

2020-2021 IHSA GIRLS and BOYS SWIMMING and DIVING RULES BULLETIN

(Last Revised August 5, 2020)



INTRODUCTORY NOTE: This bulletin has been prepared to give you a quick reference guide of changes for the upcoming Girls and Boys Swimming & Diving Seasons. Coaches must refer to their IHSA Schools Center and the Manual for Schools for complete instructions and any Coaching Deadlines to remain eligible to compete this school term. Please email IHSA Assistant Executive Director Kraig Garber (kgarber@ihsa.org) with any questions about official rule interpretations or recommendations for rule changes for next year.

INFORMATIONAL TOOLS FOR COACHES AND OFFICIALS

1. Keep your **personal information** current in the IHSA Schools and Officials Center. This is how IHSA communicates with you during the season. You must check the IHSA Schools & Officials Center frequently during the season to complete IHSA coaching and official's requirements.
2. Online Rules Interpretation Presentation (Schools & Officials Center)
3. Manual for Schools: Our Girls and Boys Swimming & Diving Sport Activity pages on the IHSA Website have an abundance of information regarding Swimming & Diving.
4. **Do Not Ignore emails YOU RECEIVE from the IHSA Office.** If you are receiving email notifications from our office, do not ignore them. You may be risking your eligibility. As a coach and official we require/expect for you to meet all deadlines to remain eligible.
5. **Diving Panel:** Viewing a yearly Diving Rules Presentation is required to be eligible to serve on a Sectional Diving Panel.

Officials: You will see this when you login to your officials Center. The first thing you must do is click on the link for serving on the Diving Panel before the Rules Presentation will appear in your Officials Center.

STATE SERIES ASSIGNMENTS								
No recent assignments.								
LICENSE STATUS & AVAILABILITY SUMMARY								
Sport	Last Licensed	Level, Years & Promotion Status	License Status	Last Part 1 Exam & Score	Last Rules Meeting	Last Clinic	State Series Availability	Ratings
Swimming & Diving sign up for state series diving panel	6/5/17	C--Certified 34 years submit promotion recommendation	OK	8/13/17 (96%) retake Part 1 exam (opens 8/15) ADMIN VIEW	8/8/17 review rules video	clinic credit good thru 8/11/20 find clinic redeem credit	Boys: Yes Girls: Yes edit availability and contests	Power Rating & other ratings info

In addition, you should regularly monitor and update your [daily availability calendar](#).

RECENT SPECIAL REPORTS (on you)	more >>
No recent special reports.	

NFHS SWIMMING AND DIVING RULE CHANGES

To view changes, please use the following link: <https://www.nfhs.org/sports-resource-content/swimming-diving-rules-changes-2020-21/>

IHSA SWIMMING AND DIVING TERMS & CONDITIONS CHANGES

To view changes, please review the Swimming and Diving Advisory Committee Minutes through the following link: <https://www.ihsa.org/documents/adv%20minutes/19-20/20-sw-minutes.pdf>

IHSA Swimming & Diving Contact Information

- www.ihsa.org
- Kraig Garber, Assistant Executive Director -- kgarber@ihsa.org or Cheryl Lowery, Administrative Assistant -- clowery@ihsa.org
- Phone: 309-663-6377
- Fax: 309-663-7479
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IHSA IMPORTANT REMINDERS

