



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

2024-2025 Officials Licensing deadline: July 30, 2024. Late fee for officials of \$30.00 will be imposed August 1st. All Coaches will be required to be in compliance with CPR/AED policies.

Any schools who withdraws from participation after the Sectional online seeding meeting will be penalized \$500.00.

- 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
Table with columns: Sport, Last Licensed, Level, Years & Promotion Status, License Status, Last Part 1 Exam & Score, Last Rules Meeting, Last Clinic, State Series Availability, Ratings. Includes links for sign up, submit promotion, retake exam, review rules, find clinic, edit availability.

NFHS SWIMMING AND DIVING RULE CHANGES

To view changes, please use the following link: https://nfhs.org/sports-resource-content/swimming-and-diving-rules-changes-2024-25/

IHSA SWIMMING AND DIVING TERMS & CONDITIONS CHANGES

To view changes, please review the Swimming and Diving Advisory Committee Minutes through the following link: https://www.ihsa.org/Portals/0/Swim%20Advisory%20Minutes%20April%203%202024.pdf



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 made legal. If this could be done without delaying the competition the competitor could then participate. If the competitor cannot make the illegal attire legal, then the swimmer is disqualified from the race, and the diver is charged with a failed dive. 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 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.

2024-2025 STATE FINAL QUALIFYING STANDARDS

| Event | 2024 Girls | Students with Physical/ Visual Disabilities | | 2025 Boys | Students with Physical/ Visual Disabilities | |
|------------------|------------|------------------------------------------------|----------|-----------|------------------------------------------------|----------|
| | | Class A | Class B | | Class A | Class B |
| 200 Medley Relay | 1:49.13 | | | 1:36.78 | | |
| 200 Free | 1:56.21 | 7:30.00* | 5:30.00* | 1:44.35 | 7:00.00* | 5:00.00* |
| 200 IM | 2:10.54 | | | 1:57.28 | | |
| 50 Free | :24.38 | 3:00.00* | 2:15.00* | :21.73 | 2:45.00* | 2:00.00* |
| 100 Butterfly | :58.38 | | | :51.95 | | |
| 100 Free | :52.98 | 4:45.00* | 3:30.00* | :47.53 | 4:15.00* | 3:00.00* |
| 500 Free | 5:13.64 | | | 4:46.28 | | |
| 200 Free Relay | 1:39.00 | | | 1:27.47 | | |
| 100 Back | :58.56 | | | :52.96 | | |
| 100 Breast | 1:07.17 | 5:30.00* | 5:00.00* | :59.18 | 5:00.00* | 4:30.00* |
| 400 Free Relay | 3:37.51 | | | 3:12.85 | | |

* Proposed SQT same as last year/**Times changed from 2023-2024**



Diving Schedule

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

Important Dates

| Officials | Girls | Boys | |
|-----------------------------------|------------|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| August 5-11, 2024 | | Non-Contact Period | |
| Aug. 13 | Aug. 13 | Aug. 13 | 1. First date of Officials Online Part 1 exam/Swimming Rules Presentation and Diving Rules Presentation begin through the IHSA Schools & Officials Center. 2. School Manual for Coaches Available |
| | Aug. 12 | Nov. 25 | Season/practice may begin |
| | Aug. 23 | Dec. 6 | First Contest Date |
| | Aug. 26 | Nov. 1 | School Participation Team/Individual Entry Deadline |
| Sept. 17 | Sept. 17 | Dec. 3 | 1. Swimming & Diving Online Rules Presentation Deadline 2. Officials who want to be considered for State Final Dive Panel must complete the separate Diving Rules Video. |
| Sept. 20 (Girls) Dec. 4 (Boys) | NA | NA | Officials Sectional Assignment Process Begins. Official's availability calendars should be updated |
| Oct. 9 (Girls) Feb. 3 (Boys) | | | 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. |
| NA | Nov. 4 | Feb. 17 | 1. Online List of Participants and Withdrawal by Midnight . 2. Diving Rules Presentation deadline for coaches who want to be considered for Sectional Dive Panel |
| NA | Nov. 6 | Feb. 19 | Online Sectional Seeding Meetings |
| | Nov. 9 | Feb. 22 | IHSA Swimming & Diving Sectional Meets |
| | Nov. 15-16 | Feb. 28-Mar 1 | State Final Meet @ FMC Natatorium at Ty Warner Park |
| | April 9 | | Advisory Committee Meeting. |