



2019-20 NCHSAA Swimming and Diving Rules Clinic

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Director of Sports and Championships

National Federation of State
High School Associations





2019-20 NFHS SWIMMING AND DIVING RULES POWERPOINT

National Federation of State
High School Associations



Take Part. Get Set For Life.®

Rules Changes
Major Editorial Changes
Points of Emphasis





Rule Changes

2019-20 NFHS SWIMMING AND DIVING



UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

- **Rule 3-3** has been reorganized to identify penalties for specific uniform violations. No other changes were made to these rules.
- **Rule 3-3-1** recommends that all swimmers and divers wear suits of identical coloring and pattern.



UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

- **Rule 3-3-2** contains all language addressing suit coverage:
 - Suits shall be of one piece;
 - A competitor shall not be permitted to participate wearing a suit that is not of decent appearance;
 - Boys shall wear suits which cover the buttocks and shall not extend above the waist or below the top of the kneecap;
 - Girls shall wear suits which cover the buttocks and breasts and shall not extend beyond the shoulders or below the top of the kneecap, nor cover the neck.



UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

■ 3-3-2 PENALTIES

When an official discovers a competitor wearing illegal attire as described in Article 2, the official shall:

- When observed prior to the start of the heat/dive, notify the coach of the competitor to make the swimsuit legal;
- When observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive;



UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

- **Rule 3-3-3** addresses information that can be placed on the suit or cap:
 - Competitor's name, school name, school nickname or logo;
 - Advertising or name other than that permitted in 3-3-2c is prohibited;
 - Size of a single visible manufacturer's logo/trademark/reference;
 - Size of one American flag or memorial patch;
 - The FINA mark and/or individual barcode.



UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

- **Rule 3-3-4** addresses suit construction for swimmers (excluding divers):
 - Constructed of a woven/knit textile material;
 - Must be permeable except for one post-construction, school name and/or logo not to exceed 9 square inches;
 - May not aid buoyancy;
 - May not have fastening systems other than a waist tie for a brief or jammer and elastic material in the terminal ends.



UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

- **Rule 3-3-3 and 3-3-4 PENALTIES:** When an official discovers a competitor wearing illegal attire as described in Articles 3 and 4, the official shall:
 - When observed prior to the start of the heat/dive, notify the coach or the competitor to make the swimsuit legal;
 - When observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat;



UNIFORMS

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-3 AND 3-3-4 PENALTIES

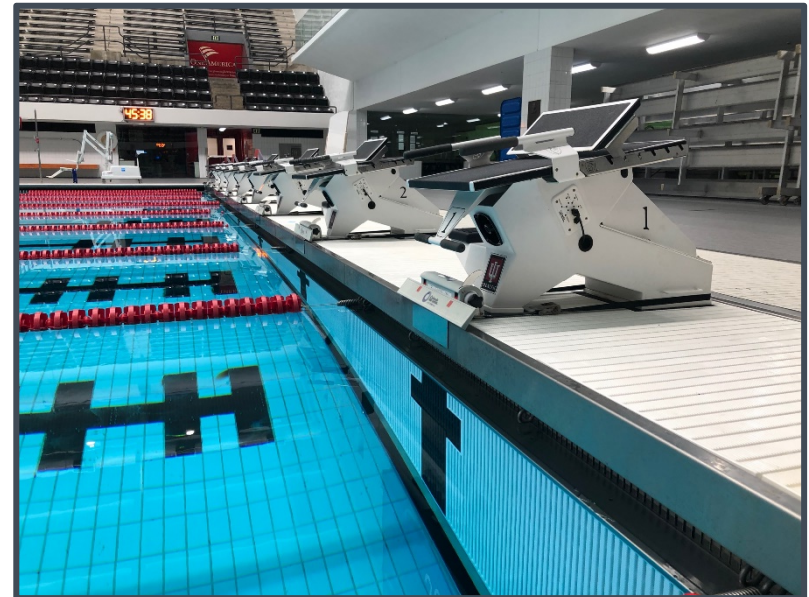
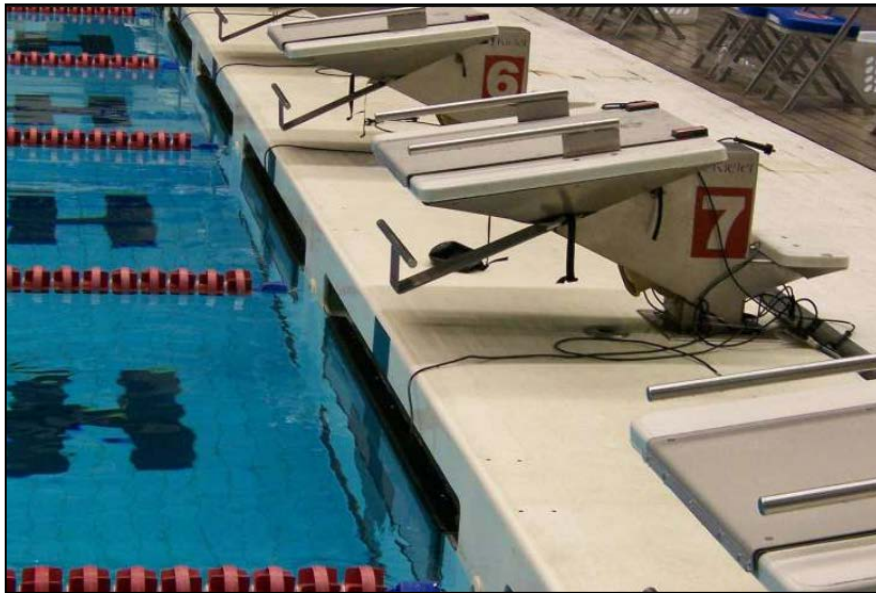
- The remaining articles have been renumbered:
 - **Rule 3-3-5** addresses speed, buoyancy, body compression and adhesives.
 - **Rule 3-3-6** requires coaches to verify that all competitors are legally attired.



FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e

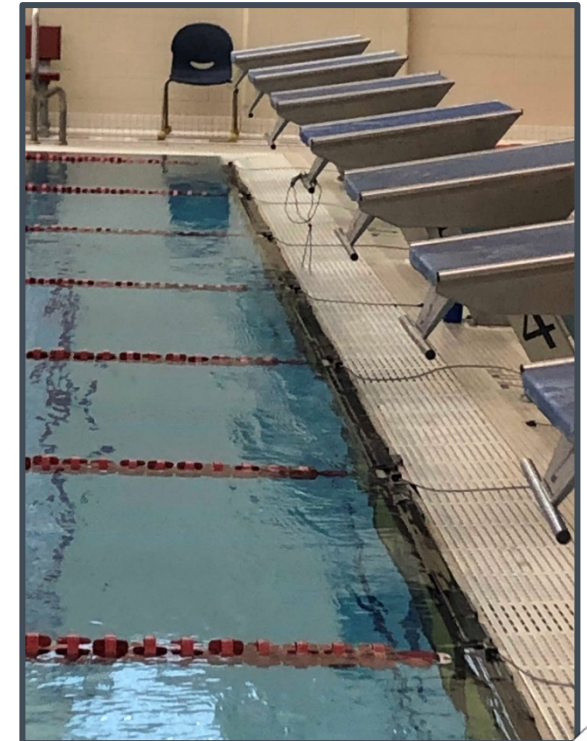
- **Rule 8-1-7:** To finish the race, the swimmer shall contact the finish end in the manner prescribed by the stroke.



FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e

Rule 1-1-1: The end walls are the walls perpendicular to the race course.



FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e

- **Rule 8-2-1g**

The backstroke finish requires completion of the required distance and contact with the touchpad or finish end by any part of the swimmer with some part of the body at or above the surface.

- **Rule 8-2-2h**

The breaststroke finish requires completion of the required distance and contact with the touchpad or finish end with both hands simultaneously, not necessarily on the same plane.





FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e

- **Rule 8-2-3g**

The butterfly finish requires completion of the required distance and contact with the touchpad or finish end with both hands simultaneously, not necessarily on the same plane.

- **Rule 8-2-4e**

The freestyle finish requires completion of the required distance and contact with the touchpad or the finish end by any part of the swimmer.



FINISHES

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e, 8-3-5

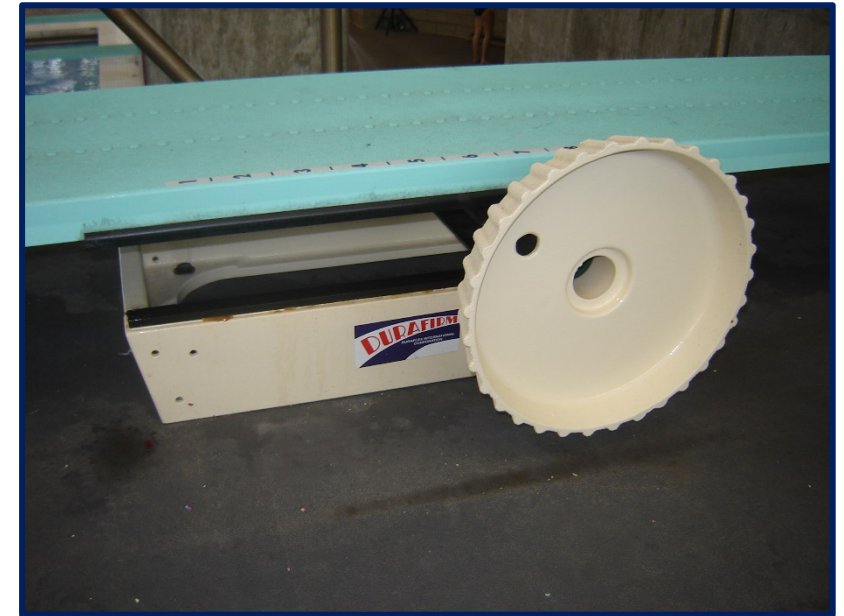
- **Rule 8-3-5:** Each swimmer of a relay team must contact the finish end at the conclusion of his or her leg of the relay in accordance with the finish rule applicable to the stroke being swum.



THE POOL, BOARD AND EQUIPMENT

9-1-3

- A fulcrum, which can be moved and set at varying positions between 5 feet 1 inch and 7 feet 6 inches (1.549 m and 2.286 m) from the rear of the diving board, is required.



