

2023-2024 IHSA GIRLS and BOYS SWIMMING and DIVING RULES BULLETIN

(Last Revised July 20, 2023)



INTRODUCTORY NOTE: This bulletin has been prepared to give you a quick reference guide of changes for the upcoming Girls and Boys Swimming & Diving Seasons. Coaches must refer to their IHSA Schools Center and the Manual for Schools for complete instructions and any Coaching Deadlines to remain eligible to compete this school term. Please email IHSA Assistant Executive Director Kraig Garber (kgarber@ihsa.org) with any questions about official rule interpretations or recommendations for rule changes for next year.

INFORMATIONAL TOOLS FOR COACHES AND OFFICIALS

1. Keep your **personal information** current in the IHSA Schools and Officials Center. This is how IHSA communicates with you during the season. You must check the IHSA Schools & Officials Center frequently during the season to complete IHSA coaching and official's requirements.
2. Online Rules Interpretation Presentation (Schools & Officials Center)
3. Manual for Schools: Our Girls and Boys Swimming & Diving Sport Activity pages on the IHSA Website have an abundance of information regarding Swimming & Diving.
4. **Do Not Ignore emails YOU RECEIVE from the IHSA Office.** If you are receiving email notifications from our office, do not ignore them. You may be risking your eligibility. As a coach and official we require/expect for you to meet all deadlines to remain eligible.
5. **Diving Panel:** Viewing a yearly Diving Rules Presentation is required to be eligible to serve on a Sectional Diving Panel.

Officials: You will see this when you login to your officials Center. The first thing you must do is click on the link for serving on the Diving Panel before the Rules Presentation will appear in your Officials Center.

STATE SERIES ASSIGNMENTS								
No recent assignments.								
LICENSE STATUS & AVAILABILITY SUMMARY								
Sport	Last Licensed	Level, Years & Promotion Status	License Status	Last Part 1 Exam & Score	Last Rules Meeting	Last Clinic	State Series Availability	Ratings
Swimming & Diving	6/5/17	2023-Certified 34 years	OK	8/13/17 (96%) ↓ retake Part 1 exam (opens 8/15) ADMIN VIEW	8/8/17 ↓ review rules video	clinic credit good thru 8/11/20 ↓ find clinic redeem credit	Boys: Yes Girls: Yes ↓ edit availability and contests	Power Rating & other ratings info
sign up for state series diving panel		submit promotion recommendation						
In addition, you should regularly monitor and update your daily availability calendar .								
RECENT SPECIAL REPORTS (on you)			more >>					
No recent special reports.								

NFHS SWIMMING AND DIVING RULE CHANGES

To view changes, please use the following link: <https://www.nfhs.org/sports-resource-content/swimming-and-diving-rules-changes-2023-24/>

IHSA SWIMMING AND DIVING TERMS & CONDITIONS CHANGES

To view changes, please review the Swimming and Diving Advisory Committee Minutes through the following link: <http://www.ihsa.org/documents/adv%20minutes/22-23/23-sw-minutes.pdf>

IHSA Swimming & Diving Contact Information

- www.ihsa.org
- Kraig Garber, Assistant Executive Director -- kgarber@ihsa.org or Cheryl Lowery, Administrative Assistant -- clowery@ihsa.org
- Phone: 309-663-6377
- Fax: 309-663-7479
-

2023-2024 IHSA GIRLS and BOYS SWIMMING and DIVING RULES BULLETIN

(Last Revised July 20, 2023)



IHSA IMPORTANT REMINDERS

1. NFHS Rule 4-1-7 requires state officials to dress in the same attire as approved by the state association. The official uniform in Illinois is white over white.
2. In Illinois, if the swimmer or diver is observed in illegal attire prior to the start of the heat/dive the competitor cannot participate until illegal attire has been removed. If this could be done without delaying the competition the competitor could then participate. If the illegal attire is observed on the swimmer/diver after the start of the heat/dive the competition continues and at the completion of the heat/dive it is necessary to warn the coach and athlete that they will not be allowed to compete again until they are in legal attire. The athlete would not be immediately disqualified from the event just completed. A subsequent violation will result in a disqualification from the meet for Unsporting Conduct.
3. In Illinois, temporary tattoos including body paint are prohibited in competition. In addition, permanent tattoos deemed objectionable by the meet official, must be covered.
4. Illinois requires officials to follow the "Use of Whistles as Preparatory Commands" protocol for starting races. These guidelines can be found in the NFHS Rule Book in Appendix A.
5. In Illinois, final decisions related to diving rests with the Diving Referee.
6. Illinois officials' exam questions come from the most current publications of the following sources: NFHS Rule Book, IHSA Swimming and Diving Terms and Conditions, IHSA Swimming and Diving Bulletin, IHSA Swimming and Diving Online Rules Video.
7. During the pre-meet conference with coaches and captains, the meet referee should review: addressing any swimmers with special needs, confirming location of the AED, coaches confirming that their swimmers are legally attired, confirming that the lap counting equipment is available for the 500 Freestyle, reviewing starting protocol, how to summon a trainer if needed, does the visiting team have their own trainer or do they consent to using the home trainer if they have a need for one, review the NFHS lightning guidelines, ask if there are any unusual pool conditions.
8. Seeding of diving throughout the State Series is done by lot. The event shall not be reseeded after the semifinals.

