



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

IHSA State Series Pre-Meet Coaches & Captains Information

Coaches and team captains should take time and review the following information prior to participating in an IHSA State Series Swimming and Diving Meet.

- **Meet Schedule** – For the sectional meets, the host schools will determine a meet schedule that works best for their facilities. The host will communicate this information to the schools assigned to their sectional in the days prior to the sectional meet. The State Final Time Schedule will be posted in the “Resources” section of the girls or boys Swimming and Diving webpage on the IHSA website (www.ihsa.org).
- **Facility Limitations** – Any information that is unique to a state series facility that may impact the meet in some way, will be communicated by the host to the participating schools prior to the meet or as soon as the host is aware of any unusual or unique circumstances.
- **Deck Restrictions** – Only Certified Coaches who have met By-Law 2.070 requirements and its subsections and are included in the List of Participants, assigned officials and competitors shall be allowed on the deck of the pool at the Sectional Meets. At the State Final Meet, only IHSA Certified coaches who have been allotted wristbands, qualifying participants, assigned officials and IHSA approved personnel shall be allowed on deck. No balloons, signs, or banners will be allowed in the coach and competitor seating area. In addition, no balloons will be allowed in the balcony or locker rooms.
- **Starting Protocol** – For all starts throughout the state series, the officials will use “The Use of Whistles as Preparatory Commands” protocol as outlined in Appendix A of the NFHS Rule Book. It would be greatly appreciated if coaches and captains would help quiet things down once the four whistles are sounded.
- **Meet Officials** – Take a moment to familiarize yourself with who the four Sectional meet officials will be (Meet Referee, Diving Referee, Starter, and Turn/Stroke Judge) and who will be running the scorer’s table. Sectional Hosts may provide this information prior to the meet. At the State Final Meet, Meet Official/Personnel information can be found in your complimentary meet program provided with your team packet.
- **Changes to Entries** - A scratch meeting with the Sectional Referee and all coaches shall be held immediately prior to the start of the Sectional Swimming and Diving Meet. After the scratch meeting, there shall be no substitutions or changes in a school’s entries. Only changes related to illness or injury as certified in writing by a principal or physician will be permitted at the Sectional Scratch Meeting and in individual events only on a person for person basis. Details pertaining to state series entry substitutions can be found in the Terms & Conditions (V.G on page 3) at the following link: <https://www.ihsa.org/documents/sw/2019-20/t-and-cs.pdf>.
- **Lane Assignments/Seeding Information** – The Sectional Meets will be conducted on a “timed final” basis. Heat and lane assignments will be dependent upon seed times. Semi-finals will be conducted at the State Final Meet with the exception of the Athletes with Disabilities Division.



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In the Athletes with Disabilities Division there will only be a “timed final” on Saturday unless the number of qualifiers is greater than twice the number of lanes available in an Athletes with Disabilities event.

- **Advancing to the State Final Meet in a Swimming Event** – In order for a swimmer to qualify for the State Final Meet, he/she must earn first place honors in an event or meet the minimum qualifying time for that event. This applies to the Athletes with Disabilities Division as well. The qualifying standards for each event can be found through the following link:
<https://www.ihsa.org/documents/sw/2019-20/Qualifying%20Standards.pdf>
- **Warm Down Procedures** – At the Sectional meets, if a separate warm-down area is available, there will be no warm-downs permitted in the competition pool. If a separate warm-down area is not available, swimmers will be permitted a 25-yard warm down only. At the State Final, no warm-downs are permitted at Evanston as it has a separate warm-down pool. However, at New Trier a 25-yard warm down will be permitted.
- **Procedures if an Illegal Suit or Cap is Discovered** – If discovered before competition, the swimmer will be asked to make themselves legal if they can do so without delay. If discovered during competition, the swimmer/coach will be given a “warning,” and must make themselves legal before continuing competition. A subsequent violation after a warning has been issued will result in a disqualification from that event as per Rule 3-6-2 for failing to follow an official’s instructions.
- **Requirements Pertaining to Kinesio Tape or Other Tape in Swimming Events** – Any swimmer using kinesiology tape must provide a note from a physician or certified athletic trainer to the Meet Referee before competition documenting that the tape is necessary to treat a medical condition. If an athlete is discovered with tape during competition and no note was provided, Rule 3-3-4, the athlete is disqualified from further participation.
- **Assistance Keeping a Clear Path Around the Deck** – At all state series meets, deck space is at a premium and facilities are crowded. Nonetheless, there is room for everyone to do their job. Common courtesy and understanding facilitate movement quite well.
- **Questions about Disqualifications** – If there are questions or concerns about disqualifications, they must be addressed with the Meet Referee. Other meet officials will be directed not to address such questions and concerns and point those with such questions and concerns to the Meet Referee.
- **Sportsmanship** – The hallmark of high school sports is sportsmanship. No competitor will be allowed to display unsportsmanlike or unsporting conduct including but not limited to making derogatory remarks, gestures, tossing goggles after a race or taunting. Coaches and captains are needed in reminding teammates of this.
- **AED** – Host schools must have an AED available and on site at all IHSA post season contests. Sectional managers must identify to coaches where the AED is located. At the State Finals there will be an AED available at the scorer’s table.



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- **Event Trainer/Doctor** - For sectional meets, the host school must inform schools if there will be an event trainer or doctor at the meet and how he or she can be accessed. Athletes who are removed from the contest are allowed to return to play that day if given clearance by their school-approved medical professional. If a visiting school does not have a medical professional attending the meet with them, they should seek clearance from their school administration to use the host school's medical trainer/doctor. Without this clearance, an athlete removed from a contest due to head injury or concussion symptoms cannot return to competition that day. The same applies at the State Final Meet. At the State Final Meet a coach can request access to the host trainer at the scorer's table.

Pre-Diving Instructions

- **Dive Sheets** – As per Rule 9-3-5, diving entry sheets are due no later than 8:00AM on Saturday morning (Sectional Meets) and no later than 8:00AM on Friday morning (State Final.)
- **Practice Approaches** – At the breaks following the Preliminary and Semi-Final rounds, each diver will be permitted an opportunity to warm up, at a minimum, their next three (3) dives.
- **Diving Order** – Divers should know their order in the diving rotation and pay attention so that they are ready to go when it is their turn. Any diver who knowingly or unknowingly dives out of order, and neither meet management, meet officials, nor the PA announcer are at fault for the error, then that diver shall be disqualified from the diving event.
- **Adjusting the Board** – Divers should start adjusting the board or have a teammate adjust the board as soon as the previous diver has gone.
- **Listen to the Dive** – Divers should listen to the dive when it is announced; if any problem, STOP and ask.
- **Judging Panel** – Sectional – 5-person panel consisting of both IHSA certified coaches and IHSA officials; State Final – 7-person panel consisting of IHSA officials
- **Advancing to the State Final Meet** – First place divers from each Sectional shall advance to the State Finals. In addition, any diver whose score in the Sectional Meet is among the next thirty-two (32) top scoring divers from all sectional meets who did not win first place in diving, shall advance to the State Final as an "At Large Qualifier" and shall be determined by the administrator in charge in the IHSA Office who shall screen all Sectional Scores. At Large Diving Qualifiers for both Girls and Boys will be posted on the IHSA Website on the Sunday morning following the Sectional Meets.