CHOICE OF DIVES

9-4 TABLE

- The degree of difficulty of four dives has been changed:

Dive No.	T/C	P/B	S/A
BACK DIVES			
201 Back Dive	1.5	1.6	1.7
202 Back 1 SS.....	1.5	1.6	1.7
203 Back 1½ SS	2.0	2.3	2.5
204 Back 2 SS.....	2.0	2.3	—
205 Back 2½ SS	3.0	3.2	—
REVERSE DIVES			
301 Reverse Dive	1.6	1.7	1.8
302 Reverse 1 SS.....	1.6	1.7	1.8
303 Reverse 1½ SS	2.1	2.4	2.7
304 Reverse 2 SS.....	2.1	2.4	2.9
305 Reverse 2½ SS	3.0	3.2	—



FORM OF THE DIVES

9-5-6

- The flight shall be either in the:
 - a. straight position where the body shall not be bent either at the knees or hips. The feet shall be together and the toes pointed. The position of the arms is at the option of the diver;
 - b. pike position in which the body shall be bent at the hips, the legs must be kept straight at the knees, the feet shall be together, and the toes pointed. The position of the arms is at the option of the diver;
 - c. tuck position in which the body shall be compact, is bent at the knees and hips with the knees and feet close together within the bodyline of the shoulders. The hands shall be on the lower legs and the toes pointed;
 - d. free position in which a combination of positions may be used to perform twisting dives.

AWARDING POINTS

9-7-4 NOTE

- A dive is unsatisfactory if, in the diving referee's opinion:

NOTE: In a championship meet, the diving referee may consult with a designated member of the judging panel concerning a possible unsatisfactory dive.





Major Editorial Changes

2019-20 NFHS SWIMMING AND DIVING





AUTHORIZED OFFICIALS

4-1-2

- In championship meets ~~multi-team~~ meets, a meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during a meet. Judgment calls of officials are not subject to review by this committee. The decisions of the meet committee are final.



THE REFEREE

4-2-2e

- During the meet, the responsibilities of the referee are to:

Notify the competitor's coach of an observed violation of 3-3-2 ~~3-3-5~~ during competition. This may be accomplished with a verbal announcement if the competitor's coach cannot be reached without delay of the meet.



CHOICE OF DIVES

9-4-1d TABLE

- A row in the **Figure 9 Table** was omitted from the previous rule book and has been reinserted to Rule 9-4-1d.

No. of Contestants	Preliminaries	Semifinals	Finals
	(Performed in any order within each round of competition)		
1-32	2 vol. & 3 opt.	2 vol. & 1 opt.	1 vol. & 2 opt.

FIGURE 9

NOTE: When there are more than 32 divers entered, all divers should be permitted to complete the preliminaries (5 dives). However, the sponsoring organization has the right to reduce the field to 32 divers after three rounds. With the field thus reduced, the remaining two dives of the preliminaries are performed, followed by semifinals and finals.



Points of Emphasis

2019-20 NFHS SWIMMING AND DIVING



PREVENTING SHALLOW WATER BLACKOUT

- **How to Avoid Shallow Water Blackout**
 - Never hyperventilate
 - Never ignore the urge to breathe
 - Never swim alone
 - Never play breath holding games
 - No repetitive underwater laps





SUIT COVERAGE

- Suit Coverage:
 - Continues to be a focus;
 - Language addressing coverage and the protocol for addressing violations has been reorganized in the rules book;
 - Pre-meet coaches and athlete meetings requires the coach to verify that his/her athletes are properly and legally equipped;
 - Recommend that school administrators and coaches address suit coverage with parents and athletes during their pre-season meetings.





ACCOMMODATIONS FOR STUDENTS WITH A DISABILITY

- Accommodations for Students With a Disability Updates:
 - Updated language for hearing and visual impairments;
 - Updated images of official's signals for forward and backstroke starts;
 - Updated images of modified starting positions;
 - Available in the 2019 NFHS Swimming Officials Guidelines Manual.





SUB-VARSITY COMPETITION

- State associations may modify events and distances for non-varsity competition.
- NFHS playing rules are written specifically for varsity competition.
- Modifications for levels other than varsity are at the discretion of the state association.





PRE-MEET CONFERENCE

- In situations where conducting a pre-meet conference is impractical:
 - State associations may determine an alternative method of compliance;
 - Topics that should be covered are listed in the NFHS Swimming Officials Guidelines Manual;
 - Must provide appropriate information for athletes, coaches, and meet officials to assure that the stated purposes for the pre-meet conference are met.





Swimming and Diving Reminders

2019-20 NFHS SWIMMING AND DIVING





EXHIBITION COMPETITORS

1-2-3, 3-2-1c, 9-3-1

- **Rule 1-2-3:** Exhibition competitors are permitted unless state association policy determines otherwise. An exhibition competitor is a non-scoring contestant in a regularly scheduled and scored event.
- **Rule 3-1-2c:** Each team shall be permitted an equal number of additional entries in a pool with eight lanes or more.
- **Rule 9-3-1:** The number of team entries permitted in swimming and diving events shall be the same.






NFHS LEARNING CENTER



Coaching Swimming


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Coaching Swimming

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1.

Resources



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Coaching Swimming

Previous

1

Next

Developed with NISCA

National Leader in Interscholastic Education



51 Member State
Associations



Over 18,500
High Schools



Over 11 million
Students





Coaching Diving

Course Objectives

- Coaching Fundamentals: components of a dive, direction designations and position designations
- Dryland: body positioning, drills, basic jumping skills and hurdle progressions
- Forward and Backward Dives: feet-first entry, front fall-in, headfirst entry
- Inward, Reverse and Twisting Skills: demonstrations and testing

Units

- Teaching Methodology
- Fundamentals
- Dryland Skills
- Forward Skills
- Backward Skills
- Inward Skills
- Reverse Skills
- Twisting Skills





Officiating Swimming & Diving

Course Objectives

- Understand the roles of professionalism, rules knowledge, and communication and how they help ensure a fair meet.
- Know how to consistently identify swimming violations in each type of event.
- Learn the elements of a proper dive and how to score dives appropriately.

