



Oregon School Activities Association

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2024-25 SWIMMING PLAN BOOK

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SEASON DATES

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

NFHS 2024-25 SWIMMING RULES

Order the current NFHS Swimming Rules Book from the [OSAA Corner Store](#) or contact the OSAA (503.682.6722) for information.

For more information about NFHS Swimming Rules, visit <http://www.nfhs.org/activities-sports/swimming-diving/>.

2024-25 RULES CHANGES

4-1-4	Removes the word “clerical” from the description of the official’s authority over a meet through the completion of any reports that are responsive to actions occurring while the referee has jurisdiction. Rationale: The referee will do what is necessary to ensure meet outcomes and related details are appropriate and accurate. The authority of the referee in this context is broad and is not limited to clerical authority only.
4-2-2e	Removes language that permits an announcement of a disqualification on the basis of a Rule 3-2-2 violation to be made by the public address announcer if the coach cannot be located. Rationale: This change in language brings Rule 4-4-2e in line with notification protocols when violations of Rule 3-3-2 are detected. When the violation involves improper suit coverage, a public announcement is not appropriate.

2024-25 EDITORIAL CHANGES

2-7-5 PENALTY, 3-2-2, 3-2-3, 3-3 NOTE, 3-6-1f, 4-1-8, 4-2-2, 5-1-3, 6-4-1b (2), 8-1-1, 8-1-2, 9-3-4, 9-4, APPENDIX A, APPENDIX B, APPENDIX C

2024-25 POINTS OF EMPHASIS

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 ensuring 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. It is anticipated that the results of a study currently underway at DePauw University will be available next year for the rules committee to consider 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.

2024-25 COMMENTS ON THE RULES

<p>4-1-4</p>	<p>The meet referee is the head official and is responsible for a wide variety of tasks involving the technical rules of swimming and diving. The meet referee’s authority begins at least 30 minutes prior to the contest and ends with the signing of the official scoresheet within one hour after the meet. However, this rule includes the expectation that the referee will correct any errors that may be discovered within 48 hours of the completion of competition. In order to avoid any confusion over the types of errors to be addressed, the term “clerical” has been eliminated. The understanding and expectation here is that the referee will do what is necessary to ensure that meet outcomes and related details are appropriate and accurate. The authority of the referee in this context is broad, and state associations may rely upon that official to mitigate such errors. This makes for a more efficient and effective process for fixing problems that may arise. State associations may intercede in the event of unusual incidents before, during and after the referee's jurisdiction has ended.</p>
<p>4-2-2e</p>	<p>Referee notification of violations to swimmers and/or coaches may be accomplished by several means, including public announcement (4-2-2d) if neither the competitor nor coach can be located without delaying the meet. When the violation involves improper suits, however, public announcement is not appropriate. The NFHS Swimming and Diving Rules Committee has worked carefully over the past several years to ensure clear understanding of the expectation that any discussion of suit issues occurs ONLY between the referee and the coach. If there is a violation of Rule 3-3-2, the meet referee must contact the coach. The rule change addresses the context when PENALTY 2 of Rule 3-3-2 is invoked. If the meet referee determines an athlete is to be disqualified for violation of the suit coverage requirement of 3-3-2, the coach must be notified directly; no alternative method is permissible.</p>

2024-25 RULES INTERPRETATIONS

Publisher's Note: The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented.

Dr. Karissa L. Niehoff, Publisher, NFHS Publications © 2024

SITUATION 1: Three swimmers have identical times at the completion of prelims in the 200-yard individual medley, causing a three-way tie for eighth place in a championship meet where 16 places are scored. The referee must conduct a swim-off to resolve the tie, per Rule 5-4- 3. In order to save time, the swimmers and coaches agree with the referee that the swim-off will consist of a 50-yard butterfly race for the three swimmers. **RULING:** Illegal. NFHS rules define a swim-off as an extension of the qualifying process for a specific event; this would require that the swim-off stroke/ distance must be the same as the specific event being contested.

SITUATION 2: A swimmer's suit has the manufacturer's name printed on the upper portion and the manufacturer's logo printed on the lower portion of the leg. This is considered to be two logos and thus a violation of Rule 3-3-3c. In order to avoid disqualification, the swimmer has used a marking pen of the same color as the suit to cover the logo on the leg. **RULING:** Permissible per the logic of NFHS Rule 3.3.3 SITUATION C, i.e., the logo is "invisible" because it is now the same color as the suit.

