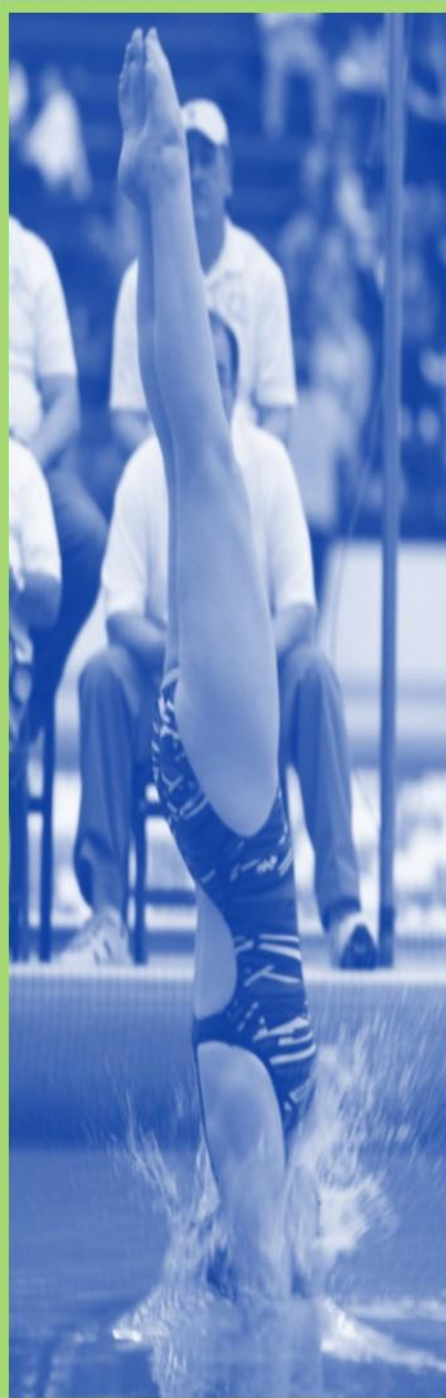


NSAA Swimming & Diving Manual



2015



2016



NSAA MISSION STATEMENT

The public and non-public high schools of Nebraska voluntarily agreed to form the Nebraska School Activities Association for the following purposes:

- To formulate and make policies which will cultivate high ideals of citizenship, fair competition, sportsmanship and teamwork which will compliment the member schools' curriculum programs.
- To foster uniformity of standards in interscholastic activity competition.
- To organize, develop, direct and regulate an interscholastic activity program which is equitable and will protect and promote the health and physical welfare of all participants.

This SWIMMING MANUAL has been prepared and designed to provide general information for use in the administration of NSAA swimming competition. The regulations in this Manual shall be considered official unless the schools are notified of a change.

Carefully study this entire Manual and save it for future reference.

Jennifer Schwartz, Assistant Director, is the NSAA staff member assigned to this activity. If schools have questions regarding this activity, please contact Jennifer at jschwartz@nsaahome.org or Alicia McCoy, Administrative Assistant, amccoy@nsaahome.org.

NFHS MAJOR RULES CHANGES

3-3-5, 6	The prohibition of wearing jewelry has been removed from the rules for swimming and diving competition. As in previous years, the wearing of a medical alert with the alert visible continues and is encouraged for the purposes of risk minimization.
4-1-7	Requires swimming and diving officials dress in the same uniform attire as approved by the state association and no longer considers white as the default uniform.
4-3-1a, b	The starter may designate another individual to sound a device for the lead swimmer during the 500-yard/400-meter freestyle when the lead swimmer has two lengths plus 5 yards remaining in the race.
9-6-1	The judging panel in diving may or may not include the diving referee.

NFHS Points of Emphasis

1. Uniform responsibilities – making sure you have it right
2. Focus on risk minimization in development of warm-up procedures
3. Coaching starts and turns can prevent injuries
4. Ensuring the 15-meter mark is clearly visible
5. Preparing the lap counter

NSAA ATHLETIC BYLAWS & APPROVED RULINGS GOVERNING SWIMMING

3.11.8 SWIMMING

3.11.8.1 Boys and girls swimming shall be conducted during the winter sports season.

3.11.8.2 The swimming season shall begin the first day of practice as permitted by NSAA rules and shall end with the state meet.

Week 20	November 16, 2015	First Practice
Week 22	December 3, 2015	First Contest
Week 34	Feb 25-27, 2016	State Championships

A complete listing of NSAA Bylaws and Approved Rulings may be found on the NSAA website at <http://nsaahome.org/yearbook.php>

