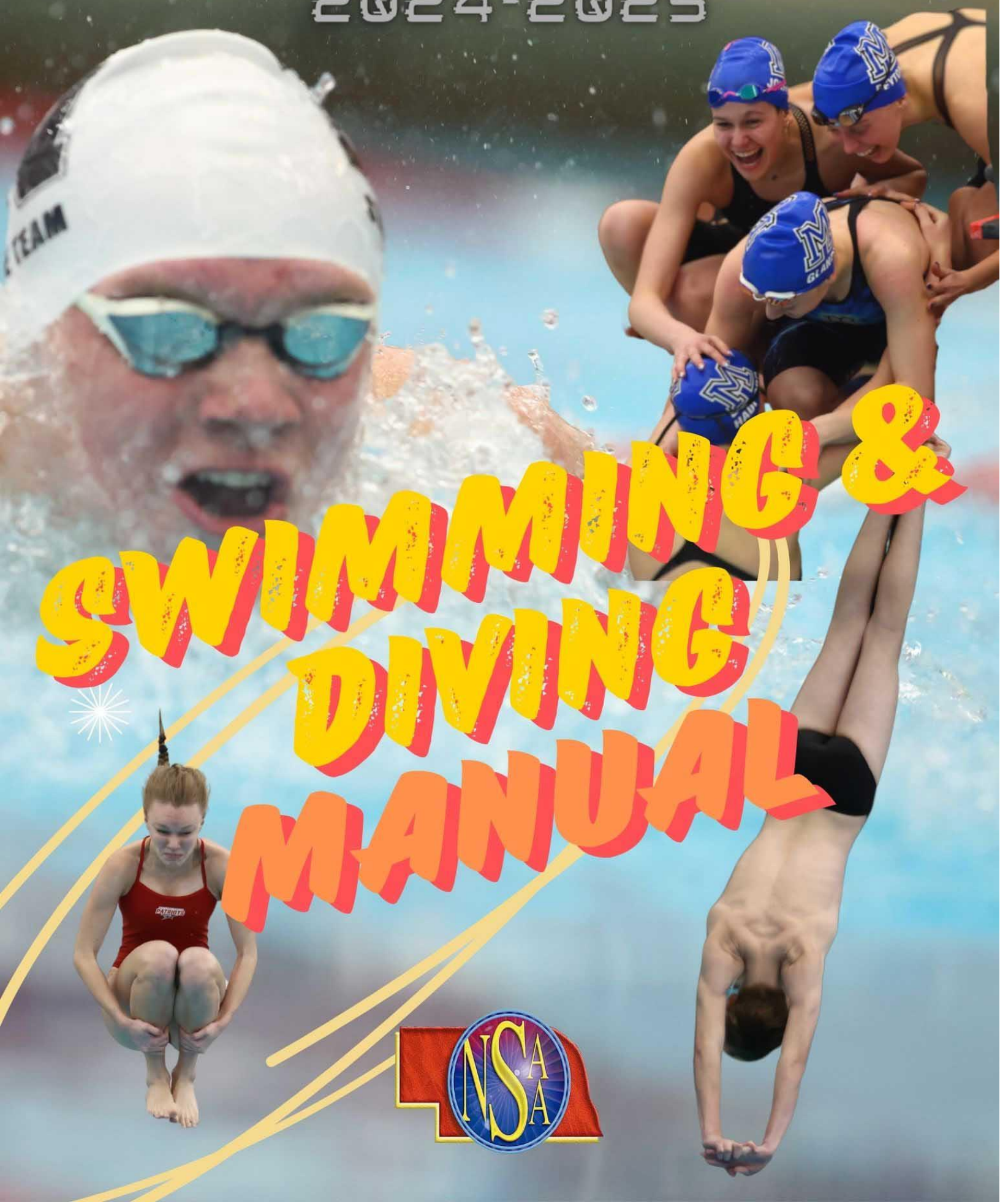


2024-2025





NSAA Mission and Purpose

The public and non-public high schools of Nebraska voluntarily agreed to form the Nebraska School Activities Association (NSAA) for the following purposes:

- To formulate and make policies which will cultivate high ideals of citizenship, fair competition, sportsmanship and teamwork which will complement the member schools' curriculum programs;
- To foster uniformity of standards in interscholastic activity competition;
- To organize, develop, direct and regulate an interscholastic activity program which is equitable and will protect and promote the health and physical welfare of all participants

Who is the NSAA?

The Other Half of Education

- The NSAA is a non-profit organization, comprised of 309 public and non-public member high schools in the State of Nebraska. Member schools voluntarily agree to conduct NSAA-sanctioned activities consistent with the rules established locally and the rules established collectively as members of the NSAA.
- The NSAA sanctions 24 sports and 5 performing arts activities and directs 28 State Championships for nearly 100,000 student-activity participants annually.
- The NSAA Constitution and Bylaws, Activity Manuals and policies form the governance structure of the organization. These regulations are approved and changed only by member schools and a member-elected Board of Directors through the legislative process initiated and driven by member schools. Unless otherwise noted, NSAA rules and regulations apply to current 9th thru 12th grade students.
- NSAA rules set baselines for participation such as: academic requirements; attendance requirements; transfer eligibility; sportsmanship.
- The primary functions of the NSAA Staff are to: assist member schools with compliance questions related to eligibility, transfers and playing rules; enforce the rules established by the member schools; and administer NSAA State Championship events.
- The NSAA honors and recognizes students, coaches and volunteers for their excellence and achievements through multiple awards programs.
- The NSAA annually registers officials and judges. Member schools are responsible for hiring officials and judges during the regular season.
- When parents, families, students, or community members have questions or concerns related to NSAA-sanctioned activities, those must be directed first to the administration of the member school.
- Staffing, playing time, and team rules are decisions made by the member school, not the NSAA. The NSAA has no authority to interfere with these member school decisions.

