



2019-20 NFHS SWIMMING AND DIVING RULES CHANGES

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-4, 3-3-3 and 3-3-4 PENALTIES: Rule 3-3 was reorganized to identify penalty protocol for specific uniform violations.

Rationale: All current language addressing suit coverage was moved to Rule 3-3-2. The penalty associated with this rule was written to provide clear indication that the coach of the competitor should be notified when a violation of this nature has occurred.

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e, 8-3-5: A legal finish now requires the competitor to contact either the touchpad or the finish end according to the finish rules pertaining to the stroke being swum.

Rationale: A competitor has legally completed the race once he/she touches the touchpad or the finish end.

9-1-3: The rule was updated to comply with current industry standards.

Rationale: Aligns with current diving board manufacturers installation directions.

9-4-Table: The degree of difficulty for back and reverse double somersaults was lowered to be consistent with back and reverse 1½ somersaults degrees of difficulty.

Rationale: Provides consistency of degree of difficulties assessed to back and reverse dives versus back and reverse somersaults.

9-5-6: Clarified descriptions of diving positions.

Rationale: Diving descriptions were adjusted to maintain consistency with national trends.

9-7-4 NOTE (NEW): The diving referee may confer with a member of the diving panel regarding a possible unsatisfactory dive.

Rationale: Consistent with the diving referee's capability of consulting with a designated member of the judging panel concerning a possible fail dive.

2019-20 SWIMMING AND DIVING EDITORIAL CHANGES

1-5-3, 2-3-1, 2-4-2, 2-7-8, 3-3-3b, 4-1-2, 4-2-2e, 4-8-1, 4-9-2, 6-2-1, 6-3-1a, 9-4-1 Table

2019-20 SWIMMING AND DIVING POINTS OF EMPHASIS

1. Shallow Water Blackout
2. Suit Coverage
3. Accommodation of Students with a Disability
4. Sub-varsity Competition
5. Pre-Meet Conferences