1. As a result of the COVID-19 Pandemic, the IHSA Board of Directors modified all sports seasons. Due to these modifications and the fluid nature of this situation, the IHSA Board also established that all IHSA State Series Events are to be determined. We will do everything we can to conduct some form of a State Series. Details will be forthcoming.
2. Please visit the IHSA Swimming & Diving Webpages for guidelines on conducting a meet during the COVID-19 Pandemic.
3. NFHS Rule 4-1-7 requires state officials to dress in the same attire as approved by the state association. The official uniform in Illinois is white over white.
4. In Illinois, if the swimmer or diver is observed in illegal attire prior to the start of the heat/dive the competitor cannot participate until illegal attire has been removed. If this could be done without delaying the competition the competitor could then participate. If the illegal attire is observed on the swimmer/diver after the start of the heat/dive the competition continues and at the completion of the heat/dive it is necessary to warn the coach and athlete that they will not be allowed to compete again until they are in legal attire. The athlete would not be immediately disqualified from the event just completed. A subsequent violation will result in a disqualification from the meet for Unsporting Conduct.
5. In Illinois, temporary tattoos including body paint are prohibited in competition. In addition, permanent tattoos deemed objectionable by the meet official, must be covered.
6. Illinois requires officials to follow the "Use of Whistles as Preparatory Commands" protocol for starting races. These guidelines can be found in the NFHS Rule Book in Appendix A.
7. In Illinois, final decisions related to diving rests with the Diving Referee.
8. Illinois officials' exam questions come from the most current publications of the following sources: NFHS Rule Book, IHSA Swimming and Diving Terms and Conditions, IHSA Swimming and Diving Bulletin, IHSA Swimming and Diving Online Rules Video.
9. During the pre-meet conference with coaches and captains, the meet referee should review: addressing any swimmers with special needs, confirming location of the AED, coaches confirming that their swimmers are legally attired, confirming that the lap counting equipment is available for the 500 Freestyle, reviewing starting protocol, how to summon a trainer if needed, does the visiting team have their own trainer or do they consent to using the home trainer if they have a need for one, review the NFHS lightning guidelines, ask if there are any unusual pool conditions.

IHSA SWIMMING AND DIVING: Dates following the Officials and Coaches Rules Meeting Presentation deadlines in 2020-2021 are fluid and subject to change due to Covid-19. Please refer to the IHSA Calendar on www.ihsa.org Homepage for your latest updated calendar.

IHSA BOYS/GIRLS ABLE-BODIED & STUDENTS WITH DISABILITIES QUALIFYING STANDARDS

2020 Girls		Students with Physical/ Visual Disabilities		2021 Boys		Students with Physical/ Visual Disabilities	
Event	Standard	Class A	Class B	Event	Standard	Class A	Class B
200 Medley Relay	01:47.96			200 Medley Relay	1:37.02		
200 Free	1:54.88	07:30.00	05:30.00	200 Free	1:44.17	07:00.00	05:00.00
200 IM	2:08.95			200 IM	1:56.89		
50 Free	:24.34	03:00.00	02:15.00	50 Free	:21.76	02:45.00	02:00.00
100 Butterfly	:57.89			100 Butterfly	:51.90		
100 Free	:52.86	04:45.00	03:30.00	100 Free	:47.71	04:15.00	03:00.00
500 Free	5:09.03			500 Free	4:44.11		

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200 Free Relay	1:37.82			200 Free Relay	1:27.37		
100 Back	:58.42			100 Back	:52.90		
100 Breast	1:06.46	05:30.00	05:00.00	100 Breast	:59.35	05:00.00	04:30.00
400 Free Relay	3:34.55			400 Free Relay	3:12.86		

IHSA BOYS/GIRLS DIVING SCHEDULE

Dive Group	IHSA Standardized Calendar Week Number 8 (First Contest)	Girls (Mon.-Sun.)	IHSA Standardized Calendar Week Number 22 (First Contest)	Boys (Mon.-Sun.)*
Forward Group	Week 8-9	Aug. 24-Aug. 30	Week 22-23	Nov. 30-Dec. 6
	Week 13-14	Sept. 28-Oct. 4	Week 27-28	Jan. 4-Jan. 10
			Week 32-33	Feb. 8-Feb. 14
Back Group	Week 9-10	Aug. 31-Sept. 6	Week 23-24	Dec. 7-Dec. 13
	Week 14-15	Oct. 5-Oct. 11	Week 28-29	Jan. 11-Jan. 17
Inward Group	Week 10-11	Sept. 7-Sept. 13	Week 24-25	Dec. 14-Dec. 20
	Week 15-16	Oct. 12-Oct. 18	Week 29-30	Jan. 18-Jan. 24
Twisting Group	Week 11-12	Sept. 14-Sept. 20	Week 25-26	Dec. 21-Dec. 27
	Week 16-17	Oct. 19-Oct. 25	Week 30-31	Jan. 25-Jan. 31
Reverse Group	Week 12-13	Sept. 21-Sept. 27	Week 26-27	Dec. 28-Jan. 3
			Week 31-32	Feb. 1-Feb. 7

* The modification to the IHSA Season dates approved on July 29, 2020 resulted in the "First Contest" date for the Boy's season now occurring on a Monday.

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