

2021-2022



**SWIMMING AND DIVING
MANUAL FOR COACHES &
OFFICIALS**

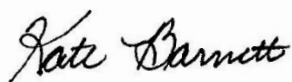
A MESSAGE FROM THE OHSAA

Coaches and Administrators,

This manual is designed as a quick reference for pertinent information regarding swimming and diving in the OHSAA.

This is a reminder that our State Rules Meetings remain mandatory for head coaches, which can be accessed on your myOHSAA profile. This is addressed in the early pages of this manual. OHSAA Sports Regulations (and Bylaws) govern administrative rules specific to Ohio. No coach, administrator, or official has the authority to modify or set aside these rules.

Thank you for your professionalism, mentorship, and service to the student-student-athletes at your schools. I wish you all the best this season!



Kate Barnett
Sport Administrator

The Ohio High School Athletic Association Mission Statement

To serve our member schools and enrich interscholastic opportunities for students.

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RULES INTERPRETATION MEETINGS INFORMATION

Rules Interpretation Meetings are MANDATORY for all Head Coaches. For the Swimming and Diving season, all rules interpretation meetings for coaches will be conducted online through their myOHSAA account. The rules meetings are geared exclusively toward both coaches and officials, but please note that there are separate rules meetings for coaches and officials. If you are a coach and have an OHSAA Swimming and Diving officiating permit, please note that there are separate online rules meetings for coaches and officials—you will be required to complete both rules meetings, as they contain separate material.

OHSAA Swimming and Diving Sports Regulations are covered in detail as well as General Regulations and Bylaws as they pertain to coaches and student-athletes. Though the main purpose is to provide knowledge and advice on the various OHSAA regulations, this is the educational mechanism to ensure compliance with the various rules and regulations.

How to Complete the Rules Interpretation Meeting Online

All Coaches and Officials will access the State Rules Meeting through their myOHSAA account. Once you have logged in (full directions below) and have accessed the Rules Meeting, please follow the prompts to complete the meeting to receive meeting credit.

Coaches should login to their myOHSAA account and use the Rules Meeting icon to access the list of meetings. *Coaches should contact their athletic administrator if they do not have an account**. Please see further directions below if you are a coach and do not have a myOHSAA account. Please note that all screens of the presentation must be viewed for attendance credit to be provided.

Officials should login to their myOHSAA account and use the Rules Meeting icon to access the list of meetings. Please note that all screens of the presentation must be viewed for attendance credit to be provided.

TO ACCESS ONLINE RULES MEETINGS

1. Login to your myOHSAA account (<http://officials.myohsaa.org/Logon>)
2. Click on the “Rules Meeting” icon
3. Click on “Find a State Rules Meeting”
4. Search for the Swimming and Diving meeting using the ‘Sports’ and ‘Meeting Type’ drop-down menus
5. Click on the ‘View Meeting’ button once the State Rules Meeting has gone live on October 14 at 9:00am.
6. Once directed to the Rules Meeting, please follow all prompts to complete the meeting and receive credit.

*IF YOU ARE A COACH AND DO NOT HAVE A MYOHSAA ACCOUNT

1. Contact your Athletic Administrator immediately to add you to the school’s Staff Management in myOHSAA
2. This will generate an email invitation from info@myohsaa.org to the coach—*please look for this email in your inbox, junk or spam folders*
3. Once the email is received, click on the link in the email and follow the prompts to create an account and clear any dashboard items. (verify email address and complete your contact information)

The ONLINE Rules Meeting will be live on WEDNESDAY, OCTOBER 13, 2021 at 9:00 a.m.

The deadline for completion of the online version is **Monday, November 29 at 11:59 pm** or a \$50.00 late fee is charged for access to the Rules Meeting. The deadline with the \$50.00 penalty will be Monday, January 24, 2022 at 11:59 pm. ***If coaches do not complete the rules meeting by January 24, 2022, your school will be removed from the post-season tournament in 2022, and officials will be ineligible for the 2022 State Tournament Series.***

AFTER COMPLETION:

1. Your myOHSAA profile will be updated to reflect your attendance.
2. Please do not call the OHSAA office for verification. Attendance WILL be reflected in your profile.

INTERPRETERS	PHONE	EMAIL
R. J. Van Almen	330-685-4605	rjva.20@gmail.com
Kate Barnett	614-549-6965	kbarnett@ohsaa.org

IMPORTANT DATES

2021-22 OHSAA SWIMMING AND DIVING CALENDAR	
October 29, 2021	First Day of Coaching and Tryouts
November 29, 2021	Regular Season Contests Begin
January 24, 2022	Non-Interscholastic Competition No Longer Permitted (See Swimming/Diving Regulation 14-A-1. for additional information)
January 24, 2022	Deadline for Entering or Withdrawing from the OHSAA Tournament
January 30, 2022	Seeding and Drawing Meeting
February 7-12, 2022	Sectional Tournaments
February 14-19, 2022	District Tournaments
February 23-26, 2022	State Tournaments – C.T. Branin Natatorium, Canton, Ohio

OHSAA CONTACT INFORMATION

OHSAA Office – 4080 Roselea Place, Columbus, OH 43214 ~ 614-267-2502 ~ 614-267-1677 (fax)

Name	Title	Responsibilities	E-Mail/Phone
Kate Barnett	Sport Administrator	Oversees the sport & coordinates the tournaments;	kbarnett@ohsaa.org
Beau Rugg	Director of Officiating and Sport Management	Oversees officials programs & tournament assignments	brugg@ohsaa.org
R. J. Van Almen	Director of Development for Swimming and Diving Officiating	Responsible for the training and education of swimming and diving officials; Rules Interpreter	330-685-4605 rja.20@gmail.com

SWIMMING AND DIVING LINKS

National Federation of State High School Associations	nfhs.org
National Federation Educational Site	nfhslearn.com
National Interscholastic Swimming Coaches Association	niscaonline.org
Ohio High School Swim Coaches Association	ohssca.org
USA Swimming	usaswimming.org
USA Diving	usadiving.org
Our Kids Initiative	ourkidsinitiative.org
U.S. Paralympics	usoc.org/paralympics
Electronic Conversion Utility	swimmingworldmagazine.com/results/conversions.asp
Pam Cook – Tournament Data Support	pamswim@aol.com 440-808-9192 (H); 440-808-9692 (Fax)

COACHES

OHIO HIGH SCHOOL SWIM COACHES ASSOCIATION

www.ohssca.org

Ohio High School Swimming Coaches Association Mission

- To Promote harmonious relationships between school administrators and coaches in their respective schools concerning the administration of athletics
- To assist in promoting pure, wholesome, amateur interscholastic athletics in the schools of Ohio
- To help maintain the highest possible educational, moral and physical standards for both the coach and the athlete
- To work together for the improvement of conditions in Ohio High School Athletics, such as; working for necessary rule changes, developing a close relationship with the office of the State Commissioner of Athletics and providing a clearing house of information for member coaches
- To endeavor to improve all sports in every phase by understanding the objectives of the various associations and giving our utmost cooperation
- To have a representative group of coaches to which athletic problems may be referred, especially swimming problems, with the goal of creating better relationships between schools and between the various athletic programs within the schools
- To promote good fellowship and social contacts among coaches
- To recognize and honor those who made outstanding contributions to the sport of swimming in the state of Ohio

2021-2022 OHSSCA Officers Directory

Please refer to the OHSSCA website (www.ohssca.org) for other contact information.

Title	Name	E-Mail
President	Rob Johnson	petepuma01@yahoo.com
Past President	Eric Peterson	coacheric@shakerswimming.org
Secretary	Mike DeBear	coachdebear@gmail.com

IMPORTANT OHSAA INFORMATION

- **Professionalism**
Your professionalism is of the utmost importance. Your athletes and fans will follow your lead. If you are respectful of the competition and the officials, your athletes and fans are more likely to do the same. If you are disrespectful of the competition and the officials, it will be reflected in the words and actions of your athletes and fans. Officials aren't perfect and mistakes will be made, but it is all part of the learning process for our young student-athletes. So please take those disappointments and turn them into positive learning experiences. What you permit, you promote. Also, **Bylaw 8-3-1** of the OHSAA Handbook reads in part, "Protests arising from the decisions and interpretations of the rules by officials during the game will not be considered. Their decisions and interpretations are final." This means that correctable errors must be corrected during the contest. Officials and coaches must "keep their cool" during the contest so that all teams have an equal opportunity to win under the rules. It must be remembered at all times that the competition is being conducted for the athletes. Neither officials nor coaches would be involved except for the athletes.
- **Coaches' Comments to the News Media** – OHSAA Sports Regulation B under Media Regulations
OHSAA Bylaw 8, Section 2, reads in part, "Great care shall be exercised in the selection of officials, well in advance of the contest and agreed upon by schools involved. When the contest begins each school waives all of its rights so far as objecting to the officials." Public criticism of officials is a direct reflection upon those who were responsible for assigning the officials to the game. Officials are trained and expected to make no derogatory comments regarding the players,

coaches, or schools. Coaches are expected to follow the same procedure. Failure to follow this request will result in disciplinary action.

- **Pre-Season Preparations**

During your pre-season preparations, invite a local official(s) to meet with your squad during pre-season workouts. It allows the officials to meet your athletes and discuss new rules. It gives your athletes an opportunity to ask questions and have a discussion prior to competition days. We would also recommend inviting an official to a pre-season meeting with your parents. Again, it provides a forum for healthy discussions and an opportunity for your parents to learn more about the game.

- **Scheduling Conflicts**

Certainly, scheduling conflicts are going to arise. **PLEASE COORDINATE WITH YOUR ATHLETIC ADMINISTRATOR TO ENSURE THAT OFFICIALS ARE NOTIFIED IN ADVANCE OF ANY CHANGES.** When dates, times, and / or locations are changed it not only affects the officials scheduled for that contest, but also other contests they are scheduled to work. Thanks so much for your assistance!

