



SWIMMING AND DIVING

2015-16 AND 2016-17
RULES AND INTERPRETATIONS



VIA ELECTRONIC MAIL

MEMORANDUM

September 15, 2015

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TO: Head Men's and Women's Swimming and Diving Coaches and Conference Commissioners.

FROM: Brian Gordon, secretary-rules editor
NCAA Men's and Women's Swimming and Diving Rules Committee.

SUBJECT: Rules Change Clarification for Diving Degree of Difficulty.

Following the publishing of the new NCAA Swimming & Diving Rules Book this fall, two significant clerical errors were discovered within Rule 6. Through the rules change process these items were not noticed. The following corrections are being issued to the downloadable version of the Men's and Women's Swimming and Diving 2015-16 and 2016-17 Rules Book.

The Swimming and Diving Rules Committee reviewed a proposed change to Rule 6, Section 2, Article 2.b.1.b. to permit, during championship three-meter diving, a competition format that allows divers to complete the five voluntary dives, followed by six optional dives. The committee approved this change with no discussion or consideration of changing the listed degree of difficulty. The wording in the rule change proposal included a degree of difficulty of 9.0. Following approval of the Playing Rules Oversight Panel, the approved change was made on page 61 to Rule 6, Section 2, Article 2.b.1.b, including the incorrect language. The intent of the committee was to provide an additional program format option and not to impact the championship competition.

For the 2015-16 and 2016-17 seasons, in championship meets without platform as an event, permissible format two (2) should read, "five voluntary dives, including one from each of the five groups, in any order, with a total degree of difficulty not to exceed 9.5, followed by six optional dives including one from each of five groups, plus an additional dive that may be selected from any group."

The second error is the omission of the word not to Rule 6, Section 5, Article 3.b.1.1. The committee added letter l to Article 3.b.1 to clarify what allows the referee to consider for a dive to be failed. For the 2015-16 and 2016-17 seasons, Rule 6, Section 5, Article 3.b.1.1 should read, "If the diver's takeoff is not from both feet simultaneously."

The intent of the committee and the rules staff is to ensure the integrity of the sport and playing rules for swimming and diving. We apologize for this error. These corrections have been made to the downloadable version of the NCAA Swimming and Diving Rules Book on the publications website, at <http://www.ncaapublications.com/p-4403-ncaa-mens-and-womens-swimming-and-diving-rules-2015-2016-and-2016-2017.aspx>. This clarification will be provided with the printed copy of the rules book distributed. Please

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NCAA MEMORANDUM

September 10, 2015

Page No. 2

feel free to contact me directly at bgordon637@aol.com or 518-944-3941 if there are addition questions regarding this clerical error.

BG:bb

cc: NCAA Men's and Women's Swimming and Diving Rules Committee
Selected NCAA Staff



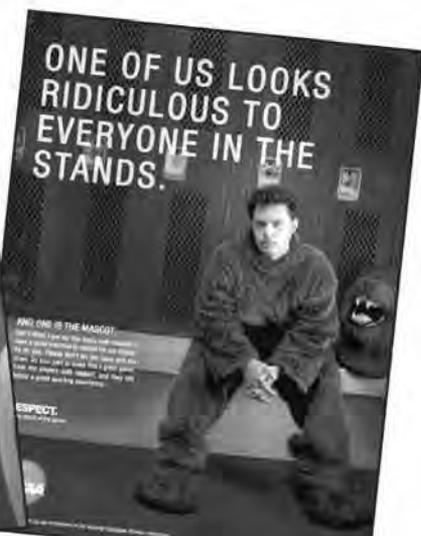
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**2015-16 and 2016-17
NCAA MEN'S
AND WOMEN'S
SWIMMING AND DIVING
RULES**

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION



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AUGUST 2015

Manuscript Prepared By: Brian Gordon, Secretary-Rules Editor, NCAA
Men's and Women's Swimming and Diving Rules Committee.

Edited By: Ben Brownlee, Assistant Director of Playing Rules and Officiating.

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NCAA Men's and Women's Swimming and Diving Rules Committee

Secretary-Rules Editor

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Term expires: 9-1-17

The chart below lists the members of the committee who voted on and approved the rules included in this edition of the book. This information is being included for historical purposes.

| Name | Institution | Term Expiration |
|-------------------------|--|-----------------|
| Tom Jager | Washington State University | 9-1-16 |
| Leslie Hasselbach-Adams | Clemson University | 9-1-17 |
| Jamie Lindsay | Drexel University | 9-1-18 |
| Rick Walker | Southern Illinois University at Carbondale | 9-1-15 |
| Todd Peters | Minnesota State University Moorhead | 9-1-17 |
| Mary Samko | Bentley University | 9-1-18 |
| Gregg Parini | Denison University | 9-1-15 |
| Sean Tedesco | U.S. Merchant Marine Academy | 9-1-16 |

The NCAA Men's and Women's Swimming and Diving Rules Committee roster is available online at NCAA.org/playingrules.

Major Rules Changes for 2015-16 and 2016-17

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Each changed or altered segment is identified in the rules by a screened background:

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Significant Editorial Changes

These are just some of the editorial changes that were made to this rulebook edition. The reader should be aware that all editorial changes are identified in the rules by a screened background.

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Preface

The entire NCAA Men's and Women's Swimming and Diving Rules Book has been designated as a conduct rule, meaning the rules contained in this book cannot be changed by mutual consent unless flexibility is indicated within the rule itself. In previous books, some rules were designated administrative rules and could be changed by mutual consent. Making all of the rules conduct rules is meant to prevent gamesmanship that could lead to unfair advantages in competition, such as altering a stroke or intentionally leaving open lanes between competitors.