2.2.1	PARTICIPATION REQUIREMENTS						
	To be a participant in any NSAA activity at either the varsity or non-varsity levels of competition, an individual must be a bona fide student of a member high school. Exempt-school or home-school students, unless enrolled in a minimum of twenty credit hours of schoolwork in the member high school, are not eligible to represent a member school in NSAA activities, regardless of the level of participation or competition.						
3.1.1.2	No school shall register more than one varsity team per sport and no student shall participate simultaneously in more than one sport per season.						
3.1.2	DECEMBER MORATORIUM						
	<p>For five consecutive days in December, there shall be no practice and no inter-school competition by individuals or teams in any athletic activity sponsored by the Nebraska School Activities Association. The specific dates for each five-day period will be set by the Board of Control three years in advance.</p> <table border="0"> <tr> <td>2015-2016</td> <td>December 23-27</td> </tr> <tr> <td>2016-2017</td> <td>December 23-27</td> </tr> <tr> <td>2017-2018</td> <td>December 23-27</td> </tr> </table> <p>Approved Ruling The intent of the December Moratorium is to provide coaches, athletes, and other school personnel a five-day break from the activity in season. This rule is to be interpreted as a five-day dead period without organized practices, structured conditioning sessions, or meetings of any type. It is the member school's responsibility to monitor and enforce this rule. School-owned facilities shall be closed to all grades 9-12 workout activities during the moratorium (team or athletic meetings, practice, competition, weight-training, conditioning, open gyms, or other physical activities). The term "no practice and no interschool competition by individual or teams" shall be interpreted to mean that a grades 9-12 student who is a participant in an NSAA activity shall not be permitted:</p> <ol style="list-style-type: none"> (1) To practice or compete in that in-season activity during the moratorium in a school-owned facility; (2) To participate in a practice, team meeting, or activity for the sport in season, directly or indirectly organized by the coach; the school coach, sponsor, or other adult associated with the school activity program may not supervise, direct, plan, or encourage any workout, practice, or competition during the moratorium by students participating in activities: and (3) To participate in a student-organized practice, team meeting, or activity for the sport in season. <p>Students MAY:</p> <ol style="list-style-type: none"> (1) Continue to workout/condition on their own in facilities not owned by the school, including workouts or activities with family members; (2) Receive individualized instruction from an individual who is not the school coach, sponsor, or other adult associated with the school activity program; and (3) Receive physical therapy or rehabilitation services at facilities not owned by the school. 	2015-2016	December 23-27	2016-2017	December 23-27	2017-2018	December 23-27
2015-2016	December 23-27						
2016-2017	December 23-27						
2017-2018	December 23-27						

3.2	OUT OF SEASON PROGRAMS
	A member school shall not provide support, hold an organized practice or enter students in any non-high school competition in NSAA sponsored sports outside of the defined NSAA season.
	Boys and girls swimming are separate sports; therefore, the boys' swimming team and the girls' swimming team are considered separate teams.
3.2.1	SCHOOL-YEAR, OUT-OF-SEASON" DEFINITION
	School-year, out-of-season" is defined as that period of time during the school year in which no organized practice can be conducted. The "school-year, out-of-season" period begins on August 10 and runs until the first allowable date of practice in that sport, and the period after a team or individual has been eliminated from further competition during the championship series of district and state tournaments/meets through Memorial Day or the end of the school year, whichever is later. For non-varsity competition, "school year, out-of-season" begins the day following the last date of interscholastic competition or the last date of the varsity season, whichever is later.
3.2.2	"School-Year, Out-of-Season" Participation. Except during the season of the sport involved, a student may be a member of a non-high school team and compete unattached in non-high school competition. Students are prohibited from wearing high school uniforms during non-high school sponsored competition.
3.2.3	Organized Practice. No organized practice in any sport shall be held during the "school-year, out-of-season" period. An organized practice shall be defined as follows: Swimming. An organized practice shall mean more than three students under direct supervision of a sponsor. If more than one such group is practicing at the same time, it shall be called an organized practice.
	Any individual who served as a school's head coach, assistant coach, coach's aide, or volunteer coach shall not coach athletes from that member school in non-high school competition if the number of athletes from the school which the individual served exceeds the number permitted for an organized practice in the sport involved.
3.2.4	CONDITIONING PROGRAM
	A member school may organize and supervise a "school year, out-of-season" conditioning program to include weight lifting, running, and exercising for its members in accordance with the following provision: <ul style="list-style-type: none"> A. Such a conditioning program shall be general in nature and may include only exercises designed to promote physical fitness. B. Sport specific drills are not allowed, and sport specific equipment may not be used. C. The conditioning session shall be no longer than 60 minutes in length, and no student shall participate in more than one such session per day. D. Conditioning programs shall be voluntary. No coach or school representative may directly or by implication direct a student to attend conditioning sessions as a prerequisite for membership or restrict the level of team participation within the high school program.
	Conditioning Programs. Conditioning sessions organized and run by members of the school's coaching staff are subject to the 60-minute limitation. However, students who work out on their own at the school facility in weight lifting, general calisthenics, running or agility-type exercises, shall not be considered to be involved in an organized conditioning program.
3.2.6	CAMPS AND CLINICS DEFINITIONS
	Camp Definition: Camps include planned physical participation that is of a competitive nature where actual Games are played or simulated by camp attendees. Participation shall mean physically taking part in the sport activity in which instruction is offered in the camp or school. Clinic Definition: A clinic includes planned activities of instruction or demonstration directly related to the Teaching of individual skills. There shall be no competition between athletes who are in attendance.

