twisting dives to remain current with the technical aspects of scoring for diving.

**9-5-2:** A diver's forward approach may contain steps, hops, leaps and/or jumps between the initial three steps and culminating hurdle.

**Rationale:** Supports the advancement of high school diving, and reflects the current trends in the variations of the forward approach and the athleticism of today's high school divers.

**9-5-6 NOTE:** Flying dives demonstrating one and one half somersaults require the straight position to be maintained until the body has rotated to the vertical position.

**Rationale:** Clarifies the requirement for maintaining the straight position in flying dives demonstrating one and one half somersaults.

### **2011-12 Major Editorial Changes**

**3-3-new 2:** Defines the uniform as one suit and if worn, cap(s). It reorganizes the rule to a list format so easier to follow.

**3-3-4 new NOTE:** It clarifies the authority and criteria for the state association to authorize exceptions to the competition rules to provide a reasonable accommodation to individual participants.

**3-3-5:** Deletes the reference to illegal attire as it is covered under Rules 3-3-1 and 3-3-2.

**4-1-new 2:** Places the authority and responsibilities of the meet committee in its own article to make it easier to locate within the rules.

**6-4-1:** Eliminates unnecessary language and clarifies the process of time integration.

### **2011-12 NFHS Editorial Changes: 3-5-1, 8-1-2**

### **2011-12 NFHS Points of Emphasis**

1. Pre-meet conference with coaches and captains
2. Forward approach in diving

### **IHSA POINTS OF EMPHASIS**

- 1 – The Illinois State Series will continue to assign the dive order by lot.
- 2 – Illinois will follow the NFHS interpretation and allow multiple caps.
- 3 – The Diving Referee is the final authority on all matters diving related.

## **IV. Steps for Participating Schools To Enter and Remain Eligible to Compete In IHSA Sectionals and the State Final**

This list of steps can be used as a guide for coaches and administrators. This guideline is an attempt to help keep schools and/or its participants eligible to compete in the Swimming & Diving State Series. It is not intended to replace the Terms and Conditions or the Manual. To be fully informed, you must read the online manual. PLEASE DO SO!

**Coaches:** Please contact the IHSA Official Representative or Athletic Director from your school to obtain your school's ID and Password.

### **A. What:** Entering your school in the State Series

**Who:** Principal or Official Representative

**When:** Deadline is September 1, 2011 (girls), November 1, 2011 (boys). 2011-2012 Entry Policies and Procedures for schools entering IHSA sponsored tournament(s) must be accessed through your schools center by the Official Representative/Principal from your school. To see if your school is entered in any particular sport/activity, you can check your schools activity tracker in the Schools Center.

**How:**

- 1) Go to [www.ihsa.org](http://www.ihsa.org)
- 2) Click on "Schools & Officials Center login"
- 3) Enter "School ID" and either the Official Representative or Principal "Password"
- 4) Click on "Enter Your Teams" under the Sport & Activity Tracker
- 5) Complete the page selecting each sport or activity your school will be participating in during the current school term.

- 6) Click "Submit Entry Form" at the bottom of the page. If you ever need to make a change to whether your school has a team or individual entry after you have selected to Submit Entry Form, you must call Tammy Craig at the IHSA Office to make such a change.

**Why:** This is the only means the IHSA knows to assign your school to the Girls and/or Boys Swimming & Diving Sectional.

**B. What:** Review of the School Manual

**Who:** Coach and/or Athletic Director

**When:** Available Online By September 1

**Where:** The online manual will be posted online by September 1. School and Managers Manuals will not be mailed to schools.

**How:**

- 1) Go to [www.ihsa.org](http://www.ihsa.org)
- 2) Click on "IHSA Sports & Activities"
- 3) Click on the Girls or Boys Swimming & Diving
- 4) In the Resource Section, Click on the "Manual for Schools"

**Why:** This is how the coaches and athletic directors learn what is necessary in order for their athletes to participate in the Girls and/or Boys Swimming & Diving State Series. Failure of coaches and athletic directors to become familiar with these details often results in the student athletes and/or coaches from their schools being denied the opportunity to compete.

**C. What:** Online Rules Meeting Video for Girls and Boys Swimming

**Who:** One girls coach and one boys coach per school. **If you are a coach at two different schools or you are a coach and an official, you must contact Cheryl Lowery at the IHSA Office to get credit for both. You must be listed as the coach at both schools in the respective Schools Center for the schools you are coaching for.**

**When:** Available August 9, 2011 through September 6, 2011 (Girls) and December 5 (Boys). A \$50.00 penalty will be assessed after the respective deadline, if a school fails to go online to redeem credit.

