



2009-10 OSAA Swimming Plan



GENERAL SWIMMING INFORMATION

1. SEASON DATES:

November 9 Practice Starts
 November 30 First Contest Date
 February 13 Cutoff Date
 February 19-20 State Championships

2. STATE CHAMPIONSHIPS INFORMATION:

- a. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the 2010 Swimming State Championships will be posted on the OSAA website (www.osaa.org/swimming) on Wednesday, January 27. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding ticket prices, parking, maps, souvenir merchandise, etc.
- b. **District Meet Directors:** Detailed information regarding District Meet Director responsibilities, including the state championship entry form, will be posted on the OSAA website (www.osaa.org/swimming) on Wednesday, January 27. Each District Meet Director must submit all state championship entries electronically.

3. STATE CHAMPIONSHIP LOCATIONS AND TIMES:

- a. Mt. Hood Aquatic Center, Mt. Hood Community College, 26000 SE Stark Street, Gresham, OR 97030
- b. Time Schedules: <http://www.osaa.org/swimming/2010/SwimScheduleFinal.pdf>

4. QUALIFICATION FOR STATE CHAMPIONSHIPS: A contestant for the State Championships shall qualify through the proper District Meet.

- a. **6A** – First place winner in each individual and relay event at each District Meet automatically qualifies. Consolation finalists and championship finalists in individual and relay events at each District Meet who meet the qualifying standard (10th place average of last three State Meets with the standard never to be easier than the previous year) automatically qualify. Any remaining open lanes will be filled by the next fastest times from District Meet finals, up to a total of 18 participants.

6A SWIMMING QUALIFYING STANDARDS

<u>GIRLS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>	<u>BOYS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>	
	200 Medley Relay	1	1:55.48	1:55.4	200 Medley Relay	2	1:44.05	1:44.0
	200 Freestyle	3	1:57.46	1:57.4	200 Freestyle	4	1:47.77	1:47.7
	200 Ind. Medley	5	2:12.01	2:12.0	200 Ind. Medley	6	2:02.06	2:02.0
	50 Freestyle	7	0:25.32	0:25.3	50 Freestyle	8	0:22.54	0:22.5
	100 Butterfly	9	0:59.96	0:59.9	100 Butterfly	10	0:54.38	0:54.3
	100 Freestyle	11	0:54.55	0:54.5	100 Freestyle	12	0:49.46	0:49.4
	500 Freestyle	13	5:12.59	5:12.5	500 Freestyle	14	4:55.08	4:55.0
	200 Free Relay	15	1:43.27	1:43.2	200 Free Relay	16	1:32.57	1:32.5
	100 Backstroke	17	1:01.02	1:01.0	100 Backstroke	18	0:55.74	0:55.7
	100 Breaststroke	19	1:09.17	1:09.1	100 Breaststroke	20	1:02.87	1:02.8
	400 Free Relay	21	3:44.89	3:44.8	400 Free Relay	22	3:23.18	3:23.1

Ties -- Districts shall settle any ties for first place in all events unless the qualifying standard is met.

- b. **5A** – First place winner in each individual and relay event at each District Meet automatically qualifies. Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants. District shall settle any ties for first place.
- c. **4A/3A/2A/1A** – First place winner in each individual and relay event at each District Meet automatically qualifies. Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants. District shall settle any ties for first place.

5. AWARDS:

- a. **Trophies** – 6A, 5A, 4A/3A/2A/1A trophies will be presented to the champion through fourth place teams.
- b. **Medals** – Medals will be presented to the champion through sixth place finishers for 6A, 5A and 4A/3A/2A/1A. Medals will be presented at scheduled intervals after the final event. In case of tie, duplicate medals will be given. The coach of the first place finisher will be asked to present medals for that event.

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS **2009-10 SWIMMING RULES**

Order a 2009-10 NFHS Swimming Rules Book at www.osaa.org/forms/09-10rulesbookorderform.xls or contact the OSAA (503.682.6722) for more information.

For more information about NFHS Swimming Rules visit www.nfhs.org.