Units

- Elements of Professional Development
- Officiating Swimming
- Officiating Diving
- Judging Practicum

Unlimited access to course for 1 year from the date of purchase

Approved by NFHS for 3 course clock hours



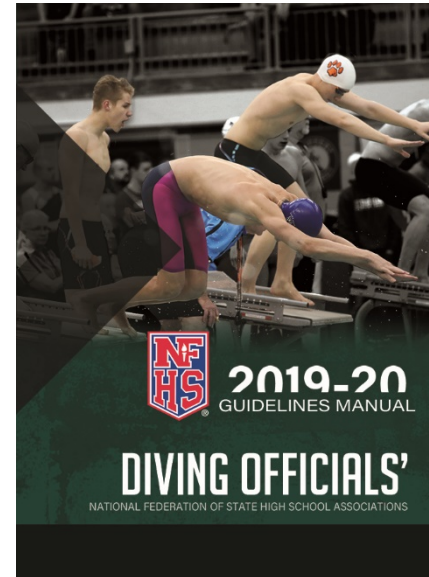


Resources

2019-20 NFHS SWIMMING AND DIVING



NFHS SWIMMING AND DIVING OFFICIALS' GUIDELINES MANUALS



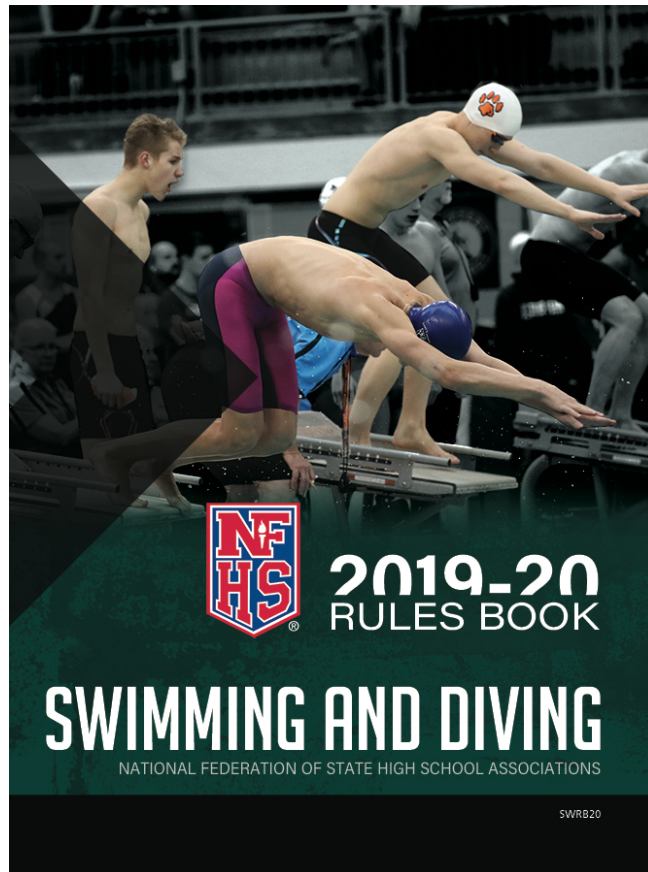
The revised manuals will be available August 1 on the following website locations:

<http://www.nfhs.org/activities-sports/swimming-diving/>

<https://arbitersports.com>



NFHS SWIMMING AND DIVING PUBLICATIONS



The Rules Book, Scorebook and other swimming and diving materials can be ordered online at www.nfhs.com, or by calling 1-800-776-3462.

OFFICIAL NFHS DIVING SCORESHEET														
Name _____ Grade _____ School _____											ORDER OF FINISH TOTAL POINTS AWARDED Diving Order			
Meet _____ Site _____ Date _____														
Class _____ Varsity _____ J. V. _____ Male _____ Female _____														
PRELIMS (Dives 1-5: 2 Vol. & 3 Opt.)														
Dive Order	Dive No./ Dive Position <small>(Dive Number, Feet)</small>	DIVE DESCRIPTION	JUDGES SCORES									Judges Total	Points of Diff.	POINTS AWARDED
1			1	2	3	4	5	6	7	8	9			
2														
3														
4														
5														
SEMI-FINALS (Dives 6, 7, 8 -- 2 Vol. & 1 Opt.)														
6														
7														
8														
FINALS (Dives 9, 10, 11 -- 1 Vol. & 2 Opt.)														
9														
10														
11														
Signed: _____ T/C = Tuck, P/B = Pike, S/A = Straight, F/D = Free (See Back for Diving Table) TOTAL POINTS AWARDED _____														
Diver: _____ DUAL MEETS: _____														
Coach: _____ List voluntary dive first. Spaces 2-6 for optional dives														
Referee: _____ CHAMPIONSHIP & OTHER 11-DIVE MEETS: _____														
List dives in each section per Rule 9-4.1. Total D.D. Voluntary Dives _____														
												Total D.D. Optional Dives _____		





General Board Changes

2019-20



Gender of Player

- ▶ The NCHSAA allows participation in interscholastic athletics for all students, regardless of gender or gender identification.