SITUATION 3: In a dual meet using six-place scoring, the host team fails to provide backstroke flags (or the flags do not meet rule specifications). **RULING:** In the 200-yard individual medley and 100-yard backstroke events, the visiting team is awarded 13 points for each event and the event is not conducted; the three visiting swimmers listed for each event are charged with having contested an individual event. In the 200-yard medley relay event, the visiting team receives 12 points and the eight swimmers designated for the team's two relay entries are each charged with a relay event against the allowable event total of four events. (3-2-1)

SITUATION 4: The starter mumbles or does not clearly enunciate the word "marks" as part of the starting command. **RULING:** Provided a fair start is achieved, clear enunciation of the starting command is not required. Indeed, starters who over-emphasize the harsh "KS" sound of the word "marks" may cause starting problems, as swimmers may react to that sound or to microphone static created thereby and commence movement prior to the starting signal.

SITUATION 5: The referee prohibits picture-taking, including phones, from the area behind the starting platforms. **RULING:** Permissible and indeed encouraged in order to avoid creation of uncomfortable situations for swimmers who might be concerned about what is going on behind them when in the starting position. Also, such photography may produce sounds that interfere with the starting signal and other distractions for swimmers preparing to compete. **COMMENT:** While the referee's authority in this area is broad, to protect the well-being of athletes, officials should concurrently endeavor to provide appropriate conditions for photographers at meets. Areas along the sides of the competition course and at the turning end can be utilized by photographers, and officials should make every effort to accommodate their needs while balancing the swimmers' needs as well. The host school administrative personnel are encouraged to be proactive in this matter.

SITUATION 6: At the request of several local club coaches, the host of a major high school invitational provides backstroke starting ledges for all lanes for the 200-yard medley relay and 100- yard backstroke events. **RULING:** Rule 2-7-2b prohibits use of such devices in NFHS-regulated competition, and currently state associations DO NOT have discretion to permit such use due to concerns about athlete safety. Until athlete safety studies currently underway have been concluded and data-driven rules decisions made, these devices may NOT be used in high school swimming competition.

SITUATION 7: The meet committee for the state championships has designated the meet referee to be the official responsible for acquiring full technical information concerning the proposed use of electronic relay takeoff judging equipment. **RULING:** Appropriate. The referee is responsible for overseeing the work of the several meet officials who are responsible for acquiring, utilizing and implementing the data derived from the Relay Judging Platforms (RJP) and for determining how that data will be applied to the meet results (confirming human judge decisions, sole source of determining takeoff violations, etc.). In order to properly utilize the RJP equipment, it is necessary to know the manufacturer's starting point for the specific equipment being used (Colorado and Omega use different starting points). The referee must also ensure that deck officials are properly trained to ensure there is no interference with the operation of the RJP system (e.g., swimmers leaning on the starting platforms).

SITUATION 8: During the 500-yard freestyle, the referee notices that the swimmer in Lane 5 is wearing what appears to be a watch. The referee immediately indicates a DQ for that swimmer. **RULING:** Incorrect procedure. Wearing an electronic

device, per se, is NOT a violation of NFHS rules (3-5). Before a swimmer is disqualified for wearing such a device, an inquiry must be conducted that demonstrates with reasonable clarity that the device in question is in fact being used to transmit information to the swimmer during the competition.

SITUATION 9: Following completion of the third round of diving in a dual meet, a diver informs the diving referee that she is taking a declared false start for the dive she has listed for the fourth round. **RULING:** Incorrect procedure. Use of the DFS in the diving event is only for the purpose of removing the diver from that specific competition without being further penalized for non-participation. It is NOT to be used to avoid performing a specific dive on the dive list. A diver using the DFS procedure is charged with the event against the total events permitted under Rule 3-2-1. (3-2-3)

SITUATION 10: In the consolation finals of the 100-yard freestyle, the backplate/ starting wedge detached from the platform at the start, thus clearly affecting the start of the swimmer in that lane. The referee determines that sufficient unfairness occurred and orders all competitors in that heat to re-swim the race at a later point in the competition. **RULING:** Correct procedure (4-2-2p). In the championship round, it would NOT be appropriate to have only the affected swimmer re-swim and then insert that swimmer's time into the final array; at that point, head-to-head competition is essential. However, if this incident had occurred during qualifying rounds, some other type of re-swim could be appropriate. Of course, all swimmers must be given ample rest time (25 minutes minimum) on either side of a re-swim.

2024-25 UNIFORM RULES

Rule 3-3 Uniforms

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 or unique and extenuating circumstances. The accommodations should 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.