This Swimming & Diving Manual has been prepared and designed to provide general information for use in the administration of NSAA swimming and diving competition. It will serve as a guide to the participating schools and will provide for greater consistency between competitions. The regulations in this manual shall be considered official unless the schools are notified of a change.

Assistant Director, Jeff Stauss, is the NSAA staff member responsible for administering swimming & diving and is the person schools with questions regarding this activity should contact. He can be reached at jstauss@nsaahome.org.

NSAA Items of Note for 2024-25

Expected Behaviors at Awards Ceremonies

The following guidelines have been developed for awards ceremonies at the conclusion of sub-district, district, and state contests:

It shall be the expectation that both teams shall accept their medals, plaques, and trophies at sub-districts, districts and state contests in a sporting and willing manner.

The executive director or the NSAA Board of Directors shall determine the type and severity of sanctions to schools that do not comply with these expectations.

NFHS 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.

4-2-2, e. - 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.

Important Dates for the 2024-25 Season

NSAA Week 20 – November 18, 2024 – First Date of Practice

NSAA Week 22 – December 5, 2024 – First Contest Date

NSAA Week 33 – February 18, 2025 – State Entries Due on MaxPreps

NSAA Week 34 – February 27, 28 & March 1, 2025 – NSAA Swimming & Diving Championships

NFHS Points of Emphasis

Athlete Well-Being

Electronic Devices

Risk Minimization – Backstroke Ledges

For full information regarding the NFHS Rules Changes, Editorial Changes and Points of Emphasis, [please visit this link on the NFHS website.](#)

NSAA Bylaws & Approved Rulings Overview

For a complete listing of NSAA Bylaws and Approved Rulings, please refer to the [NSAA Constitution & Bylaws](#).

Rules Meetings. The NSAA presents rules meetings in order to inform and educate coaches, officials, and judges about NFHS playing rules and rules changes, NSAA guidelines and approved rulings, and to discuss health and safety issues related to activities participation. All head coaches are required to attend an NSAA Rules Meeting or complete an NSAA Rules Meeting online annually. Online rules meetings are initially offered at no cost to coaches or officials followed by a period with a \$50 “Late” Fee. Failure to complete the rules meeting will result in possible late fees and suspension penalties, as stated below. Additional sanctions and fees are applicable to those coaches who fail to complete the rules meeting by the expiration of the “Late” Fee period, [as detailed in the Constitution & Bylaws](#).

2024-25 Swimming & Diving Rules Meeting Schedule
October 28-November 20 – No Charge to Head Coaches
November 21-22 – Late/Penalty \$50 Fee – Head Coaches

[APPROVED RULING 2.1.2 - Medical Personnel at Regular Season Games](#)

It is important for every school to have an emergency action plan (EAP) for administrators, faculty, coaches and staff members to follow should emergencies occur. Due to lack of universal availability of medical coverage and other logistical reasons, NSAA does not require that schools have a physician, trainer or ambulance on-site at regular season activities.

[APPROVED RULING 2.12 – Required NFHS Courses for Coaches & CPR/AED Certification](#)

*All coaches, activity sponsors, and volunteers are required to complete the NFHS [Concussion in Sports](#), [Heat Illness Prevention](#), and [Sudden Cardiac Arrest](#) Training courses at least once every three years. These courses should be taken prior to any preseason or regular season physical workouts that the respective coach would be present for or involved in administering. Any course taken after May 1 would be considered valid for the following school year. **All first-year coaches are required to complete all three courses prior to the start of the activity season which they are to coach.***

[CPR/AED Certification](#)

All head coaches/sponsors and assistant coaches/sponsors are required to be CPR/AED certified once every two years. Certification should be completed prior to any pre-season or regular season physical workouts that the respective coach/sponsor would be present for or involved in administering. All first-year head coaches/sponsors and assistant coaches/sponsors are required to complete certification prior to the start of the activity season which they are to coach. Coaches aides and volunteer coaches are not required to be CPR/AED certified.

[Accommodations for Students with Disabilities](#)

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. In order to determine if the NSAA can authorize such an accommodation, the school administration should contact the NSAA to request an accommodation hearing.

[3.1.2 – December Moratorium](#)

For five consecutive days in December, there shall be no practice and no interschool competition by individuals or teams in any athletic activity sponsored by the Nebraska School Activities Association. The specific dates for each five-day period will be set by the Board of Directors three years in advance.

2024-25 December Moratorium Dates – December 22 – 26

2025-26 December Moratorium Dates – December 24 – 28

2026-27 December Moratorium Dates – December 23 – 27

[Modifications of set dates requires NSAA Board of Directors approval. The moratorium is to include December 24 and 25 and the 5 days must be consecutive for each activity.]

APPROVED RULING 3.1.2

The intent of the December Moratorium is to provide coaches, athletes, and other school personnel a five-day break from the activity season. This rule is to be interpreted as a five-day dead period without organized practices, structured conditioning sessions, or meetings of any type. It is the member school's responsibility to monitor and enforce this rule.

School-owned facilities shall be closed to all grades 9-12 workout activities during the moratorium (team or athletic meetings, practice, competition, weight-training, conditioning, open gym, or other physical activities).