- **Protecting Athletic Eligibility**

If you have not reviewed the OHSAA Athletic Eligibility Information Bulletin, which is written to explain the rules to coaches and student-athletes and their parents, please note that this publication is now in electronic format only and accessible from the OHSAA web site at www.ohsaa.org. See your school administrator for copies if these have not been distributed to your students. OHSAA rules require all schools to conduct mandatory pre-season orientation meetings for students, parents, booster club members and other individuals identified by the principal. **Failure to conduct these meetings shall result in a \$500 fine per sport.** These meetings afford the coach the opportunity to present information pertaining to school policy, athletic codes of conduct, OHSAA eligibility rules and details concerning the swimming and diving program. The eligibility bulletins could be presented at this time. Also, a PowerPoint presentation has been prepared to highlight eligibility issues, your school's code of conduct and sportsmanship, ethics and integrity issues. Please remember that when parents sign their consent for their son or daughter's participation in interscholastic athletics on the OHSAA consent form that accompanies the Pre-Participation Physical Exam, they also are indicating that they have read and understood the OHSAA Eligibility Guide and Checklist. That document for high school students can be found here <https://ohsaaweb.blob.core.windows.net/files/Eligibility/OtherEligibilityDocs/EligibilityGuideHS.pdf>

- **Inquiries**

Our OHSAA office is here to help as needed but depending on the time of the year it can be difficult to reach us. However, there are other sources of assistance. Our website (www.ohsaa.org) includes a great deal of information that covers many of the inquiries we often receive. The website provides swimming and diving regulations, general sport regulations, tournament regulations, uniform regulations, etc. Your OHSSCA Officers are another great resource for you as well. Their contact information is provided on page 5 of this manual and can be found on their website (www.ohssca.org)

- **Out of State Travel**

Schools may travel out of state to compete in contests in states or provinces in Canada that border Ohio regardless of distance to travel. The states are Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. The province is Ontario. Additionally, schools may travel out of state one time per sport per interscholastic season to compete in contests in any location that does not border Ohio subject to approval from the Executive Director's Office. **(Visit the Swimming and Diving Sport page on the OHSAA website to obtain the required form to request this travel permission).**

Penalty for violation: A school which travels to a non-boarding location to compete in contests on more than one occasion shall be ineligible for the OHSAA postseason tournament in the sport in which the out-of-state travel was involved and could be subject to additional penalties as referenced in Bylaw 11. A school which travels to a non-boarding location without approval from the Executive Director's Office shall be subject to a fine and could be subject to additional penalties as referenced in Bylaw 11.

- **Girls on Boys Teams**

OHSAA Bylaw 1-6-1 permits girls to participate on boys teams. Swimming and diving regulation 1.31 (Sponsorship) mandates that A school that sponsors girls swimming and diving with seven or more girls participating shall have a separate

girls team in order to enter the OHSAA-sponsored girls tournament competition in relay events. This means that permitting girls to swim on relays with boys or enter individual events during a boys competition renders those girls as boys swimmers. Thus, such an action would prohibit the girls from entering the OHSAA girls swimming and diving tournaments.

Swimming and diving regulation 1.32 stipulates that a school that does not sponsor girls swimming and diving but has seven or more girls participating may permit the girls to participate on the boys team, but they must enter the OHSAA-sponsored boys tournament competition.

Swimming and diving regulation 1.33 stipulates that a school that sponsors girls swimming and diving and has less than seven girls participating may permit the girls to participate as individuals with the boys team during the regular season, and the girls will be permitted to enter and compete as individuals in the OHSAA-sponsored girls tournament provided the school is registered for the girls tournament.

Please consider these regulations before competing in co-ed swimming events.

COACH CERTIFICATION & EDUCATION REQUIREMENTS

As outlined in Ohio Administrative Code, all Coaches of Middle School/Jr. High and High School teams **MUST** possess a “Pupil Activity/Coaching Permit (PAP) to coach in Ohio. This includes paid coaches AND volunteer coaches. School administrators are responsible for maintaining records on compliance and most schools provide opportunities for their coaches to obtain the necessary coursework. The actual regulations AND the certificate can be downloaded from the OHSAA’s Sports’ Medicine page or directly at: <http://www.ohsaa.org/medicine> . To obtain the required certificate through the ODE, one must:



- Have completed a Sports’ First Aid Course
- Possess a valid CPR Card
- Have been approved by their local Board of Education or similar governing body
- Complete the NFHS Fundamentals of Coaching course
- Complete one of two approved Concussion Recognition courses
- Complete the Sudden Cardiac Arrest video & information bulletin – Lindsay’s Law - <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>

You can look up all requirements in detail on the ODE’s website at:

<http://www.ode.state.oh.us/GD/Templates/Pages/ODE/ODEPrimary.aspx?page=2&TopicRelationID=1328>

Schools are required to submit coaches’ names that are approved to coach and have the required PAP on the EMERGENCY CONTACT FORM that is found in the school’s MYOHSAA account and is available for each sport. All tournament managers have access to this information as does the Executive Director’s Office. We will be reinforcing again that only those coaches identified on this ECF will be issued deck credentials for OHSAA swimming and diving tournaments. **Please check your form today and visit with your athletic administrator to ensure that all coaches are listed.**

Concussion Legislation as it relates to Coaching Requirements

Though the entire law is explained later, all coaches today MUST complete one of two (2) approved Concussion Education programs online upon renewal of their Pupil Activity Permit. **Individual student-athletes removed from contests with a suspected concussion are not permitted to return to competition on the same day of the contest** – regardless of the diagnoses. If they are removed by one of the individuals given this authority, they simply cannot return to participation the same day. Written authorization IS required to return anytime thereafter and must be kept on file with the school Athletic Administrator.

LINDSAY’S LAW – SUDDEN CARDIAC ARREST

ODE Website: <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>

Lindsay’s Law, Ohio Revised Code [3313.5310](#), [3707.58](#) and [3707.59](#) became effective on August 1, 2017. In accordance with this law, the Ohio Department of Health, the Ohio Department of Education, the Ohio High School Athletic Association, the Ohio Chapter of the American College of Cardiology and other stakeholders jointly developed guidelines and other relevant

materials to inform and educate students and youth athletes participating in or desiring to participate in an athletic activity, their parents, and their coaches about the nature and warning signs of sudden cardiac arrest.

The following resources were developed to implement Lindsay's Law:

For parents/guardians and student-athletes in grades 7-12 in Ohio schools

- [Required video](#)
- [Required SCA Informational Handout](#)
- [Required Signature Form](#)

For coaches:

If you are a coach for an interscholastic sport and are licensed by the Ohio Department of Education (all paid and volunteer coaches in Ohio), please visit their [website](#) for information about their training requirements around Lindsay's Law <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>. The required video, informational handout and a post assessment test will be available shortly through the ODE's website. We will inform you when that component is available. If, however, you want to have your coaches view the video and review the information immediately, you may access those items below. Please be advised that as a school district, your superintendent must be able to verify that coaches have seen this video and read the informational handout if you choose to implement this requirement before it is available through ODE's LMS.

- [Required video](#)
- [Required SCA Informational Handout](#)

Successful completion of this coaches' requirement will generate verification through the LMS.

These educational materials are all free of charge and are the only materials authorized for compliance with this new state law. No other course or training material is acceptable.

IMPORTANT RULES RELATIVE TO SWIMSUITS

3-3-3 - Suits worn by swimmers (excluding divers) shall be limited to the following requirements:

- a. only one swimsuit shall be permitted in competition. (A swimmer with special needs may request customization through his/her school to the OHSAA via a letter request, Attention to Lauren Prochaska.)
- b. the swimsuit shall be:
 1. constructed of a woven/knit textile material;
 2. permeable (100 percent to air and water; except for one post-construction, impermeable school name and/or logo which shall not exceed 9 square inches.
 3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
 4. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings, and waist openings); and
 5. constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

PENALTIES (For ART. 2): When an official discovers a competitor wearing an illegal swimsuit by the wearing of two suits or a suit which is of an illegal construction, the official shall:

1. when observed prior to the start of the heat, notify the competitor to make legal the swimsuit before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat, the competitor is disqualified from that event and shall not be eligible for further competition until in a legal swimsuit.
2. when the race has officially begun (see Rule 1-3-4), disqualify the competitor at the completion of the heat;
3. when the starting device has been activated, disqualify the competitor at the completion of the heat; nullify the competitor's performance time and he/she shall not be eligible for further competition until in a legal swimsuit.

CONTEST PROCEDURES

UNIFORMS (Rule 3-3)

The OHSAA has become increasingly concerned about violations that relate to uniforms as referenced in Rule 3-3. Please note the following items that are part of the rules code and shall be enforced:

- **Suit of a decent appearance.** Coaches are expected to insist on this standard, and officials are expected to enforce this rule. Of concern in Ohio are boy and girls' suits that do not cover the buttocks. Coaches are urged to review this

regulation with parents and members of their squads so there will be no misunderstanding. If Officials discover an infraction and need to make a disqualification, please inform the head coach of the problem. We advise that you not contact the athlete directly; however, this does not mean that you are to ignore the infraction. Failure to uphold the rules makes it difficult for students to understand their obligations in this regard. Please see resources at the back of this manual that will assist you in supporting this education-based rule.

- ❑ **Manufacturer's Logo/Trade Name.** Rule 3-3-1 permits ONE visible, manufacturer's logo/trade mark or reference name *not to exceed 2¼ square inches and not exceeding 2 ¼" in any dimension*, on each item of uniform apparel. The rules clearly define uniform apparel to include the suit and swim cap/hat but not the goggles. Coaches and athletes are ultimately responsible for compliance with this rule.
- ❑ **Jewelry** - The NFHS has removed the prohibition on wearing jewelry. The wearing of a medical alert is still encouraged for purposes of risk minimization. **Thus, there shall be no penalty for wearing jewelry provided the jewelry is not deemed dangerous by the referee. Therefore, in accordance with Rule 3-3-5, a coach must certify that all swimmers and divers are legally attired.**
- ❑ **Coaches' Certification.** Rule 3-3-5 requires the coach to verify with the meet referee that all his/her competitors are legally attired. Officials shall ask this question of all coaches prior to any OHSAA competition. Note: The pool must be cleared prior to this mandatory meeting.
- ❑ **American Flag**- NFHS and OHSAA rules permit one American flag, not to exceed 2 x 3 inches on each piece of the uniform. Multiple flags or flags of other countries are not permitted regardless of whether they are sewn on the suit or woven into the material. In addition, it is not permissible to place pictures, language or emblems on high school uniforms unless they refer to the school name, mascot or the sport or have been approved by the OHSAA.
- ❑ **School/Mascot Name or Logo** - OHSAA rules permit a school name or school mascot/logo to be on the school uniform, in this case the swim or diving suit. Swimming rule 3-3-2, and its 9 square inches' restrictions, refers specifically to a non-permeable post construction logo or name. School names that are woven into the suit material are not required to meet the size standard of this rule.