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. 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 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/score and he/she shall not be eligible for further competition until in legal attire.**

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, individual barcode and/or USA swimming approved checkmark logo 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 and/or checkmark, 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;
2. 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;
3. Made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
4. 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 . . . For religious reasons, suits providing full-body coverage are permitted. The suit must meet requirements of 3-3-4b(1-3). If a competitor's suit does not meet rule specifications, the referee must notify the state association following the completion of the contest.

Art. 6 . . . 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;
- C. Divers may wear tape or wraps for support and may also use temporarily applied adhesives.
- D. 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.

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

Art. 7 . . . Prior to the meet, the coach shall verify with the meet referee that all competitors are legally attired.

NOTE: Religious and medical-alert medals are not required to be taped to the body. It is recommended the medical alert itself is visible to assist in care by a health-care professional.

Requests for rule interpretations or explanations should be directed to the OSAA. The NFHS will assist in answering rules questions from the state associations whenever called upon.

OSAA ADOPTED SWIMMING RULES AND INTERPRETATIONS

The 2024-25 NFHS Swimming Rules Book will be used with the following clarifications:

1. USE OF WHISTLES AS PREPARATORY COMMANDS: (2024-25 NFHS Swimming & Diving Rules Book, Appendix A)

To be used for all OSAA competitions, including regular season, district and state championship meets.

A. Forward Starts

- 1) **To bring the swimmers to the starting area, the referee/starter *blows* a series of short whistles (no fewer than 4) followed by the announcer announcing the event/distance/heat, "*This is the 200-yard freestyle, heat 2*".**
- 2) When all swimmers have approached the blocks, **the** referee/starter blows a long whistle for the **swimmers** to step onto the blocks 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 **settled into position**, the **referee/starter gives the command**, "Take your marks."

- 5) When swimmers are stationary, **the referee**/starter activates the starting signal.

B. Backstroke Starts

- 1) **To bring the swimmers to the starting area, the referee/starter blows** a series of short whistles (no fewer than 4) followed by the announcer announcing the event/distance/heat, **“This is the 200-yard medley relay, heat 2”**.
- 2) When all swimmers are at the side of the blocks, **the referee/starter blows** a long whistle for the **swimmers** to step into the water **feet first**;
- 3) **When all swimmers have surfaced, the referee/starter blows a second long whistle to have the swimmers return to the wall and assume their starting positions**;
- 4) **When the swimmers are settled into position, the referee/starter gives the command “Take your marks”**,
- 5) **The referee/starter observes whether any feet or toes are above or curling over the gutter or pool’s edge; the starter/referee should remedy any incorrect positions prior to the starting signal**;
- 6) **When swimmers are stationary, the referee/starter activates the starting signal. Additional guidelines can be found in the NFHS Swimming Officials Manual.**

2. GUIDELINES FOR MEET WARM-UP

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

- 1) A designated supervisor shall be on the deck during the entire warm-up period.
- 2) Swimmers shall enter the water feet-first except for starts which are limited to specified lanes.
- 3) 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.
- 4) Place a cone marker or similar sign on starting platforms in lanes not specified as one-way sprint lanes.
- 5) Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool).
- 6) 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).
- 7) May specify lanes for relay practice during the last 15 minutes of the warm-up.
- 8) Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
- 9) Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.

- B. 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.

OSAA SWIMMING POLICIES

Effective outside Association Year.

1. SUMMER POLICY

See OSAA Executive Board Policy “SUMMER POLICY” in the OSAA Handbook, revised Fall 2017.

Effective during Association Year, outside the designated OSAA sport season.

1. PRACTICE LIMITATION RULE (6A, 5A, 4A)

See OSAA Executive Board Policy “PRACTICE LIMITATION RULE (6A, 5A, 4A)” in the OSAA Handbook, revised July 2022.

2. PRACTICE LIMITATION RULE (3A, 2A, 1A)

See OSAA Executive Board Policy “PRACTICE LIMITATION RULE (3A, 2A, 1A)” in the OSAA Handbook, revised July 2022.

Effective First Practice Date through End of HS Season.

1. PRACTICE MODEL

See OSAA Executive Board Policy “PRACTICE MODEL” in the OSAA Handbook, revised July 2021.

2. **PARTICIPATION LIMITATIONS**

See OSAA Executive Board Policy “PARTICIPATION LIMITATIONS” in the OSAA Handbook, revised December 2020.