3.2.6.1	“SCHOOL-YEAR, OUT OF SEASON”
	Athletes and coaches may attend professional or commercial sports camps/clinics sponsored by non-member high schools. During the “school-year, out-of-season” period, the organized practice rule for the sport in which instruction is being given shall apply. No more than the limit permitted for organized practice may attend and receive instruction. Attendance to “school-year, out-of-season” clinics shall be voluntary. No coach or school representative may directly or by implication direct a student to attend a clinic as a condition for membership on the high school team or restrict the level of team participation within the high school program.
	<i>3.2.6 and 3.2.6.1 The purpose of specialized sports camps/clinics is to give individual athletes an opportunity to improve his/her skills in a particular activity. The athlete and/or his/her parents shall pay the fees and expenses for attendance to such camps or schools. The school, booster clubs, individuals and/or other organizations shall not provide expenses, or support for individuals participating in clinics. Team fundraisers may be used to finance summer league and camp/clinic activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for summer league or camp/clinic activities. Any athlete receiving money for summer league, camps/clinics must participate in the fundraising activity. The school may provide transportation for individuals participating in camps/clinics with prior approval from the district’s Board of Education.</i>
3.2.7	SUMMER ACTIVITIES
	From the Tuesday following Memorial Day to July 31, a member school may not sponsor a team or individual, provide uniforms, individual player equipment (except football, baseball and softball protective equipment for commercial camps), or otherwise be responsible for a student in summer competition. Attendance at summer activities shall be voluntary. No coach or school representative may directly or by implication direct a student to attend summer activities as a condition for membership on a high school team or restrict the level of team participation within the high school program.
	“The ‘school year, out-of-season’ period begins on August 10. Summer activities are regulated between the Tuesday following Memorial Day and July 31. Between the end of the summer activities period and the start of the school year, out-of-season period (August 1 through August 9), the following shall apply: (1) The organized practice rule shall be in effect; (2) Conditioning programs may be held; (3) Attendance at commercial camps and clinics is permissible, but the organized practice rules shall be in effect for such camps and clinics; and (4) No school clinics or camps may be held.
3.2.7.2	SUMMERTIME REGULATIONS FOR ATHLETES AND COACHES
	From the Tuesday following Memorial Day or final day of school (whichever is later) until July 31, there shall be no restrictions on the contact between students and high school coaches, provided no support is received from the school district.
3.3.4	PLAYING RULES
	Any athletic contest supervised by the Nebraska School Activities Association shall be governed by rules published by the National Federation or rules approved by the Board of Control. National Federation Swimming and Diving Rules shall govern all competition in all meets.

<p>3.3.7</p>	<p>PARTICIPATION</p> <p>Eligibility for District/State Competition</p> <p>1. In all athletic activities, teams wishing to enter a subdistrict, district, or state contest shall have participated in a minimum of five interschool varsity contests prior to the subdistrict, district, or state contest.</p> <p>(a) Exceptions to the requirements for a team that has not participated in at least five interschool varsity contests would be considered if the team was unable to participate if weather conditions forced a cancellation of scheduled contests. Other extenuating circumstances would be considered by the Executive Director on a case-by-case basis.</p> <p>2. In order to participate in a district or state tournament, a student is required to have been a member of the school's team for at least twenty school days prior to the first day of the subdistrict, district, or state tournament.</p> <p>(a) Exceptions to the requirements for a student who is not a member of the school team for twenty school days would be considered if an individual was unable to participate because of illness, injury, or transfer from another high school. School, team, or game suspensions, regardless of the underlying cause, shall not be considered as exceptions to this participation rule.</p> <p>3. In all athletic activities, students wishing to enter a subdistrict, district, or state contest shall have been available to participate in at least 30% of the school's varsity interschool contests prior to the subdistrict, district, or state contest.</p> <p>(a) Exceptions to the requirements for a student who has not been available to participate in at least 30% of the school's varsity interschool contests would be considered if an individual was unable to participate because of illness, injury, transfer from another high school, or if weather conditions forced a cancellation of scheduled contests. School, team, or game suspensions, regardless of the underlying cause, shall not be considered as exceptions to this participation rule.</p> <p>(b) When determining whether a student has been available for 30% of the school's varsity interschool contests, one would divide the number of varsity interschool contests for which the student was available by the school's total number of varsity interschool contests; all decimals .1 or above would be rounded up to the next higher whole number.</p> <p>(c) The term "available to participate" means that the student was a bona fide member of the team, eligible to participate for the school at some level of competition in the sport, not suspended from participation in activities for violation of school, team, or NSAA rules, and not involved in outside participation activities (exception: Olympic Development Program or national team activities as approved by NSAA.)</p> <p>4. For situations pertaining to eligibility to participate in district or state contests that are not specifically addressed by these guidelines, the Executive Director shall have the authority to waive membership and participation requirements on a case-by-case basis.</p>
<p>3.3.7.2</p>	<p>The Executive Director is granted the authority to require schools to alter travel plans to arrive the day prior to the scheduled state contest if weather conditions so warrant. If a school chooses not to travel to the contest site the day prior to the scheduled contest, the school shall understand that the games will go on as scheduled and if they are unable to arrive prior to the scheduled game time, a forfeit will be issued.</p>

3.5.1.1	SWIMMING AND DIVING OUTSIDE PARTICIPATION
	<p>During the school sport season of swimming and diving, a student may, after fulfilling all requirements, practices and competitions of the school swimming and diving team, practice and/or compete as a member of a non-school team or as an individual participant in an organized non-school swimming and diving practice or competition under the conditions listed below.</p> <p>(a) Priority shall be given to all school team practices and competition. Should a nonschool practice/competition be in direct conflict with the school scheduled practice/competition, the school practice/competition shall take priority. Prior approval by the school administrator may grant an exception to a student to participate in the non-school swimming and diving program if in direct conflict with the school program.</p> <p>(b) No school time shall be missed to compete, practice or travel to the site of such nonschool swimming and diving competition unless the absence is approved in advance by the school administrator.</p> <p>(c) A school shall not replace its swimming or diving program with any nonschool swimming or diving program.</p>
3.12.2	OFFICIALS FOR VARISTY MEETS
	The NSAA recommends the use of 2 registered swimming officials for all regular season meets and requires two registered officials for championship meets.
	STERIOD POLICY
	<p>The Nebraska School Activities Association (NSAA) and the National Federation of State High School Associations (NFHS), strongly oppose the abuse of anabolic steroids and other performance-enhancing substances by high school student-athletes. Such use violates legal, ethical and competitive equity standards, and imposes unreasonable long-term health risks.</p> <p>The NSAA and the NFHS support prohibitions by educational institutions, amateur and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purposes.</p>



NSAA Rules Meetings

(NSAA Approved Ruling 2.12.2.2)

The NSAA presents rules meetings in order to inform and educate coaches, officials, and judges about NFHS playing rules and rules changes, NSAA guidelines and approved rulings, and to discuss health and safety issues related to activities participation.

