2020 NFHS SWIMMING AND DIVING RULES CHANGES
PARTS OF THE POOL
1-1-1

- The end wall is the vertical portion of the pool, contiguous surface of the deck and overflow gutter, the front of the starting block or platform, or the touchpad at the end of the course.
PARTS OF THE POOL
1-1-1

- Open spaces on the side of the blocks or the open space of the gutter are not considered part of the end wall.
MEET MANAGEMENT

1-4-5, 1-4-6

- A dive round is the completion of one dive by each participant.
- A dive session is a series of dive rounds culminating in a break.
practice dives are only permitted during specified warm-up times prior to each session.

In championship meets, the dives to be performed during each session of championship competition are as follows:

<table>
<thead>
<tr>
<th>No. of Contestants</th>
<th>Preliminaries</th>
<th>Semifinals</th>
<th>Finals</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-32</td>
<td>2 vol. &amp; 3 opt.</td>
<td>2 vol. &amp; 1 opt.</td>
<td>1 vol. &amp; 2 opt.</td>
</tr>
</tbody>
</table>

(Performed in any order within each round of competition)
The number of qualifiers for each session of competition is the predetermined number of divers with the cumulative highest score for all rounds of competition.

After the preliminary session, the number of qualifiers shall be four more than the number of places to be scored.

After the semifinal session, the number of qualifiers shall be equal to the number of places to be scored.
RULES

UNIFORMS

3-3-3 NOTE, 3-3-4c

- **NOTE:** The FINA mark and/or individual barcode and/or the USA Swimming approved check-mark logo on certain suits designating that the suit has been approved for FINA and/or USA Swimming competition is not considered to be a second manufacturer's logo nor a form of advertising. Such suits with a FINA marking and/or check-mark, if otherwise legal, shall be legal for NFHS competition.
Suits with a FINA marking and/or the USA Swimming approved check-mark logo, if otherwise legal, shall be legal for NFHS competition.
TIMING AND JUDGING 6-3-2

- The official time is the time registered by touchpad, button(s) or stopwatch(es) when the swimmer completes the race. The order of finish shall be determined by integration of the official time for each lane.
The backup system shall be operative for all races but shall be used only for lanes in which the automatic equipment malfunctions or time is not properly recorded.
DIVING CONTESTANTS
9-3-3

- **Entries by Individuals** - A diver officially becomes a participant when:

  a. in championship meets, the official entry card/scoresheet bearing that diver's first and last name, event and school affiliation is submitted **at the time and place specified by** the meet manager;
Diving Scoresheets - Each diver shall submit a diving scoresheet, signed by both the contestant and the coach on the lines provided for those signatures, which includes the number, written description, position, degree of difficulty (with the number and degree of difficulty of the voluntary dive(s) circled or otherwise clearly identified), and order in which the dives will be attempted for all levels of the competition, preliminaries through finals.
2020 NFHS SWIMMING AND DIVING
MAJOR EDITORIAL CHANGES
A head lane timer shall determine if the swimmer has touched the finish end (or touchpad if automatic timing/judging equipment is used) and, for the 500-yard/400-meter freestyle, shall keep a written tally of the number of laps completed by the swimmer in that lane.
GUIDELINES FOR OFFICIATING SWIMMERS WITH DISABILITIES - APPENDIX B

FIGURE 1 – FORWARD START

A. Twist hand at chin level – short whistles;
B. Arm overhead – swimmer steps onto starting block;
C. Arm moves to shoulder level – signal to “take your mark”;
D. Arm moves to side of body – starting signal;
GUIDELINES FOR OFFICIATING SWIMMERS WITH DISABILITIES - APPENDIX B

FIGURE 2 - BACKSTROKE START

A. Twist hand at chin level - short whistles;
B. Arm overhead - swimmer enters water; drop arm to side while swimmer enters water;
C. Arm overhead - swimmer returns to backstroke start position;
D. Arm moves to shoulder level - signal to “take your mark;”
E. Arm moves to side of body - starting signal.
2020 NFHS SWIMMING AND DIVING POINTS OF EMPHASIS
COMMUNICATION BETWEEN THE REFEREE AND TABLE

- Referee must establish a line of communication with timing system operator and meet management software operator.

- Meet prior to the contest to discuss responsibilities:
  - starts and finishes;
  - number of laps completed;
  - entry limits;
  - discrepancies between touchpad and backup times;
  - Order of finish.
ESTABLISHING THE OFFICIAL TIME

- Legal finish - when first point of contact is:
  - Touchpad - that time shall be official;
  - Touchpad but a malfunction is determined - integrate backup time with results from other lanes;
  - End wall – utilize backup system and other available data points to verify backup system is accurate (order of finish, times in other lanes, etc.).
DIVING ENTRIES

- Two-step process for a championship meet:
  1. Entry as diving participant
  2. Submission of scoresheet
SIGNALS FOR OFFICIATING SWIMMERS WITH DISABILITIES

- Updated images of official signals;
- Specific accommodations for visually and hearing impaired;
- State associations may establish official training;
- Accommodation questions can be addressed with NFHS.