3. **OFFICIALS – CERTIFIED REQUIREMENT**

See OSAA Executive Board Policy “OFFICIALS-CERTIFIED REQUIREMENTS” in the OSAA Handbook, revised Summer 2023.

4. **INTERRUPTED CONTESTS**

See OSAA Executive Board Policy “INTERRUPTED CONTESTS” in the OSAA Handbook, revised Fall 2015.

5. **ENDOWMENT GAMES**

See OSAA Executive Board Policy “ENDOWMENT GAMES” in the OSAA Handbook, revised September 2022.

(Endowment Game Application)

STATE CHAMPIONSHIPS INFORMATION

1. **STATE CHAMPIONSHIPS POSTING TIMELINES**

- A. **Athletic Directors, Coaches and Spectators**: Detailed information regarding the Swimming State Championships will be posted on the OSAA website (<https://www.osaa.org/activities/bsw/management>) on Friday, January 31. 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, how to submit souvenir program information, souvenir merchandise, etc.
- B. **District Meet Director Information (DMD)**: Detailed information regarding District Meet Director responsibilities including the state championship entry form, will be posted on the OSAA website (<https://www.osaa.org/activities/bsw/management>) on Friday, January 24. Each District Meet Director must submit all state championship entries electronically.

2. **STATE CHAMPIONSHIPS LOCATIONS AND TIMES**

- A. **Location**: Tualatin Hills Aquatic Center, 15707 SW Walker Road, Beaverton, OR 97006
- B. **Times**: Posted on the OSAA website (<https://www.osaa.org/activities/bsw/management>) on Wednesday, January 15th.

3. **CHAMPIONSHIP QUALIFICATIONS**: A contestant for the State Championships shall qualify through the proper District Meet.

A. **6A**

- 1) **Automatic Qualifiers** – First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA’s State Championships. Districts shall settle any ties for first place in all events unless the qualifying standard is met.
- 2) **Additional Qualifiers** – Consolation finalists and championship finalists in individual and relay events at each District Meet who meet the qualifying standard (9th 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.
- 3) **Cutoff Date** – *The automatic qualifiers must be determined by 8pm on Saturday, February 15.*

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	1:53.27	1:53.2	200 Medley Relay	2	1:41.18	1:41.1
200 Freestyle	3	1:57.24	1:57.2	200 Freestyle	4	1:46.89	1:46.8
200 Ind. Medley	5	2:10.55	2:10.5	200 Ind. Medley	6	1:58.75	1:58.7
50 Freestyle	7	0:24.80	0:24.8	50 Freestyle	8	0:21.93	0:21.9
100 Butterfly	9	0:59.32	0:59.3	100 Butterfly	10	0:53.08	0:53.0
100 Freestyle	11	0:53.91	0:53.9	100 Freestyle	12	0:48.18	0:48.1
500 Freestyle	13	5:15.51	5:15.5	500 Freestyle	14	4:51.98	4:51.9
200 Free Relay	15	1:42.45	1:42.4	200 Free Relay	16	1:31.38	1:31.3

<i>100 Backstroke</i>	17	0:58.45	0:58.4	<i>100 Backstroke</i>	18	0:54.52	0:54.5
<i>100 Breaststroke</i>	19	1:06.96	1:06.9	<i>100 Breaststroke</i>	20	0:59.98	0:59.9
<i>400 Free Relay</i>	21	3:43.56	3:43.5	<i>400 Free Relay</i>	22	3:19.19	3:19.1

B. **5A**

- 1) **Automatic Qualifiers** – First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA’s State Championships. District shall settle any ties for first place.
- 2) **Additional Qualifiers** – Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants.
- 3) **Cutoff Date** – *The automatic qualifiers must be determined by 8pm on Saturday, February 15.*

C. **4A/3A/2A/1A**

- 1) **Automatic Qualifiers** – First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA’s State Championships. District shall settle any ties for first place.
- 2) **Additional Qualifiers** – Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants.
- 3) **Cutoff Date** – *The automatic qualifiers must be determined by 8pm on Saturday, February 15.*

D. **Para-Athletes:** [\(Para-Athlete Disability Certificate\)](#)

- 1) Athletes who meet the qualifying standards (see below) at their district meet shall combine in the 50-yard freestyle, 100-yard freestyle and 100-yard backstroke regardless of gender or disability. The Para-Athlete Disability Certificate and documentation of the disability must be provided to the OSAA prior to competing in the district meet. If more than nine students qualify in an event, the OSAA will explore splitting out the events by gender or disability type (wheelchair or ambulatory).