All head coaches are required to complete an NSAA Rules Meeting online annually. Failure to do so will result in possible late fees and suspension penalties.

Online rules meetings are initially offered at no cost to coaches or officials, followed by a period with a \$25 "Late" Fee, followed by a period with a \$50 "Delinquent" Fee. The following sanctions and fees are applicable to those coaches who fail to complete the rules meeting by the expiration of the "Delinquent" Fee period.

FAILURE TO COMPLETE THE ONLINE RULES MEETING **by November 20th** will result in the following sanctions:

First Offense in Three-Year Period

The head coach will be suspended from coaching in any competition in that activity until

- (1) The head coach COMPLETES THE NSAA'S ONLINE RULES MEETING OFFERED AT THE LATE FEE of \$100; and
- (2) the head coach successfully completes the open book test for officials/judges of that activity (70% or higher); and the school's administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.

During this regular season suspension period, the head coach may continue to coach the team at practices.

Second and Subsequent Offenses in Three-Year Period

The head coach will be suspended from coaching in all NSAA end-of-season play (subdistricts, districts, playoffs, and state competition).

- (1) The head coach COMPLETES THE NSAA'S ONLINE RULES MEETING OFFERED AT THE LATE FEE of \$200; and
- (2) the head coach successfully completes the open book test for officials/judges of that activity (70% or higher); and the school's administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.

During this regular season suspension period, the head coach may continue to coach the team at practices.

Online Swimming Rules Meetings

Oct. 26 to Nov. 11

FREE

Nov. 12 to Nov. 18

"Late" Fee of \$25

Nov. 19 to Nov. 20

"Delinquent" Fee of \$50

NSAA SPORTSMANSHIP GUIDELINES & EJECTIONS

(NSAA Approved Ruling June 2, 2009)

1. Enforcement of the “sit-out rule” for ejections from high school contests for unsportsmanlike conduct is a responsibility of the member school. Failure to properly enforce this rule could result in other sanctions by the NSAA.
2. Administrators will be expected to promptly file a report with the NSAA whenever a participant or coach from their school has been ejected from any high school contest. Such filing must be done online under the AD login section of the NSAA webpage.
3. A participant or coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and any other athletic contest at any level during the interim.
4. Enforcement of the “sit-out rule” is expected to begin immediately, regardless whether it is regular-season or tournament play.
5. Any participant ejected a second time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next two contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.
6. Any participant ejected a third time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next three contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.
7. During the time of their “sit-out” suspension, athletes who are ejected for unsportsmanlike conduct may not suit up or participate, but it is the school’s discretion whether such athlete is able to travel with the team or sit on the team bench.
8. Coaches who are ejected for unsportsmanlike conduct may not coach in any contest or be present at the contest site during the time of their “sit-out” suspension. Coaches who are ejected will also be required to successfully complete the NFHS Teaching & Modeling Behavior online course within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations in which the ejection of the coach occurs near the end of the season or during the NSAA end-of-season play, the coach will be required to successfully complete the NFHS Teaching & Modeling Behavior online course before being able to coach the following season or year.
9. Coaches who are ejected a second time in a season will be required to sit-out the next two contests at that level, plus all other contests at other levels during the interim. Coaches may not be present at the contest site during the time of their “sit-out” suspension. Any coach ejected a second time will also be required to successfully complete the NFHS Fundamentals of Coaching online course within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations in which the ejection of the coach occurs near the end of the season or during the NSAA end-of-season play, the coach will be required to successfully complete the NFHS Fundamentals of Coaching online course before being able to coach the following season or year.
10. **If the ejection takes place in the final meet of the season, the suspension will carry over to the following season.**
11. **When schools have students or coaches with multiple ejections, the school shall submit to the NSAA a written management plan on how they plan to remediate the problem.**
12. Officials will be expected to file with the NSAA an ejection report for any ejection of a player or coach from a contest online. Any unusual situation that occurs prior to, during, or after a contest should also be reported.
13. Prompt reporting to the NSAA office by the official is necessary. Officials are asked to submit their electronic report or call the NSAA office by the day following the ejection.
14. Officials are asked to be specific in listing the reason(s) for an ejection.
15. Affiliated officials (officials registered from contiguous states) will also be required to perform this reporting function.
16. There is no appeal process for ejections for unsportsmanlike conduct.
17. The Executive Director shall reserve the right to consider the length of suspensions when some levels of competition are scheduled on an irregular basis (e.g., three weeks between regularly scheduled non-varsity contests).
18. Prompt reporting to the NSAA office by the official is necessary. Officials are asked to submit their electronic report or call the NSAA office by the day following the ejection.
19. Officials are asked to be specific in listing the reason(s) for an ejection.
20. Affiliated officials (officials registered from contiguous states) will also be required to perform this reporting function.
21. There is no appeal process for ejections for unsportsmanlike conduct.
22. The Executive Director shall reserve the right to consider the length of suspensions when some levels of competition are scheduled on an irregular basis (e.g., three weeks between regularly scheduled non-varsity contests).