IHSA BOYS/GIRLS ABLE-BODIED & STUDENTS WITH DISABILITIES QUALIFYING STANDARDS

Event	2023 Girls	Students with Physical/ Visual Disabilities		2024 Boys	Students with Physical/ Visual Disabilities	
		Class A	Class B		Class A	Class B
200 Medley Relay	1:48.67			1:36.87		
200 Free	1:56.12	7:30.00*	5:30.00*	1:44.45	7:00.00*	5:00.00*
200 IM	2:10.25			1:57.20		
50 Free	:24.36	3:00.00*	2:15.00*	:21.72	2:45.00*	2:00.00*
100 Butterfly	:58.33			:51.98		
100 Free	:52.97	4:45.00*	3:30.00*	:47.60	4:15.00*	3:00.00*
500 Free	5:13.47			4:46.31		
200 Free Relay	1:39.08			1:27.40		
100 Back	:58.44			:52.92		
100 Breast	1:06.85	5:30.00*	5:00.00*	:59.22	5:00.00*	4:30.00*
400 Free Relay	3:36.89			3:12.78		

* Proposed SQT same as last year

IHSA Swimming & Diving Contact Information

- www.ihsa.org
- Kraig Garber, Assistant Executive Director -- kgarber@ihsa.org or Cheryl Lowery, Administrative Assistant -- clowery@ihsa.org
- Phone: 309-663-6377 • Fax: 309-663-7479 •

2023-2024 IHSA GIRLS and BOYS SWIMMING and DIVING RULES BULLETIN

(Last Revised July 20, 2023)



IHSA BOYS/GIRLS DIVING SCHEDULE

Girls		Boys		
Group	First Contest - Friday, Week #7	Friday-Thursday	First Contest - Friday, Week #22	Friday-Thursday
Forward Group	Week 7-8	Aug. 18-24	Week 22-23	Dec. 1-7
	Week 12-13	Sept. 22-28	Week 27-28	Jan. 5-11
	Week 17-18	Oct. 27-Nov. 2	Week 32-33	Feb. 9-15
Back Group	Week 8-9	Aug. 25 – Aug. 31	Week 23-24	Dec. 8-14
	Week 13-14	Sept. 29-Oct. 5	Week 28-29	Jan. 12-18
	Week 18-19	Nov. 3-9	Week 33-34	Feb. 16-22
Inward Group	Week 9-10	Sept. 1-7	Week 24-25	Dec. 15-21
	Week 14-15	Oct. 6-12	Week 29-30	Jan. 19-25
Twisting Group	Week 10-11	Sept. 8-14	Week 25-26	Dec. 22-28
	Week 15-16	Oct. 13-19	Week 30-31	Jan. 26-Feb. 1
Reverse Group	Week 11-12	Sept. 15-21	Week 26-27	Dec. 29-Jan. 4
	Week 16-17	Oct. 20-26	Week 31-32	Feb. 2-8

Important Dates

Officials	Girls	Boys	
Aug. 8	Aug. 8	Aug. 8	*First date of Officials Online Part 1 exam/Swimming Rules Presentation and Diving Rules Presentation begin through the IHSA Schools & Officials Center. *School Manual for Coaches Available
	Aug. 8	Nov. 20	Season/practice may begin
	Aug. 18	Dec. 1	First Contest Date
	Aug. 28	Nov. 1	School Participation Team/Individual Entry Deadline
Sept. 12	Sept. 12	*Nov. 28	*Swimming & Diving Online Rules Presentation Deadline (Boys Coaches). Officials who want to be considered for State Final Dive Panel must complete the separate Diving Rules Video.
Sept. 12 Nov. 29	NA	NA	Officials Sectional Assignment Process Begins. Official's availability calendars should be updated
Oct. 4 Jan. 30			State Final Volunteer Officials Contract Deadline. Availability Calendars are not used. Volunteer Officials must accept or decline their contract via the IHSA Officials Center to be assigned to the State Final.

IHSA Swimming & Diving Contact Information

- www.ihsa.org • Kraig Garber, Assistant Executive Director -- kgarber@ihsa.org or Cheryl Lowery, Administrative Assistant -- clowery@ihsa.org • Phone: 309-663-6377 • Fax: 309-663-7479 •

2023-2024 IHSA GIRLS and BOYS SWIMMING and DIVING RULES BULLETIN

(Last Revised July 20, 2023)



NA	Oct. 30	Feb. 12	Online List of Participants and Withdrawal by Midnight . Diving Rules Presentation deadline for coaches who want to be considered for Sectional Dive Panel
NA	Nov. 1	Feb. 14	Online Sectional Seeding Meetings
	Nov. 4	Feb. 17	IHSA Swimming & Diving Sectional Meets
	Nov. 10-11	Feb. 23-24	IHSA Swimming & Diving State Final Meet @ FMC Natatorium at Ty Warner Park
	April 3		Advisory Committee Meeting.

IHSA Swimming & Diving Contact Information

- www.ihsa.org
- Kraig Garber, Assistant Executive Director -- kgarber@ihsa.org or Cheryl Lowery, Administrative Assistant -- clowery@ihsa.org
- Phone: 309-663-6377
- Fax: 309-663-7479
-