

SWIMMING & DIVING MANUAL



2023-24





NSAA MISSION STATEMENT

The public and non-public high schools of Nebraska voluntarily agreed to form the Nebraska School Activities Association 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.

The NSAA Swimming & Diving Manual has been prepared and designed to provide general information for use in the administration of NSAA swimming & diving competition. The regulations in this manual shall be considered official unless the schools are notified of a change.

Carefully study this entire manual and save it for future reference.

Jeff Stauss, Assistant Director, is the NSAA staff member assigned to this activity. If schools have questions regarding this activity, please contact Jeff at jstauss@nsaahome.org.

NSAA Items of Note for 2023-24

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

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

3-3 Note: Moves the note to the beginning of Section 3 and adds language prohibiting accommodations altering compression, buoyancy, or competitive advantage.

8-1-3d PENALTY 2, 8-1-6 PENALTY: Added the requirement of a written record for dual confirmation of a false start.

8-2-1g: Removes the language about some part of the body at or above the surface during a backstroke finish.

8-2-2d-h: Requires the arms and legs to move simultaneously but does not require the arms and legs to be in the same horizontal plane. Also requires separation of the hands during the touch at turns and finish.

8-2-3c, e, g: Requires the separation of hands and a simultaneous touch with the hands during the turns and finish.

9-5 Diving Table: Removes dives 104A, 304A and 402A from the Diving Table.

9-7-4c: Adds a penalty for when a diver's head is too close to the diving board. The diving referee shall make the determination and inform diving judges to score the dive as unsatisfactory.

NFHS Points of Emphasis

- Risk Minimization
- National Trends
- Participant and Spectator Unsporting Conduct
- Designated Areas for Photographers

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

NSAA Athletic Bylaws & Approved Rulings Governing Swimming

AR 2.1.2 - Medical Personnel at Regular Season Games

Severe injuries, sudden illnesses and other critical incidents do not often occur during school activities, but 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; however, each school should have a plan in place should there be an emergency involving students, coaches, officials or spectators requiring medical attention.

AR 2.12 – Concussion in Sports, Heat Illness Prevention, Sudden Cardiac Arrest Education

All coaches 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 pre-season 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. Courses can be accessed at www.NFHSLearn.com.

2.2.1 – Participants

Individuals who are bona fide students of a member high school and have not graduated from any high school or its equivalent, and students of a middle level school that is a part of a member high school's system who compete or practice with a member high school team may be permitted to participate in activities of the Nebraska School Activities Association. To be eligible, the student must be continuously enrolled in at least twenty credit hours of instruction per semester at the school the student represents in interscholastic competition. Exempt or home school students from authorized Rule 13 schools must be continuously enrolled in a minimum of ten credit hours of instruction per semester at the school the student represents in interscholastic competition.

3.1.1.2

The division of sports seasons shall be as follows: No school shall register more than one varsity team per sport and no student shall participate simultaneously in more than one sport per season.

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

2023-24 December Moratorium Dates – December 23 – 27

2024-25 December Moratorium Dates – December 22 – 26

2025-26 December Moratorium Dates – December 24 – 28

AR 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:

1. 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.
2. 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
3. To participate in a student-organized practice, team meeting, or activity for the sport in season. Students may:
 - a. Continue to work out/condition on their own in facilities not owned by the school, including workouts or activities with family members;
 - b. Receive individualized instruction from an individual who is not the school coach, sponsor, or other adult associated with the school activity program; and
 - c. Receive physical therapy or rehabilitation services at facilities not owned by the school.

4. 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 – 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.

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

3.2.1 – “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 August 10 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.

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

Except during the season of the sport involved, a student may be a member of a non-high school team and compete unattached in non-high school competition. Students are prohibited from wearing high school uniforms during non-high school sponsored competition.

3.2.3 – 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.

AR 3.2.3

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.

3.2.4 – 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.

AR 3.2.4

Conditioning sessions organized and run by members of the school's coaching staff are subject 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.

3.2.6 – 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.

3.2.6.1 – “School Year, Out-of-Season”

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.

AR 3.2.6 & 3.2.6.1

The purpose of specialized sports camps/clinics is to give individual athletes an opportunity to improve his/her skills in a particular activity. 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 AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for summer league or camp/clinic activities. Any athlete receiving money for summer league, camps/clinics must participate in the fundraising activity. The school may provide transportation for individuals participating in camps/clinics with prior approval from the district's Board of Education.