SWIMMING AND DIVING REGULAR SEASON SCHEDULE

1. Schedules need to be submitted on MaxPreps by November 20, 2015. Failure to submit schedules by the deadline will result in a monetary administrative fee. *(NSAA Approved Ruling 2.11)*
2. Please indicate on the schedule if the meet is only Swimming or only Diving.
3. Contests may not be added after December 3, 2015.
4. Cancellations or postponements due to weather must be emailed or called into the NSAA office.
5. **Meets scheduled after Saturday, February 13, will not be considered as state qualifying meets.**
(Legislative Approved Ruling April 13, 2012)

SEASON INFORMATION

(NFHS Rule 5-1-1)

Order and Length of Events.

The order and length of all events for meets shall be as follows:

200-Yard Medley Relay	500-Yard Freestyle
200-Yard Freestyle	200-Yard Freestyle Relay
200-Yard IM	100-Yard Backstroke
50-Yard Freestyle	100-Yard Breaststroke
1 Meter Diving	400-Yard Freestyle Relay
100-Yard Butterfly	
100-Yard Freestyle	

In non-championship meets:

- a. by prior mutual consent of competing teams, the diving event may be the first event.
- b. there shall be a break of at least 15 minutes with at least 10 minutes warm-up in the water prior to the 100-yard butterfly (unless competing coaches verbally agree to shorten the time):

In championship meets, the diving event may be the first event with a brief warm-up in the water prior to the medley relay. Prior to the 100-yard butterfly, there shall be a break of at least 15 minutes with at least 10 minutes warm-up in the water.

DEPTHS FOR COMPETITIVE RACING STARTS

NFHS Rule 2-7-2b

Minimum depth: 4 ft. at start end measured from the end wall to 5 m from the end wall

4 feet or more: Platform no more than 30" above the water

Less than 4 feet: in water starts only



Required Dives (NFHS Rule 9-4-6) In other meets, the competition shall consist of one voluntary dive, which shall be done first, and five optional dives coming from at least four of the five groups which may include any of the dives other than the voluntary dive. Any dive from a group may be designated as a voluntary dive with a dd greater than 1.8 will be assigned a dd of 1.8.

****Diving sheets must have signatures of both coach and athlete in order for the athlete to compete.**

Voluntary dive for each week:

Week 1	December 3-12	Forward Group
Week 2	December 14-19	Back Group
Week 3	December 21 - January 2	Inward Group
Week 4	January 4-9	Twisting Group
Week 5	January 11-16	Reverse Group
Week 6	January 18-23	Forward Group
Week 7	January 25-30	Back Group
Week 8	February 1-6	Inward Group
Week 9	February 8-13	Twisting Group
Week 10	February 15-20	Reverse Group

Entry Limitations. Maximum of 4 events, no more than 2 individual events. (NFHS Rule 3-2-1)

Season Meet Scoring Sheets. The Diving Scoresheet <http://nsaahome.org/nsaaforms/pdf/dvg.pdf> and Swimming Scoresheet <http://nsaahome.org/nsaaforms/pdf/swform.pdf> are available on the NSAA webpage under Swimming. These can be used for regular scheduled meets during the season.

Season Uniforms. According to the NFHS Rule 3-3-1, it is recommended that all swimmers and divers on the team wear suits of identical coloring and pattern. Suits shall also be of one piece.

NFHS Suit Rule 3-3-3....Suits worn by swimmers 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 state association.)
- 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.

Swimming for Exhibition. The NFHS Rule 3-2-1 (a) allows swimming for exhibition. However, the NSAA will not accept qualifying times/scores from exhibition races or exhibition diving. Also, a student who is not a member of a NSAA registered swim team shall not swim as an exhibition during an interschool meet. Only eligible athletes who are members of their school team may compete in interschool meets.

Classification of Schools. Swimming shall have one class for competition. A list of schools registered for girls and boys swimming are listed in the back of this Manual.

Video Equipment. Video will not be used to overrule meet referees' decisions. NFHS Rule 4-1-6 states, "Electronic devices shall not be used to verify or review officials' decisions made during the meet."

State Qualifying Times for the 2015-2016 School Year

	Girls		Boys	
	Automatic	Secondary	Automatic	Secondary
200 Medley Relay	2:00.49	2:06.52	1:47.62	1:53.00
200 Freestyle	2:01.90	2:11.65	1:50.89	1:59.76
200 Individual Medley	2:18.48	2:29.56	2:04.88	2:14.87
50 Freestyle	25.55	27.60	22.84	24.66
100 Butterfly	1:02.95	1:07.99	55.52	59.96
100 Freestyle	55.98	1:00.46	50.25	54.27
500 Freestyle	5:28.97	5:55.29	5:04.86	5:29.25
200 Free Relay	1:45.30	1:50.57	1:34.66	1:39.40
100 Backstroke	1:02.27	1:07.25	56.65	1:01.18
100 Breaststroke	1:12.41	1:18.20	1:03.92	1:09.04
400 Free Relay	3:55.96	4:07.76	3:30.78	3:41.32
Diving	300	No Secondary Score	300	No Secondary Score

1. Qualifying times in swim events are set each year using the eighteenth place in the state meet averaged over the three previous years. If an eighteenth place time is not available, the qualifying standard for that event shall remain as set the previous year.
2. All qualifying times have been rounded off to the next highest one-hundredth of a second.

Times must be achieved in “officially scheduled meets” during the current school year to be recognized as a state qualifying time. Only those entries eligible to score team points during a meet, shall be considered for state qualification. (NFHS Rule 7-1-2e: Relay A, B, C may enter the race. Relay A & B may score team points; therefore, only Relay A & B will be considered for state qualification.)