The term "no practice and no interschool competition by individuals or teams" shall be interpreted to mean that a grades 9-12 student who is a participant in an NSAA activity shall not be permitted:

- A) To practice or compete in that activity in-season during the moratorium in a school-owned facility that is used by the school for such activity, whether or not a coach, sponsor, or other adult associated with the program is present.*
- B) To participate in practice, team meeting, or activity for the sport in season, directly or indirectly organized by the coach; the school coach, sponsor, or other adult associated with the school activity program may not supervise, direct, plan, or encourage any workout, practice, or competition during the moratorium by students participating in activities; and*
- C) To participate in a student-organized practice, team meeting or activity for the sport in season, students may:*
 - 1) Continue to work out/condition on their own in facilities not owned by the school, including workouts or activities with family members;*
 - 2) Receive individualized instruction from an individual who is not the school coach, sponsor, or other adult associated with the school activity program; and*
 - 3) Receive physical therapy or rehabilitation services at facilities not owned by the school.*
- D) Waivers of the December Moratorium may be considered by the NSAA Board of Directors on a case-by-case basis; however, if competition or travel infringes on the designated December Moratorium dates, the Moratorium for such teams shall be readjusted to include five consecutive days to include December 24 and 25. Schools must submit a timely waiver request to the executive director, and the waiver request will be placed on a subsequent NSAA Board meeting agenda.*

3.2.1 – School-Year, Out-of-Season Programs

A member school shall not provide support, hold an organized practice or enter students in any non-high school competition in NSAA sponsored sports outside of the defined NSAA season.

Note – Boys and girls swimming are separate sports; therefore, the boys team and the girls team are considered separate teams.

APPROVED RULING 3.2.1

Faculty vs. student, alumni vs. student, or parent vs. student contests are not permissible during the season of the sport involved. If such contests are held out-of-season, the organized practice rule must be followed.

3.2.2 – “School-Year, Out-of-Season” Definition

“School-year, out-of-season” is defined as that period of time during the school year in which no organized practice can be conducted. The “school-year, out-of-season” period begins on the first day of fall practice and runs until the first allowable date of practice in that sport, and the period after a team or individual has been eliminated from further competition during the championship series of district and state tournaments/meets through Memorial Day or the end of the school year, whichever is later. For non-varsity competition, “school year, out-of-season” begins the day following the last date of interscholastic competition or the last date of the varsity season, whichever is later.

3.2.4, D.– Organized Practice

No organized practice in any sport shall be held during the “school-year, out-of-season” period. An organized practice shall be defined as follows:

- D) Swimming & Diving.** An organized practice shall mean more than three students under direct supervision of a sponsor. Two or more groups may practice at the same time providing no more than three students are under the direct supervision of a coach or sponsor.

APPROVED RULING 3.2.4

Any individual who served as a school's head coach, assistant coach, coach's aide, or volunteer coach shall not coach athletes from that member school in non-high school competition if the number of athletes from the school which the individual served exceeds the number permitted for an organized practice in the sport involved.

3.2.5 - Conditioning Program

A member school may organize and supervise a "school year, out-of-season" conditioning program to include weightlifting, running, and exercising for its members in accordance with the following provision:

- A) Such a conditioning program shall be general in nature and may include only exercises designed to promote physical fitness.
- B) Sport-specific drills are not allowed, and sport-specific equipment may not be used.
- C) The conditioning session shall be no longer than 60 minutes in length, and no student shall participate in more than one such session per day.
- D) Conditioning programs shall be voluntary. No coach or school representative may directly or by implication direct a student to attend conditioning sessions as a prerequisite for membership or restrict the level of team participation within the high school program.

APPROVED RULING 3.2.5

Conditioning sessions organized and run by members of the school's coaching staff are subject to the 60-minute limitation. Students, for example, who work out on their own at the school facility in weightlifting, general calisthenics, running, or agility-type exercises shall not be considered to be involved in an organized conditioning program.

3.2.7 - Camps & Clinics Definitions

Camp Definition: Camps include planned physical participation that is of a competitive nature where actual games are played or simulated by camp attendees. Participation shall mean physically taking part in the sport activity in which instruction is offered in the camp or school.

Clinic Definition: A clinic includes planned activities of instruction or demonstration directly related to the teaching of individual skills. There shall be no competition between athletes who are in attendance.

3.2.7.1 - "School-Year, Out-of-Season" Camps & Clinics

Athletes and coaches may attend professional or commercial sports camps/clinics sponsored by non-member high schools. During the "school-year, out-of-season" period, the organized practice rule for the sport in which instruction is being given shall apply. No more than the limit permitted for organized practice may attend and receive instruction. Attendance to "school-year, out-of-season" clinics shall be voluntary. No coach or school representative may directly or by implication direct a student to attend a clinic as a condition for membership on the high school team or restrict the level of team participation within the high school program.

APPROVED RULING 3.2.7 and 3.2.7.1

The athlete and/or his/her parents shall pay the fees and expenses for attendance to such camps or schools. The school, booster clubs, individuals and/or other organizations shall not provide expenses, or support for individuals participating in clinics. Team fundraisers may be used to finance summer league and camp/clinic activities. The school may provide transportation for individuals participating in camps/clinics with prior approval from the district's Board of Education.

3.2.8 - Summertime Participation

"Summertime" shall be defined as the Tuesday following Memorial Day to July 31. During the "summertime" there shall be no restrictions on the amount of contact between students and high school coaches. Attendance shall be voluntary, and coaches/school representative may not directly or by implication require a student to attend "summertime" activities as a condition for membership on a high school team or restrict the level of team participation within the high school program.

3.2.8.1 - NSAA Catastrophic Insurance does not cover coaches/students/schools during the summertime period.

3.2.8.2 - Summertime School-Sponsored Camps/Clinics

A school may organize a camp or clinic in any sport from the Tuesday following Memorial Day through July 31. The camp shall be limited to no more than ten days starting with the first date of the camp/clinic.

3.2.8.3 - Summertime Conditioning Program

A member school may organize and supervise a summer conditioning program to include weightlifting, running, and exercising. Conditioning sessions shall be no longer than 75 minutes in length per day or no more than 5 hours per week, and no student shall participate in more than one such session per day.

