

2022-2023 IHSA GIRLS and BOYS SWIMMING and DIVING RULES BULLETIN

(Last Revised July 20, 2022)



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	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

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-2022-23/>

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/documents/adv%20minutes/21-22/22-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
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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	2022 Girls		Students with Physical/ Visual Disabilities		2023 Boys		Students with Physical/ Visual Disabilities	
			Class A	Class B			Class A	Class B
200 Medley Relay	1:47.96*				1:37.02*			
200 Free	1:54.88*	7:30.00*	5:30.00*		1:44.12	7:00.00*	5:00.00*	
200 IM	2:08.95*				1:56.88			
50 Free	:24.33	3:00.00*	2:15.00*		:21.74	2:45.00*	2:00.00*	
100 Butterfly	:57.89*				:51.90*			
100 Free	:52.86*	4:45.00*	3:30.00*		:47.63	4:15.00*	3:00.00*	
500 Free	5:09.03*				4:44.11*			
200 Free Relay	1:37.82*				1:27.29			
100 Back	:58.40				:52.79			
100 Breast	1:06.36	5:30.00*	5:00.00*		:59.24	5:00.00*	4:30.00*	
400 Free Relay	3:34.55*				3:12.86*			

* Proposed SQT same as last year

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

Important Dates

Officials	Girls	Boys	
	August 8:	November 21:	Practice may begin
	August 8:	November 21:	Coaches can begin adding their Roster to IHSA School Center
August 9:	August 9:	August 9:	First date of Officials Online Part 1 exam/Rules Presentation begin through the IHSA School & Officials Center.
	August 19:	December 2:	1 st Contest Date.
	August 22:	August 22:	Swimming & Diving Manual posted (School's Center and Swimming Activity web pages).
	August 29	November 1	School Entry Deadline: This is when the school indicates its intention to participate in the IHSA State Series (usually done by the AD or Off. Rep.). IHSA will then assign schools to their Sectional from that list of schools.
September 13:	September 13:	November 29:	Online Rules Presentation
September 13:			Officials Exams deadline. Official's availability calendar deadline/Probation and Suspension calculated.
	September 30:	December 9:	School Sectional Assignments posted online "State Series Information and Results" link

	September 17:	December 4:	Officials Assignment process begins. IHSA Will ASSIGN licensed officials for all levels of the State Series for those who made themselves available through their availability calendar (Sectional)
Officials	Girls	Boys	

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Important Dates (Continued)

Officials	Girls	Boys	
	October 4:	January 23:	State Final Officials sign-up deadline. *IHSA will not use availability calendar for volunteer officials at the State Final meet. Officials must sign-up through their Officials Center by accepting their volunteer assignment.
	October 31:	February 13:	11:59p.m. Deadline: List of Participant Declarations via Schools Center
	November 5:	February 18:	IHSA Sectional Meets
	November 10:	February 23:	State Final Diving Practice for Qualifiers Only
	November 11-12:	February 24-25:	IHSA Swimming & Diving State Meet
	April 5:	April 5:	Advisory Committee Meeting

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