REQUESTS FOR ACCOMODATIONS

The NOTE which follows NFHS Rule 3-3-4- UNIFORMS – permits the OHSAA, in keeping with applicable laws and our specific regulations, to authorize exceptions to the playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs (for example a religious or medical issue), as well as those individuals with unique and extenuating circumstances. The accommodations requested shall not fundamentally alter the sport, heighten risk to the athlete or others or place opponents at a disadvantage. The OHSAA will review these requests on an individual basis and provide a letter ruling authorizing the accommodation if necessary. The head coach can then provide that letter to the referee at each competition. Click here to read the policy

<https://ohsaa.org/Portals/0/SchoolResources/StudentsWithDisabilities.pdf> or refer to the OHSAA Handbook.

The school's athletic administrator shall direct a letter on school letterhead electronically to Kate Barnett at kbarnett@ohsaa.org stating the specific accommodation requested and the reason for the request.

EXHIBITION COMPETITION VS ADDING HEATS FOR NON-VARSITY COMPETITION

Please do not be confused between the definition of Exhibition Competition and the OHSAA objective of providing as many competitive opportunities for students as deemed appropriate by the member schools sponsoring this sport. There is nothing in the OHSAA or NFHS rules which prohibit adding additional heats for non-varsity competition in non-championship meets. The OHSAA subscribes to NFHS Rule 3-1-2 d which allows for unlimited team entries in non-championship multi-team meets. These extra non-varsity events are not exhibition events. All students who participate in them must be fully eligible and also eligible to score points for the schools they represent.

Because of the MANY questions regarding how to administer and score Varsity and JV competition, we have established a "recommended" method using Meet Manager and/or Team Manager. The following link will take you to the recommended method of running and scoring these JV events. <https://sites.google.com/site/academysectionals/junior-varsity-meet-setup>

The suggested method is to use a 48-event program with the Varsity events numbered 1-24 and the JV events numbered 101-124. We are recommending running the JV events first followed by the corresponding Varsity event. Event 101 followed by 1, 102 followed by 2, etc. Any event not being competed in the JV meet would be eliminated. This method will require some training of computer and timing system operators, but in running our trial meets it worked quite well.

If you have established a method of handling this within the “no exhibition” rule please understand that we **are not** requiring you to use the recommended method.

Jon Reidler from the Central district worked with Hy-Tek on setting this up and has run several meets using this method and found it to work very well. If you have any questions, please feel free to e-mail Jon at reidlej@yahoo.com to have those questions or concerns answered. We hope this method helps those who have experience problems with this situation.

To assist you further, the following is reprinted.

NFHS Rule 1-2-3 - Exhibition and Sports Regulation 26

The OHSAA has received several inquiries as to the definition and interpretation of "exhibition" competition. Please note that the OHSAA has a state association policy prohibiting "exhibition" competition; therefore, **National Federation Rule 1-2-3 does not apply.**

- An exhibition swimmer/diver is one that does not score points or count in the official standings for a competition.
- The OHSAA does not permit exhibition competition as described above.
- Junior varsity, reserve or class competition (non-varsity) is not exhibition competition. By rule and OHSAA adoption (NFHS Rule 5-1-1), events for swimming and diving may be modified for such competition. Those events shall be scored.

For example, two high schools may agree to contest and score five selected events for junior varsity athletes during a varsity dual meet. Such a competition **must be mutually agreed upon prior to the competition by the schools.**

This is just one example of why the OHSAA strongly recommends that schools use official OHSAA contracts and that contest officials insist upon a written contract to officiate a contest.

- In meets during which both varsity and non-varsity contests are being competed, an individual athlete may participate in both contests provided the athlete does not exceed the event limitations – four events no more than two of which may be individual events.
- There is no limit on the number of athletes that may be entered in non-varsity events. That limit is subject to the mutual agreement of the schools involved and must be conveyed to the officials prior to the competition. See NFHS Rule 3-1-2d for this provision.
- Officials should refuse to officiate exhibition events in swimming and diving competition.
- Officials are covered under the NFOA liability insurance policy when working interscholastic swimming and diving competition.

SPORTS REGULATION 7.2.2 – PARTICIPATING IN A NON-INTERSCHOLASTIC CONTEST WHILE A MEMBER OF A SCHOOL SQUAD – INDIVIDUAL SPORTS

This regulation states that once an athlete in an individual sport has participated in an interscholastic contest for his/her school, the athlete may not compete in a non-interscholastic contest in the same sport during the school's season. The maximum penalty for such non-interscholastic participation while a member of the school squad is ineligibility for school competition for the remainder of the school's season.

The Executive Director’s office has made exceptions to this regulation (see 7.7.1 and 7.7.2) for students who are participating in Special Olympics or Paralympics events OR in the event that the athlete has been selected to compete as a member of a national team or has been invited to participate in national or international competition by virtue of his or her past performance in the sport. In the sport of swimming and diving the following **guidelines** have been used to determine waivers:

- The student has been selected as a member of the junior or senior national team in swimming and/or diving by the achievement of national standards in an event/events.
- The student was either the champion or the runner-up in the OHSAA State Swimming and Diving Tournament the immediately preceding year.

The intent of the waiver is to protect the integrity of the regulation and the interscholastic program while allowing the development of national-caliber athletes who have been invited to compete non-interscholastically during the school season. **The procedure for requesting the waiver requires that the principal or official designee of the member school direct a request to Lauren Prochaska Director of Sport Management, at the OHSAA. Please include the supporting documentation with the letter of request. Each request will be reviewed on an individual basis.**

ENTRY LIMITATIONS – OHSAA TOURNAMENT SERIES

Coaches should note that the individual entry limitations as specified in Rule 3-2-1 apply to the OHSAA tournament series.

Exceeding entry limitations is considered a violation of eligibility standards and may be penalized whenever discovered, including after a competition has been completed. Each **level** of tournament (sectional, district and state) is considered a separate championship competition even though it is a qualifying event for further tournament participation. Hence, a competitor may swim/dive in a maximum of **four events, no more than two of which shall be individual events**, in each level of tournament competition. **The Sectional and District Tournaments in all Athletic Districts are timed finals so each swim in these tournaments is a qualifying event for the next level.**

For example, in DISTRICT competition, a swimmer may swim in the 50 yd. Freestyle, the 100 yd. Backstroke and as a member of the 200 yd. Medley Relay and the 200 yd. Freestyle Relay in those timed finals. If this swimmer qualifies to the STATE Tournament in the 100 yd. Backstroke but not the 50 yd. Freestyle, and both relays qualify to the STATE tournament as well, he/she is entitled to swim the 100 Back, and both or either the 200 Free Relay and the 200 Medley Relay and the 400 Free Relay if that relay qualified out of the District Tournament. Once entered or qualified into a level of the tournament, a swimmer must compete or take a declared false start. That event then counts as one of the individual events for that swimmer for that tournament level.

In other words, failure to swim in one of the individual events, into which that student was entered or qualified – no matter what the reason (illness, Declared False Start) – in that tournament does not permit the athlete to exceed the entry limitations by swimming one individual event and three relays in that level of the tournament. Such action would constitute competing in five events. The penalty for that participation is disqualification from the fifth event and from further competition in the tournament. If a competitor fails to qualify for the next level of competition (state tournament) in one of his or her individual events, and the school qualifies three relays, the athlete could swim in the one individual event and the three relays at the state tournament. This would not exceed the event limitation as the next level of competition is considered a separate championship event.

Schools may change names on relay cards at each level of the tournament and include any athlete who is on the eligibility certificate when the first level of tournament competition begins. It is not required that the slate of eight names remains the same throughout the tournament series.

NOTE: It is the coach's responsibility to manage the entry limitations for his or her team. This is not a contest official's responsibility.

INTERPRETATION OF EJECTION FOR UNSPORTING CONDUCT

OHSAA GSR 14 outlines suspensions for unsportsmanlike conduct. If an official provides written notice of unsportsmanlike conduct, those are considered "ejections" and shall require a two-contest suspension for either the coach or participant. Any student-athlete or coach ejected for fighting shall now require a **four-contest suspension**.

The purpose of this section is to clarify for both coaches and officials the official interpretation of OHSAA General Sports Regulations as they pertain to swimming and diving. The violations for which a competitor or coach shall be ejected from a competition are found in Section 6 of Rule 3 of the NFHS Swimming and Diving rules book. This section is entitled "Conduct." Although the word ejection is not used in the rules book, the **following penalties**, when applied, **shall result in the two-contest suspension required by OHSAA sports regulations**:

- a. Disqualification from further participation for unsporting conduct which violates Rule 3-6-1 (a), (b), (c), (d), (e), (f), (g), or any other act that the referee deems unsporting.
- b. Disqualification from further participation for a non-participating swimmer or diver (in the on-going event) who enters the water while a race is in progress, which violates Rule 3-6-4.
- c. Examples of disqualifications that are **not ejections** include: submitting an incomplete or inaccurate entry card; exceeding the contest event limitations; failing to compete in all heats, races, rounds of competition; failing to swim in the assigned lane; contacting the bottom of the pool; as a competitor in that event, reentering the water during the race or prior to the race without the referee's approval.

In addition, any coach who is ejected from a contest for unsporting conduct as described above, in addition to the two-contest denial of participation shall be fined \$100 and shall take the course entitled **"Teaching and Modeling Behavior"** within 30 days of the ejection. This course can be taken online at www.nfhslearn.com, and the cost is \$20.00

OHSAA WEEKLY ROTATION OF VOLUNTARY DIVE GROUPS

In diving in competition other than a championship meet, the competition shall consist of one voluntary dive, which shall be done in this order: Week 1 =forward group, Week 2 = back group, Week 3 = inward group, Week 4 = twisting group, Week 5 = reverse group, etc., and five optional dives, coming from four of the five groups and which may include any of the dives other than the voluntary dive. Any dive from a group may be designated as a voluntary dive. It will receive its assigned dd through 1.8. Any designated voluntary dive with a dd greater than 1.8 will be assigned a dd of 1.8.

<u>WEEK OF COMPETITION</u>	<u>DIVE</u>
1 – 11/29	Forward Group
2 – 12/6	Back Group
3 – 12/13	Inward Group
4 – 12/20	Twist Group
5 – 12/27	Reverse Group
6 – 1/3	Forward Group
7 – 1/10	Back Group
8 – 1/17	Inward Group
9 – 1/25	Twist Group
10 – 1/31	Reverse Group

NOTE: As adopted by Rule 9-4-6 NFHS Swimming and Diving Rules Book

EJECTION REPORT FORMS

COACHES/PLAYERS EJECTION FROM A SWIMMING OR DIVING COMPETITION

Officials shall file a written report with the school and the OHSAA office whenever a coach or a player is ejected from a contest. Use the Special Report Form provided to all officials on their myOHSAA profile. The offending school (coach, athletic administrator or principal) must file a written report with the OHSAA anytime a coach or player is ejected from a contest, home or away.

THE PRE-MEET CONFERENCE-

Regular Season

- The referee shall meet with the starter, a captain and the head coach from each school to discuss meet procedures, special instructions, pool conditions and sporting conduct that is expected.
- Each coach shall verify to the referee that all competitors under his/her supervision are legally attired.
- This conference should take place 30 minutes prior to the first event.
- No athletes shall be in the pool during this conference.

Tournament

- Refer to tournament regulations for information regarding this procedure

MEDICAL AND SAFETY

REFERENCE INFORMATION

The safety of our student-athletes is always of utmost concern. Information regarding the following important topics can be found at www.ohsaa.org and at www.nfhs.org:

- Heat Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Concussion in Sports
- Communicable Disease Procedures (can also be found in the NFHS Rules Book)
- Disordered Eating
- Information on Nutritional Supplements
- Links to the following sites:
 - ❑ Joint Advisory Committee on Sports Medicine
 - ❑ Ohio Athletic Trainers Association
 - ❑ American Medical Society for Sports Medicine
 - ❑ Ohio Parents for Drug Free Youth
 - ❑ National Athletic Trainers Association (NATA)
 - ❑ Gatorade Sports Science Institute News

Safety Emphasized

Adherence to guidelines designed to protect all participants in the sports of swimming and diving is mandatory. Please refer to the Rules Book, Rule 2, for the specific, mandatory pool, lane and equipment specifications that have been adopted for competition for all Ohio schools. For Diving, Rule 9 explains all safety information.

It is paramount that coaches review correct techniques with swimmers and ensure that all NFHS rules regarding water depth are strictly observed.

Diving

Please refer to NFHS Swimming and Diving Rule 9 1-1 for specific standards for the pool, the diving board and other equipment. Note that pools constructed after January 1987 must have a water depth of 12 feet or more.

OHIO DEPARTMENT OF HEALTH AND NFHS WATER DEPTH STANDARDS

In June of 2000, the state of Ohio adopted the following regulations for swimming pool operators.

Regulation 3701-31-04 (I) provides that any operator of a swimming facility in this state may permit diving from starting blocks or the pool deck into shallow water for competitive racing events PROVIDED the water depth in those areas is no less than four feet. (Note: A complete transcript of all safety regulations including this one can be accessed at www.odh.state.oh – the Ohio Department of Health’s Website.) **In addition, NFHS rules now require that this minimum depth of four feet at the point of entry for racing starts during practice or competition be measured for a distance from the end of the wall to minimum of 16 feet, 5 inches (5 meters) from the end wall.**

This means that schools sponsoring swimming and diving have **two options**:

1. **Relocate the starting blocks to deep water** (at least 4 feet in depth for a minimum of 5 meters’ distance from the end wall) **OR**
2. **Start all races in the water** and require all members of relay teams to do the same.

In summary, the NFHS and the Ohio High School Athletic Association urge all member schools with competitive swimming and diving programs to review the suitability of the facilities in which they practice and compete in swimming and diving. Although the OHSAA does not involve itself in coaching strategies or techniques, swimming and diving coaches should review their procedures involving all aspects of instruction as they relate to safety and should keep current on all safety-related developments in the sport.

Lifeguards Required for Interscholastic Swimming and Diving Competition and Training

In accordance with final rule 3701-31-05 of Ohio's Health and Safety Code, the licensee of a public swimming pool, public spa or special use pool shall provide lifeguards. This includes pools used for interscholastic swimming and diving practice and competition. Please see the complete text of these rules by linking from the OHSAA web site at www.ohsaa.org or directly to the Ohio Department of Health site at www.odh.state.oh.us.

It is OHSAA policy to conduct competition in spite of an official's concern about whether or not a school is compliant with this Administrative code. Thus, the competition should be conducted as contracted and any suspected violation of this code reported to the OHSAA for further review.

PUBLIC LAW 110-140—POOL AND SPA SAFETY (also known as the Virginia Graeme Pool and Spa Safety Act)

As enacted by Congress and effective on December 19, 2008, each public pool and spa in the United States shall be equipped with anti-entrapment devices or systems that comply with the ASME/ANSI A112.19.8 performance standard, or any successor standard; and (ii) each public pool and spa in the United States with a single main drain other than an unblockable drain shall be equipped, at a minimum, with 1 or more of the following devices or systems designed to prevent entrapment by pool or spa drains that meets the requirements of subparagraph (B):

(I) SAFETY VACUUM RELEASE SYSTEM.—A safety vacuum release system which ceases operation of the pump, reverses the circulation flow, or otherwise provides a vacuum release at a suction outlet when a blockage is detected, that has been tested by an independent third party and found to conform to ASME/ANSI standard A112.19.17 or ASTM standard F2387.

(II) SUCTION-LIMITING VENT SYSTEM — A suction- limiting vent system with a tamper-resistant atmospheric opening.

(III) GRAVITY DRAINAGE SYSTEM.—A gravity drainage system that utilizes a collector tank.

(IV) AUTOMATIC PUMP SHUT-OFF SYSTEM.— An automatic pump shut-off system.

(V) DRAIN DISABLEMENT.—A device or system that disables the drain.

(VI) OTHER SYSTEMS.—Any other system determined by the Commission to be equally effective as, or better than, the systems described in subclauses (I) through (V) of this clause at preventing or eliminating the risk of injury or death associated with pool drainage systems.

(B) APPLICABLE STANDARDS.—Any device or system described in subparagraph (A)(ii) shall meet the requirements of any ASME/ANSI or ASTM performance standard if there is such a standard for such a device or system, or any applicable consumer product safety standard.

(2) PUBLIC POOL AND SPA DEFINED.—In this subsection, the term “public pool and spa” means a swimming pool or spa that is— (A) open to the public generally, whether for a fee or free of charge; (B) open exclusively to— (i) members of an organization and their guests; (ii) residents of a multi-unit apartment building, apartment complex, residential real estate development, or other multi-family residential area (other than a municipality, township, or other local government jurisdiction); or (iii) patrons of a hotel or other public accommodations facility; or (C) operated by the Federal Government (or by a concessionaire on behalf of the Federal Government) for the benefit of members of the Armed Forces and their dependents or employees of any department or agency and their dependents.

(3) ENFORCEMENT.—Violation of paragraph (1) shall be considered to be a violation of section 19(a)(1) of the Consumer Product Safety Act (15 U.S.C. 2068(a)(1)) and may also be enforced under section 17 of that Act (15 U.S.C. 2066). **SEC. 1405.**

STATE SWIMMING POOL SAFETY GRANT PROGRAM. (a) IN GENERAL—Subject to the availability of appropriations authorized by subsection (e), the Commission shall establish a grant program to provide assistance to eligible States.

For more information, please go to <http://www.poolsafety.gov/pssa.pdf> or consult with your school's general counsel and/or local Department of Health.

PARA-SWIMMING EVENTS FOR OHSAA TOURNAMENTS

In October 2019, the OHSAA Board of Directors approved two additional swimming events in two categories for both boys and girls who have disabilities. Those events will take place this year at the OHSAA state swimming tournaments for the first time in conjunction with the major renovations that will take place at the C.T. Branin Natatorium in Canton.

The general concept for this introduction into the sport of swimming was to mirror as closely as possible the wheelers events in our interscholastic track and field programs. The reason for considering this procedure is because the transition to events in track and field for students who use wheelchairs has proceeded very smoothly and is an outstanding model to emulate.

NUMBER AND ORDER OF EVENTS

As we began this competition last year, we added just two events for the para-swimmer, the boys and girls 50-yard freestyle and the boys and girls 100-yard backstroke. As there is no division competition, these events were competed at our district tournaments as timed finals last year. This year, they will be competed at the state tournament only unless there is a need for district qualifying to take place. There will be just two categories designated as Para 1 and Para 2, which will be described in detail within the tournament regulations.

If district qualifying is necessary, the order of events and placement of these events into the district schedule shall be the purview of the District Athletic Board in conjunction with the District management.

PARA CATEGORIES

To begin, we will have just two categories for competition. These categories have been provided by USA Paralympics Swimming Director, Queenie Nichols.

Para 1 – Non-ambulatory (using a wheelchair) with limited use of all four extremities

Para 2 – Dwarfism, multiple limb deficiencies, ambulatory with assistance, can use a wheelchair with a high functioning upper body

VERIFICATION AND ELIGIBILITY

1. Only high school students who are eligible to participate in OHSAA member schools shall be eligible to participate as a para-athlete.
2. All applicable OHSAA rules and eligibility standards will apply.
3. To be considered as a para-athlete, the swimmer must have a documented permanent physical disability which limits one or more major life activities. The disability shall be confirmed by a licensed physician on a yearly basis and maintained in the permanent file or on the student's PPE at the school.
4. Schools and athletes are responsible for adhering to all tournament entry procedures as described in GSR #6.
5. Schools shall enter no more than four athletes in each para event.
6. The verification form shall be posted to the swimming and diving page and will also contain the name of any assistant or aide required to be with the athlete. It is important to identify this individual, along with the head coach, so that District Tournament Managers will be able to generate a credential for that aide.

INFORMATION ON CONCUSSION MANAGEMENT

CONCUSSION REGULATIONS

DATE OF IMPLEMENTATION – APRIL 26, 2013

Implementation of State Law and NFHS Playing Rules Related to Concussion and Concussed Athletes and Return to Play Protocol

Notwithstanding the leading role that the Ohio High School Athletic Association has played in the area of developing policies concerning concussion prevention, recognition and management, in December of 2012, Ohio's Governor Kasich signed into law legislation that was passed by Ohio's 129th General Assembly which incorporated much of what the OHSAA regulations previously mandated. This law adds several aspects to previous OHSAA regulations. Therefore, in order to be fully compliant with this law as signed by our Governor, modifications have been made to OHSAA policy. These modifications are set forth in these updated Concussion Regulations.

It is important for all individuals involved in interscholastic athletics to recognize the potential for catastrophic injury and even death from concussions. Thus, it is extremely important that each coach, administrator, contest official and medical support personnel review their responsibilities in protecting students. Further both students and parents have responsibilities in this area as well.

Note: It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that students are only put into practice or contests if they are physically capable of performing. However, all individuals involved in the conduct of interscholastic competition have responsibilities in this endeavor.

In January 2011, the OHSAA Board of Directors adopted a sports regulation which incorporated the National Federation of State High School Associations (NFHS) playing rules related to concussion recognition and management. On April 26, 2013, legislation adopted by Ohio's General Assembly on concussion and head injuries in youth sports became effective. On February 14, 2013, the OHSAA Board of Directors mandated that these regulations become effective on April 26, 2013 for the remainder of the spring sports season and thereafter. This OHSAA regulation, as amended to incorporate this recent legislation, now reads:

Any student, while practicing for or competing in an interscholastic contest, who exhibits signs, symptoms or behaviors consistent with having sustained a concussion or head injury (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the practice or contest by either of the following:

- 1) The individual who is serving as the student's coach during that practice or competition.
- 2) An individual who is serving as a contest official or referee during that practice or competition.

RETURN TO PLAY PROTOCOL

If a student is removed from practice or competition due to a suspected concussion or head injury, the coach or referee who removes the student shall not permit the student, **ON THE SAME DAY THE STUDENT IS REMOVED**, to return to that practice or competition or to participate in any other practice or competition for which the coach or contest official is responsible. Thereafter, which means no earlier than the next day, the coach or contest officials shall not permit the student to return to practice or competition until both of the following conditions are satisfied:

- 1) The student's condition is assessed by either of the following:
 - a. A physician, who is a person authorized under Chapter 4731 of the Ohio Revised Code (OCR) to practice medicine and surgery or osteopathic medicine or surgery (M.D. or D.O.)
 - b. Any other licensed health care provider that the school district board of education or other governing authority of a chartered or non-chartered nonpublic school, authorizes to assess the student who has been removed

from practice or competition.

- 2) The student receives **written authorization** that it is safe for the student to return to practice or competition from a physician or other licensed health care provider authorized to grant the clearance. Click here <https://www.ohsaa.org/Portals/0/Sports-Medicine/AuthorizationToReenter.pdf> to retrieve the OHSAA's Medical Authorization to Return To Play (RTP) form.

A school district board of education or governing authority of a chartered or non-chartered nonpublic school may authorize a licensed health care provider who is NOT a PHYSICIAN to make an assessment and grant authorization for a student to return to participation ONLY if the provider is acting in accordance with one of the following as applicable to the provider's authority to practice in Ohio:

- 1) In consultation with a physician;
- 2) Pursuant to the referral of a physician;
- 3) In collaboration with a physician, or
- 4) Under the supervision of a physician.

Note: A physician or other licensed health care provider who makes an assessment or grants clearance for a student to return to participation may be a volunteer.

COACHES REQUIREMENTS

All coaches, paid and volunteer, must possess a current Department of Education-issued Pupil Activity Program/Coaching Permit. When renewing this permit, the coach will be required to complete an online concussion education course as stipulated in the section entitled **Approved Online Concussion Education Course**. This course is valid for three years and expires at the time the Pupil Activity Program/Coaching Permit expires.

CONTEST OFFICIALS REQUIREMENTS

New legislation signed into law by the Governor provides that no school "shall permit" an individual to referee interscholastic athletic contests unless the individual holds a Pupil Activity Program/Coaching Permit or has successfully completed within the last three years a training program in concussion recognition. Therefore, all OHSAA licensed officials shall possess either a current Department of Education-issued Pupil Activity Program/Coaching Permit or **show evidence of completing an approved online concussion education course** as stipulated in the section entitled **Approved Online Concussion Education Courses**. This course is valid for three years from the date of completion.

STUDENT AND PARENT REQUIREMENTS

All students and their parents or legal guardians shall review and sign the "Concussion Information Sheet" which has been developed by the Ohio Department of Health and which shall be distributed by OHSAA member schools to all students and their parents prior to each sports season. Students and parents shall review and sign this form each year and should keep a copy of the form. In addition, parents and students are encouraged to complete an approved concussion education course. The Concussion Information Sheet can be found here:

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/media/concussion-information-sheet-youth-sports-organizations>

APPROVED ONLINE CONCUSSION EDUCATION COURSES

The following free online training courses have been approved by the Ohio Department of Health for coaches and contest officials:

National Federation of State High School Associations Concussion in Sports - What you Need to Know:

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000>

(This free online course is available through the NFHS. Click the "order here" button, and complete a brief registration form to take the course. Follow these steps to complete the course:

1. Click on the button that says "Please Login to Order." In the window that appears, click "Register Now."

2. When your registration is complete, you may "order" the free concussion course offered along the left-hand side of the page. Continue following prompts. Although it may look like you will be charged for the course, there is no cost.
3. Once you've completed "Checkout," you will be able to take the free online course.
4. When you have completed and passed the course, you have the option of printing a certificate of completion.
5. All Ohio Officials should select this option to print, retain a copy of the certificate and carry it with them to all contests.

[Centers for Disease Control and Prevention Heads Up Concussion in Youth Sports On-Line Training Program:](http://www.cdc.gov/concussion/HeadsUp/online_training.html)
http://www.cdc.gov/concussion/HeadsUp/online_training.html -

PLEASE NOTE: Both courses offer a “certificate of completion” upon successful passage. The NFHS course allows organizations to search for and track coaches and other individuals such as contest officials who have completed the course, while the CDC course does not. The link can be access [here](#).

FREQUENTLY ASKED QUESTIONS

1. **What are the “signs, symptoms, or behaviors consistent with a concussion?”** The National Federation rule lists some of the signs, symptoms and behaviors consistent with a concussion. The U.S. Department of Health and Human Services, Centers for Disease Control and Prevention has published the following list of signs, symptoms and behaviors that are consistent with a concussion:

SIGNS OBSERVED BY OTHERS	SYMPTOMS REPORTED BY ATHLETE
<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness • Shows behavior or personality changes • Cannot recall events prior to hit • Cannot recall events after hit 	<ul style="list-style-type: none"> • Headache • Nausea • Balance problems or dizziness • Double or fuzzy vision • Sensitivity to light or noise • Feeling sluggish • Feeling foggy or groggy • Concentration or memory problems • Confusion

2. **Who is responsible for administering this rule?**
 All individuals who have responsibilities and duties in the interscholastic athletics environment are responsible: coaches, contest officials, administrators, students, parents and medical personnel.
3. **What is the role of coaches in administering this rule?**
 - Coaches are to review and know the signs and symptoms of concussion and to prohibit any athlete who displays these signs or symptoms from participating in a practice or a contest.
 - Coaches are not medical professionals and have no authority to determine whether or not a student has sustained a concussion. The coach is responsible for insuring that the student’s parents are notified and the student is referred to a medical professional.
 - Coaches shall be aware that any student removed from a practice or a contest due to a suspected concussion or head injury **shall not return to participation on the same day as the removal.**
 - Coaches shall possess a current Pupil Activity Program/Coaching Permit and shall take one of the approved online concussion courses upon renewal of the permit.
4. **What is the role of contest officials in administering the rule?**
 - Officials are to review and know the signs and symptoms of concussion and to direct immediate removal of any student who displays these signs or symptoms. When informing the head coach about removal of an athlete, the official shall be accompanied by another (second) official if possible.
 - An official **shall not permit the athlete who has been removed under this rule to return to**

competition that same day.

- If a contest official is aware that a student has been permitted to return to competition on the same day as removal, that official shall immediately stop play and remove that student from competition and report the incident to the OHSAA.
 - Note that officials are not medical professionals and have no authority to determine whether or not a student has sustained a concussion. The official is responsible for directing removal when he or she observes signs and symptoms that may indicate a student is concussed.
 - All Officials shall possess either a current Pupil Activity Program/Coaching Permit or shall complete one of the online concussion courses which are valid for three years from the date of completion.
 - At initial licensure or renewal of the OHSAA officiating permit, the official shall indicate that he or she has either a current Pupil Activity Program/Coaching Permit or has completed one of the approved online concussion courses.
 - All officials should carry with them evidence of completion of one of these options at all times while officiating a contest.
 - Officials are required to submit to the OHSAA the “OHSAA Concussion Report” within 48 hours whenever a student has been removed from a contest under this regulation.
5. What are the expectations of student-athletes in concussion management?
- While all individuals involved in the interscholastic athletics program have a responsibility to recognize the potential for catastrophic injury and even death from concussions, it is also the responsibility of student-athletes to recognize the signs, symptoms and behaviors consistent with a concussion.
 - Student-athletes who exhibit symptoms such as loss of consciousness, headache, dizziness, confusion or balance problems, have the responsibility to report these immediately to their coach and/or health care professional. Teammates also share the responsibility to report these symptoms when they are exhibited by a fellow student-athlete.
 - Student-athletes shall review and sign, on an annual basis, along with their parents or legal guardians, the Ohio Department of Health’s Concussion Information Sheet found on the OHSAA website.
6. **Who decides if an athlete has not been concussed and/or who has recovered from a concussion?**
- **Only** an M.D. (Medical Doctor), D.O. (Doctor of Osteopathy), or another health care provider approved by the school’s Board of Education or other governing body who is acting in accordance with one of the following as applicable to the provider’s authority to practice in Ohio:
 - 1) In consultation with a physician;
 - 2) Pursuant to the referral of a physician;
 - 3) In collaboration with a physician;
 - 4) Under the supervision of a physician.
- is empowered to make the on-site determination that an athlete has **not** received a concussion. Even if that determination has been made, however, the student may not return to practice or competition on the same day he/she has been removed from a practice or competition (see No. 7 below).
- If any one of these physicians or authorized medical providers has answered that “yes” there has been a concussion, that decision is final.
7. **Can an athlete return to play on the same day as he/she has been removed from a practice or competition for a suspected concussion?**
- No, under no circumstances can that athlete return to play that day.
 - No coach or contest official shall allow a student to return to practice or to competition on any day after the initial removal until that student has been assessed and cleared for return with **written authorization** by a physician or licensed health care provider authorized by the school.
 - If the event continues over multiple days, then the designated event physician has ultimate authority over return to play decisions.
8. **Once the day has concluded, who can issue authorization to return to practice/competition in the sport**

for a student who has diagnosed with a concussion?

- Once a concussion has been diagnosed by a physician or other approved health care provider, only a physician or approved provider can authorize subsequent Return To Play (RTP), and such authorization shall be in writing to the administration of the school. This written **RTP authorization shall be kept at the school indefinitely** as a part of that student’s permanent record. Click here <https://www.ohsaa.org/Portals/0/Sports-Medicine/AuthorizationToReenter.pdf> to access the OHSAA “Medical Authorization to Return to Play” Form.
- School administration shall then notify the coach as to the permission to return to practice or play.

9. What should be done after the student is cleared by an appropriate health care professional?

- After a clearance has been issued, the student’s actual return to practice and play should follow a graduated protocol.
- The National Federation of State High School Associations has included the following graduated protocol in its Suggested Guidelines for Management of Concussion in Sports: (**Note:** This is simply a suggested protocol. The appropriate health care professional who issues the clearance may wish to establish a different graduated protocol.)

NFHS SUGGESTED MEDICAL CLEARANCE RETURN TO PLAY PROTOCOL

1. No exertional activity until asymptomatic.
2. When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
3. Initiate aerobic activity fundamental to specific sport such as running or skating, and may also begin progressive strength training activities.
4. Begin non-contact skill drills specific to sport such as dribbling, fielding, batting, etc.
5. Full contact in practice setting.
6. Game play/competition.
 - Athlete must remain asymptomatic to progress to the next level. (It is often suggested that an athlete not be allowed to progress more than one level per day.)
 - If symptoms recur, athlete must return to previous level and should be reevaluated by an appropriate health care professional.
 - Medical check should occur before contact. (Final written clearance from the medical professional shall be obtained before the athlete engages in any unrestricted or full contact activity.)

QUICK LINKS FROM THE OHIO DEPARTMENT OF HEALTH

Ohio Department of Health Concussion Information Sheet - <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/media/concussion-information-sheet-youth-sports-organizations>

Online Concussion Management Training -<http://www.healthyohioprogram.org/concussion.aspx#Training>

Other Concussion and medical information can be found [here](#).



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 ohsaa.org

MEDICAL AUTHORIZATION TO RETURN TO PLAY WHEN A STUDENT HAS BEEN REMOVED DUE TO A SUSPECTED CONCUSSION

Ohio State Law as well as NFHS rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from and/or prevented from participating or continuing to participate in any practice or contest (sports activity) and **not permitted to participate in or reenter practice or competition on the same day as the removal.** After these symptoms are identified, **written medical authorization from a physician (M.D. or D.O.)** or another qualified licensed medical provider, who works in consultation with, collaboration with or under the supervision of an M.D. or D.O. or who is working pursuant to the referral by an M.D. or D.O., AND is authorized by the Board of Education or other governing board, **is required to grant clearance for the student to return to participation.** This form shall serve as the authorization that the physician or licensed medical professional has examined the student, and has cleared the student to return to participation. The physician or licensed medical professional must complete this form and submit to a school administrator prior to the student's resumption of participation in practice and/or a contest. **To reiterate, this student is not permitted to reenter practice or competition on the same day as the removal.**

I, _____, M.D., D.O. or _____ (other qualified licensed medical provider) have examined the following student, _____ from _____ High School/7-8th grade school _____ (Name of Student), who was removed from and/or prevented from participating or continuing to participate in a _____ (sport) contest at the _____ level (V, JV, 9th, 7-8th) due to exhibition of signs/symptoms/behaviors consistent with a concussion or who is known to have suffered a concussion. I have examined this student, and determined that the student is cleared to resume participation upon the completion of the directions provided below.

PLEASE INDICATE YOUR DIRECTIONS BELOW

- ___ Return to play protocol for concussion as outlined in Zurich Consensus Statement 2012 or as attached.
- ___ Return to play protocol for concussion required under direction of Licensed Athletic Trainer or other qualified licensed medical provider as approved in above directive
- ___ Return to play protocol for concussion not required, and the student may return to participation in practice and competition on this date _____
- ___ Other: (explain): _____

VALID ONLY WITH ALL INFORMATION COMPLETED

Signature of Medical Professional _____

(MD, DO or other qualified Licensed Medical Provider as Approved in the Above Directive)

Date: _____

Contact Information: _____

(Print or Stamp) Address: _____
 Phone: _____

Return to play is also subject to clarification of this document, as deemed necessary, by Licensed Athletic Trainer, other qualified Licensed medical providers authorized by Board of Education or other governing body, or school district administration. Return to play decisions are also subject to recognized principles of conditioning, skill development, mental preparedness, etc. Parent(s)/Guardian and student are reminded that the initial signature document of awareness of signs and symptoms of concussion and need/requirement to report are still in effect. Parent(s)/Guardian and student have a responsibility to report any further signs or symptoms of a concussion or head injury to coaches, administrators and the student- athlete's doctor. Information regarding signs and symptoms are available from school district personnel or OHSAA website.

PRESENT THIS FORM TO THE SCHOOL ADMINISTRATOR

Note: The school must retain this form indefinitely as a part of the student's permanent record. Medical Providers should retain a copy for their own records.



Ohio High School Athletic Association
 -4080 Roselea Place
 Columbus, Ohio 43214
 Telephone: 614-267-2502; Facsimile – 614-267-1677
ohsaa.org

OHSAA CONCUSSION REPORT

State Law, NFHS Rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition that same day. This form shall serve to document that a student has been removed from a contest in accordance with State Law, NFHS and OHSAA rules due to exhibiting signs, symptoms and/or behaviors consistent with a concussion. The contest official must complete this form and forward it to the OHSAA within 48 hours after the conclusion of the contest. It is recommended that the official keep a copy of this report. In addition, if required by NFHS rule, an appropriate entry shall be made in the scorebook or other document as prescribed.

Student's
Name _____ **Date** _____

School
Name _____

Sport _____

Level of Contest (Circle One) 7th 8th 9th JV Varsity

Official's Name _____ **OHSAA Permit #** _____

Comments:

Please forward to [Molly Downard](#) at the OHSAA within 48 hours.

GUIDELINES FOR MEET WARMUP

Prior to any athletes entering the water to begin warm-ups, there shall be a meeting that includes head coaches and captains from each team and officials (if available). The criteria to be reviewed include but are not limited to: warm-up procedure, pool environment, water depth at both ends, jewelry and uniform rules, starting blocks, lane selection, emergency procedures, lifeguard responsibilities and other pertinent issues. In addition, the following guidelines are recommended for warm-up procedures at ALL meets

1. A designated supervisor whose sole responsibility is to observe warm-up procedures shall be on duty prior to any athletes entering the pool/diving well and throughout the entire warm-up period.
2. Swimmers shall enter the water feet-first except for starts which are limited to specified lanes.
3. Specify lanes 2 and 5 (six lane pool) or Lanes 2 and 7 (eight lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
4. Place a cone marker or similar sign on starting platforms in lanes not specified as one-way sprint lanes.
5. Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool).
6. Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push off position from the starting end of the pool).
7. May specify lanes for relay practice during the last 15 minutes of the warm-up.
8. Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
9. Swimmers shall not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.
10. Swimmers shall not swim in the area where diving warm-up is occurring.
11. The pool shall be closed during the coaches meeting.

It may be considered unsporting conduct when a participant violates any of these guidelines.

Meet Management or a designated official may remove and eject a swimmer, coach and/or team for violations of these recommendations. In facilities that have a warm-up and/or warm-down area, management shall provide supervision of the area(s) at all times.

TOURNAMENT ENTRY INFORMATION

OHSAA shall continue to use an on-line entry process for the OHSAA State Swimming Tournament beginning at the sectional tournament level. The computer software of choice, for which the OHSAA is licensed, is the Hy-Tek Team Manager Program

Schools that have swim teams (a team consists of 7 or more individuals) are required to use the on-line entry program. Schools with individuals only should also make arrangements for entering athletes using the on-line procedure.

Schools that own a software program (Easy Team or Hy-Tek Team Manager) may use the program that they already own.

Schools that do not own a program are encouraged to purchase the Hy-Tek Program. To obtain the software, click [here](#).

Specific information for your assigned sectional tournament will continue to be provided by the sectional manager. The sectional manager will inform you about the requirements for the actual process of submission of the electronic on-line entry.

The above information is being provided to assist you as coaches in planning for the upcoming season. Your sectional managers will provide additional information.

OFFICIALS

OFFICIATING ETHICS & CODE OF CONDUCT

(From www.ohsaa.org and the OHSAA Handbook for Officials)

Our member schools have entrusted officials to assist them in the education and development of their youth through athletics. This requires officials to be independent, impartial, and responsible to the people they serve. In recognition of these expectations there is an established **Code of Ethics** and **Code of Conduct** for all officials. The purpose of the code is to establish guidelines for ethical standards of conduct for all officials.

OFFICIATING CODE OF ETHICS

An Official must devote time, thought and study to the rules of the sport and the mechanics necessary to carry out these rules so that one may render effective and credible service in a fair and unbiased manner

An Official must work with fellow officials and the state association in a spirit of harmony and cooperation in spite of differences of opinion that may arise during debate of points or rules at issue

An Official must resist every temptation and outside pressure to use one's position as an official to benefit oneself. Under all circumstances, officials must avoid promoting the special interest of any person or group of persons other than the athletes we serve

An Official must constantly uphold the honor and dignity of the avocation in all personal conduct and relations with the student-athletes, coaches, athletic directors, school administrators, colleagues, and the public, to be a worthy example to the athletes under one's jurisdiction

An Official will be prepared both physically and mentally, dress accordingly to expectations and maintain a proper appearance that is befitting the importance of the game

An Official shall avoid the use of **tobacco** and **related products** at the contest site

An Official must remember and recognize that it is important to honor contracts regardless of possible inconvenience or financial loss

Every member of the officiating profession carries a responsibility to act in a manner becoming a professional person. The conduct of any official influences the attitude of the public toward the profession in general as well as toward the official in particular.

Sports officials bear great responsibility for engendering public confidence in sports. They are critical to the health of athletic competitions. Officials ensure games are played fairly, by the rules, within the spirit of the rules and in a safe manner. Officiating takes a great deal of preparation, continuing education and commitment of time.

PRE-SEASON PREPARATIONS

We have encouraged coaches to invite local officials to meet with their team during pre-season workouts. It allows the officials to meet the athletes and discuss new rules. It gives athletes an opportunity to ask questions and have a discussion prior to competition days. We also recommended inviting an official(s) to a pre-season meeting with team parents. Again, it provides a forum for healthy discussions and an opportunity for parents to learn more about the sport. Many of you already participate in such activities, but for those that do not, please get involved!

UNIFORM REQUIREMENTS

The officiating uniform for swimming and diving officials has been changed to a white collar shirt or polo with the OHSAA logo. (Optional in 2022, required in *TBD with launch of new logo), navy blue slacks or shorts, white shoes and socks. Please no denim or blue jeans. No watch except those used in timing or jewelry except a wedding band, medical I.D. or religious medal may be worn. Emblems and patches, other than the official OHSAA officiating patch, are not permitted on the uniform.

ELIGIBILITY FOR OFFICIATING OHSAA SWIMMING AND DIVING TOURNAMENTS

Officials who wish to work the OHSAA tournaments and have been included in the pool will receive the following Notice in October with information on submitting a formal application.

OHSAA LOCAL ASSOCIATION MEETINGS

OHSAA Local Association Meetings are available at www.ohsaa.org . Under "Officiating" select Local/State Rules Meetings.

Select Local Rules Meetings on the left side, sport: swimming and diving.

myOHSAA Instructions

1. **Access** the *myOHSAA* system from www.ohsaa.org home page. Click on *myOHSAA* in the upper right corner.

2. **Logon** to myOHSAA. After logging in, you may be directed to set a new password and provide a security question and answer. Follow the on screen instructions for setting a new password and save your account information.
3. After login your Home Page will appear which contains all the tools currently available to an OHSAA official.
4. **Click** on “Tournament Officiating Application” located in the left column.
5. **Click** on “Swimming and Diving” in the sport list to access the tournament application. The application form will appear.
6. **Review** and change (if necessary) your profile information in step 1.
7. **Review** and **edit or add** (if necessary) your current email address.
8. **Answer** all the questions in step 2.
9. **Certify** your answers in step 3 by clicking “yes” or “no”.
10. **Click** the “Submit Application” button, to complete the application.

Before exiting myOHSAA, review your personal calendar.

11. **Click** “Personal Calendar” in the left column. **Review** your personal calendar from February 8 – February 27 and add any time you are **NOT** able to officiate.

WEBSITE RESOURCES

Our website includes a great deal of information specifically geared for officials. Go to <https://ohsaa.org/Officiating> when you have questions, this may be a great place to start!

SAMPLE FORM FOR RECORDING FALSE STARTS

EVENT _____ HEAT _____

Place an X through the lane number where a false start was observed

LANE
1
2
3
4
5
6
7
8
9
10

Signature _____

JUDGE'S FORM FOR DUAL CONFIRMATION ON RELAY TAKE-OFFS

Side Judge _____ Lane Judge _____

Event _____ Heat# _____

	Swimmer #		
Lane 1	2	3	4
Lane 2	2	3	4
Lane 3	2	3	4
Lane 4	2	3	4
Lane 5	2	3	4
Lane 6	2	3	4
Lane 7	2	3	4
Lane 8	2	3	4
Lane 9	2	3	4
Lane 10	2	3	4

Signature _____

OHIO ADOPTS WHISTLE PREPARATORY COMMANDS FOR ALL INTERSCHOLASTIC COMPETITION

NFHS STARTERS' PROTOCOLS

Use of Whistles as Preparatory Commands

Ohio will use the whistle preparatory commands only for all levels of competition.

FORWARD STARTS

1. Starter/referee signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or starter/referee announcing the event/distance/heat.
2. When all swimmers have approached the blocks, starter/referee blows a long whistle for the heat to step onto the block and take their preparatory position.
3. Once all swimmers are on the blocks, the referee immediately turns the heat over to the starter
4. When swimmers are settled into position, starter says "take your mark"
5. When swimmers have assumed the correct starting position and are stationary, starter activates the starting signal

BACKSTROKE STARTS

1. The starter/referee signals the swimmers with a series of short whistles (no fewer than 4) to approach the side of the blocks and prepare to swim followed by the announcer or starter/referee announcing the event/distance heat..
2. When all swimmers are at the side of the blocks, starter/referee blows a long whistle for the heat to immediately step into the water.
3. When all swimmers have surfaced, starter/referee blows a second long whistle to have the swimmers return to the wall and immediately assume their starting positions
4. The procedure is then the same as in steps 3-5 in the FORWARD START section.
5. Optional: If a swimmer (or swimmers) has not responded to the whistles, referee/starter may say "step up" or "step in"

NFHS 2021-22 SWIMMING AND DIVING RULE CHANGES

3-2-5 — Changes protocol for declaration of the lead-off swimmer in a relay to be submitted prior to the start of the event.

3-3-5 — Permits competitors to wear suits providing full body coverage for religious reasons.

3-3-6b, c, d — Permits the application of temporary adhesives for divers.

5-4-3, 5-4-3 NOTE — Clarifies protocol for conducting swim-offs and what purposes the time can be used.

9-2-1 — During championship meets, new language establishes when diving boards should be open for practice if breaks between sessions extend longer than ten minutes.

9-3-7 PENALTIES, 9-5-2, 9-5-2 NOTE, 9-5-5, 9-7-4f, 9-7-5k thru p, 9-8-2c — Permits standing forward takeoffs, clearly defining the proper procedure for performing a standing forward takeoff and the protocol for application of the mandatory two-point deduction.

9-5-4b — Clarifies that only four oscillations are permitted before the diver leaves the board.

9-6-2i; 9-6-4a, b — Defines process to rectify announcing errors that occur during diving competition.

2021-22 SWIMMING AND DIVING EDITORIAL CHANGES

4-1-3, 4-1-7, 4-5-1, 4-8-1f, 4-8-2, 4-9-1, 4-9-2, 4-9-3, Appendix B

2021-22 SWIMMING AND DIVING POINTS OF EMPHASIS

1. Communication between the Referee and Table
2. Establishing the Official Time
3. Diving Entries
4. Signals for Officiating Swimmers with Disabilities

SWIMSUIT COVERAGE RESOURCES FROM NFHS

Memorandum



To: NFHS Executive Directors
From: Karissa Niehoff
Subject: NFHS Swimming and Diving Suit Coverage
Date: August 7, 2019

There is a growing trend in high school swimming and diving of athletes wearing training and competitive suits in a manner that contradicts with the intention of their original design and manufacture. Specifically, suits are being worn in such a way as to expose the athlete's buttocks. This issue is not gender specific and is occurring in various states across the country.

The NFHS Swimming and Diving Committee has addressed this concern in the previous two years by including commentary in the 2017-18, 2018-19 and 2019-20 Points of Emphasis of the Swimming and Diving Rules Book. In 2018, the committee mandated pre-meet coaches and athlete meetings. These are excellent opportunities to address legal attire and for the coach to verify that his/her swimmers are legally equipped. In addition, the penalty protocol for suit coverage infractions was reorganized in the 2019-20 Swimming and Diving Rules Book to emphasize that officials should notify the competitor's coach, not the competitor, in reference to suit coverage violations.

The Swimming and Diving Rules Committee offers the attached resources to help educate administrators, coaches, officials, parents, and athletes. Realizing that this is not an issue in all states, we are providing this material to Executive Directors only, so that you may determine whether its dissemination is appropriate for your state association.



NFHS Swimming and Diving Suit Coverage Resources Potential Script

Dear Coach,

To help you have a positive and “safe” discussion with your team regarding appropriate swim and dive suit attire and fit, you are being provided a script you can read to your team. Feel free to use it as part of a preseason introduction, put it into a team handbook, provide it as a document for team parents and athletes to sign, and/or post it for athletes to view. We hope you find it useful and easy to deliver.

“The NFHS is dedicated to providing a safe environment for its members and the swimming and diving community. It is the policy of “Your team name here” to represent this school in a manner consistent with its mission. To that end, our expectation is that suits will be worn in the manner in which they were designed. During both practice and competition, swimmers and divers will wear one-piece suits. They shall be worn in the appropriate size as dictated by that manufacturer’s specifications for the athlete’s body type and shall remain unaltered. In addition, boys shall wear suits which cover the buttocks, and girls shall wear suits which cover the buttocks and breasts.

It is our expectation that parents will support the directives of this team, and that our athletes will adhere to the suit guidelines outlined above knowing that doing so:

- *Shows support and pride for our team and your teammates.*
- *Places you in the best possible light during competition.*
- *Reflects positively on your coaches and teammates.*
- *Shows respect for yourself, and your desire to present yourself in the best possible light.*
- *Shows respect for cultures that may be more modest in nature.*
- *Protects your coach from an appearance of impropriety.*

If you feel that a teammate is not representing our team in such a fashion:

1. *You are encouraged to speak directly to your teammate in a respectful, considerate manner.*
2. *If you feel that you need further assistance, please contact your coach.*

Thank you for helping to make “Your team name here” a safe and successful team.



NFHS Swimming and Diving Suit Coverage Resources

Pre-Season Meetings

- Coaches and school administrators should take a proactive role and address suit coverage with parents and athletes during their pre-season meetings to specify that suits should be worn as the manufacturer intended. Athletes purchasing personal suits for competition should consider suits that comply with NFHS rules regarding appropriate coverage as well as design and decoration.
- Established school dress codes can also be referenced in this context, as existing standards for student attire that may deal with a variety of issues and suit coverage can be included therein.
- Coaches should select team suits that provide appropriate coverage as it pertains to NFHS rules. Permit different styles to be worn that will appropriately fit the various body sizes.
- Outline reasonable guidelines that can be implemented by coaches and officials of appropriate suit fit. Consider competitive scenarios, but also strategies implementable by NFHS coaches regarding this issue in daily practices and meets.
- Coaches or administrators can utilize a standard script during pre-season meetings. Coaches are placed in the difficult, and admittedly, uncomfortable position of speaking with athletes about covering up appropriately. The script will assist in starting the conversation and establishing expectations.
- Provide illustrations of an appropriate and inappropriate fitted suits for males and females.
- Coaches should be aware, and should articulate to athletes and parents, the reality that there are suits available on-line that are NOT legal for high school competition; many of those come with the FINA approval tag, but still are in violation of NFHS rules as to (a) size and number of manufacturer's logo and (b) body coverage.



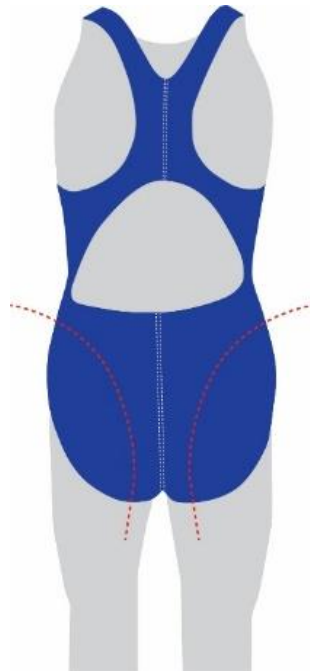
Pre-Meet Coach and Athlete Meetings

- Pre-meet coach and athlete meetings have been mandated, which is an opportunity for the coach to verify that his/her athletes are properly and legally equipped AND an opportunity for captains/peers to consult with their teammates to ensure suits and caps meet rule guidelines.
- Emphasize the role of the captains regarding these meetings. They are more in touch with what teammates are wearing and how they're wearing it AND it prompts questions before the fact about legality.

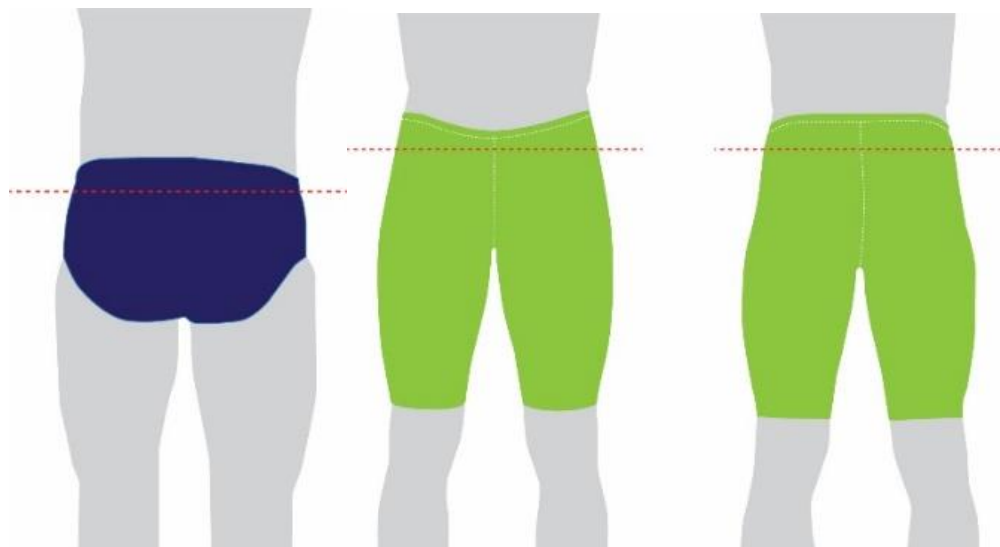
Talking Points

- The NFHS is dedicated to providing a safe environment for its members and the swimming and diving community.
- Education-based activities is a great platform that provides an opportunity to discuss appropriate behavior and attire.
 - Athletes serve as role models and representatives of their sport, school, and state association.
 - Shows support and pride for team and teammates.
 - Reflects positively on coaches and teammates.
 - Shows respect for yourself, and desire to present yourself in the best possible light.
 - Teaches young athletes the importance of presenting themselves in publicly appropriate attire.
- During practice and competition suits shall be worn in the appropriate size as dictated by that manufacturer's specifications for the athlete's body type and shall remain unaltered.
- Boys shall wear suits which cover the buttocks, and girls shall wear suits which cover the buttocks and breasts.
- Athletes should be instructed to adjust their suit before exiting the pool. A common, objective phrase that has been recommended is "fix your suit".

**Example of Appropriate and Inappropriate Female Suit Coverage
(red dotted lines)**



Example of Appropriate and Inappropriate Male Suit Coverage (red dotted lines)



TOURNAMENT REGULATIONS

Tournament Regulations will be available at www.ohsaa.org (after approval by the Board of Directors). On the web site, under “Sports & Tournaments” select swimming and diving. The tournament regulations are listed under “Tournament Information” on the left side.

OHSAA GENERAL SPORTS REGULATIONS

General Sports Regulations are available at www.ohsaa.org. Under “Sports & Tournaments” select swimming and diving. The General Sports Regulations are listed under Swimming and Diving Info on left side.

OHSAA SWIMMING AND DIVING SPORTS REGULATIONS

Swimming and Diving Sports Regulations are available at www.ohsaa.org. Under “Sports & Tournaments” select swimming and diving. The Sports Regulations are listed under Swimming and Diving Info on left side.

SPORTING CONDUCT



The OHSAA challenges everyone to take positive steps toward positive sporting behavior. It is the responsibility of each of us to serve as a positive role model and set high expectations for others.

ADMINISTRATORS

Athletic departments are comprehensive, pre-eminent teaching departments with a subject matter all their own: self-confidence, leadership, teamwork, discipline, perseverance, respect for others, strategic thinking, dedication, the importance of rules, and sportsmanship. These are true-life lessons, and participation in athletics provides another forum for learning.

Coaches and Officials are responsible for promoting sportsmanship and positive behavior on the field. Administrators, we need your continued assistance in promoting sportsmanship and controlling fan behavior in the stands! Let the parents and fans know what you expect!

COACHES

Your athletes will demonstrate the attitudes and behaviors they have learned from you, either through direct instruction or through observation of your actions. ***Never underestimate the influence you have on your players!*** You must:

- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.
- Display modesty in victory and graciousness in defeat.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.

It is difficult to develop a great setter, a great hitter or a great defensive player. However, your greatest challenge is to develop mature young adults who will become great citizens and role models in your community.

OFFICIALS

Your job is not an easy one, but officials must be aware that they are an important component in the educational development of students. To carry out this responsibility, you must:

- Know the rules and mechanics of our sport and the philosophy behind them.
- Get fit and stay fit. An official with all of the rules and mechanics knowledge and people skills in the world does no good if he or she cannot physically keep up with play.
- Maintain professional and ethical relationships with athletic administrators, especially in the area of fulfilling game contracts.
- Work cooperatively with fellow officials during games and within the officials' association to improve members' performances.
- Maintain at all times and when interacting with all participants, an attitude of civility and professionalism.
- Practice effective preventive officiating as much as possible before, during, and after a match. The quiet word, proper signals, timely verbal instructions, a simple thank-you to a player for avoiding an unsporting act, and well-thought-out pre-game conferences with the teams and other game officials will result in an improvement of sporting conduct by eliminating the chance for things to go wrong.

STUDENT-ATHLETES

You serve as a role model for your younger siblings, young fans in the stands, your teammates, and your classmates. Set high expectations for everyone and help them follow-through! You must:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with others. This will assist everyone in the achievement of a better understanding and appreciation of the game.
- Treat opponents as you would like to be treated with respect.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.

CONCLUSION

Good sporting conduct is everyone's responsibility. It is the essence of interscholastic athletics. Remember...some may question an official's call or a coach's substitution, but no one can question the value of good sportsmanship.

Note from Jacki Windon, Assistant Director of Operations and Liaison to the OHSAA Sportsmanship Ethics and Integrity Program:

As we prepare for the upcoming seasons, we wish to emphasize to each of you the importance of your leadership role in sportsmanship, ethics and integrity. The professional manner in which officials and coaches conduct themselves prior to, during and following a contest unquestionably impacts the behavior of others involved.

The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sportsmanship, ethics and integrity. We are involved in an ongoing campaign in every sport to do just that. Printed below is the mission statement of the NFHS concerning sportsmanship, ethics and integrity. Please take the time to read and digest this statement and then carefully consider your impact upon the players, officials, coaches, and fans. Thank you and have a great season.

NFHS Sportsmanship Mission Statement

Good sportsmanship is viewed by the National Federation of State High School Associations as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

ONLINE RESOURCES

On our website (www.ohsaa.org – click on “Respect the Game” on the right side of the screen) you will find **Fair Play Codes** for athletes, coaches, and fans, as well as additional information regarding **parents’ role in interscholastic athletics**. The Respect the Game site also includes information about the Harold A. Meyer Sportsmanship Award and the Archie Griffin Sportsmanship Award. Please feel free to contact us with any additional questions. A direct link can be found by clicking [here](#).