An example of flexibility built into a rule would be altering an established program listed in Rule 8 with the approval of all participating head coaches. Although, like the rest of the book, it is a conduct rule, flexibility is built into the rule to allow for agreed-upon changes as the book lists.

When reading the rules book, please note that rules with the word "shall" or "must" are absolutely required and cannot be changed. Many rules within the text include the verbs "should" or "may" and have the flexibility to be changed with mutual (unanimous) consent. Effective September 1, 2015; rules using the verb "recommended" are strictly recommendations of the NCAA Swimming and Diving Rules Committee.

Playing rules are the same for all three divisions and for regular-season and championships competition. The Men's and Women's Swimming and Diving Rules Committee requests coaches' input on rules changes during rule making years in January and February and issues a rules survey in April. Rules changes are considered and voted on by the committee at its annual meeting, and coaches and commissioners are asked for input about the rules change recommendations before they are finalized by the Playing Rules Oversight Panel (PROP). The rules book is printed every two years. This rules book remains in effect until September 2017.

Brian Gordon serves as the secretary-rules editor for the committee. In this role, he is the official rules interpreter and helps update the rules book accordingly. To request a rules interpretation, please contact Mr. Gordon at bgordon637@aol.com or 518/944-3941. Coaches are asked not to request interpretations during the course of a meet or competition. Requests for interpretations during a meet or competition should come directly from the meet referee.

Ethical Behavior of Coaches and Student-Athletes

As a member of the coaching profession, coaches have inherent obligations and responsibilities to the profession, to the student-athletes and to all those with whom they come into contact. Coaches are expected to be role models and to conduct themselves with integrity and high ethical standards at all times.

In order to fulfill these responsibilities, coaches must:

1. Conduct all intercollegiate competition in accordance with the playing rules of the Association. Swimming and diving competition will be conducted according to the rules and procedures in the NCAA Men's and Women's Swimming and Diving Rules Book. Violations of ethical conduct are subject to NCAA Bylaws 10.1, 11.1.1 and 11.1.1.1.
2. Place the safety and welfare of others ahead of winning and personal prestige.
3. Treat all people with honesty, fairness and respect. (In particular, such things as vulgar and profane language or taunting, intimidating or baiting opponents or the media are not acceptable from a coach or a student-athlete.)
4. Teach and model for student-athletes and staff members strict adherence to the rules and regulations of the sport and its governing bodies.
5. Recognize, accept and teach to the team and the staff that their public behavior projects an image of the program and the university or college they represent. Therefore, behavior should be appropriate and honorable at all times.
6. Coaches are to ensure student-athletes put forth an honest effort in all competitions. Failure to show an honest effort could be considered an act of improper conduct (Rule 2-5-6) and result in disqualification and/or disciplinary action by the referee or meet committee.

RULE 1

Pool Dimensions and Equipment

Note: As it pertains to rules regarding dimensions and facility requirements, “The NCAA reminds you that you should conduct all of your competitions in accordance with local and state laws and regulations regarding facilities, and that the NCAA playing rules do not supplant or supersede those laws and regulations.”

SECTION 1. Pool Dimensions [recommended]

Long-Course Swimming

ARTICLE 1. a. For facilities (those with architectural plans dated after September 1, 1996), it is preferred that the racing course be 50 meters, [164 ft. .50 in.] in length by 75 feet [22.86 m] in width, providing for eight, 9-foot [2.74 m] lanes with additional width outside lanes one and eight. A minimum water depth of 7 feet [2.13 m] is desirable for optimal competitive conditions. Optional markings: nine, 8-foot [2.44 m] lanes or 10, 7-foot [2.13 m] lanes.

b. For existing facilities, it is acceptable that the racing course be 50 meters [164 ft. .50 in.] in length by 60 feet [18.29 m] in width, providing for eight, 7-foot [2.13 m] lanes with additional width outside lanes one and eight. The water depth shall not be less than 4 feet [1.22 m] at the starting end of the racing course and should not be less than 3.5 feet [1.07 m] at the opposite end. However, a water depth of not less than 4 feet [1.22 m] is recommended throughout the entire length of the racing course.

Short-Course Swimming

ARTICLE 2. a. For facilities (those with architectural plans dated after September 1, 1996), it is preferred that:

1. For short-course yards, the racing course be 75 feet [22.86 m] in length by at least 60 feet [18.29 m] in width, providing for not less than eight, 7-foot [2.13 m] lanes with additional width outside lanes one and eight. A minimum water depth of 7 feet [2.13 m] is desirable for optimal competitive conditions.

2. For short-course meters, the racing course be 25 meters, [82 ft. .25 in.] in length by at least 60 feet [18.29 m] in width, providing for eight, 7-foot [2.13 m] lanes with additional width outside lanes one and eight. A minimum water depth of 7 feet [2.13 m] is desirable for optimal competitive conditions.

b. For existing facilities, it is acceptable that:

1. For short-course yards, the racing course be 75 feet [22.86 m] in length by 30 feet [9.15 m] in width, providing for at least five, 6-foot [1.83 m] lanes. The water depth shall not be less than 4 feet [1.22 m] at the

starting end of the racing course and should not be less than 3.5 feet [1.07 m] at the opposite end. However, a water depth of not less than 4 feet [1.22 m] is recommended throughout the entire length of the racing course.