Gender of Player

- ▶ A student may participate based on the gender noted on the student's certificate of birth.
 - ▶ Women shall not participate on a men's interscholastic athletic team where the school has a women's team in the same sport or where a school sends an entry to the women's state playoffs in the same sport.
 - ▶ In cases where women are permitted on a men's team, the school forfeits all participation in the women's playoffs in the same sport.
 - ▶ Men's rules will be used where women play on men's teams.
 - ▶ Men's shall not participate on women's team's in any sport.



Gender of Player

- ▶ When a student's gender identity differs from the gender listed on the student's certificate of birth, the Gender Identity Request Form must be submitted by the member school to the NCHSAA prior to any participation by the student under circumstances that would constitute ineligibility.



Gender of Player

- ▶ The following information should be submitted with the Request:
 - ▶ Documentation from individuals such as, but not limited to, parents/legal guardians appointed by a court of competent jurisdiction, friends, and/or teachers, which affirm that the actions, attitudes, and manner demonstrate the student's consistent gender identification.
 - ▶ A complete list of all the student's prescribed, non-prescribed, or over the counter treatments or medications relative to gender identity.
 - ▶ A complete list of interventions that have happened related to the gender identity of the student.
 - ▶ Written verification from an appropriate healthcare professional (e.g. physician, psychiatrist, psychologist, school nurse, etc.) of the student's consistent gender identification. Include any other social/emotional information from health-care professionals that would help the Committee make a decision about the student. This information must be submitted on office letterhead of the healthcare professional who provides verification with contact information and professional title of the individual.
 - ▶ Any other pertinent documentation or information which the student or parent(s)/legal guardian(s) appointed by a court of competent jurisdiction believe relevant and appropriate.



Gender of Player

- ▶ The NCHSAA will refer the Gender Identity Request to the NCHSAA Gender Identity Committee for consideration.
 - ▶ The NCHSAA Gender Identity Committee will consist of the following:
 - ▶ Current member of the Board of Directors;
 - ▶ LEA or school administrator;
 - ▶ Physician with experience in gender identity health care and/or World Professional Association of Transgender Health (WPATH) Standards of Care;
 - ▶ Psychiatrist, psychologist, or licensed mental health professional familiar with the WPATH.
- ▶ The Committee will approve the Request if it finds that the student genuinely identifies as the gender indicated in the Request.



Gender of Player

- ▶ The Committee will require that the member school has verified that the student is eligible in all other aspects.
- ▶ The Committee will respect and promote the student's privacy and confidentiality rights under HIPPA and FERPA in the process of considering a Gender Identity Request. Information provided to the Committee will be shared only to the extent necessary to decide the Gender Identity Request; provided that, if a Gender Identity Request is approved, the student's school may share the student's gender identity with other schools as necessary to ensure appropriate accommodations when competing at another school.



Gender of Player

- ▶ In cases where a Gender Identity Request has been approved:
 - ▶ The student will be declared eligible to participate based on the student's gender identity.
 - ▶ 1.2.4.a is not in effect.
- ▶ It shall be the responsibility of the school to comply with all state and federal mandates/laws.



Home School Participation



Initial Eligibility

- ▶ Home school students
 - ▶ Documentation from the Division of Non-Public Education must be presented upon initial dual enrollment- attendance, immunization, transcript, school number, etc.
 - ▶ Home school students must communicate athletic intent at a member school in which they are domiciled and follow the enrollment and assignment procedures/policies established by the local board of education.
 - ▶ Notice to principal must take place within at least days prior to the first practice date of each sports season.



Home School Participation



Attendance

▶ Home school students:

- ▶ Must have been enrolled in the registered home school for 365 days prior to being eligible in a member school.
- ▶ Once deemed eligible at a member school, the student must maintain continuous dual enrollment.
 - ▶ Unenrollment would render the student ineligible for 365 days.
- ▶ Must participate in a class schedule that is at least one half of the school's instructional day
 - ▶ At least one class must be on campus each semester or meet LEA requirements.



Home School Participation

Scholastic Requirements:

- ▶ A student must have passed a minimum load of work during the preceding semester to be eligible at any time during the present semester. The semester is normally considered half of the academic year. All students must also meet local promotion standards, set by the LEA and/or the local school. **Home school students must be on grade level according to a nationally standardized achievement test(s) indicating grade level.**
- ▶ A minimum load is defined as five courses in the traditional school schedule and three courses for schools on the “block” format. If the school is on an A/B form of block scheduling, a student must pass six of eight courses during what would traditionally be defined as a semester. Any student, including seniors must pass that minimum load, even if they need fewer for graduation. **Home school student must pass all public school courses in which he/she is enrolled.**



Transfer Policy



- ▶ Students transferring to the same member school where the student's coach has relocated within a calendar year will be deemed ineligible in any sport in which the coach is involved.
 - ▶ Now applies to within LEA as well as from LEA to LEA.
- ▶ If deemed ineligible due to athletic purposes, the student will only be ineligible in that sport(s) in which “athletic purposes” was reason for not authorizing.



Foreign Exchange Students

- ▶ After the first year of participation as a Foreign Exchange Student
 - ▶ Student can be eligible subsequently, based on the two-semester rule
 - ▶ Applies to the same school of initial enrollment.



