



2023-24 NFHS SWIMMING AND DIVING RULES INTERPRETATIONS



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SITUATION 1: Prior to the beginning of the meet, a coach presents to the meet referee a female competitor wearing a wetsuit because of a modesty issue. The referee does not permit the swimmer to compete wearing the wetsuit. **RULING:** Correct procedure. An accommodation may not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage. Any approved suit accommodation must be constructed with a woven/knit textile material, permeable 100% to air and water, and not aid speed, buoyancy or body compression. (3-3 NOTE)

SITUATION 2: In a dual meet, an infraction/false start is observed by both the referee and the starter. The false start is identified in writing by the referee but not the starter. No infraction/false start is charged. **RULING:** Incorrect procedure. In championship meets, dual confirmation in writing by the starter and referee is required. Dual confirmation in writing is not required during dual meets unless it is specified in the meet announcement that the meet is being conducted under championship meet rules. (8-1-3d PENALTY 2)

SITUATION 3: As the backstroke swimmer approaches the wall to finish the event, the swimmer's head passes the flags and the swimmer submerges and dolphin-kicks to the wall. The meet referee disqualifies the swimmer because of the forward propulsion caused by the underwater kick. **RULING:** Incorrect ruling. Once some part of the swimmer's head has passed the backstroke flags, the swimmer may partially or completely submerge and continue kicking until touching the wall. (8-2-1g)

SITUATION 4: In the 200-yard individual medley, a swimmer approaches the wall to finish the backstroke leg. After the swimmer's head passes the backstroke flags, the swimmer submerges and dolphin-kicks to the wall. The swimmer is disqualified because of re-submerging at the backstroke flags. **RULING:** Incorrect ruling. Each leg of the 200-yard individual medley must be finished in accordance with the finish rule that applies to each stroke. Once some part of the swimmer's head has passed the backstroke flags, the swimmer may partially or completely submerge and continue kicking until touching the wall. (8-2-1g, 8-2-5)

SITUATION 5: During the 100-yard breaststroke, the meet referee notices that the swimmer's arms are not in the same horizontal plane while executing the initial arm pull after the start. The meet referee disqualifies the swimmer. **RULING:** Incorrect ruling. NFHS rules no longer require that a competitor's arms move in the same horizontal plane while swimming the breaststroke or the butterfly. However, arm movements must still be simultaneous. (8-2-2d)

SITUATION 6: Prior to the diving event, the diving referee asks to be seated in line with the end of the diving board. The host coach refuses to allow this to happen, stating that their diving coach always sits in that position. The diving referee insists on being seated in line with the end of the diving board. **RULING:** Correct procedure. The diving referee is responsible for determining if the diver's head is too close to the board as it passes the horizontal plane, and therefore, it is strongly recommended that the diving referee shall be seated in line with the end of the board to have an accurate line of site for judging this new requirement. (9-7-4c)