1. 2010 NFHS RULES REVISIONS:

- 2-7-9** It is no longer required, but is recommended the meet score be posted and/or announced throughout the meet.
- 3-3-1** Requires the wearing of a one piece competitive suit.
- 4-1-5** Allows swimming and diving officials to dress uniformly in attire, other than all white, as approved by the state association.
- 4-3-1b** Prohibits the use of a pistol capable of discharging live ammunition for use as the sounding device.
New
- NOTE:**
- 8-1-2** Permits the competitor to place his/her feet on the end wall, out of the water at the backstroke start, as long as the feet, including the toes, are not above or curling over the lip of the gutter or pool edge.
- 8-1-7** Clarifies how a swimmer legally finishes a race when a touch pad has been dislodged and moved out of its proper position on the end wall.
- 8-3-5** **New** Defines a legal start for the second, third and fourth swimmers of a relay team when an in-water start is used.
NOTE 2:
- 8-3** **New 8:** Establishes the requirements under which the first leg of a relay may be recorded as an official time for that stroke/distance.

Major Editorial Changes: 3-2-7, 4-1-3 NOTE, Appendix C A-2a

2. POINTS OF EMPHASIS:

- **Posting and Announcing of Meet Scores** - While it is recommended the meet score be posted and announced during meets, it is no longer required. At some meets, there may be no announcer or PA system available and there may be limited personnel helping conduct the meet, which would make posting and announcing the score impractical. Coaches typically keep team scores themselves, but a coach should be able to approach the scorer's table during the meet to inquire about the score. If scores are not posted or announced, the referee may want to periodically ask the scorer for the team score. Whenever practical, the meet score should be posted and/or announced. This will keep coaches and athletes apprised of the progress of the meet, as well as keeping the fans informed and involved with the competition between teams.
- **Legal Competitive Suits** - The option to wear a two piece suit has become outdated from a competitive suit manufacturer's standpoint. Competition suits for swimming and diving are made as one piece. The recreational two piece suit is not appropriate for the interscholastic competition.
- **Pistol Used as Sounding Device** - For all practical purposes, it is inappropriate to use a pistol capable of discharging live ammunition as the sounding device at an education based interscholastic athletic event. Should a pistol be used as the sounding device, it shall be disabled from being able to fire live rounds. Most states, by state law, prohibit firearms on school grounds and school events.
- **Lead-off Swimmers Establishing an Official Time** - It has been common practice to accept the time swum by the first swimmer of a relay as an official time for that comparable individual event. This is possible due to the first swimmer being able to execute the swim using a legal start, meet stroke requirements and have a legal finish. Subsequent swimmers in a relay will not meet all three of these requirements for a legal swim as in the comparable individual event. When a relay team is disqualified for a violation by swimmers two, three or four, such as an early start, turn or stroke which results in the relay disqualification, the split time for the lead swimmer shall still be recorded as official. However, should the relay team be disqualified for a conduct violation under Rule 3-5, the split time of the lead swimmer shall be nullified. In high school swimming, proper sporting conduct is paramount and should it become inappropriate by rule, no mark shall stand.
- **Compliance with Entry Rules when Using Electronic Meet Management Software** - The use of electronic meet management software has certainly made it more efficient for those managing swim meets. This software has also created some minor issues when implementing NFHS rules related to entry procedures. For swimming, host schools may ask for visiting team rosters in advance of the meet so entries can be entered into the computer. State associations, or meet management, should communicate with participating schools on how entries will be submitted when electronic meet management software is used to be within the intent and spirit of the rule. The use of electronic meet management software does not change the rules or time frame in which coaches have for making changes in their entries.

OSAA SWIMMING POLICIES

- 1. OSAA ADOPTED RULES AND INTERPRETATIONS:** The NFHS 2009-2010 Swimming Rules Book will be used.
- 2. USE OF WHISTLES AS PREPARATORY COMMANDS:** (2009-10 NFHS Swimming Rules Book – Page 74). *To be used for all OSAA competitions, including regular season, district and state championship meets.*
 - a. Forward Starts**
 - 1) Starter/referee signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or starter/referee announcing the event/distance/heat.
 - 2) When all swimmers have approached the blocks, starter/referee blows a long whistle for the heat to step onto the block and take their preparatory position.
 - 3) Once all swimmers are on the blocks, the referee immediately turns the heat over to the starter.