Ejection Policy

- ▶ Clarified this policy:
 - ▶ Leaving the bench and coming on to the playing area during a fight (whether they participate in the fight or not)



Unpaid Fines

- ▶ Unpaid fines will be posted for NCHSAA membership view only



Eligibility Summary Forms

▶ Deadline Changes

- ▶ Fall - September 1
- ▶ Winter - December 1
- ▶ Spring - March 15



Post-Season Participation

► Clarification:

- Independent NCHSAA member schools are eligible for post-season ONLY in individual sports, based on the sport



Pre-Game EAP Review

▶ Purpose

- ▶ Effective communication of Emergency Action Plan
 - ▶ EAP is required by Law (Gfeller-Waller)
- ▶ Guide for administrators, coaches, officials and LAT/FR

▶ Conducted by the Game Day Administrator or Designee

- ▶ The NCHSAA recommends that a hard copy or electronic copy of the venue specific EAP be provided to both the lead official and visiting team personnel.



Pre-Game EAP Review Card



All Events

- ▶ Who is the gameday administrator and what is their contact information?
- ▶ Is there a Licensed Athletic Trainer (LAT) and/or First Responder (FR) on site and what is their contact information? If a LAT or FR is not on site who is the most qualified person to provide CPR and first aid care?
- ▶ Has the Emergency Action Plan (EAP) been reviewed and where is the posted venue specific EAP located?
- ▶ What first aid and emergency equipment is available at the venue and where is it located? (e.g., first aid kit, AED/CPR equipment, spinal injury stabilization equipment, exertional heat illness management equipment, etc.)



Pre-Game EAP Review Card



Outdoor Events

- ▶ Who will be monitoring environmental and field/facility conditions during the event? (e.g., thunder and lightning, Wet Bulb Globe Temperature)
- ▶ Who will notify officials of unsafe environmental or field/facility conditions?
- ▶ Has the lightning or thunder disturbances safe shelter and evacuation route been identified?
- ▶ What is the Wet Bulb Globe Temperature, if available, at the beginning of the contest?



Sport Specific Changes & NCHSAA Points of Emphasis 2019-20



Regional Assignments

- ▶ Regional assignments will be based on conference affiliation
 - ▶ Golf
 - ▶ Cross-Country
 - ▶ Swimming and Diving
 - ▶ Track & Field



Regional Assignments

1A/2A East	1A/2A Central	1A/2A West
Albemarle 1A	Central Carolina 2A	Mountain 6 2A
Atlantic 5 1A	Mid-State 2A/3A	Mountain Valley 1A/2A
Carolina 1A	Northwest 1A	Northwestern Foothills 2A
Central Tar Heel 1A	PAC 7 1A	Smoky Mountain 1A
Coastal 8 1A/2A	PAC 7 2A	South Fork 2A
Coastal Plains 1A	Rocky River 2A/3A	Southern Piedmont 1A
East Central 2A	Western Piedmont 2A	Southwestern 2A
Eastern Carolina 2A	Yadkin Valley 1A	Western Highlands 1A/2A
Eastern Plains 2A		
Mid-State 2A		
North Central 1A		
Northeastern Coastal 2A		
Northern Carolina 1A/2A		
Tar Roanoke 1A		
Three Rivers 1A/2A		

3A East	3A Central	3A West
Big East 3A	Big Eight 3A	Big South 3A
Coastal 3A	Mid-Piedmont 3A	North Piedmont 3A
Eastern Carolina 3A/4A	Mid-State 2A/3A	Northwestern 3A/4A
Greater Neuse 3A	Piedmont Triad 3A	South Piedmont 3A
Mideastern 3A/4A	Rocky River 2A/3A	Southern Carolina 3A
Patriot 3A/4A	Tri-County 6 3A	Western Mountain 3A

4A East	4A Central	4A West
CAP 7 4A	Metro 4A	Central Piedmont 4A
Eastern Carolina 3A/4A	Sandhills 4A	I-Meck 4A
Mideastern 3A/4A	South Wake 4A	Northwestern 3A/4A
Northern 4A	Triangle 8 4A	So Meck 7 4A
Patriot 3A/4A		Southwestern 4A



400 Freestyle Relay

- ▶ Prelim/Final Event at the State Championship
 - ▶ No longer a timed final



Payment of Officials



- ▶ MUST BE PAID!
 - ▶ Referee - \$51 flat fee
 - ▶ Stroke and Turn Judge, Starter, Diving Judge - \$26 flat fee

- ▶ 6 Lane Requirements
 - ▶ Referee and two (2) stroke and turn judges
- ▶ 8 Lane Requirements
 - ▶ Referee and three (3) stroke and turn judges



Required Coaches Education

- ▶ NFHS Fundamentals of Coaching
 - ▶ All coaches (paid and volunteer)
 - ▶ Prior to first play date
 - ▶ One-time requirement
- ▶ NFHS Concussion in Sports
 - ▶ All coaches (paid and volunteer)
 - ▶ Prior to first practice
 - ▶ Annual requirement
- ▶ CPR/AED Certified
 - ▶ All head and paid coaches
 - ▶ Must maintain certification
- ▶ NFHS Sudden Cardiac Arrest
 - ▶ All non-paid coaches
 - ▶ Prior to first practice
 - ▶ Annual requirement
- ▶ NCHSAA Rules Clinic
 - ▶ Head Varsity Coach
 - ▶ Prior to first play date
 - ▶ Annual Requirement