APPROVED RULING 3.2.8.3

Conditioning sessions organized and run by members of the school's coaching staff are subject the 75-minute limitation. Students, for example, who work out on their own at the school facility in weightlifting, general calisthenics, running, or agility-type exercises shall not be considered to be involved in an organized conditioning program.

3.2.8.4 - Summertime Open Gym/Facilities

It is permissible for students to be involved in NSAA activities of a school's open training program during the summertime. Permitting the participation by non-high school students (graduates, adults, or individuals not a member of the school) shall be determined by the district's Board of Education policy.

3.2.8.5 - Summertime Regulations for Athletes and Coaches

From the Tuesday following Memorial Day or final day of school (whichever is later) until July 31, there shall be no restrictions on the contact between students and high school coaches.

3.2.8.7 - Summertime Use of School Facilities

Member schools may permit the use of their facilities in accordance with the district's Board of Education policy.

3.2.8.8 - Summertime Use of School Equipment

Member schools may permit the use of school equipment, other than school-issued game uniforms in accordance with the district's Board of Education policy.

3.2.9 - Summertime College/Professional/Commercial Team Sport Camps/Clinics

High school coaches are permitted to accompany students from their school to college, professional, or commercial sports specialized team camps/clinics during the summer.

3.2.10 - Summertime Individual Commercial Camps/Clinics

During the summer, students may attend any individual skill/technique camps or clinics.

APPROVED RULING 3.3.7 - Eligibility for Sub-District/District/State Competition

- A) *In all athletic activities, teams wishing to enter a sub-district, district, or state contest shall have participated in a minimum of five interschool varsity contests prior to the sub-district, district, or state contest.*
- B) *In order to participate in a sub-district, district or state tournament, a student is required to have been a member of the school's team for at least twenty school days prior to the first day of the sub-district, district, or state tournament.*
- C) *To be eligible to participate in a sub-district, district and/or state contest, a student shall have been a member of a school's team and shall have been "available to participate" in at least thirty percent (30%) of the school's scheduled interschool contests.*
 - 1) *Exceptions to the requirements for a student who has not been available to participate in at least (30%) of the school's varsity interschool contests would be considered if an individual was unable to participate because of illness, injury, transfer from another high school, or if weather conditions forced a cancellation of scheduled contests.*
 - 2) *When determining whether a student has been available for (30%) of the school's varsity interschool contests, one would divide the number of varsity interschool contests for which the student was available by the school's total number of varsity interschool contests; all decimals .1 or above would be rounded up to the next higher whole number.*
 - 3) *The term "available to participate" means that the student was a bona fide member of the team eligible to participate for the school at some level of competition in the sport and is not suspended from participation in activities by virtue of NSAA rules.*
- D) *For situations pertaining to eligibility to participate in district or state contests that are not specifically addressed by these guidelines, the Executive Director shall have the authority to waive membership and participation requirements on a case-by-case basis.*

3.3.7.2 - State Championship Travel

The Executive Director is granted the authority to require schools to alter travel plans to arrive the day prior to the scheduled state contest if weather conditions so warrant.

3.3.9 – Sunday Contest

No high school that is a member of the NSAA shall be permitted to engage in any interschool contest on Sunday. When weather conditions and facilities cause a change in a state tournament schedule, Sundays may be used for competition after 12:00 noon local time as determined by the Executive Director.

3.5.1.1 – Swimming & Diving Outside Participation

During the school sport season of swimming and diving, a student may, after fulfilling all requirements, practices and competitions of the school swimming and diving team, practice and/or compete as a member of a non-school team or as an individual participant in an organized non-school swimming and diving practice or competition under the conditions listed below.

- A) Priority shall be given to all school team practices and competition. Should a non-school practice/competition be in direct conflict with the school scheduled practice/competition, the school practice/competition shall take priority. Prior approval by the school administrator may grant an exception to a student to participate in the non-school swimming and diving program if in direct conflict with the school program.
- B) No school time shall be missed to compete, practice or travel to the site of such non-school swimming and diving competition unless the absence is approved in advance by the school administrator.
- C) A school shall not replace its swimming or diving program with any non-school swimming or diving program.

3.11.8 – Swimming & Diving

3.11.8.1

Boys and girls swimming shall be conducted during the winter sports season.

3.11.8.2

The swimming season shall begin the first day of practice as permitted by NSAA rules and shall end with the state championship.

3.12.2 – Officials for Varsity Contests

The NSAA recommends the use of (2) registered swimming officials for all regular season meets and requires (2) registered officials for championship meets.

For a complete listing of NSAA Bylaws and Approved Rulings, please refer to the [NSAA Constitution & Bylaws](#).

Regular Season Information

Regular Season Schedule

Schedules need to be submitted on MaxPreps by **November 21, 2024**. Failure to submit schedules by the deadline will result in a monetary administrative fee. Please indicate on the schedule if the meet is only Swimming or only Diving. Contests may not be added after **December 5, 2024**. Cancellations or postponements due to weather must be emailed or called into the NSAA office.

Meets scheduled after **Saturday, February 15**, will not be considered as state qualifying meets.

Order and Length of Events

The order and length of all events for meets shall be as follows:

200-Yard Medley Relay	100-Yard Freestyle
200-Yard Freestyle	500-Yard Freestyle
200-Yard IM	200-Yard Freestyle Relay
50-Yard Freestyle	100-Yard Backstroke
1 Meter Diving	100-Yard Breaststroke
100-Yard Butterfly	400-Yard Freestyle Rela

In non-championship meets:

- A) By prior mutual consent of competing teams, the diving event may be held first, last, or simultaneously with the swimming events, in addition to the traditional placement as Event 5 between the 50-yard freestyle and the 100-yard butterfly.
- B) There shall be a break of at least 15 minutes with at least 10 minutes warm-up in the water prior to the 100-yard butterfly (unless competing coaches verbally agree to shorten the time)

In championship meets, the diving event may be the first event with a brief warm-up in the water prior to the medley relay. Prior to the 100-yard butterfly, there shall be a break of at least 15 minutes with at least 10 minutes warm-up in the water.