2. For short-course meters, the racing course be 25 meters, [82 ft. .25 in.] in length by at least 30 feet [9.15 m] in width, providing for at least five, 6-foot [1.83 m] lanes. The water depth shall not be less than 4 feet [1.22 m] at the starting end of the racing course and should not be less than 3.5 feet [1.07 m] at the opposite end. However, a water depth of not less than 4 feet [1.22 m] is recommended throughout the entire length of the racing course.

Dimensional Tolerance

ARTICLE 3. Against the required length, a tolerance of plus (+) 0.03 meters (1 and 3/16ths of an inch) in a vertical plane is permitted.

Diving

ARTICLE 4. a. For facilities (those with architectural plans dated after September 1, 1996), it is preferred that the diving facility be 60 feet [18.29 m] in length by 75 feet [22.86 m] in width. It should be equipped with two, one-meter and two, three-meter springboards and a diving tower, providing takeoff platforms at 5, 7.5 and 10 meters. Recommended dimensions for diving facilities are specified on this page and the following pages.

- b. For existing facilities, it is acceptable that the diving facility be separated from or incorporated with the swimming pool. Recommended dimensions for diving facilities are specified on this page and the next.
- c. For synchronized diving, it is recommended that at least two springboards at the same height should be placed side by side and no object should obstruct the visibility in any part of the dive between divers.

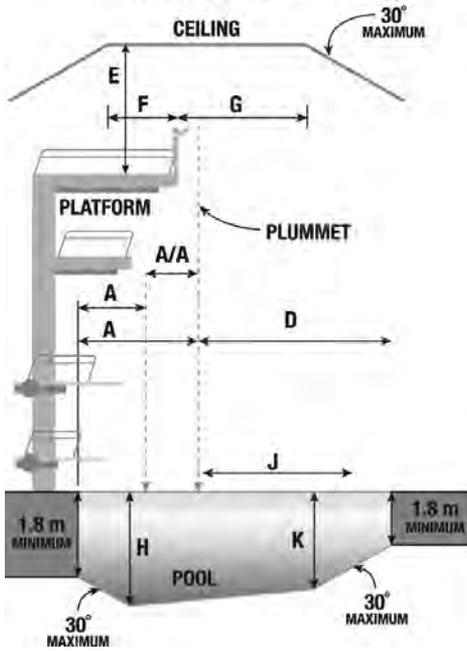
Note: The above dimensions may be incorporated in "L," "T," "Z" and "U" shaped pools.

The following are Recommendations for NCAA Diving competition. "The NCAA reminds you that you should conduct all of your competition in accordance with local and state laws and regulations regarding facilities, and that the NCAA playing rules do not supplant or supersede those laws or regulations."