3.2.7 – 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.

AR 3.2.7

The school year out-of-season period begins on the date of the official start of fall practices. Summer activities are regulated between the Tuesday following Memorial Day and July 31. Between the end of the summer activities period and the start of the school year, out-of-season period (August 1 through the official start of fall practices), the following shall apply:

- (1) The organized practice rule shall be in effect;
- (2) Conditioning programs may be held;
- (3) Attendance at commercial camps and clinics is permissible, but the organized practice rules shall be in effect for such camps and clinics; and
- (4) No school-sponsored clinics or camps may be held.
- (5) Due to safety concerns, schools may permit the use of football helmets and softball and baseball protective equipment for summer leagues, camps, clinics, and other summer activities.

AR 3.2.7.1

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

3.2.7.2 – 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.

- a. Summertime school-sponsored camps/clinics include planned physical activities that are instructional and competitive in nature where actual games can be played or simulated by camp attendees.
- b. Summertime school-sponsored camps/clinics shall be voluntary and open to all interested students from grades 9-12.
- c. The use of school facilities and equipment is permitted in accordance with the district's Board of Education policy.

3.2.7.7 – Summertime Use of School Facilities

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

3.2.7.3 - 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.

AR 3.2.7.3

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.

3.2.7.4 – 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.

3.2.7.5 – 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.

3.2.7.7 – Summertime Use of School Facilities

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

3.2.7.8 – 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.

3.3.4 – Playing Rules

Any athletic contest supervised by the Nebraska School Activities Association shall be governed by rules published by the National Federation or rules approved by the Board of Directors. Playing time may be changed only by the use of the procedures established by these rules.

3.3.7 – State Contests

The Board of Directors shall be in charge of all state interscholastic contests in activities sponsored by the Association. The Executive Director shall be the director of all such contests. He/she may delegate the details to someone else and have such other help as he/she deems necessary.

AR – 3.3.7 – Eligibility for State Competition

1. 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.
 - a. Exceptions to the requirements for a team that has not participated in at least five interschool varsity contests would be considered if the team was unable to participate if weather conditions forced a cancellation of scheduled contests. Other extenuating circumstances would be considered by the Executive Director on a case-by-case basis.
2. 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.
 - a. Exceptions to the requirements for a student who is not a member of the school team for twenty school days would be considered if an individual was unable to participate because of illness, injury, or transfer from another high school. School, team, or game suspensions, regardless of the underlying cause, shall not be considered as exceptions to this participation rule.
3. 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.
 - a. 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.
 - b. 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.
 - c. 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.
4. 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

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. If a school chooses not to travel to the contest site the day prior to the scheduled contest, the school shall understand that the games will go on as scheduled and if they are unable to arrive prior to the scheduled game time, a forfeit will be issued.

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.

3.3.11 – Conduct & Sportsmanship

Member schools shall maintain proper crowd control and enforce the principles of good sportsmanship and ethics during all interscholastic contests. Failure to fulfill this obligation shall subject the school to penalties as provided in Article 2, Section 2.11, NSAA Bylaws Governing All Activities.

3.3.11.1 – Conduct of Coaches & Athletes

Coaches and athletes shall conduct themselves in accordance with the playing rules of the sport contest and refrain from unsportsmanlike conduct during interscholastic competition. Failure to fulfill this obligation will subject the individual(s) to the penalties as provided in Article 2, Section 2.11, NSAA Bylaws Governing All Activities.

3.3.11.2 – Definition of Unsportsmanlike Conduct

Unsportsmanlike conduct shall include the following: fighting, verbal abuse or dissent directed toward an official or opponent, racial or ethnic slurs, inappropriate comments or actions that may be construed as sexual harassment, profanity, obscene gestures, flagrant and violent fouls, taunting, trash talk, baiting, cheating, throwing or abusing equipment, inappropriate posters, physical intimidation or abuse of an official or opponent, and unauthorized leaving of a team bench area.

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

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.

Important Dates for the 2023-24 season:

- NSAA Week 20 – November 13, 2023 – First Date of Practice
- NSAA Week 22 – November 30, 2023 – First Contest Date
- NSAA Week 34 – February 22 – 24, 2024 – NSAA Swimming & Diving Championships

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.

Please Note - A complete listing of NSAA Bylaws & Approved Rulings [is available on the NSAA website](#).

