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To: Athletic Directors and Swim Coaches

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Subject: Swim Reminders for the 2019-20 Season

Please review this information with your swim staff and best of luck as you start your season! Each school offering swimming will be receiving a copy of the NFHS Swimming Rules Book from the OSAA. Feel free to contact me if you have questions.

### **NFHS Points of Emphasis for 2019-20:**

**Preventing Shallow Water Blackout** – The rules for NFHS swimming and diving exist to ensure fair competition in a positive, safe and healthy environment. Consequently, the NFHS Swimming and Diving Rules Committee recognizes concerns that have been raised over instances of shallow water blackout, which can affect swimmers of all experience levels. Shallow water blackout is a potentially fatal condition that causes a swimmer to lose consciousness while under water. Shallow water blackout can be prevented through education, awareness, and understanding of the dangers of breath-holding. The tips below are provided by Shallow Water Blackout Prevention. For further information, visit [shallowwaterblackoutprevention.org](http://shallowwaterblackoutprevention.org).

#### **How to Avoid Shallow Water Blackout**

- Never hyperventilate
- Never ignore the urge to breathe
- Never swim alone
- Never play breath holding games
- No repetitive underwater lap

**Suit Coverage** – Suit coverage continues to be a focus of administrators, coaches, and officials, and competitors. While the rule itself has not changed, language addressing coverage and the protocol for addressing violations has been reorganized in the rules book. In addition, pre-meet coaches and athlete meetings have been mandated, which is an opportunity for the coach to verify that his/her athletes are properly and legally equipped AND an opportunity for captains/peers to consult with their teammates to assure suits and caps meet rule guidelines. It is recommended that coaches address suit coverage with parents and athletes during their pre-season meetings, to specify that suits should be worn as the manufacturer has intended and that athletes purchasing personal suits for competition only obtain suits that comply with NFHS rules regarding appropriate coverage as well as design and decoration.

**Accommodations for Students with a Disability** – Language and officials signals regarding the inclusion of students with a disability have been updated and will be available in the 2019 NFHS Swimming Officials Guidelines Manual. Included are updated images of officials signals for the forward and backstroke start as well as images for modified starting positions. Specific accommodations for visually impaired and hearing-impaired competitors are also provided in this publication.

**Pre-Meet Conference** – The mandatory pre-meet conference as applied to championship meets can become problematic in some contexts, particularly in large meets. The pre-meet conference is a time to review meet procedures, special instructions and any unusual pool conditions. A comprehensive list of items to be covered is included in Appendix G of the 2018-19 Swimming Officials Guidelines Manual. State associations may determine an alternative method or methods of communication in situations where the size of the meet makes a pre-meet conference impractical. State associations are encouraged to provide appropriate policy direction for officials and meet administrators in assuring that the stated purposes for this conference are fulfilled and that both coaches and athletes are fully informed and prepared for the ensuing competition.

## **2019-20 UNIFORM RULES:**

### **Rule 3-3 Uniforms**

**ART. 1 . . .** It is recommended all swimmers and divers on the team wear suits of identical coloring and pattern.

**ART. 2 . . .** Suits shall be of one piece. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Males shall wear suits which cover the buttocks and shall not extend above the waist or below the top of the kneecap. Females shall wear suits which cover the buttocks and breasts and shall not extend beyond the shoulders or below the top of the kneecap, nor cover the neck. **PENALTIES: When an official discovers a competitor wearing illegal attire as described in Article 2, the official shall:**

- 1. when observed prior to the start of the heat/dive, notify the coach of the competitor to make the suit legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/ dive, the competitor is disqualified from that event/dive and shall not be eligible for further competition until in a legal suit;**
- 2. when observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time/score and he/she shall not be eligible for further competition until in a legal suit.**

**ART. 3 . . .** The uniform consists of a suit and, if worn, cap(s).

- a. The suit or cap(s) may display the competitor's name, school name, school nickname and/or the school logo.
- b. Advertising or name other than that permitted in 3-3-3c is prohibited.
- c. A single visible manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches is permitted on each item of the uniform [suit and cap(s)].
- d. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

**NOTE:** The FINA mark and/or individual barcode 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, if otherwise legal, shall be legal for NFHS competition.

**ART. 4 . . .** Suits worn by swimmers (excluding divers) shall be limited to the following requirements:

- a. Only one suit shall be permitted in competition. (A swimmer with special needs may request for customization to the state association through his/ her school.)
- b. The suit shall be:
  1. constructed of a woven/knit textile material; permeable (100 percent to air and water), except for one post-construction, impermeable school name and/or logo which shall not exceed 9 square inches;
  2. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
  3. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings and waist openings); and
- c. Suits with a FINA marking, if otherwise legal, shall be legal for NFHS competition. **PENALTIES: When an official discovers a competitor wearing illegal attire as described in Articles 3 and 4, the official shall:**
  - 1. when observed prior to the start of the heat/dive, notify the coach or the competitor to make the attire legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/ dive, the competitor is disqualified from the event/dive and shall not be eligible for further competition until in legal attire;**
  - 2. when observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time and he/she shall not be eligible for further competition until in legal attire.**

**ART. 5 . . .** Competitors shall not wear or use any device or foreign substance to aid their speed, buoyancy or body compression. The following may be used within the stated conditions:

- a. A foreign substance may be applied if not considered excessive by the referee (if excessive, the referee shall require the competitor to remove it).
- b. Adhesives are not allowed for swimmers or divers.
- c. Divers may wear tape or wraps for support.