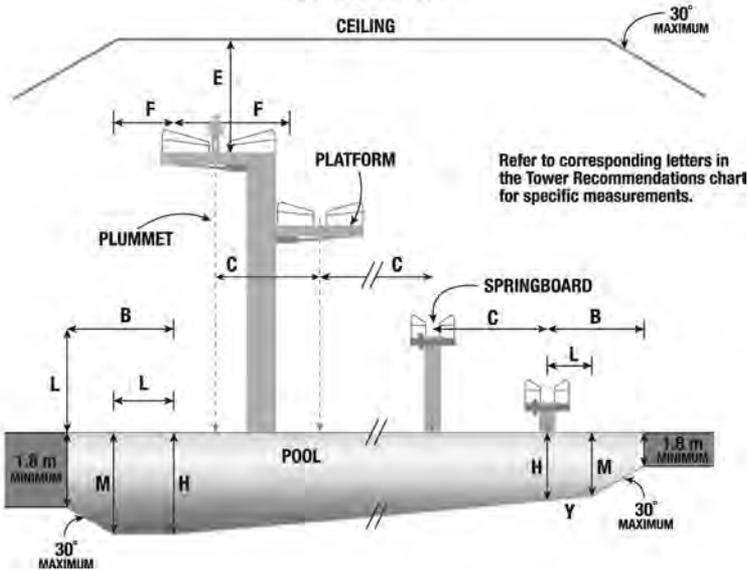
Tower Recommendations

| NCAA Recommended Dimensions for Diving Facilities | | Dimensions are in Feet | SPRINGBOARD | | | | PLATFORM | | | | | |
|---|---|---------------------------|--------------------------|--|---------------|--------------|---------------------|---------------------|------------|---------------------|-----------|--------|
| | | | 1 meter | | 3 meters | | 5 meters | | 7.5 meters | | 10 meters | |
| | | | LENGTH | 16' | 16' | 20' | (min) 8'6" 9'10" | (min) 6'7" 9'10" | (min) 20' | (min) 6'7" 9'10" | 20' | 32'10" |
| Revised October 1, 2013 | | HEIGHT | 3'4" | 9'10" | 16'5" | 24'8" | 32'10" | | | | | |
| | | | Horiz. Vert. | Horiz. Vert. | Horiz. Vert. | Horiz. Vert. | Horiz. Vert. | | | | | |
| A | From plumbet BACK TO POOL WALL | Designation | A-1 | A-3 | A-5 | A-7.5 | A-10 | | | | | |
| | | Minimum | 5' | 5' | 4'2" | 4'2" | 5' | | | | | |
| | | Preferred | 6'1" | 6'1" | 4'2" | 4'2" | 5' | | | | | |
| A/A | From plumbet BACK TO PLATFORM plumbet directly below | Designation | | | A/A5 | A/A7.5 | A/A10 | | | | | |
| | | Minimum | | | 2'6" | 2'6" | 2'6" | | | | | |
| | | Preferred | | | 4'2" | 4'2" | 4'2" | | | | | |
| B | From plumbet to POOL WALL AT SIDE | Designation | B-1 | B-3 | B-5 | B-7.5 | B-10 | | | | | |
| | | Minimum | 8'3" | 11'6" | 11'2" | 14'10" | 18'11" | | | | | |
| | | Preferred | 8'3" | 11'6" | 12'10" | 15'7" | 18'11" | | | | | |
| C | From plumbet to ADJACENT PLUMBET | Designation | C-1 | C-3-3, 3-1 | C-5-3,5-1 | C-7.5-5,3,1 | C-10-7.5,5,3,1 | | | | | |
| | | Minimum | 6'7" | 7'3" | 7'11" | 9'1" | 10'8" | | | | | |
| | | Preferred | 7'1" | 8'3" | 8'9" | 9'1" | 10'8" | | | | | |
| D | From plumbet to POOL WALL AHEAD | Designation | D-1 | D-3 | D-5 | D-7.5 | D-10 | | | | | |
| | | Minimum | 29'7" | 33'8" | 33'8" | 36'2" | 44'4" | | | | | |
| | | Preferred | 29'7" | 33'8" | 33'8" | 36'2" | 44'4" | | | | | |
| E | On plumbet from BOARD TO CEILING | Designation | E-1 | E-3 | E-5 | E-7.5 | E-10 | | | | | |
| | | Minimum | 16'5" | 16'5" | 10'8" | 10'8" | 13'2" | | | | | |
| | | Preferred | 16'5" | 16'5" | 11'6" | 11'6" | 16'5" | | | | | |
| F | CLEAR OVERHEAD behind and each side of plumbet | Designation | F-1 E-1 | F-3 E-3 | F-5 E-5 | F-7.5 E-7.5 | F-10 E-10 | | | | | |
| | | Minimum | 8'3" 16'5" | 8'3" 16'5" | 9'1" 10'8" | 9'1" 10'8" | 9'1" 13'2" | | | | | |
| | | Preferred | 8'3" 16'5" | 8'3" 16'5" | 9'1" 11'6" | 9'1" 11'6" | 9'1" 16'5" | | | | | |
| G | CLEAR OVERHEAD ahead of plumbet | Designation | G-1 E-1 | G-3 E-3 | G-5 E-5 | G-7.5 E-7.5 | G-10 E-10 | | | | | |
| | | Minimum | 16'5" 16'5" | 16'5" 16'5" | 16'5" 10'8" | 16'5" 10'8" | 19'9" 13'2" | | | | | |
| | | Preferred | 16'5" 16'5" | 16'5" 16'5" | 16'5" 11'6" | 16'5" 11'6" | 19'9" 16'5" | | | | | |
| H | DEPTH OF WATER at plumbet (minimum required) | Designation | H-1 | H-3 | H-5 | H-7.5 | H-10 | | | | | |
| | | Minimum | 11'2" | 12'2" | 12'2" | 13'6" | 14'10" | | | | | |
| | | Preferred | 11'6" | 12'6" | 12'6" | 14'10" | 16'5" | | | | | |
| J-K | DISTANCE AND DEPTH ahead of plumbet | Designation | J-1 K-1 | J-3 K-3 | J-5 K-5 | J-7.5 K-7.5 | J-10 K-10 | | | | | |
| | | Minimum | 21'4" 10'10" | 24'8" 11'10" | 23'10" 11'10" | 31'10" 13'2" | 41' 14' | | | | | |
| | | Preferred | 22'4" 11'2" | 25'7" 12'2" | | | | | | | | |
| L-M | DISTANCE AND DEPTH each side of plumbet | Designation | L-1 M-1 | L-3 M-3 | L-5 M-5 | L-7.5 M-7.5 | L-10 M-10 | | | | | |
| | | Minimum | 5' 10'10" | 6'7" 11'10" | 9'11" 11'10" | 12'4" 13'2" | 14'10" 14' | | | | | |
| | | Preferred | 6'7" 11'2" | 8'3" 12'2" | 11'6" 12'2" | 14'10" 14'6" | 17'3" 15'7" | | | | | |
| N | MAXIMUM SLOPE TO REDUCE DIMENSIONS beyond full requirements | Pool depth Ceiling Ht. | 30 degrees 30 degrees | Note 1: Dimensions C (plumbet to adjacent plumbet) apply for platforms with widths as detailed. For wider platforms increase C by half the additional width(s). Note 2: All dimensions rounded up, even if only fractionally greater than the next lowest inch. | | | | | | | | |

Side View



Front View



SECTION 2. Pool Dimensions [required]

Starting Depth

ARTICLE 1. For all championships and nonchampionships competition, the area of depth shall be not less than 4 feet [1.22 m] at the starting end of the racing course.

Number of Lanes

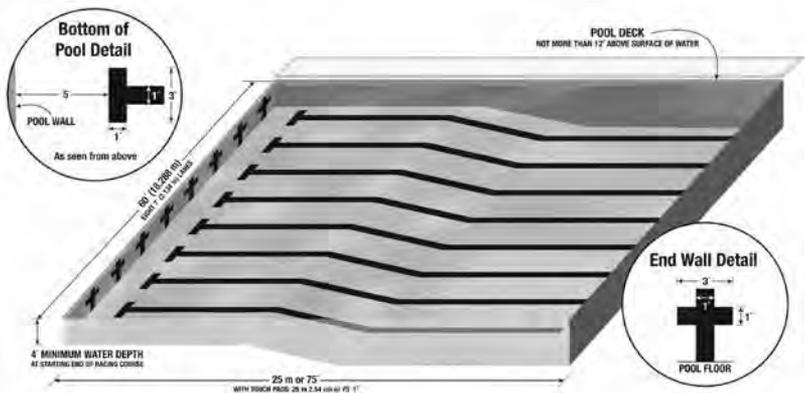
ARTICLE 2. All championships swimming competition shall be conducted in racing courses having a minimum of six, 6-foot [1.83 m] lanes. It is recommended that the racing course have a minimum of eight, 6-foot lanes.