Depths for Competitive Racing Starts

Minimum depth - 4 ft. at start end measured from the end wall to 5 m from the end wall
4 feet or more - Platform no more than 30" above the water
Less than 4 feet - in water starts only

Swimming for Exhibition

The NFHS Rule 1-2-3 allows swimming for exhibition. However, the NSAA will not accept qualifying times/scores from exhibition races or exhibition diving. Also, a student who is not a member of a NSAA registered swim team shall not swim as an exhibition during an interschool meet. Only eligible athletes who are members of their school team may compete in interschool meets.

Classification of Schools

Swimming shall have one class for competition. A list of schools registered for girls and boys swimming are listed in the back of this Manual.

Required Dives

In other meets, the competition shall consist of one voluntary dive, which shall be done first, and five optional dives coming from at least four of the five groups which may include any of the dives other than the voluntary dive. Any dive from a group may be designated as a voluntary dive with a dd greater than 1.8 will be assigned a dd of 1.8.

****Diving sheets must have signatures of both coach and athlete in order for the athlete to compete.**

Voluntary dive for each week:

(per the NFHS Rule Book, 9-4-3)

Week 1	December 5-7	Forward Group
Week 2	December 9-14	Back Group
Week 3	December 16-28	Inward Group
Week 4	December 30 – January 4	Twisting Group
Week 5	January 6-11	Reverse Group
Week 6	January 13-18	Forward Group
Week 7	January 20-25	Back Group
Week 8	January 27 – February 1	Inward Group
Week 9	February 3-8	Twisting Group
Week 10	February 10-15	Reverse Group

Entry Limitations

A student participant may enter a maximum of 4 events, with no more than 2 of those being individual events.

Season Meet Scoring Sheets

The Diving Scoresheet ([Click HERE to view](#)) and Swimming Scoresheet ([Click HERE to view](#)) are available on the swimming page of the NSAA website. These can be used for regular scheduled meets during the season.

Season Uniforms

According to the NFHS Rule 3-3-1, it is recommended that all swimmers and divers on the team wear suits of identical coloring and pattern.

NFHS Rule 3-3-2 states that suits shall also 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.

Video Equipment

Video will not be used to overrule meet referees' decisions. NFHS Rule 4-1-6 states, "Electronic devices shall not be used to verify, or review officials' decisions made during the meet."

State Qualifying Times for the 2024-25 School Year

	Girls		Boys	
	Automatic	Secondary	Automatic	Secondary
200 Medley Relay	01:58.10	02:04.00	01:47.35	01:52.72
200 Freestyle	02:01.16	02:10.86	01:49.35	01:58.10
200 Individual Medley	02:17.47	02:28.46	02:05.19	02:15.20
50 Freestyle	00:25.46	00:27.50	00:22.56	00:24.37
100 Butterfly	01:02.17	01:07.14	00:54.46	00:58.82
100 Freestyle	00:55.13	00:59.54	00:49.71	00:53.69
500 Freestyle	05:32.71	05:59.32	05:04.25	05:28.59
200 Free Relay	01:45.30	01:50.56	01:34.98	01:39.73
100 Backstroke	01:02.36	01:07.35	00:56.16	01:00.65
100 Breaststroke	01:11.31	01:17.01	01:02.75	01:07.77
400 Free Relay	03:54.10	04:05.81	03:31.71	03:42.29
Diving	300	No Secondary	300	No Secondary

- A) Qualifying times in swim events are set each year using the eighteenth place in the state meet averaged over the three previous years. If an eighteenth-place time is not available, the qualifying standard for that event shall remain as set the previous year.
- B) All qualifying times have been rounded off to the next highest one-hundredth of a second.

Times must be achieved in “officially scheduled meets” during the current school year to be recognized as a state qualifying time. Only those entries eligible to score team points during a meet, shall be considered for state qualification. (NFHS Rule 7-1-2e: Relay A, B, C may enter the race. Relay A & B may score team points; therefore, only Relay A & B will be considered for state qualification.)

Officially Scheduled Meets

“Officially Scheduled Meets” shall be defined as:

- A) Contracted meets that appear on the school’s schedule *on MaxPreps’* prior to the start of the season.
- B) Meets which are conducted under the jurisdiction of a full complement of officials.
- C) Meets which include interschool competition.

Verified Times

Prior to the state meet, all times/performances achieved during officially scheduled meets must be verified.

**Every meet host must submit meet results on the MaxPreps website at the conclusion of the meet.
The meet results can be uploaded to MaxPreps using Hy-Tek or the results can be manually entered.**

The season best lists will be posted on the MaxPreps website. For an athlete to qualify for the state meet, his/her state qualifying time/score MUST be posted on the MaxPreps website within 10 days of the meet. (*EXCEPTION: Meets conducted during the last week of the season must be submitted immediately in order to accommodate the state entry deadline.*)

Split Times

For lead-leg split times to be considered for state qualification, they must be submitted on the MaxPreps website. Splits will only be accepted from NFHS recognized events. Meet results must match the submitted lead-leg split times or the splits will not be accepted.

Please Note - Lead-off split times will not be accepted for state qualification purposes from exhibition relays or relays that are not permitted to score team points.

Relay Times

A school's relay team must establish relay times. Aggregate times will not be allowed.

Swim-Offs

Times achieved during a swim-off will not be accepted for state qualification.