PARA-ATHLETES SWIMMING QUALIFYING STANDARDS

<u>GIRLS</u>	<u>Auto</u>	<u>Manual</u>	<u>BOYS</u>	<u>Auto</u>	<u>Manual</u>
50 Freestyle	1:45	1:45	50 Freestyle	1:30	1:30
100 Freestyle	3:00	3:00	100 Freestyle	2:30	2:30
100 Backstroke	3:15	3:15	100 Backstroke	2:45	2:45

- 2) There are two divisions for which a para-athlete participant may qualify, wheelchair and ambulatory. All athletes in grades 9-12 must meet OSAA eligibility requirements. **For additional information see OSAA Handbook, Rule 8, Individual Eligibility**
 - a) **Wheelchair:** Athletes with permanent physical disability on file with the school.
 - b) **Ambulatory:** Athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually Impaired, Cerebral Palsy, Dwarf and Amputees. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school.
 - c) **Cognitively or intellectually disabled students are not defined as Para-Athletes.**
- 3) It is an expectation that those para-athletes who wish to attempt to qualify are participating in these events during the regular season and that they establish a qualifying time at the league/conference/district qualifying meet. The qualifying time established at the league/conference/district meet will be used to seed as many heats as necessary to accommodate the qualifying field at the State Championships.
- 4) To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts include a para-athlete 50-yard freestyle, 100-yard freestyle and 100-yard backstroke in their event schedules. Prior to an event the host school should verify with their invited teams whether or not they have para-athletes who would like to participate in one of these events.
- 5) **Cutoff Date** – *The automatic qualifiers must be determined by 8pm on Saturday, February 15.*

- 6) **State Championships Scoring Procedures** – Para-athletes will compete in combined flights, regardless of gender, until we reach a minimum of at least nine entries from qualifying events.
 - a) If nine or more athletes qualify, entries will be separated into timed finals by gender. Scoring will be separated by gender.
 - b) In the case of less than nine athletes qualifying, entries will participate as a timed final regardless of gender. Scoring will be separated by gender.
- 7) **Team Scoring Procedures** – Team points will be allocated back to the represented school to be added to their overall team point structure for the girls and the boys. If there is only a single race for an event and the genders are mixed, the points earned by that gender in order of finish for that race will be calculated. For instance, if there are three girls swimming and two boys swimming and the order of finish was girl in first, boy in second, and girl in third; points would be awarded by order of finish with the girl earning first place points and the boy earning second place points, etc.

If the points earned from a para-athlete move a team into trophy consideration and those points overtook another school, dual trophies will be presented for that position.

Example:

- 1st Team A: 80 points (not including para-athlete)
- 2nd Team B: 70 points (not including para-athlete)
- 3rd Team C: 60 points (not including para-athlete)
- 4th Team D: 50 points (not including para-athlete)
- 5th Team E: 48 points (not including para-athlete)

Team’s A, B, C and D do not have any para-athletes that qualified. Team E had one para-athlete qualify that scores three team points in an event. Including those points would put Team E in 4th place with 51 points. Team D and E would both receive 4th place state trophies. If a school is already in trophy position and the para-athlete points move a school up (i.e. 3rd to 2nd) a school will receive both trophies.

Standard NFHS scoring (Rule 7-1, Article 3 outlined in the chart below) provides the point structure that will be used.

Places	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
1	2								
2	3	1							
3	4	2	1						
4	5	3	2	1					
5	6	4	3	2	1				
6	7	5	4	3	2	1			
7	8	6	5	4	3	2	1		
8	9	7	6	5	4	3	2	1	
9	10	8	7	6	5	4	3	2	1

4. **STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS** (OSAA Handbook, Executive Board Policies) (Revised Spring 2015)

A. The following shall be the policy for substitutions in individual sport State Championship events. All individuals who are substitutes for individual qualifiers must have participated in a District or Special District Meet.