Standard Length

ARTICLE 3. All championships swimming competition shall be conducted in racing courses of standard length (75 feet, 25 meters or 50 meters). When automatic officiating equipment touch pads are used at one or both ends, the course shall be of such length that ensures the required distance between the two touch pads or between either pad and the opposite end of the course.

Plummet Depth

ARTICLE 4. For all championships and nonchampionships springboard and platform diving competition, the water depths at the plummet shall be not less than the minimum standards specified in the table on Page 11.



SECTION 3. General

Facility Adaptations

ARTICLE 1. It is recommended that temporary facility adaptations be made to improve meet conditions for all contestants. Attention should be given to consistency in pool markings, and turning and starting surfaces. Facility adaptations by the visiting team must be approved by the host coach and must comply with the rules.

End Walls

ARTICLE 2. The end walls of the racing course shall be perpendicular to the racing course and parallel to each other. They shall be vertical to a water depth of not less than 4 feet [1.22 m] at the starting end and should not be less than 3.5 feet [1.07 m] at the opposite end. The end walls shall establish

the length of the racing course (see Rules 1-1 and 1-2). There shall be no protrusions, light fixtures, underwater windows or inlets in the end walls for a depth of at least 3.5 feet [1.07 m] below the level of the perimeter overflow rim. The end walls should be finished with a nonslip surface. These specifications also shall apply to movable bulkheads, which shall be designed and installed so as to prevent distortion by the tension exerted when racing lanes are in place.

If a continuous recessed hand grip is provided at or near the water surface in a wall or bulkhead, the horizontal dimension of the recess perpendicular to the wall or bulkhead should be not less than 6 inches [.15 m] and designed in a manner to avoid contact between the swimmers' fingers and the back surface of the recess.

Deck

ARTICLE 3. The deck of the pool should be not more than 12 inches [30.48 cm] above the surface of the water. Deck space on the diving end should permit sufficient space for installation of all diving equipment and additional area for the free movement of competitors and officials. It is recommended that 15 feet [4.57 m] of deck area be provided at both ends of the pool. The width of side decks must be governed by usage anticipated. It is recommended that a minimum of 3 feet [.914 m] be established for officials. If this space is to be used for movable spectator bleachers or other seating, it must be wide enough to accommodate such seating plus sufficient area for free movement of competitors and officials. It is recommended that the maximum amount of space be allocated for spectator seating. If sufficient gallery space is allotted, side-deck width may be limited to 10 feet [3.05 m].

Ladders

ARTICLE 4. All ladders, steps or stairs should be recessed in the side pool walls or be easily removable during competition.

Lighting

ARTICLE 5. It is important that sufficient overhead lighting be installed with concentration directly over both the turning and finish lines. One hundred (100) foot-candles [1,076 lux] at water level is recommended. Underwater lights may be installed at the sides and at the ends. End lights should be located under lane-line anchors at a depth of 3.5 feet [1.07 m] with a switch for each light. A power source for additional lighting should be available for use with television, movies and special events. Buildings housing indoor pools should not have deck-level windows in walls facing pool ends. Deck-level windows on the side walls should be the tinted type, which reduce glare and reflection on the water surface.

Pool Markings

ARTICLE 6. Lines should be placed on pool bottoms to serve as guides for each swimmer, and the color of these lines (preferably black) should contrast the general color of the pool. Such lines should be at least 12 inches [30.48 cm] wide and should be placed approximately in the center of each swimming lane. As these lines approach the end of the pool, it is recommended that distinctive "T" markings be placed on the bottom as per the diagram on Page 14. It is recommended that identical target lines 12 inches [30.48 cm] wide be placed on each pool end wall or electronic contact pad, in the approximate middle of each lane, extending from the top to at least 3.5 feet [1.07 m] below the water surface (see diagram on Page 13). The top edge of deck-level pools

must be marked with a contrasting color to provide a visual target at the end of the pool. In existing pools where target lines are not present, each end wall must have visible target lines 12 inches [30.48 cm] wide or turning pads so marked. Failure to provide such markings will result in forfeiture of the meet by the host institution. An exception may be allowed where stainless steel gutters overlap the turning target, so long as the overlap does not exceed 18 inches [45.72 cm]. A fixed mark shall be placed on any wall adjacent to an outside lane to correctly align the 15-meter buoys for judging underwater starts/turn distances. The mark on the wall will be considered the default marking for officiating purposes.

Where practical, lanes should be numbered from right to left as the swimmer stands facing the course. Each lane should be clearly marked so it may be identified easily by finish judges stationed on the sides of the pool.

15-Meter Marks

ARTICLE 7. The location of unobstructed sight lines, parallel to and 15 meters [49 ft. 2.55 in.] from each end of the racing course, must be clearly designated and visible to both officials and competitors. When lane lines are such that they are used for two different courses (i.e., 25 yards and 50 meters), markings must be of different colors to distinguish between such course markings.

Starting Platforms

ARTICLE 8. Starting platforms are required for championships meets and for dual meets. Starting platforms shall be installed so as to be stable at all times without human aid.