- 4) When the swimmers are prepared, the starter says "take your mark".
- 5) When swimmers have assumed the correct starting position and are motionless, starter activates the starting signal.

b. Backstroke Starts

- 1) Starter/referee signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or starter/referee announcing the event/distance/heat.
- 2) When all swimmers are at the side of the blocks, starter/referee blows a long whistle for the heat to immediately step into the water. When all swimmers have surfaced, starter/referee blows a second long whistle to have the swimmers return to the wall and immediately assume their starting positions.
- 3) The procedure is then the same as in steps 3, 4, and 5 in the Forward Start section.

Optional: If a swimmer (or swimmers) has not responded to the whistles, referee/starter may say "step up" or "step in".

3. PARTICIPATION LIMITATIONS: (OSAA Handbook, Participation Limitations)

- 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.

4. INTERRUPTED CONTESTS: (OSAA Handbook, Executive Board Policies) Contest shall be continued from point of interruption unless teams mutually agree otherwise or there are athletic district rules that apply.

5. CONTESTS – SPORTSMANSHIP – CROWD CONTROL: (OSAA Handbook, Rules)

- a. **Sportsmanship Responsibility:** The high school principal, coach and other responsible officials of each member school shall take all reasonable measures to insure that the school's students and supporters maintain a sportsmanlike attitude toward all events so that events may be conducted without unreasonable danger or disorder. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Derogatory and/or unsportsmanlike language is not allowed. No player may be singled out by number, name or position with negative comments of any kind.

When a petition is filed alleging violation of this Rule 3-2, the Executive Director may, at his/her discretion and with concurrence of any two Executive Board members, postpone any pending event which the Executive Director has reason to believe cannot be conducted without an unreasonable danger of disorder. All such protests shall be referred to the Executive Board, which shall proceed as provided in Rule 4. In addition to any other action the Executive Board may take regarding a protest alleging a violation of this Rule 3-2, the Executive Board shall have the power to cancel or re-schedule the event involved, or to impose conditions on conducting it.

- b. **Sportsmanship Violations / Penalties:** When the students, staff or supporters of any member school engage in unsportsmanlike conduct, disorder or infliction of damage to persons or property in connection with any festival, meet, contest or tournament sponsored by this Association, the Executive Board may treat such acts as a violation by the school of the Rules of the Association. Any school whose students, supporters, rooters or partisans take part in riots, fights, pilfering, painting or any other unsportsmanlike conduct shall be subject to penalty.

6. SPECTATOR CONDUCT AT OSAA EVENTS: (OSAA Handbook, Rules)

In addition to the general expectations included in the OSAA Constitution, Rule 3, that school officials "...shall take all reasonable measures to ensure that the school's students and supporters maintain a sportsmanlike attitude toward all events..." the following specific expectations regarding spectator conduct at all OSAA sanctioned events, including regular and post season competition, are provided: (Revised Fall 2008)

- a. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. Spectators are required to wear shirts.
- b. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- c. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language. Spectators shall not be permitted to engage in any racially / culturally insensitive action. (Revised Fall 2008)
- d. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Some examples of inappropriate conduct or actions that are not permitted are: turning backs, holding up newspapers or jeering at cheerleaders during opposing team introductions; disrespecting players by name, number or position; negative cheers or chants; throwing objects on the floor. (Revised Fall 2008)
- e. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest. (Revised Fall 2008)

7. GUIDELINES FOR MEET WARM UP

The following guidelines are recommended for warm-up periods at all meets:

- a. A designated supervisor shall be on the deck during the entire warm-up period.
- b. Swimmers shall enter the water feet-first except for starts which are limited to specified lanes.
- c. Specify Lanes 2 and 5 (six-lane pool) or Lanes 2 and 7 (eight-lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
- d. Place a cone marker or similar sign on starting platforms in lanes not specified as one-way sprint lanes.
- e. Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool).
- f. Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push-off position from the starting end of the pool).
- g. May specify lanes for relay practice during the last 15 minutes of the warm up.
- h. Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
- i. Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.

Meet management or a designated official may remove a swimmer, coach and/or team from the deck for violations of these recommendations. In facilities that have a warm-up and/or warm-down area, management shall provide supervision of the area(s) at all times.