“OFFICIALLY SCHEDULED MEETS” shall be defined as:

- contracted meets that appear on the schools schedule as **listed on the MaxPreps website** prior to the start of the season.
- meets which are conducted under the jurisdiction of a full complement of officials.
- meets which include interschool competition.
- A school’s relay team must establish relay times. Aggregate times will not be allowed.
- Prior to the state meet, all times/performances achieved during officially scheduled meets must be verified

Every meet host must submit meet results on the MaxPreps website at the conclusion of the meet. The meet results can be uploaded to MaxPreps using Hy-Tek or the results can be manually entered. Coaches will no longer be required to submit verifications forms on the NSAA login page. The season best lists will now be posted on the MaxPreps website. In order for an athlete to qualify for the state meet, his/her state qualifying time/score MUST be posted on the MaxPreps website within 10 days of the meet. *(EXCEPTION: Meets conducted during the last week of the season must be submitted immediately in order to accommodate the state entry deadline.)*

Split Times. In order for lead-leg split times to be considered for state qualification, they must be submitted on the MaxPreps website. Splits will only be accepted from NFHS recognized events. Meet results must match the submitted lead-leg split times or the splits will not be accepted. *Lead-off split times will not be accepted for state qualification purposes from exhibition relays or relays that are not permitted to score team points.*

Swim-Offs. Times achieved during a swim-off will not be accepted for state qualification.

NSAA State Swimming & Diving Championships

Packets. State meet instructions will be emailed to schools prior to the meet.

Admission and Seating.

- Tickets for **Diving** Thursday, February 25, 2016: Adults \$7.00, Students \$5.00.
- Reserved seats will be sold for both sessions Friday, February 26 and Saturday, February 27.
- Reserved tickets will **ONLY** be sold to schools. (If additional tickets remain, they will be sold at Devaney and on the NSAA website.)
- Reserved tickets \$9.00.
- The order form will be posted on the school login AD page. Orders for reserved seating will be accepted in the NSAA office on or before **February 16th at 4:00 p.m.**
- All order forms must be accompanied with a school check made payable to the NSAA.
- Reserved tickets will be correlated with the number of automatic and secondary qualifiers per school.
- Tickets will be emailed on Friday, **February 19th** to the individual listed on the order form as the "School Official or Designate."
- Accommodations will be made for handicapped individuals. Please notify the NSAA and include this information on the ticket order form.

Contestants' and Coaches' Admission. The meet director will issue admittance identification to contestants, and up to 3 coaches from each school. (1 Qualifier = 1 coach, 2-8 Qualifiers = 2 coaches, 9 or more Qualifiers = 3 coaches.)

1. Coaches and athletes will enter the facility on the north side of the Bob Devaney Sports Center. Access from the spectator seating onto the pool deck will not be allowed.
2. Admittance identification will be issued to coaches at the entrance of the Bob Devaney Sports Center on the days of the meet.
3. Only athletes participating in the meet will be given credentials. Credentials must be worn at all times while on the pool deck. Athletes without credentials will not be allowed on the deck.
4. Relay alternates who do not qualify in another event will be permitted on the pool deck based on the following guidelines:
 - 1-Qualifying Relay = 1 relay alternate
 - 2-3 Qualifying Relays = 2 relay alternates

Meet Administration. The State Championship meet shall be administered by:

Meet Director	Finish judges
NSAA Registered Swimming referees	Diving judges
Meet Supervisor	One head time/takeoff judge on each lane
Diving referee	A computer operator
Starter(s)	An announcer
Stroke/turn judges	

The responsibilities of these officials shall be as stipulated in the National Federation Rules Book. Judgment decisions will not be heard. The meet committee shall be responsible for making decisions on matters not specifically covered by rules of procedure or setting aside application of a rule during a meet.

The horn start will be used in all swimming events. Accommodations for hearing impaired athletes will be made. Please notify the NSAA prior to the state meet.

8 lanes will be used in the preliminaries in all swimming events.

Scoring. Sixteen places will count for scoring. (Legislative Approved Ruling April 13, 2012)

- ◆ Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.
- ◆ Individual events in swimming and diving: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

Awards. Championship and runner-up team trophies will be awarded.

- ◆ Medals will be awarded to individuals in the first eight places in all events.
- ◆ The head coach of the championship team will receive an award.
- ◆ Any award given to a team or individual prior to, during or immediately following an NSAA state contest is to be awarded by the Nebraska School Activities Association.

Diving Judges. Coaches will be asked to submit recommendations for one panel of seven judges.

- ◆ In December, an email requesting recommendations will be sent to each school.
- ◆ Ballots will be available on the NSAA website (under the school login section) for coaches to vote on who will make up the diving panel.

NET. If NET televises Saturday's finals, coaches and athletes will not be allowed on the south end of the pool deck.

State Entries

Entries. All entries (swimming/diving) must be submitted electronically. Specific information regarding state entries will be available later in the season.