Calendar

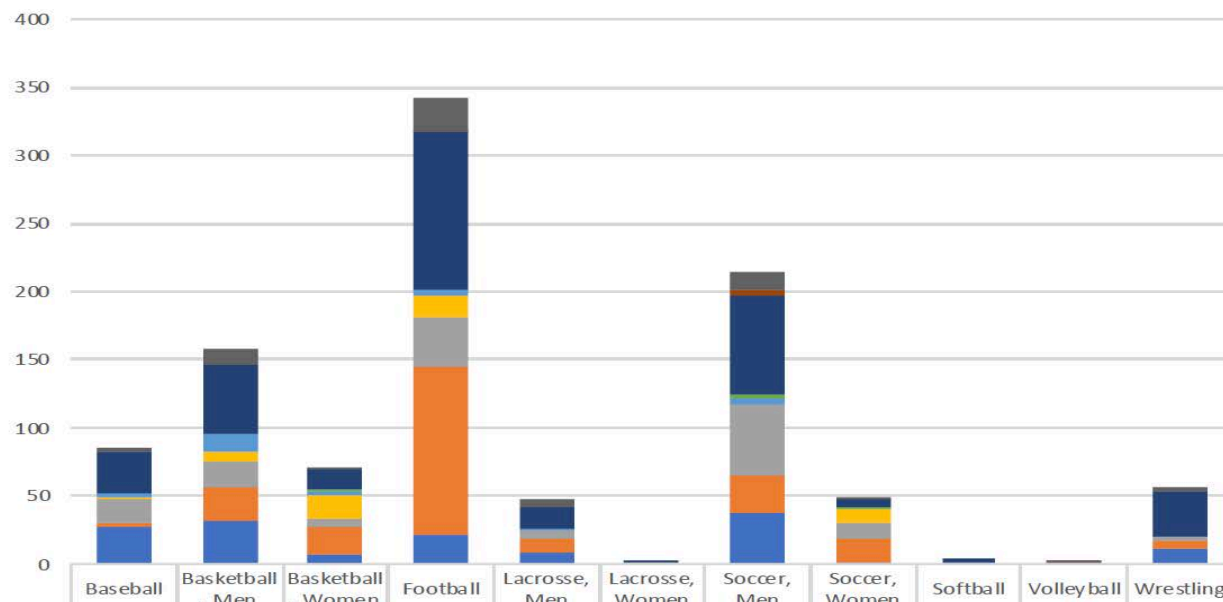
Start:	Wednesday, October 30
1st Contest:	Wednesday, November 18
Regional Entry Deadline:	Saturday, January 25 8:00 p.m.
Late Entry Deadline:	Monday, January 27 3:00 p.m.
Regionals:	Friday, January 31 and/or Saturday, February 1
States:	1A/2A Thursday, February 6, 2020 4A Friday, February 7, 2020 3A Saturday, February 8, 2020



Sportsmanship/Ejections



2018-19 Ejection Report - Reason and Sport



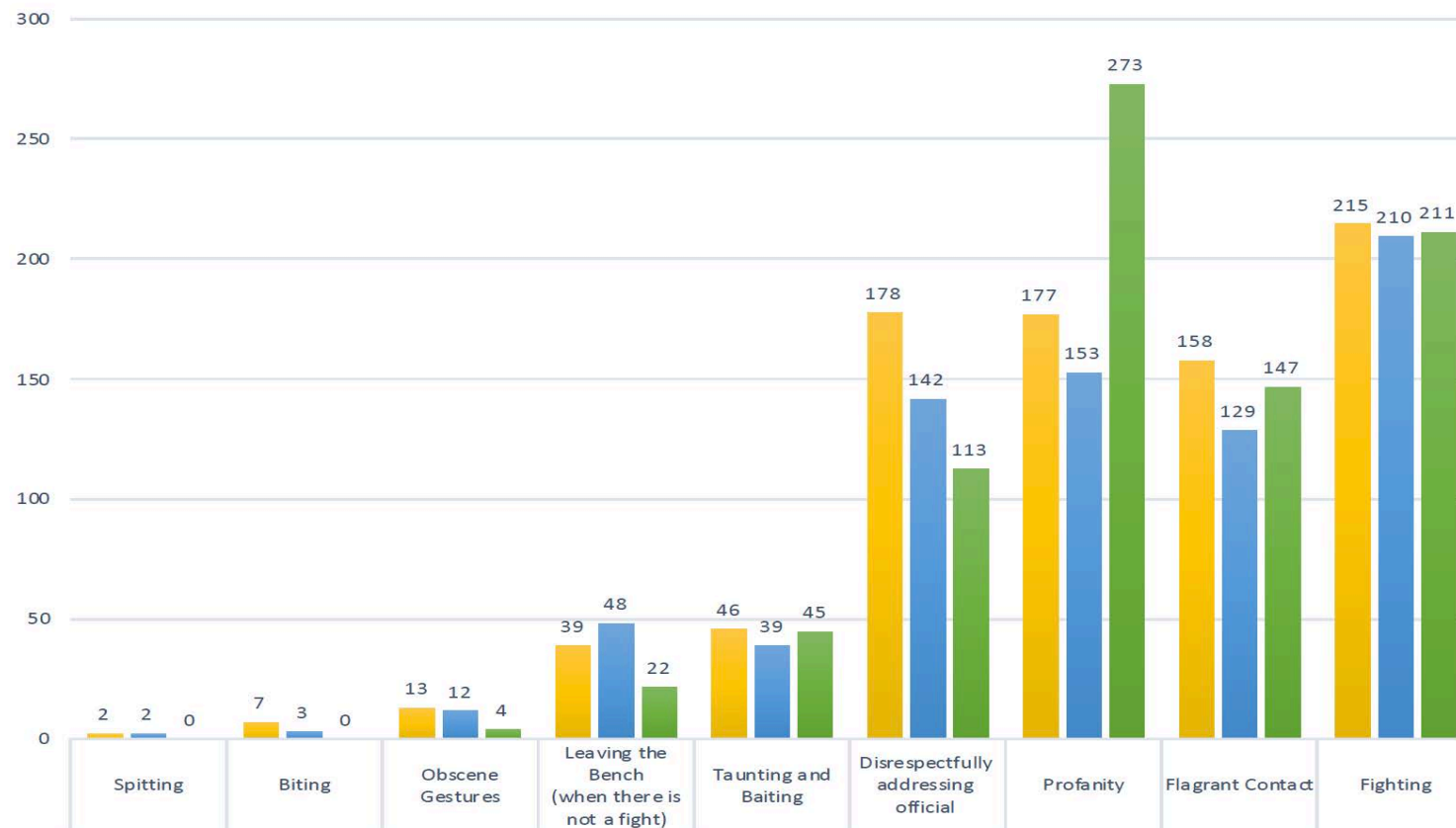
	Baseball	Basketball, Men	Basketball, Women	Football	Lacrosse, Men	Lacrosse, Women	Soccer, Men	Soccer, Women	Softball	Volleyball	Wrestling
■ Taunting or Baiting	3	12	2	24	5		14	2		1	2
■ Spitting on or toward an opponent, coach or official				1			4				
■ Profanity	31	50	14	115	16	1	72	5	2		34
■ Obscene gestures			1				4	1			
■ Leaving the bench area-coming onto the playing area when there is not a fight	3	14	4	5	1		3				
■ Leaving the bench area as if to participate in a fight (contact or no contact)	2	6	17	16	1			11			
■ Flagrant Contact	17	20	6	36	6	2	53	12			3
■ Fighting	3	24	20	123	9		28	16		1	5
■ Disrespectfully addressing or contacting an official	27	32	7	22	9		37	2	2	1	12