The front edge of the starting platform shall not exceed 30 inches [76.20 cm] in height above the surface of the water and shall not extend over the water beyond the end of the racing course. The length of the starting platform should not be less than 20 inches [50.80 cm] and may not be more than 34 inches [86.36 cm]. The width of the platform should not be less than 20 inches [50.80 cm]. The top of the platform must be a plane surface, and the maximum slope of that surface toward the water shall not be more than 10 degrees horizontal. The top must be covered with a nonslip material. The lane number should be visible from all sides of the platform. Firm starting grips for backstroke starts must be provided. These grips shall be located not more than 30 inches [76.20 cm] above the surface of the water. They shall not extend over the water beyond the end of the racing course. The starting blocks and any additions to the blocks must be identical for all competitive lanes.

Track style starting blocks with wedges are permitted. In meets requiring relay judging platforms (RJP's), such starting blocks must accommodate these platforms.

It is recommended that clear directions be given prior to the beginning of competition regarding the use of the starting block wedges and conditions of when and how they can be removed and returned to the starting block.

Overflow System

ARTICLE 9. The overflow system is a method of conveying water beyond the perimeter overflow rim of the pool. It should guarantee that the level of the water in the pool is not lower than the overflow rim of the pool at all times. It should maintain a smooth, quiet surface in the pool during competition. It should prevent the accumulation or overflow of pool water onto the deck

area where meet officials work. It should effectively skim the water surface at all times.

Backstroke Flag-Line Anchors

ARTICLE 10. Permanent provision must be made to anchor backstroke flag lines with minimum sag. At least three pennants must be evenly spaced left, right and center in each lane located 5 yards from each end of a 25-yard racing course [5 meters from each end of a 25- or 50-meter racing course] and approximately 7 feet [2.13 m] above the water surface.

These pennants should be 6 to 12 inches [15.24 to 30.48 cm] in width and 12 to 18 inches [30.48 to 45.72 cm] in length. In any event in which the backstroke is swum, failure to provide these pennants shall result in disqualification of the host competitors. It is recommended that the pennants contrast the ceiling and the remainder of the pool environment to ensure proper safety to the swimmers in the water.

Lane-Line Anchors—Floats

ARTICLE 11. Permanent provision should be made to anchor lane lines at the competitive water level in a recessed receptacle. Tightly stretched, easily visible floating lane markers, with floats joining to form a continuous cylinder marking the lateral limits of each lane, should be provided for dual meets and must be available for championships meets. It is recommended that the last 15 feet [4.57 m] at each end of the lane line be a contrasting color with the remainder of the lane. It also is recommended that a marker be placed at the 15-meter mark.

Water and Air Temperatures

ARTICLE 12. The water temperature should be between 79 and 81 degrees Fahrenheit [26° and 27°C] for competition. When possible, the air temperature at deck level shall not be more than four degrees Fahrenheit below the water temperature. It is recommended that in separate diving pools the water should be between 82 and 86 degrees Fahrenheit [28° and 30°C] for competition. Special consideration also should be given to heating and ventilation for the comfort of spectators and competitors.

SECTION 4. Equipment

Diving Boards

- ARTICLE 1. a. The diving boards should be 1 meter and 3 meters, respectively, above the water level at the tip end. They should be 16 feet [4.87 m] long by 20 inches [50.80 cm] wide with the entire length of the upper surface covered with adequate nonslip material.
- b. The front end of each board should project at least 5 feet [1.50 m] beyond the end of the pool. Clearance from the plummet to the pool wall at the side should be at least 8.25 feet [2.51 m] for a one-meter board and at least 11.50 feet [3.50 m] for a three-meter board. The distance from plummet to plummet should be at least 6 feet 7 inches [2.00 m] between two one-meter boards and at least 7 feet 3 inches [2.20 m] between two three-meter boards or between a one-meter board and a three-meter board. Guard rails are recommended for three-meter springboards. In all cases, guard rails should extend over the water's edge.
- c. It is required that all diving equipment be installed and maintained to conform to regulations, especially those governing elevation and pitch.

- d. The diving board must be installed so that the board is level at the end over the water when the fulcrum is at the midpoint along the track.
- e. In all diving championships, diving equipment approved by the meet committee must be used; and a fulcrum of a type readily adjustable by mechanical means between dives is required for both one-meter and three-meter standards. Equipment used in dual meets should meet these same standards. The fulcrum should be adjustable at least 2 feet [0.61 m] forward from a point 5 to 6 feet [1.52 to 1.83 m] from the rear end of the board, where practical.

Water Agitation for Diving

ARTICLE 2. It is recommended that some type of water-surface agitation be installed for a zone centered on the longitudinal axis of each diving board or platform, 2 feet [0.61 m] wide and extending 5 feet [1.52 m] from the front edge of the board or platform. Surface agitation may be by underwater air bubblers or above-water spray. Air bubblers should be installed flush with the finished pool bottom with openings of one-fourth inch [0.64 cm] or smaller.

Automatic Judging and Timing Equipment

ARTICLE 3. a. An automatic device is one that automatically starts with the starter's signaling device and stops when a competitor touches the finish pad. A semiautomatic device automatically starts with the starter's signaling device or manually, and stops when one or more officials press a button switch. Both timing and judging systems shall be accurate to one-hundredth of a second. All other data shall be disregarded. Any equipment that is installed must not interfere with the swimmers' starts or turns, or with the function of the overflow system.