D. **Swimming**

- 1) **Multiple Event Qualifiers and Relays.** This deadline is for a participant withdrawing from the championship in one event but remaining in others and for submission of up to eight names for a relay team.
 - a) **Multiple Event Qualifiers:** Except as indicated below, participants who qualify in more than one event shall participate in all the events for which they qualify from preliminaries to finals.
 - (1) If a District Meet Director notifies the OSAA of a change prior to 4pm on the Monday preceding the state championship, an individual may drop from one or more events in which they are qualified. The next place winner at the District Meet in the respective event or events is eligible as a substitute if replacing the district champion. If not, the individual(s) with the next best time will be the replacement(s).
 - (2) If the OSAA has not been notified of a change prior to 4pm on the Monday preceding the state championship, the participant who has qualified in multiple events must compete in all qualified events or they shall be scratched from all events in which the participant has qualified.
 - b) **Relay Event Entries:** Qualifying teams may enter the names of up to eight individuals in relay events.
 - (1) Qualifying relay teams failing to enter eight individuals may not add individuals to the state championship meet after the established Monday deadline.
 - (2) Any four of the listed individuals may compete and it shall count as an event only for the four who compete. It is not necessary to use the same four swimmers in the finals that participated in the preliminaries, but any substitution must already be entered into the meet.
- 2) **Single or Multiple Event Qualifiers Dropping All Events or Substitutions only on Relays.** This deadline is for a participant dropping out of the state championship and being replaced by another participant or participants.
 - a) If a District Meet Director notifies the OSAA by 4pm two business days prior to the first day of the state championship that a single event or multiple event qualifier is dropping all events, a substitution or substitutions may be made.
 - b) The next place winner at the District Meet in the respective event or events is eligible as a substitute if replacing the district champion. If not, the individual(s) with the next best time will be the replacement(s).

OSAA GENERAL POLICIES

RULES

[Rule 3 – Contests – Sportsmanship – Crowd Control](#) (OSAA Handbook, Rules)

See RULES - Athletic, Cheerleading and Dance/Drill "Rule 3-Contests-Sportsmanship-Crowd Control" in the OSAA Handbook.

[Rule 7 – Out-of-Season and Non-School Activities](#) (OSAA Handbook, Rules)

See RULES - Athletic, Cheerleading and Dance/Drill "Rule 7-Out of Season and Non-School Activities" in the OSAA Handbook.

EXECUTIVE BOARD POLICIES

1. [ADVERSE WEATHER CONDITIONS / AREA-WIDE EMERGENCY PROCEDURES](#)
See OSAA Executive Board Policy "ADVERSE WEATHER CONDITIONS/AREA-WIDE EMERGENCY PROCEDURES" in the OSAA Handbook, revised May 2020.
2. [AIR QUALITY GUIDELINES](#)
See OSAA Executive Board Policy "AIR QUALITY GUIDELINES" in the OSAA Handbook, revised February 2024.
3. [ATTACHED AND UNATTACHED COMPETITION / EXHIBITION](#)
See OSAA Executive Board Policy "ATTACHED AND UNATTACHED COMPETITION/EXHIBITION" in the OSAA Handbook, revised August 2012.
4. [CERTIFICATION – ATHLETIC DIRECTORS AND COACHES](#)
See OSAA Executive Board Policy "CERTIFICATION-ATHLETIC DIRECTORS AND COACHES" in the OSAA Handbook, **revised May 2024.**
5. [CHARITABLE CAUSES](#)
See OSAA Executive Board Policy "CHARITABLE CAUSES" in the OSAA Handbook, revised Fall 2012.

6. **CONCUSSION MANAGEMENT**
See OSAA Executive Board Policy “CONCUSSION MANAGEMENT” in the OSAA Handbook, revised Summer 2020.
[\(Medical Release – Return to Participation Following a Concussion\)](#) [\(Medical Release – Return to Learn Following a Concussion\)](#)
7. **HAIR DEVICE / ADORNMENT**
See OSAA Executive Board Policy “HAIR DEVICE/ADORNMENT” in the OSAA Handbook, revised Summer 2022.
8. **HEAT INDEX**
See OSAA Executive Board Policy “HEAT INDEX” in the OSAA Handbook, revised Fall 2014.
[\(Heat Index Calculator\)](#) [\(Heat Index Record\)](#)
9. **MORATORIUM WEEK**
See OSAA Executive Board Policy “MORATORIUM WEEK” in the OSAA Handbook, revised May 2014.
10. **NON-DISCRIMINATION POLICY**
See OSAA Executive Board Policy “NON-DISCRIMINATION POLICY” in the OSAA Handbook, revised July 2019.
[\(Complaint Form\)](#)
11. **SHARED FACILITIES**
See OSAA Executive Board Policy “SHARED FACILITIES” in the OSAA Handbook, revised Fall 2015.
[\(Shared Facility Request\)](#)
12. **WITHDRAWAL DURING A COMPETITION** *(OSAA Handbook, Executive Board Policies)*
See OSAA Executive Board Policy “WITHDRAWAL DURING A COMPETITION” in the OSAA Handbook.