- All entries for the State Swimming and Diving Championships must meet the automatic qualifying standard. If there are not 32 competitors entered in a swimming event who have met the qualifying standard, additional qualifiers who have met the secondary standard will be added based on time to reach **32 entries**. The secondary time in individual events represents 8% of the qualifying standard, and the secondary time in relay events represents 5% of the qualifying standard. Individuals to be considered as additional qualifiers must be submitted for consideration at the time that entries are due in the NSAA office. ***If there is a tie for the 32nd spot (secondary time), an additional heat will not be added.** (Legislative Approved Ruling April 13, 2012)
- The automatic 11-dive standard for both boys and girls is set at 300 with no secondary standard. There is no 6-dive automatic dive standard. If there are fewer than 32 automatic state diving qualifying entries, additional divers will not be added.
- A competitor shall be permitted to enter a **maximum** of four events, no more than two of which may be individual events. (NFHS Rule 3-2-1). If an athlete is submitted for consideration, be sure he/she is not over the event limit.
- No more than four entries per school in any individual event are permitted (this includes diving). (NFHS Rule 3-1-1) Only one relay entry is allowed from each school in each relay event. (NFHS Rule 3-1-1) A listed alternate is not counted as one of the competitor's four events.
- The **best time or score** must be used on the entries, so the swimmer/diver can be seeded.
- These times shall be made during the current season in interschool competition in which all events were conducted under a full complement of officials.
- No substitutes or additions in entries will be permitted after the entry deadline.

Diving Entries. The diving sheets, listing the 11 dives to be performed, shall be completed in accordance with the NFHS Rules Book. Diving sheets are due **Tuesday, February 16th** with the diving entries in the NSAA office by noon.

- √Changes will be permitted until sixty minutes prior to the start of the diving competition.
- √Correction of errors noted by the diving referee shall be permitted until the start of the diving competition.
- √Diving scoresheets not bearing the signature of the coach and diver shall not be accepted for review.



State Swimming/Diving Championship Schedule

Bob Devaney Sports Center, Lincoln, Nebraska.

Tuesday, February 16th

Noon - Swimming entries and Diving entries and scoresheets due in NSAA office.

Friday, February 19th

Tickets for state meet emailed to schools.

Thursday, February 25

8:00 a.m.	Girls' diving warm-up
9:30 a.m.	Girls' competition (prelims, semis and finals)
12:30 p.m.	Boys' diving warm-up
2:00 p.m.	Boys' competition (prelims, semis and finals)

Friday, February 26

7:30 a.m. - 8:50 a.m.	Girls Warm-up
9:00 a.m.	Girls Preliminaries
12:30 p.m. - 1:50 p.m.	Boys Warm-up
2:00 p.m.	Boys Preliminaries

Saturday, February 27

9:00 a.m. - 10:40 a.m.	Warm-ups
10:45 a.m.	Parade of Champions
11:00 a.m.	Finals

**ENTRIES WILL BE DUE IN THE NSAA OFFICE NO LATER THAN
TUESDAY, FEBRUARY 16th AT NOON.**

25 YARD/METER AND 25 METER/YARD CONVERSION FACTORS

This conversion chart may be used for seed and qualifying times.

	MALE		FEMALE	
	Yard/Meter	Meter/Yard	Yard/Meter	Meter/Yard
200 Medley Relay	1.115	.8969	1.116	0.8961
200 Freestyle	1.108	.9025	1.108	0.9025
200 Individual Medley	1.111	.9001	1.110	0.9009
50 Freestyle	1.119	.8937	1.115	0.8969
100 Butterfly	1.114	.8977	1.111	0.9001
100 Freestyle	1.111	.9001	1.112	0.8993
500 Yd/400 M Freestyle	.8780	1.139	0.8772	1.140
200 Freestyle Relay	1.116	.8961	1.117	0.8953
100 Backstroke	1.111	.9001	1.111	0.9001
100 Breaststroke	1.110	.9009	1.112	0.8993
400 Freestyle Relay	1.114	.8977	1.114	0.8977

Example 1: A male 50-yard freestyle time of 23.78 is multiplied by 1.119 to yield a 50-meter time of 26.61 (26.60982 rounded to the nearest 0.01).

Example 2: A female 400 meter freestyle time of 4:27.47 is changed to seconds ($4 \times 60 \text{ sec/min} + 27.47 = 267.47 \text{ sec}$) and multiplied by 1.140 to yield a 500 yard time of 304.92 sec, which converts to 5:04.92. (304.9158 is rounded to 304.92 and that number is converted to minutes and seconds.)



FOR FAN / SPECTATOR SUPPORT ITEMS

In the Chart below, ONLY those items marked “Yes” will be allowed as fan/spectator support items at all NSAA Sub-District, District, State Playoffs and State Championships.

Sportsmanlike vocal cheering and support from the team bench area are encouraged. The items indicated on this page are for use by all fans/spectators.

Regulations listed are subject to facility restrictions.

Prohibited items: Confetti/shredded paper, powder (baby, talc, etc.), Laser light/pointer, flashing objects, miniature sports balls, objects or candy thrown into the crowd, Artificial noise makers, (included but not limited to horns, cow bells, bells, buzzers, clickers, thunder sticks, rattles, instruments not part of a band), whistles, air horns, sirens, cannons/muskets/guns/fireworks, live animals

SPORT	BA	BB	CC	FB	GO	SO	SB	SW	TE	TR	VB	WR
Balloons	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
One School Banner per school	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Hand held signs	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Megaphones (school recognized cheerleaders only)	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	No	Yes	Yes
Shirts on student spectators (required) AR 3.3.11	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Shirts on general spectators	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Team Introduction Run-throughs or Break Away Banners	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pompoms, spirit towels	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Prerecorded music that has been approved by the Host Administration may be played during pre-contest warm ups provided that a high school band is not available to play during that time.	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	No	No	Yes	Yes
School bands	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	NA	Yes	Yes
Carried school flags (Running/taunting prohibited)	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes

UNMANNED AERIAL VEHICLE (DRONE) POLICY

The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited for any purpose by any person at any NSAA post-season tournament venues.