NSAA Rules Meetings

(NSAA Approved Ruling 2.12.2.2)

All head coaches are required to attend an NSAA Rules Meeting or complete an NSAA Rules Meeting online annually. Failure to do so will result in possible late fees and suspension penalties. Online rules meetings are initially offered at no cost to coaches or officials, followed by a period with a \$25 “Late” Fee, followed by a period with a \$50 “Delinquent” Fee. The following sanctions and fees are applicable to those coaches who fail to complete the rules meeting by the expiration of the “Delinquent” Fee period.

Failure to complete the online rules meeting by **November 17th** will result in the following sanctions:

First Offense in Three-Year Period

The head coach will be suspended from coaching in any competition in that activity until

- (1) The head coach COMPLETES THE NSAA’S ONLINE RULES MEETING OFFERED AT THE LATE FEE of \$100; and
- (2) the head coach successfully completes the open book test for officials/judges of that activity (70% or higher); and the school’s administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.

During this regular season suspension period, the head coach may continue to coach the team at practices.

Second and Subsequent Offenses in Three-Year Period

The head coach will be suspended from coaching in all NSAA end-of-season play (sub-districts, districts, playoffs, and state competition).

- (1) The head coach COMPLETES THE NSAA’S ONLINE RULES MEETING OFFERED AT THE LATE FEE of \$200; and
- (2) the head coach successfully completes the open book test for officials/judges of that activity (70% or higher); and the school’s administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.

During this regular season suspension period, the head coach may continue to coach the team at practices.

Online Swimming Rules Meeting Dates

Oct. 23 to Nov. 15FREE

Nov. 16 to Nov. 17 “Delinquent” Fee of \$50

NSAA Sportsmanship Guidelines & Ejections

(NSAA Approved Ruling June 2, 2009)

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 of 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 meet 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. Affiliated officials (officials registered from contiguous states) will also be required to perform this reporting function.
15. There is no appeal process for ejections for unsportsmanlike conduct.
16. 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).

Comments & Negative Actions Against Officials & 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.

Swimming & Diving Regular Season Schedule

1. Schedules need to be submitted on MaxPreps by **November 16, 2023**. Failure to submit schedules by the deadline will result in a monetary administrative fee. *(NSAA Approved Ruling 2.11)*
2. Please indicate on the schedule if the meet is only Swimming or only Diving.
3. Contests may not be added after **November 30, 2023**.
4. Cancellations or postponements due to weather must be emailed or called into the NSAA office.
5. **Meets scheduled after Saturday, February 10, will not be considered as state qualifying meets.**
(Legislative Approved Ruling April 13, 2012)

Season Information

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 Relay

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

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, 9-4-6)

Week 1	November 30 - December 2	Forward Group
Week 2	December 4-9	Back Group
Week 3	December 11-16	Inward Group
Week 4	December 18 – December 30	Twisting Group
Week 5	January 1-6	Reverse Group
Week 6	January 8-13	Forward Group
Week 7	January 15-20	Back Group
Week 8	January 22-27	Inward Group
Week 9	January 29 – February 3	Twisting Group
Week 10	February 5-10	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.

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.

Video Equipment

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

State Qualifying Times for the 2023-24 School Year

	Girls		Boys	
	<u>Automatic</u>	<u>Secondary</u>	<u>Automatic</u>	<u>Secondary</u>
200 Medley Relay	01:58.02	02:03.92	01:46.84	01:52.19
200 Freestyle	02:00.70	02:10.36	01:49.00	01:57.72
200 Individual Medley	02:18.32	02:29.39	02:04.76	02:14.74
50 Freestyle	00:25.42	00:27.45	00:22.54	00:24.34
100 Butterfly	01:01.75	01:06.69	00:54.77	00:59.16
100 Freestyle	00:55.09	00:59.50	00:49.54	00:53.51
500 Freestyle	05:32.17	05:58.74	05:02.90	05:27.13
200 Free Relay	01:45.21	01:50.47	01:34.86	01:39.61
100 Backstroke	01:02.33	01:07.31	00:56.14	01:00.63
100 Breaststroke	01:10.63	01:16.28	01:02.44	01:07.44
400 Free Relay	03:52.28	04:03.89	03:32.71	03:43.34
Diving	300	N/A	300	N/A

1. 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.
2. 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:

- Contracted meets that appear on the school’s schedule *on MaxPreps’* prior to the start of the season.
- Meets which are conducted under the jurisdiction of a full complement of officials.
- 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 during the last week of the season must be submitted before 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 22
Swimming Prelims – Friday, February 23
Swimming Finals – Saturday, February 24

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 order form will be posted on the school login AD page.
- Orders for reserved seating will be accepted on or before **February 13th at 3:00 PM.**
- No money will be sent with the order form. All ticket will be purchased online by the school.
- Reserved tickets will be related to the number of automatic & secondary qualifiers per school.
- Ticket links will be emailed to the school contact person by **10:00 a.m., Monday, February 19th.**
- Accommodations will be made for handicapped individuals. Please notify the NSAA if needed.