- b. This equipment must:
 1. Meet acceptable safety standards.
 2. Be able to display all recorded information for each lane in printed form.
 3. Provide easy reading of a competitor's time (digital readings are recommended).
- c. Each finish pad for this equipment shall be as follows:
 1. *Size*—It is recommended that the finish pad be a minimum of 6.5 feet [1.98 m] wide by 2 feet [0.61 m] in depth for pools with lanes 7 feet [2.13 m] wide. It is further recommended, but not required, that in pools with lanes other than 7 feet [2.13 m] in width, the pad should be not more than 6 inches [15.24 cm] narrower than the width of the lane.
 2. *Tolerance*—The thickness of the pad should not exceed one-half inch [1.27 cm], and when installed, the pool length must not be less than 75 feet [22.86 m]. (See Rules 1-1-2-a-1, 1-1-2-b-1 and 1-1-3.)
 3. *Position*—The pad must be located in the center of the lane and be positioned at or below the water level during the progress of the race. The pad must be installed in such a manner as to assure a fixed position for the finish of a race.
 4. *Installation*—The pad should be installed so as to be secure when in place, but easily and quickly removable when there is no competition.
 5. *Markings*—The markings on the pad should conform with and superimpose on the existing markings of the pool. The perimeter and edges of the pad will be designated by a 1-inch [2.54 cm] black border.

6. *Sensitivity*—The sensitivity of the pad must be such that it cannot be activated by water turbulence but will be activated by a light hand touch. The pad should be sensitive on both the top edge and front of the touchpad.
7. *Safety*—The pad must be safe from the possibility of electrical shock and must have no sharp edges.
8. *Surface*—The pad should be finished with a nonslip surface.
- d. Optional accessories that are desirable but not essential for a minimum installation:
 1. Printout of all information.
 2. Spectator readout board.
 3. Relay takeoff judging.
 4. Automatic lap counter.
 5. Readout of splits.
 6. Computer summaries.
 7. Correction of erroneous touch.
 8. Automatic rechargeable battery operation possibility.
 9. TV tie-in system.

Note: Appropriate below-deck conduits should be provided to accommodate wiring for electronic starting, timing and judging devices.

Electronic Relay Takeoff Judging Equipment

ARTICLE 4. a. An electronic relay takeoff judging device is one that compares the time at which the second, third or fourth member of a relay team leaves a takeoff pad on a starting platform with the time at which the previous member of that relay team completes a leg of the race by activating a finish pad in the water below.

- b. This equipment must:
 1. Be capable of disregarding extraneous movements on top of the starting platform so that the release from only the final foot of the swimmer on the platform establishes the time at which that swimmer leaves the platform.
 2. Be able to display, in printed form for each lane, the difference in time between the takeoff release above and the finish touch below so that a negative (-) difference indicates an alleged rules violation and a positive (+) difference indicates an alleged legitimate relay exchange.
 3. Be accurate to one-hundredth of a second; however, it should not record as an alleged violation any infraction of the takeoff rule that is less than one-hundredth of a second.
 4. Not have any exposed wires on the deck, must be safe from the possibility of electrical shock, must have no sharp edges and must meet all appropriate local and municipal safety standards.
- c. Each takeoff pad for this equipment shall be as follows:
 1. *Size*—The takeoff pad should cover the entire top of the starting platform. The sensitized portion of the pad must extend to and be centered along the front edge of the platform and should not be less than 18 inches [45.72 cm] wide by 12 inches [30.48 cm] long. The takeoff pad may be any thickness; however, when it is installed, it shall be considered to be part of the starting platform, which must conform to Rule 1-3-8.
 2. *Surface*—The top and front surfaces of the takeoff pad must be covered with a nonslip material.

3. *Markings*—If there is any nonsensitized area on the top of the takeoff pad, the sensitized and nonsensitized areas should be designated by contrasting colors.
4. *Installation*—The takeoff pad should be installed so as to be secure when in place, but easily and quickly removable when there is no competition.

Counters

ARTICLE 5. Visual counters shall be provided by the host institution. Each digit must be 12 inches [30.48 cm] high and must be black on a white background. Each set of counters should be equipped with one indicator of fluorescent orange color, with or without a numeral, to indicate the final length of each distance event. Failure to provide visual counters shall result in the disqualification of the host competitors in the events in which counters are required.

Scoreboard

ARTICLE 6. A scoreboard of adequate size should be installed in such position that spectators and competitors may follow the progress of the meet.

Public Address Systems

ARTICLE 7. Public address capability should be provided at separate stations for the announcer, referee, diving referee and starter. The announcer, referee and diving referee may all be on one system, which should be designed to be heard clearly in all parts of the natatorium. The starter should be on a separate system that is designed specifically to provide clear and simultaneous instructions at each of the starting platforms.

New Equipment

ARTICLE 8. The NCAA Men's and Women's Swimming and Diving Rules Committee is responsible for formulating the official playing rules for the sport. The committee may establish and/or use independent sources for testing/control.

Equipment or swimsuit manufacturers have undertaken the responsibility for the development of playing equipment that meets specifications established by the committee. The NCAA urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NCAA nor the NCAA Men's and Women's Swimming and Diving Rules Committee certifies the safety of any swimming equipment. Only equipment or swimsuits that meet the specifications stated in the NCAA Men's and Women's Swimming and Diving Rules may be used in intercollegiate competition.

While the committee does not regulate the development of new equipment or swimsuits, the committee may provide manufacturers with informal guidelines as to the equipment-performance levels it considers consistent with the integrity of the sport. The committee reserves the right to intercede in order to protect and maintain that integrity.

The NCAA Men's and Women's Swimming and Diving Rules Committee suggests that manufacturers planning innovative changes in swimming or diving equipment or swimsuits submit the equipment or swimsuit to the NCAA Men's and Women's Swimming and Diving Rules Committee for review before production.