NSAA State Swimming & Diving Championships

Contest Site: Bob Devaney Sports Center – UNL Campus

Contest Dates: Diving – Thursday, February 27
Swimming Prelims – Friday, February 28
Swimming Finals – Saturday, March 1

Contest Director: Jeff Stauss, NSAA Assistant Director

Admission and Seating

- Tickets for **Diving** on Thursday - Adults \$8.00, Students \$6.00
- Tickets for **Swimming** on Friday & Saturday - \$10.00 reserved seats.
- Reserved seats will be sold for both sessions on Friday & Saturday.
- Reserved tickets will ONLY be sold to schools.
- If any additional tickets remain, they will be sold on the NSAA website.
- The ticket request form will be posted on the school login AD page.
- Requests for reserved seating will be accepted in the NSAA office on or before **February 18th at 4:00 PM**
- All request forms must be accompanied with a school check made payable to the NSAA.
- Reserved tickets will be correlated with the number of automatic & secondary qualifiers per school.
- Tickets will be emailed on **Friday, February 21st** to the individual listed on the request form as the "School Official or Designate."
- Accommodations will be made for handicapped individuals. Please notify the NSAA and include this information on the ticket request form.

Contestants' and Coaches' Admission

The meet director will issue admittance identification to contestants, and up to 3 coaches from each school.

# of State Qualifiers	# of Coach Credentials
1	1
2-8	2
9+	3

- A) Coaches and athletes will enter the facility on the north side of the Bob Devaney Sports Center. Access from the spectator seating onto the pool deck will not be allowed.
- B) Admittance identification will be issued to coaches at the entrance of the Bob Devaney Sports Center on the days of the meet.
- C) Only athletes participating in the meet will be given credentials. Credentials must be worn at all times while on the pool deck. Athletes without credentials will not be allowed on the deck.
- D) Relay alternates who aren't individual qualifiers will be permitted on the pool deck per the following guidelines:

# of Qualifying Relays	# of Relay Alternates/Credentials
1	1
2-3	2

Team Packets

A state meet team packing, including instructions will be emailed to qualifying schools prior to the meet.

Meet Administration

The State Championship meet shall be administered by:

- Meet Director(s)
- NSAA Registered Swimming Referee(s)
- Meet Supervisor(s)
- Diving Referee(s)
- Starter(s)
- Stroke/Turn Judges
- Finish Judges
- Diving Judges
- Takeoff Judges
- Timers
- Computer Operator(s)
- Announcer(s)

The responsibilities of these officials shall be as stipulated in the NFHS Rules Book. Judgment decisions will not be heard. The meet committee shall be responsible for making decisions on matters not specifically covered by rules of procedure or setting aside application of a rule during a meet.

The horn start will be used in all swimming events. Accommodations for hearing impaired athletes will be made. Please notify the NSAA prior to the state meet.

8 lanes will be used in the preliminaries in all swimming events.

Diving Judges

Coaches will be asked to submit recommendations for judges for the competitions.

During the season, an email requesting recommendations will be sent to each school. Ballots will be available on the NSAA website (under the school login section) for coaches to vote on who will make up the diving panel.

Team Scoring

Sixteen places will count for team scoring.

- Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Awards

Championship and runner-up team trophies and medals will be awarded.

- Medals will be awarded to individuals in the first eight places in all events.
- The head coach of the championship team will receive an award.
- Any award given to a team or individual prior to, during or immediately following an NSAA state contest is to be awarded by the Nebraska School Activities Association.

Nebraska Public Media Television Coverage

Coaches and athletes will not be allowed on the south end of the pool deck during Saturday's Finals.

State Entries

Entries Process

All entries (swimming/diving) must be submitted electronically. Specific information regarding state entries will be available and distributed to participating schools later in the season.

All entries for the State Swimming and Diving Championships must meet the automatic qualifying standard. If there are not 32 competitors entered in a swimming event who have met the qualifying standard, additional qualifiers who have met the secondary standard will be added based on time to reach **32 entries**. The secondary time in individual events represents 8% of the qualifying standard, and the secondary time in relay events represents 5% of the qualifying standard. Individuals to be considered as additional qualifiers must be submitted for consideration at the time that entries are due in the NSAA office.

*Note - If there is a tie for the 32nd spot (secondary time), an additional heat **will not** be added. The tie will not be broken, and 31 swimmers will qualify.*

- The automatic 11-dive standard for both boys and girls is set at 300 with no secondary standard. There is no 6-dive automatic dive standard. If there are fewer than 32 automatic state diving qualifying entries, additional divers will not be added.
- A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events. If an athlete is submitted for consideration, be sure he/she is not over the event limit.
- No more than four entries per school in any individual event are permitted.
 - Only one relay entry is allowed from each school in each relay event.
 - A listed alternate is not counted as one of the competitor's four events.
- The best time or score must be used on the entries, so the swimmer/diver can be seeded.
- These times shall be made during the current season in interschool competition in which all events were conducted under a full complement of officials.
- No substitutes or additions in entries will be permitted after the entry deadline.

Diving Entries

The diving sheets, listing the 11 dives to be performed, shall be completed in accordance with the NFHS Rules Book. Diving sheets are due to the NSAA Office by **Tuesday, February 18th** at 12 noon.

- Changes will be permitted until sixty minutes prior to the start of the diving competition.
- Correction of errors noted by the diving referee shall be permitted until the start of the competition.
- Diving scoresheets not bearing the signature of the coach and diver shall not be accepted for review.

25 Yard/Meter And 25 Meter/Yard Conversion Factors

This conversion chart may be used for seed and qualifying times.

	MALE		FEMALE	
	Yard/Meter	Meter/Yard	Yard/Meter	Meter/Yard
200 Medley Relay	1.115	.8969	1.116	0.8961
200 Freestyle	1.108	.9025	1.108	0.9025
200 Individual Medley	1.111	.9001	1.110	0.9009
50 Freestyle	1.119	.8937	1.115	0.8969
100 Butterfly	1.114	.8977	1.111	0.9001
100 Freestyle	1.111	.9001	1.112	0.8993
500 Yd/400 M Freestyle	.8780	1.139	0.8772	1.140
200 Freestyle Relay	1.116	.8961	1.117	0.8953
100 Backstroke	1.111	.9001	1.111	0.9001
100 Breaststroke	1.110	.9009	1.112	0.8993
400 Freestyle Relay	1.114	.8977	1.114	0.8977

Example 1: A male 50-yard freestyle time of 23.78 is multiplied by 1.119 to yield a 50-meter time of 26.61 (26.60982 rounded to the nearest 0.01).