Sportsmanship/Ejections



NCHSAA Ejection Reasons 2016 to Current



2016-17 (835 Total)	2	7	13	39	46	178	177	158	215
2017-18 (738 Total)	2	3	12	48	39	142	153	129	210
2018-19 (815 YTD)	0	0	4	22	45	113	273	147	211



18-19 Swim and Dive Financial Report



Expenses

- ▶ Expenses \$ 45,679.01
 - ▶ Facility
 - ▶ Host School
 - ▶ Awards
 - ▶ Security/Medical
 - ▶ Hospitality
 - ▶ Officials, etc.
- ▶ Team Expenses \$ 16,241.25
 - ▶ Travel

Revenue

- ▶ Gate Receipts \$ 21,015.00
- ▶ Endowment \$ (2,436.00)
- ▶ T-Shirt Share \$ 1,475.10

- ▶ Total Expenses \$ 61,920.26
- ▶ Total Receipts \$ 20,054.54

Loss \$41,865.72



2021-2025 Realignment

- ▶ The Board of Directors instructed NCHSAA Staff to delay the Realignment process by one year
 - ▶ Eliminating the “lame duck year” of the alignment period
- ▶ Decision was to give various committees the opportunity to review the realignment process and the Association’s current classification structure while providing the necessary time for the Board and membership to make any necessary changes to implement their recommendations



NCPrepSwimming

- ▶ New for 2019-2020: When you upload meet results, you will be asked to identify your Meet Referee, and meet files with excessive errors will be rejected.
- ▶ Team Abbreviations - Make sure these are correct for all teams in your meets - new schools, please reach out to me for an abbreviation.
- ▶ Send results in a timely fashion. Hopefully having done this for a full complement for a full season, this will become second nature.
- ▶ Meters v Yards. Please make sure that your meet file is correctly coded for meters vs yards with particular emphasis on the 500 freestyle. If you contest the 400 free instead of the 500 free, please make sure the event is coded as a 400 and not as a 500, and vice versa.



NCPrepSwimming

- ▶ Event numbers should always be numeric and should be 1-24. Diving is events 9 and 10. We have seen events 5A and 5B instead of 5 and 6. We have seen event 88 for diving. Review your events file before the start of the season.
- ▶ Diving events should contain the correct number of dives as the "distance" - either 6 or 11. We've seen 5, we've seen 0.
- ▶ Please add birth dates and middle initials to your NCPS roster for all athletes.
- ▶ Review your roster regularly for duplicates and mistakes.



Thank You!

- ▶ To receive clinic attendance credit:
 - ▶ State Clinic
 - ▶ Sign-in prior to leaving
 - ▶ Coaches Clinic
 - ▶ Pick-up your card as you leave today
 - ▶ Enter your code immediately to get credit for attendance
 - ▶ Mobile device or computer
 - ▶ All fields required except comments box
 - ▶ Use same email address that was used for NFHS Courses
 - ▶ Deadline for entry is August 16, 2019.
 - ▶ Avoid \$400 fine for your school
 - ▶ Online Clinic
 - ▶ Print certificate and keep on file

