



Oregon School Activities Association

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To: Athletic Directors and Swim Coaches

From: Kris Welch, Assistant Executive Director
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Subject: Swim Reminders for the 2024-25 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.

Season Dates:

First Practice Date	November 18
First Contest Date	December 4
Cutoff Date	February 15
All State Championships	February 21-22

NFHS Points of Emphasis for 2024-25:

- Athlete Well-Being.** The NFHS Swimming and Diving Rules Committee is particularly conscious of athlete safety, physical and mental well-being, and overall good health of high school students. With that in mind, the committee discussed at length the issue of photography behind the blocks. Guidelines for photographer access should be clearly defined prior to the swimming and diving event. It is recommended that state associations and event hosts consider the areas, and specifically the angles, for photography of swimmers and divers, and that appropriate and reasonable guidelines are established. Due to swimmer attire and the starting positions in the sport, media access in the starting area may not be appropriate. The committee addressed Rule 3-2-2 by adding language to ensure continued involvement of health-care professionals. Rule 3-3 was also edited to align language with current national trends in reference to individuals with disabilities and continuing encouragement of participation of those individuals in swimming and diving. And finally, the committee codified consistent language for all NFHS rules books prohibiting the use of alcohol, tobacco, and controlled or illicit substances by participants, team personnel and officials, beginning with arrival at the competition site until departure following the completion of the contest. State associations are encouraged to continue examining additional ways to ensure student well-being within the framework of swimming and diving.
- Electronic Devices.** Swimming, like many other high school athletic endeavors, is significantly affected by continuing developments in technology. These developments, if not carefully monitored, have the potential to alter the nature of high school swimming and diving competition and drastically affect the competitive environment. Several factors should be kept in mind as the rules committee continues to evaluate the use of electronic devices by swimmers. Devices that collect and transmit data from the swimmer to an external recipient are permissible because they are potentially beneficial in terms of both athlete performance and well-being. Devices that provide information to the athlete during competition are not permitted and, when detected, result in severe penalties for both the competing athlete and team personnel. Detection of such devices is often difficult, and evaluation of performance often requires advanced technical knowledge. Officials should approach the enforcement of prohibitions on illegal devices with restraint and impose sanctions on team personnel only when it is abundantly clear that a device is being used improperly and is creating an unfair competitive advantage. State associations are empowered to address and regulate the use of electronic devices beyond those established by NFHS rules.
- Risk Minimization – Backstroke Ledges.** The NFHS serves as the national authority on competition rules while promoting fair play and seeking to minimize risk of injury for student participants in education-based high school athletic and activity programs. On an ongoing basis, the rules committee assesses and minimizes risks, to the extent consistent with the sound traditions of the sport. The NFHS Swimming and Diving Rules Committee continues to evaluate information regarding the use of backstroke starting ledges and the development of this equipment. At present, there is a considerable lack of reliable data assessing the safety and risk-minimization issues surrounding the use of ledges. The committee anticipates the results of a study currently underway at DePauw University at its 2025 meeting and will consider at that time whether to permit such equipment to be used as part of the high school swimming competitive environment. The primary concern will be, of course, athlete safety. Additional factors that must be assessed include fiscal/budgetary constraints, impact upon the flow of

competition resulting from the installation and removal of the devices for a specific event, and effects on competitive equity resulting from availability of the equipment.

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.

UNIFORM REMINDERS: » [NFHS Swimming Uniform Clarifications](#)

Common questions and clarifications regarding the NFHS Swimming Rule 3.3.2.

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.

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: [Practice Model](#)

STATE CHAMPIONSHIP ROTATION 2024-25

Classification	Friday, February 21	Saturday, February 22
5A – Session 1	9:00am – 11:30am	8:00am – 11:30am
6A – Session 2	1:30pm – 4:30pm	1:00pm – 4:45pm
4A/3A/2A/1A – Session 3	6:30pm – 9:00pm	6:30pm – 10:00pm

**These competition times are approximate