For purposes of this policy, a UAV is any aircraft without a human pilot aboard this device. This prohibition applies to all fields of play, courts, arena, mats, gym floor or pool, and includes a ban on the entire facility being used as part of the NSAA event, including the spectator areas and parking areas.

Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, Tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV.

An exception to this policy, in writing, may be made in specific cases for NSAA broadcast partners, provided the Management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the NSAA.

Key: BA-Baseball, BB-Basketball, CC-Cross Country, FB-Football, GO-Golf, SO-Soccer, SB-Softball, SW-Swimming & Diving, TE-Tennis, TR-Track & Field, VB-Volleyball, WR-Wrestling, NA-Not Apply

NSAA State Championship Records

Nebraska High School Girls' State Meet Records

Event	Time	Record Holder	Year
200-Yard Medley Relay	1:45.01	Lincoln Southwest (Emma Vertin, Dannie Dilsaver, Abigail Lunzmann, Olivia Calegan)	2015
200-Yard Freestyle	1:49.87	Jenn Kocsis, Omaha Marian	2004
200-Yard Individual Medley	2:01.91	Dannie Dilsaver, Lincoln Southwest	2014
50-Yard Freestyle	23.17	Olivia Calegan, Lincoln Southwest	2015
Diving	526.00	Taylor Carter, Omaha Marian	2015
100-Yard Butterfly	54.83	Dana Posthuma, Omaha Burke	2015
100-Yard Freestyle	50.43	Katie Eckholt, Omaha Marian	2001
500-Yard Freestyle	4:53.36	Jenn Kocsis, Omaha Marian	2006
200-Yard Freestyle Relay	1:35.03	Omaha Marian (Michelle Criss, Beth Roach, Jenn Kocsis, Erin Holtmeyer)	2003
100-Yard Backstroke	55.70	Elizabeth Amato-Hanner, Omaha Westside	2015
100-Yard Breaststroke	1:02.54	Olivia Calegan, Lincoln Southwest	2015
400-Yard Freestyle Relay	3:28.81	Omaha Marian (Karen Criss, Beth Roach, Jenn Kocsis, Erin Holtmeyer)	2004

Nebraska High School Boys' State Meet Records

200-Yard Medley Relay	1:32.37	Creighton Prep (Andre Wilt, Stephen Hansen, Zachariah Gober, Nicholas Bauwens)	2011
200-Yard Freestyle	1:37.29	Jacob Molacek, Creighton Prep	2013
200-Yard Individual Medley	1:45.50	Jacob Molacek, Creighton Prep	2014
50-Yard Freestyle	19.84	Jacob Molacek, Creighton Prep	2014
Diving	574.74	Dave Keane, Omaha Westside	1976
100-Yard Butterfly	48.68	Jacob Molacek, Creighton Prep	2013
100-Yard Freestyle	44.07	Jacob Molacek, Creighton Prep	2014
500-Yard Freestyle	4:34.76	William Schuermann, Creighton Prep	2009
200-Yard Freestyle Relay	1:22.31	Creighton Prep (Jacob Molacek, Ryan Tate, Sean Tate, Michael Bauwens)	2014
100-Yard Backstroke	49.15	Matthew Novinski, Grand Island	2015
100-Yard Breaststroke	52.92	Jacob Molacek, Creighton Prep	2014
400 Yard Freestyle Relay	3:02.23	Creighton Prep (Jacob Molacek, Ryan Tate, Sean Tate, Michael Bauwens)	2014



Schools Registered for Swimming/Diving

Girls

Beatrice/Fairbury/Freeman/Norris
Bellevue East
Bellevue West
Brownell/Concordia/Mercy/Roncalli
Columbus (Columbus Scotus)
Elkhorn/Elkhorn South
Fremont (Archbishop Bergan)
Grand Island (Northwest, GICC, St. Paul)
Gretna
Hastings (Adams Central, Hastings St. Cecilia)
Kearney (Kearney Catholic)
Lincoln East
Lincoln High
Lincoln North Star
Lincoln Northeast
Lincoln Pius X
Lincoln Southeast
Lincoln Southwest
McCook (Southwest)
Millard North
Millard South
Millard West
Norfolk (Norfolk Catholic, LHNE, Wisner-Pilger)
North Platte
Omaha Benson
Omaha Bryan
Omaha Burke
Omaha Central
Omaha Duchesne Academy
Omaha Marian
Omaha North
Omaha Northwest
Omaha Skutt Catholic
Omaha South
Omaha Westside
Papillion-La Vista/Papillion-La Vista South
Ralston/Gross
Scottsbluff/Gering
South Sioux City

Boys

Beatrice/Fairbury/Freeman/Norris
Bellevue East
Bellevue West
Brownell/Concordia/Roncalli
Columbus (Columbus Scotus)
Creighton Preparatory School
Elkhorn/Elkhorn South
Fremont (Archbishop Bergan)
Grand Island (Northwest, GICC, St. Paul)
Gretna
Hastings (Adams Central, Hastings St. Cecilia)
Kearney (Kearney Catholic)
Lincoln East
Lincoln High
Lincoln North Star
Lincoln Northeast
Lincoln Pius X
Lincoln Southeast
Lincoln Southwest
McCook (Southwest)
Millard North
Millard South
Millard West
Norfolk (Norfolk Catholic, Lutheran High NE)
North Platte
Omaha Benson
Omaha Bryan
Omaha Burke
Omaha Central
Omaha North
Omaha Northwest
Omaha Skutt Catholic/Mt. Michael Benedictine
Omaha South
Omaha Westside
Papillion-La Vista/Papillion-La Vista South
Ralston/Gross
Scottsbluff/Gering
South Sioux City