Contestants' and Coaches' Admission

The meet director will issue admittance identification to contestants, and up to 3 coaches from each school. (1 Qualifier = 1 coach, 2-8 Qualifiers = 2 coaches, 9 or more Qualifiers = 3 coaches.)

1. 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.
2. Admittance identification will be issued to coaches at the entrance of the Bob Devaney Sports Center on the days of the meet.
3. 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.
4. Relay alternates who do not qualify in another event will be permitted on the pool deck based on the following guidelines:
 - 1-Qualifying Relay = 1 relay alternate
 - 2-3 Qualifying Relays = 2 relay alternates

Team Packets

State meet instructions will be emailed to schools prior to the meet.

Meet Administration

The State Championship meet shall be administered by:

- | | |
|---------------------------------------|------------------------|
| ■ Meet Director(s) | ■ Finish Judges |
| ■ NSAA Registered Swimming Referee(s) | ■ Diving Judges |
| ■ Meet Supervisor(s) | ■ Takeoff Judges |
| ■ Diving Referee(s) | ■ Timers |
| ■ Starter(s) | ■ Computer Operator(s) |
| ■ Stroke/Turn Judges | ■ 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 one panel of seven judges.

- 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 in swimming and diving: 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

If Nebraska Public Media televises Saturday's finals, coaches and athletes will not be allowed on the south end of the pool deck.

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.

Please 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 13th** 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.



State Swimming/Diving Championship Schedule

Bob Devaney Sports Center - Lincoln, Nebraska

Thursday, February 22

8:00 a.m.	Girls Diving Warm-up
9:30 a.m.	Girls Competition (Prelims, Semis and Finals)
12:30 p.m.	Boys Diving Warm-up
2:00 p.m.	Boys Competition (Prelims, Semis and Finals)

Friday, February 23

7:30 a.m. - 8:50 a.m.	Girls Warm-up
9:00 a.m.	Girls Preliminaries
12:30 p.m. - 1:50 p.m.	Boys Warm-up
2:00 p.m.	Boys Preliminaries

Saturday, February 24

9:00 a.m. - 10:40 a.m.	Warm-up
10:45 a.m.	Parade of Champions
11:00 a.m.	Finals

**State Entries will be due on MaxPreps no later than Tuesday,
February 13th @ 12 Noon**

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 all fans/spectators.

Please Note - Regulations listed are subject to facility restrictions.

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

<u>SPORT</u>	<u>BA</u>	<u>BB</u>	<u>CC</u>	<u>FB</u>	<u>GO</u>	<u>SO</u>	<u>SB</u>	<u>SW</u>	<u>TE</u>	<u>TR</u>	<u>VB</u>	<u>WR</u>
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) AR 3.3.11	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 Break Away 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 that has been approved by the Host Administration may be played during pre-contest warmups provided that a high school band is not available to play during that time.	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

Un-manned Aerial Vehicle (Drone) Policy

The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited for any purpose by any person at any NSAA post-season 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.

Key: BA-Baseball, BB-Basketball, CC-Cross Country, FB-Football, GO-Golf, SO-Soccer, SB-Softball, SW- Swimming & Diving, TE-Tennis, TR-Track & Field, VB-Volleyball, WR-Wrestling, NA-Not Apply



2023-24 Schools Registered for Swimming/Diving

Girls

Beatrice-Fairbury-Freeman-Norris
Bellevue East (Platteview)
Bellevue West
Brownell/Concordia/Mercy/Roncalli
Columbus (Columbus Lakeview)
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, Wisner-Pilger)
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
Scottsbluff/Gering
South Sioux City

Boys

Beatrice-Fairbury-Freeman-Norris
Bellevue East (Platteview)
Bellevue West
Brownell/Concordia/Roncalli/Cornerstone Christian
Columbus (Columbus Lakeview)
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)
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