**How:**

- 1) Go to [www.ihsa.org](http://www.ihsa.org)
- 2) Click on "Schools Center"
- 3) Enter "School ID" and the Fall Coaches password (Girls) or the Boys Coaches password (boys)
- 4) Click on "Rules Video" next to Girls or Boys Swimming under the Sport & Activity Tracker
- 5) View the online Rules Meeting to receive credit.

**Why:** This is a yearly requirement to compete in the IHSA State Series.

**D. What:** On-Line List of Participants

**Who:** Coach/Athletic Director

**When:** Deadline is November 8, 2011 (Girls) and February 14, 2012 (Boys). If a school does not submit their On-Line List of Participants by the deadline, coaches and/or participants from that school are subject to sanctions, which could include but not be limited to being ruled ineligible to compete in the State Series **and/or charged a \$100.00 penalty**. Schools which do not do so and are consequently ruled ineligible for the State Final Series must formally withdraw (see Withdrawal Procedures/Breach of Contract section in the 2011-2012 Swimming & Diving Terms and Conditions).

**How:**

- 1) Go to [www.ihsa.org](http://www.ihsa.org)
- 2) Click on "Schools Center"
- 3) Enter "School ID" and either the Official Representative, Athletic Director or Fall (girls) or Winter (boys) Coaches "Password"
- 4) Under the Sport & Activity Tracker, Click on "Girls or Boys Swimming & Diving List of Participants"
- 5) Type in requested information and save your page(s).

**Why:** This is how the IHSA knows the names of the participants and coaches. This information will later be used in the Online Sectional/State Final Results and the State Final Program. It will be used as it is presented so please double check spellings for accuracy.

**E. What:** Withdrawal from the State Series after being entered by the Principal

**Who:** Principal or Official Representative

**When:** Deadline is November 8, 2011 (Girls); February 14, 2012 (Boys)

**Where:** IHSA Office

**How:** Fax or email a letter indicating the desire to officially withdraw to Tammy Craig at IHSA (309-663-7479).

**Why:** Schools that fail to participate after entering and who fail to formally withdraw will be fined \$100.00 (additional penalties may apply, refer to Terms and Conditions). The fine is necessary to encourage schools to make us aware of their intent not to participate. When schools do not show up, it adversely affects the balance in the numbers of teams assigned to each Sectional. This can create situations that are unfair to others.

**V. IHSA TERMS AND CONDITIONS CHANGES FOR 11-12:**

**1. Item VII-C – Advancement of Winners**

**Recommendation:** To adopt the following qualifying standards. (Committee supported 8-0) Sectional Qualifying Standards for the Boy's and Girls State Finals will be determined in the following manner. The Qualifying Standards for each individual swimming event will be calculated by averaging the 30<sup>th</sup> place time from all sectionals. Then that average time will be used to obtain an average of the last FOUR years average times in each event. In relay events the same process will be implemented but the average of the 24<sup>th</sup> sectional place time will be used to make the calculations. Any time calculated to be slower than the existing qualifying time would not be used in that event. The existing time would remain. **This procedure will be evaluated by the advisory committee after this additional three year trial period ending after the 2011-2012 seasons.** Using this process, the proposed qualifying standards for the 11-12 seasons are:

<b>GIRLS STANDARDS 2011</b>	
200 Medley Relay	1:50.90
200 Free	1:56.20
200 IM	2:11.68
50 Free	24.84*
100 Butterfly	59.40
100 Free	53.99*
500 Free	5:12.28
200 Free Relay	1:39.79
100 Back	59.92
100 Breast	1:08.40
400 Free Relay	3:38.43

<b>BOYS STANDARDS 2012</b>	
200 Medley Relay	1:38.88
200 Free	1:45.63
200 IM	1:59.06
50 Free	21.98
100 Butterfly	53.18
100 Free	48.33
500 Free	4:48.24
200 Free Relay	1:28.39
100 Back	54.42
100 Breast	1:01.28
400 Free Relay	3:15.24

\* Indicates the use of last year's qualifying standard.

