NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS

NEWS RELEASE

Standardizing judging of diving highlights high school swimming/diving rules changes

FOR IMMEDIATE RELEASE **Contact: Becky Oakes**

INDIANAPOLIS, IN (April 20, 2010)— Standardizing the judging of diving highlighted rules changes approved by the National Federation of State High School Associations (NFHS) Swimming and Diving Rules Committee at its March 28-30 meeting in Indianapolis. The changes, which were subsequently approved by the NFHS Board of Directors, will take effect with the 2010-11 season.

Language in Rule 9 was clarified to better distinguish successful versus unsuccessful dives and to minimize the risk of injury to divers. A new note states that both the diver and the coach must review and sign off on the diver's scoresheet in order to confirm that the diver is capable of completing the listed dives and the accuracy of the scoresheet.

"This year, the committee spent a considerable amount of time on the event of diving," said Becky Oakes, NFHS assistant director and liaison to the Swimming and

Diving Rules Committee. “The changes were about creating consistency in the diving rules and risk minimization for the diver.”

There were also several points of clarification on what to consider for successful dives.

New Rule 9-7-4d states that the dive will be considered unsatisfactory if the diver does not attempt to come out of a twist. New Rule 9-7-5h also clarifies how much of a twisting dive must be performed once the diver leaves the board. The rule states a dive will be considered unsatisfactory if the diver’s shoulders are turned more than 90 degrees before his or her feet leave the board.

In swimming, the committee further defined what constitutes a legal swimsuit.

“It was necessary to add additional language to clarify swimsuit design and construction regulations,” Oakes said.

A change regarding the placement of a school logo is an adjustment to the major rule change last year. Rule 3-3-2b(2) states that the swimsuit worn during competition must be 100-percent permeable to air and water except for the school name or logo, which may be an area no more than nine square inches added to the suit after construction.

Additionally, a change to Rule 3-3-3 states that a device, such as tape, worn to compress any part of the body to aid in speed is also illegal for use in competition.

“Most of the work of the committee this year was administrative,” Oakes said. “It focused on swimsuit questions that still needed to be addressed and focused on the consistency of rules and risk minimization in the event of diving.”

Following are other changes made by the NFHS Swimming and Diving Rules Committee:

- New Rule 3-3-1 states the FINA logo is not considered a form of advertising and swimsuits with the logo will be legal for competition.
- In addition, Rule 8-3-8b added that a lead-off time will be nullified not only if a relay team is disqualified for a conduct rule, but also if the team has any entry rule violation.
- In diving, Rule 9-7-5g now states a twisting dive is a failed dive based on the position of the diver's shoulders upon the feet/hands contacting the water, if the twist is greater or less than 90 degrees of what is listed on the scoresheet.
- A diver not stopping the oscillation of the board just before or after the starting position is taken will have a half-point to two-point deduction under Rule 9-8-2a.

A complete listing of all rules changes approved by the committee is available on the NFHS Web site at www.nfhs.org. Click on "Athletics & Fine Arts Activities" on the home page, and select "Swimming and Diving."

Swimming and diving is the 10th-most popular sport for both girls and boys at the high school level, according to the 2008-09 High School Athletics Participation Survey conducted by the NFHS, with 158,878 girls and 130,182 boys participating nationwide. The sport ranks ninth in school sponsorship of girls teams with 6,902 schools sponsoring the sport. Additionally, the sport ranks 10th in school sponsorship of boys teams with 6,556 sponsoring schools.

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This press release was written by Emily Newell, a spring intern in the NFHS Publications/Communications Department and a sophomore at Butler (Indiana) University.

About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and fine arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and fine arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and Rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.5 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; produces publications for high school coaches, officials and athletic directors; sponsors professional organizations for high school coaches, officials, spirit coaches, speech and debate coaches and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS Web site at www.nfhs.org.

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