Tape may be used by a swimmer to treat a documented medical condition. The referee must be presented signed documentation from an appropriate health-care professional before permitting the athlete to compete.

**NOTE:** Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

**PENALTY:** When team personnel/competitor uses an unapproved artificial device during an event, the competitor(s) is disqualified from further competition.

## **GENERAL INFORMATION**

**OSAA SWIM PLAN BOOK:** <http://www.osaa.org/docs/planbooks/swplan.pdf>

This plan contains information regarding important season dates, NFHS rule changes/points of emphasis, OSAA swim specific policies and OSAA general policies.

### **PARTICIPATION LIMITATIONS** (OSAA Handbook, Participation Limitations, Swimming)

(Revised Fall, 2007)

- A. **Team.** A school team shall not compete in more than 12 meets at each level of competition – if more than 10, two shall be invitational (more than two schools) – exclusive of the varsity district meet and state championships. There is no limitation on the number of schools that may participate in a swimming meet. Relay meets count toward the limitation. Any time a student participates representing his/her school, it shall count toward the school's team limitation.
- B. **Individual.** A student shall not compete in more than 12 meets – if more than 10, two shall be invitational (more than two schools) – exclusive of the varsity district meet and state championships.

### **INTERRUPTED CONTESTS** (OSAA Handbook, Executive Board Policies)

(Revised Fall 2013)

Following is the policy concerning interrupted athletic contests. NOTE: For state championship final games, the OSAA staff shall take jurisdiction and make any decisions rather than the schools involved.

- H. **Swimming.** Contest shall be continued from point of interruption unless teams mutually agree otherwise or there are athletic district rules that apply.

### **ENDOWMENT GAMES** (OSAA Handbook, Executive Board Policies)

**(Endowment Game Application)**

(Revised Spring 2016)

The OSAA and its member schools believe in the fundamental values associated with participation in high school activities and want to work together to ensure the future of high school activities in the state of Oregon. The establishment of the OSAA Foundation will help us realize our goal. Endowment Games are a way for member schools and local communities to be active participants in growing the OSAA Foundation. Endowment Games regulations are as follows:

- A. Endowment Games applications should be submitted to the OSAA office by the host school a minimum of 15 days prior to the scheduled contest. Failure to do so may result in participation limitations violations. Applications may be reviewed prior to approval to ensure that the host school is able to effectively secure the facility and charge admission.
- B. Endowment Games shall not count toward a school's or an individual student's season participation limitations for each activity. Daily and weekly individual participation limitations still apply. Schools should ensure that participants meet all OSAA eligibility requirements prior to competing in an Endowment Game.
- C. Endowment Games tickets will be \$6 for adults and \$4 for students. No passes shall be accepted except for the OSAA Media Pass.
- D. Upon completion of an Endowment Game, the host school is responsible for submitting the necessary financial report form and 100% of the gate receipts to the OSAA Foundation. The OSAA Foundation will return 50% of the gross gate receipts to the host school within five business days after receiving the check for gross gate receipts. Operating expenses for Endowment Games are to be drawn from the 50% of the gross gates receipts returned to the host school. Financial agreements, if any, between the two participating schools are at the discretion of the schools.
- E. Endowment Games are allowed at the varsity level only in the following activities:
  - 6) **Swimming.** One additional meet between the first contest date and the cutoff date.

## **HEALTH & SAFETY** <http://www.osaa.org/health-safety>

The OSAA website contains a variety of information regarding air quality, hydration and concussion management. The page contains links to informational items that all coaches should familiarize themselves with as practices begin.

**Practice Model:** <http://www.osaa.org/docs/handbooks/PracticeModelBP.pdf>

**Air Quality Guidelines:** <http://www.osaa.org/health-safety/air-quality>

The Air Quality Index (AQI) should be monitored throughout the day, and during an event, to have the best data possible to make informed decisions about conducting practices and competitions. School personnel shall review the AQI information for all regions throughout the state on either the Oregon Department of Environmental Quality (DEQ) website at <https://oraqi.deq.state.or.us/home/map>, the Oregon DEQ app "OregonAir", or on the Environmental Protection Agency (EPA) Air Now website at [https://airnow.gov/index.cfm?action=airnow.local\\_state&stateid=38](https://airnow.gov/index.cfm?action=airnow.local_state&stateid=38) to determine if action is necessary. Schools shall regularly review the AQI throughout events to assess deteriorating conditions.

**Concussion Management:** <http://www.osaa.org/docs/handbooks/ConcussionManagementBP.pdf>

OSAA Staff worked with the Oregon Legislature to align Max's Law (public schools) and Jenna's Law (private schools) when it comes to the return to participation protocol. Therefore, all OSAA member schools are subject to the same policy when a student is removed after exhibiting signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body. The state still states that, on an annual basis prior to participation, private schools shall require each student and at least one parent or legal guardian of the student to sign a consent form acknowledging the receipt of information regarding symptoms and warning signs of concussions. Private schools shall maintain a copy of each student's signed form on file for review at any time by OSAA staff.