Example 2: A female 400-meter freestyle time of 4:27.47 is changed to seconds ($4 \times 60 \text{ sec/min} + 27.47 = 267.47 \text{ sec}$) and multiplied by 1.140 to yield a 500-yard time of 304.92 sec, which converts to 5:04.92. (304.9158 is rounded to 304.92 and that number is converted to minutes and seconds.)



Fan/Spectator Support Items

In the chart below, ONLY those items marked “Yes” will be allowed as fan/spectator support items at all NSAA Sub-District, District, State Playoffs and State Championships.

Sportsmanlike vocal cheering and support from the team bench area are encouraged. The items indicated on this page are for use by fans/spectators.

Prohibited items: Confetti/shredded paper, powder (baby, talc, etc.), laser light/pointer, flashing objects, miniature sports balls, objects or candy thrown into the crowd, artificial noise makers, (included but not limited to horns, cow bells, bells, buzzers, clickers, thunder sticks, rattles, instruments not part of a band), whistles, air horns, sirens, cannons/muskets/guns/fireworks, live animals

The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited for any purpose by any person at any NSAA postseason tournament venues. For purposes of this policy, a UAV is any aircraft without a human pilot aboard this device. This prohibition applies to all fields of play, courts, arena, mats, gym floor or pool, and includes a ban on the entire facility being used as part of the NSAA event, including the spectator areas and parking areas. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, Tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV. An exception to this policy, in writing, may be made in specific cases for NSAA broadcast partners, provided the Management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the NSAA (2015).

Regulations listed are subject to facility restrictions.

SPORT	BA	BB	CC	FB	GO	SO	SB	SW	TE	TR	VB	WR
Balloons	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
One School Banner per school	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Handheld signs	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Megaphones (School Recognized Cheerleaders ONLY)	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	No	Yes	Yes
Shirts on Student Spectators (Required)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Shirts on General Spectators	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Team Introduction Run-throughs or Breakaway Banners	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pompoms, spirit towels	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Prerecorded music, approved by the host administration, played during pre-contest warm-ups (provided a band is not available to play)	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	No	No	Yes	Yes
School bands	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	NA	Yes	Yes
Carried school flags (running/taunting prohibited)	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes

ADDITIONAL INFORMATION

Music Licenses.

Generally, music used for contests (warm-up, half-time, video production, cheer/dance etc.) needs to be licensed. Some music may be in public domain; however, most music is not and will require a license. This season, take the necessary time to verify your music is licensed through the proper entities. Visit [NFHSLearn.com](https://www.nfhslearn.com) to view the video course: *Understanding Copyright and Compliance*.

NSAA Policy on Comments and Negative Actions Against Officials and Judges.

The National Federation of State High School Associations has devised Code of Ethics guidelines for high school coaches. The function of a coach is to educate students through participation in interscholastic competition. The coach or sponsor shall respect and support contest officials and judges. The coach or sponsor shall not indulge in conduct that would incite players or spectators against the officials. Public criticism of officials, judges or players is unethical.

The Nebraska School Activities Association has embraced that Coaches Code of Ethics and has established policies and standards that will cultivate the ideals of good sportsmanship, professionalism and conduct. It shall be the responsibility of each member school to ensure that all individuals directly associated with the interscholastic program conduct themselves in a sportsmanlike and professional manner.

The high school coach or director is a representative of the school at interscholastic activity events. It is the responsibility of all coaches and directors to serve as role models for students and the public.

It is the expectation that all coaches, directors, administrators and student participants shall refrain from negative criticism of NSAA member institutions, officials, adjudicators, judges, etc. in public statements before, during or after interscholastic events. The appropriate public response to media questions at all venues regarding officiating/judging is “per NSAA policy, I am unable to comment.” Any other response is a violation of this board policy and is subject to penalty.

It would be considered a violation of this NSAA policy to include, but are not limited to the following:

- 1) Making degrading and/or critical remarks about officials or adjudicators or the officiating or judging before, during or after an event either on or off-site, via social media, or through any public means.
- 2) Detaining the officials/adjudicators/judges during or following the event to request a ruling or explanation of actions or evaluation by the official(s)/adjudicator(s)/judges.
- 3) Entering the officials dressing area following the contest.

Negative actions by an individual directly associated with the program shall be reported to the NSAA office by the school and/or by the head contest official, adjudicator, judge, or manager. The school shall document the results of their investigation and actions taken, where necessary and appropriate. The NSAA Executive Director shall determine the appropriate penalties for violation of this board policy.