**Rationale:** The advisory committee feels that we are on the right track by using this system. We will be using a four year average during this three year experiment (the last experiment used a three year average). Other associations and swim organizations use a method similar to the objective method proposed in this system. Using an objective system should be easier to use, easier to defend and provides fair standards for competitors. If necessary in the future, the system is adjustable by using a different average sectional time. The Assistant Executive Director working with the swimming and diving advisory committee, has reserved the right to make changes during this additional testing period if it is obvious that this would be necessary in order to protect the integrity of the meet. Any time calculated to be slower than the existing qualifying time would not be used in that event. The existing time would remain.

**2. Item IX-A – Advanced Ticket Sales**

**Recommendation:** The committee recommends reducing the number of tickets made available to participating schools from two (2) to one (1). In the past, schools entering IHSA swimming and diving have been guaranteed 2 tickets to the state finals. As the number of qualifiers has increased, the need to reduce the number of participating schools tickets is necessary in order to guarantee the qualifying athletes receive their 2 guaranteed tickets (Committee supported 8 to 0).

**IX. TOURNAMENT POLICIES**

**A. State Final Ticket Distribution Policy:**

1) Ticket sales for participating schools only: Each school entering will be permitted to purchase one (1) swim event ticket for the State Final meet by November 5 (Girls) and February 11 (boys). Coop schools: Only the host school of the coop will be granted permission to purchase a ticket. Other schools within the coop agreement will not be granted permission to buy ticket.

**Rationale:** To guarantee that meet management can provide the qualifying athletes their 2 tickets as specified in the terms and conditions.

**3. Item IV-C Sectional Meeting Start Time**

**Recommendation:** Move the start time of sectional seed meetings from 7:30 to 6:30 p.m.:

**C. Sectional Seed Meetings:** A Sectional Seed Meeting shall be held at each sectional center on the Wednesday prior to the Sectional Meet at 6:30 p.m.

**Rationale:** The committee believes that is possible to start the meeting 1 hour earlier thus getting all involved in the meeting home sooner.

**4. Item VI.-B Swimming Order of Events:**

**Recommendation:** Move the second break to follow the 200 freestyle relay (instead of the 500 yard freestyle)

200 Yard Medley Relay	500 Yard Freestyle
200 Yard Freestyle	<del>(15 Minute Break)</del>
200 Yard Individual Medley	200 Yard Freestyle Relay
50 Yard Freestyle	<del>(15 Minute Break)</del>
(15 Minute Break)	100 Yard Backstroke
100 Yard Butterfly	100 Yard Breaststroke
100 Yard freestyle	400 Yard Freestyle Relay

**Rationale:** The committee believes that it would benefit athletes and the meet would flow smoother if we move the second break to follow the 200 Yard Freestyle.

**VI. 2011-2012 Diving Schedule:**

Dive Group	IHSA Standardized Calendar Week Number 8 (First Contest)	Girls (Mon.-Sun.)	IHSA Standardized Calendar Week Number 8 (First Contest)	Boys (Fri.-Thurs.)
<b>Forward Group</b>	Week 8-9	Aug. 22-28	Week 22-23	Dec. 2-8
	Week 13-14	Sept. 26-Oct. 2	Week 27-28	Jan. 6-12
	Week 18-19	Oct. 31-Nov. 6	Week 32-33	Feb. 10-16
<b>Back Group</b>	Week 9-10	Aug. 29-Sept. 4	Week 23-24	Dec. 9-15
	Week 14-15	Oct. 3-9	Week 28-29	Jan. 13-19
	Week 19-20	Nov. 7-13	Week 33-34	Feb. 17-23
<b>Inward Group</b>	Week 10-11	Sept. 5-11	Week 24-25	Dec. 16-22
	Week 15-16	Oct. 10-16	Week 29-30	Jan. 20-26
<b>Twisting Group</b>	Week 11-12	Sept. 12-18	Week 25-26	Dec. 23-29
	Week 16-17	Oct. 17-23	Week 30-31	Jan. 27-Feb. 2
<b>Reverse Group</b>	Week 12-13	Sept. 19-25	Week 26-27	Dec. 30-Jan. 5
	Week 17-18	Oct. 24-30	Week 31-32	Feb. 3-9

**VII. IHSA/NFHS Rule Variations:**

- The diving referee is the final authority on all matters diving related.



**IHSA Swimming & Diving Contact Information**

• [www.ihsa.org](http://www.ihsa.org) • Ron McGraw, Assistant Executive Director -- [rmcgraw@ihsa.org](mailto:rmcgraw@ihsa.org) or Cheryl Lowery, Administrative Assistant -- [clowery@ihsa.org](mailto:clowery@ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •