



Ohio High School Athletic Association

TO: Swimming and Diving Coaches and Directors of Athletics

FROM: Kate Barnett, Sport Administrator

DATE: September 26, 2023

SUBJECT: Swimming and Diving Pre-Season Updates

PRE-SEASON INFORMATION

State Rules Interpretation Meeting

The State Rules Interpretation Meeting will be made available beginning **Wednesday October 11, 2023**. This meeting must be completed online and accessed through your individual myOHSAA account.

If you are a new coach, please consult your athletics director to assist with getting your account set up. Confirmation of completing this meeting is required. Failure to complete this meeting prior to **Monday November 27, 2023, at 11:59pm** will result in a late fee.

NFHS 2023-24 Rule Books

The OHSAA pre-season mailing, including the 2023-24 NFHS Swimming and Diving Rule Book, has been mailed out to each athletics director. If you are interested in purchasing additional NFHS publications, please visit the NFHS website [HERE](#).

Ohio High School Swim Coaches Association

The Ohio High School Swim Coaches Association (OHSSCA) serves as a consulting group to the OHSAA regarding swimming and diving. Over the past few years, the OHSSCA has worked with OHSAA to implement key improvements like para events at the state meet, earlier season start (October), 15 minute rule between events and others. There are many other membership benefits such as involvement with award selections, and professional development opportunities. Membership with the OHSSCA is voluntary, but broader participation from all coaches helps strengthen the voice with OHSAA. If you are interested in joining the OHSSCA, please visit ohssca.org to register.

The OHSSCA is hosting a coach's clinic at Upper Arlington High School on **Saturday September 30, 2023**. Attendance is not required, but open to all coaches. If you have an interest in attending please register [HERE](#).

If you have any questions about the OHSSCA or clinic, please contact the OHSSCA president, Mike De Bear, at coachdebear@gmail.com

Diving

For the sport of diving, other than a championship meet, the competition shall consist of one voluntary dive, which shall be done in a specified order (NFHS Rule 9-4-6). The rotation schedule can be found on the OHSAA website [HERE](#).

For a diver to compete in the OHSAA Tournament, the diver must have COMPLETED an 11-dive championship competition at least once during the current regular season verifying that the diver can perform an 11-dive championship slate. **For clarification purposes, completing an 11-dive competition refers to performing all 11 rounds with no more than one failed dive in the same competition.**

As a best practice, please be sure to attend meets that offer the 11-dive competition well in advance of the tournament to ensure compliance.

School HyTek Codes

Hy-Tek is the platform used to enter and collect times in most meets as well as the OHSAA Tournament. Each school has been assigned a specific Hy-Tek code. Therefore, when inputting your team information into the HyTek system for meets and the OHSAA Tournament, please be sure to use the specified HyTek code assigned to your school. These can be found on the OHSAA website [HERE](#).

Swimming and Diving National Governing Body Non-Interscholastic Waiver

Per GSR 7.7.2, a non-interscholastic waiver may be provided for student-athlete(s) to compete in events sponsored by a National Governing Body. Swimming and diving student-athletes that qualify for any of the following events may receive a waiver.

Junior Nationals
Senior Nationals
US Open
Pro Series Meets
Mid-State Championship (Middle School Only)

This is a one (1) time waiver for the 2023-24 OHSAA Swimming and Diving season. The form can be accessed [HERE](#). Once the form is submitted, no further follow up is required.

NOTE: Events not listed above may require further review or a different waiver. Please don't hesitate to reach out if you have questions about other events.

7th and 8th Grade Change in Sport Season Waiver

Per GSR 19, schools, leagues or conferences may adjust seasons to accommodate school teams because of the lack of availability of physical facilities or personnel or due to other reasons as deemed appropriate by the league or conference. Proposed changes in seasons shall be submitted in writing to the Executive Director and include the proposed dates of the 7th & 8th grade season not to exceed the length of the interscholastic season for the sport concerned. All other regulations regarding contest limitations, required practice time and coaching requirements shall be followed.

The Sport Season Waiver application can be accessed [HERE](#).

SPORT REGULATIONS AND RESOURCES

Swimming and Diving Resources:

[OHSAA Swimming and Diving Sport Webpage](#)

[OHSAA 2023-24 Handbook](#)

[OHSAA 2023-24 General Sport Regulations](#)

[OHSAA 2023-24 Swimming and Diving Regulations](#)

[OHSAA 2023-24 Swimming and Diving Pre-Season Coaches Manual](#)

[Weekly Rotations of Voluntary Dive Groups](#)

OHSAA 2023-24 Tournament Regulations (Coming soon)

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