NSAA SPORTSMANSHIP GUIDELINES AND EJECTIONS

1. Enforcement of the “sit-out rule” for ejections from high school contests for unsportsmanlike conduct is a responsibility of the member school. Failure to properly enforce this rule could result in other sanctions by the NSAA.
2. Administrators will be expected to promptly file a report with the NSAA whenever a participant or coach from their school has been ejected from any high school contest. Such filing must be done online under the AD login section of the NSAA webpage.
3. A participant or coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and any other athletic contest at any level during the interim.
4. Enforcement of the “sit-out rule” is expected to begin immediately, regardless whether it is regular-season or tournament play.
5. Any participant ejected a second time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next two contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.
6. Any participant ejected a third time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next three contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.
7. During the time of their “sit-out” suspension, athletes who are ejected for unsportsmanlike conduct may not suit up or participate, but it is the school’s discretion whether such athlete is able to travel with the team or sit on the team bench.
8. Coaches who are ejected for unsportsmanlike conduct may not coach in any contest or be present at the contest site during the time of their “sit-out” suspension. Coaches who are ejected will also be required to successfully complete the NFHS Teaching & Modeling Behavior online course within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations in which the ejection of the coach occurs near the end of the season or during the NSAA end-of-season play, the coach will be required to successfully complete the NFHS Teaching & Modeling Behavior online course before being able to coach the following season or year.
9. Coaches who are ejected a second time in a season will be required to sit-out the next two contests at that level, plus all other contests at other levels during the interim. Coaches may not be present at the contest site during the time of their “sit-out” suspension. Any coach ejected a second time will also be required to successfully complete the NFHS Fundamentals of Coaching online course within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations in which the ejection of the coach occurs near the end of the season or during the NSAA end-of-season play, the coach will be required to successfully complete the NFHS Fundamentals of Coaching online course before being able to coach the following season or year.
10. If the ejection takes place in the final game of the season, the suspension will carry over to the following season.
11. When schools have students or coaches with multiple ejections, the school shall submit to the NSAA a written management plan on how they plan to remediate the problem.
12. Officials will be expected to file with the NSAA an ejection report for any ejection of a player or coach from a contest online. Any unusual situation that occurs prior to, during, or after a contest should also be reported.
13. Prompt reporting to the NSAA office by the official is necessary. Officials are asked to submit their electronic report or call the NSAA office by the day following the ejection.
14. Officials are asked to be specific in listing the reason(s) for an ejection.
15. Affiliated officials (officials registered from contiguous states) will also be required to perform this reporting function.
16. There is no appeal process for ejections for unsportsmanlike conduct.
17. The Executive Director shall reserve the right to consider the length of suspensions when some levels of competition are scheduled on an irregular basis (e.g., three weeks between regularly scheduled non-varsity contests).



2024-25 Schools Registered for Swimming/Diving

Girls

Beatrice-Fairbury-Freeman-Norris
Bellevue East (Bellevue West, Platteview)
Brownell/Concordia/Mercy/Roncalli
Columbus (Columbus Lakeview, Scotus Central Catholic)
Cornerstone Christian
Elkhorn(Elkhorn North, Elkhorn South)
Fremont (Archbishop Bergan, Arlington, Blair)
Grand Island (Northwest, GICC, Doniphan-Trumbull)
Gretna (Gretna East)
Hastings (Adams Central, Hastings St. Cecilia)
Kearney (Kearney Catholic)
Lincoln East
Lincoln High
Lincoln North Star
Lincoln Northeast
Lincoln Northwest
Lincoln Pius X
Lincoln Southeast
Lincoln Southwest
Lincoln Standing Bear
McCook (Southwest, Medicine Valley)
Millard North
Millard South
Millard West
Norfolk (Norfolk Catholic, LHNE, Wayne)
North Platte (Ogallala)
Omaha Benson
Omaha Buena Vista (Omaha Bryan)
Omaha Burke
Omaha Central
Omaha Duchesne Academy
Omaha Marian
Omaha North
Omaha Northwest
Omaha Skutt Catholic
Omaha South
Omaha Westside
Omaha Westview
Papillion-La Vista/Papillion-La Vista South
Ralston/Gross/Cornerstone Christian
Scottsbluff/Gering
South Sioux City

Boys

Beatrice-Fairbury-Freeman-Norris
Bellevue East (Bellevue West, Platteview)
Brownell/Concordia/Roncalli/Cornerstone Christian
Columbus (Columbus Lakeview, Scotus Central Catholic)
Cornerstone Christian
Creighton Preparatory School
Elkhorn (Elkhorn North, Elkhorn South)
Fremont (Archbishop Bergan, Arlington, Blair)
Grand Island (Northwest, GICC, Doniphan-Trumbull)
Gretna (Gretna East)
Hastings (Adams Central, Hastings St. Cecilia)
Kearney (Kearney Catholic)
Lincoln East
Lincoln High
Lincoln North Star
Lincoln Northeast
Lincoln Northwest
Lincoln Pius X
Lincoln Southeast
Lincoln Southwest
Lincoln Standing Bear
McCook (Southwest, Medicine Valley)
Millard North
Millard South
Millard West
Norfolk (Norfolk Catholic, LHNE, Wayne)
North Platte (Ogallala)
Omaha Benson
Omaha Buena Vista (Omaha Bryan)
Omaha Burke
Omaha Central
Omaha North
Omaha Northwest
Omaha Skutt Catholic/Mount Michael Benedictine
Omaha South
Omaha Westside
Omaha Westview
Papillion-La Vista/Papillion-La Vista South
Ralston/Gross
Scottsbluff/Gering
South Sioux City



2025 State Swimming & Diving Championships Schedule

Bob Devaney Sports Center - Lincoln, Nebraska

Tuesday, February 18th

Noon – State Entries due on MaxPreps; Dive Sheets due to the NSAA Office

Friday, February 21st

Tickets for State Championship emailed to participating schools

Thursday, February 27		Diving	
8:30 a.m.		Girls Diving Warm-up	
10:00 a.m.		Girls Competition	
Approx. 1:00 p.m.		Boys Diving Warm-up	
Approx. 2:30 p.m.		Boys Competition	
Friday, February 28		Swimming Prelims	
8:30 a.m. - 9:50 a.m.		Girls Warm-up	
10:00 a.m.		Girls Prelims	
1:30 p.m. - 2:50 p.m.		Boys Warm-up	
3:00 p.m.		Boys Prelims	
Saturday, March 1		Swimming Finals	
10:00 a.m.		Swimming Warm-up	
12:00 p.m.		Swimming Championship Finals	