RULE 2

Description of Events and Procedures

SECTION 1. The Official Start

Forward Start

ARTICLE 1. In all swimming races with the exception of backstroke and medley relay races, upon a signal by whistle from the referee, the swimmers shall step onto his or her starting platform and shall stand, without excessive noise or movement, with both feet on the top of the platform. The referee then shall turn control of the competitors over to the starter by giving a clearly visible signal to the starter of an outstretched arm. Then, upon the starter's verbal command "Take your mark," each swimmer, with no unnecessary noise or movement, immediately shall assume any desired starting position with at least one foot on the front edge of the starting platform. (With prior approval of the referee, a swimmer may start in the water but must have at least one hand on the wall or starting platform.) Sufficient time shall be allowed to enable each swimmer to assume a stationary starting position; however, all swimmers are expected to take their starting positions at approximately the same time, and unnecessary noise, movement or delays shall not be permitted. When the starter sees that the swimmers are stationary, the starter shall start the race with an electronic-sound device. The use of a pistol shot is not permitted.

Deaf and hard of hearing swimmers require a visual starting signal, i.e. a strobe light and/or starters arm signals. The referee may reassign lanes within the swimmers heat in a non-championship meet, i.e. exchanging one lane for another, so that the strobe light or starter's arm is visible to the competitor. The starter will use visual signals as demonstrated in Figure 1 and 2 (NOTE: See accompanying diagram). The referee will notify the affected heat if a deaf and/or hearing impaired competitor is competing. A false start rope is required in the event of a recall, provided that the host institution is notified at least 10 days prior to the event/meet that a deaf or hearing impaired swimmer will be participating. A strobe light shall be located where the swimmer can clearly see it from the start.

Backstroke Start

ARTICLE 2. In the backstroke start, upon a signal by whistle from the referee, the swimmers shall enter the water within their respective lanes. When all have surfaced, with a second whistle from the referee, the swimmers shall line up facing the starting end with both hands in contact with the starting grips (including the gutter, the end of the pool or any part of the starting platform) and shall place his or her feet on the wall. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall

or face of the touchpad. Bending the toes over the top of the touchpad is prohibited. The referee then shall turn control of the competitors over to the starter. The starter may give brief instructions deemed necessary. Then, upon the starter's verbal command "Take your mark," each swimmer, with no unnecessary noise or movement, immediately shall assume any desired starting position that does not remove either foot from contact with the end of the pool; and that does not remove either hand from the starting grips. Sufficient time shall be allowed to enable each swimmer to assume a stationary starting position; however, all swimmers are expected to take their starting positions at approximately the same time, and unnecessary noise, movement or delays shall not be permitted. When the starter sees that the swimmers are stationary, the starter shall start the race with an electronic-sound device. Standing in or on the gutter, placing the toes above the lip of the gutter, or curling the toes over the lip of the gutter is not permitted at any time after the command "Take your mark" and before the first length of the race is completed. If a backstroke starting ledge or device is used, it shall be identical for all competitive lanes.

For backstroke starts involving deaf and hard of hearing swimmers, a strobe light should be positioned so that swimmers do not have to turn their heads backwards to view it. If a strobe light is not present, the starter should be prepared to use signals as demonstrated in Figure 1 and 2 (NOTE: See accompanying diagram). The referee will notify the affected heat if a deaf and/or hearing impaired competitor is competing. The referee may reassign lanes within the swimmers heat in a non-championship meet, i.e. exchanging one lane for another, so that the strobe light or starter's arm is visible to the competitor. A false start rope is required in the event of a recall, provided that the host institution is notified at least 10 days prior to the event/meet that a deaf or hearing impaired swimmer will be participating.

105.3 DEAF AND HARD OF HEARING

- .1 Deaf and hard of hearing swimmers require a visual starting signal, i.e., a strobe light and/or Starter's arm signals. The Referee may reassign lanes within the swimmer's heat, i.e., exchanging one lane for another, so that the strobe light or Starter's arm signal can more readily be seen by the deaf or hard of hearing swimmer. Standard Starter's arm signals are shown in Figures 1 and 2. A false start rope is required in the event of a recall, provided the meet host is notified by the entry deadline that a deaf or hard of hearing swimmer will be participating.
- .2 **Strobe light location** — The Starter shall advise the swimmers about the location of the strobe light and the light shall be located where the swimmers can clearly see it for the start. For backstroke starts, the light should be positioned so that the swimmers don't have to turn their heads to look backwards.



FIGURE 1: FORWARD START
 A. Twist hand at chin level — short whistles
 B. Arm overhead — swimmer steps onto starting block
 C. Arm moves to shoulder level — signal to "take your mark"
 D. Arm moves to side of body — starting signal

FIGURE 2: BACKSTROKE START
 A. Twist hand at chin level — short whistles
 B. Arm overhead — swimmer enters water; drop arms to side while swimmer enters water
 C. Arm overhead — swimmer returns to backstroke start position
 D. Arm moves to shoulder level — signal to "take your mark"
 E. Arm moves to side of body — starting signal

Diagram Courtesy of USA Swimming

False Starts

- ARTICLE 3. a. After the command "Take your mark" and before the starting sound, the starter may release the swimmers from the starting position with the command "Stand up." This allows each swimmer in the forward start to move away from the front edge of the starting platform and, if desired, to step off the platform. In the backstroke start, each swimmer also is released from the starting position but must remain in the starting area.
- b. After the command "Take your mark," all swimmers entering the water or otherwise leaving their marks, before the starting sound or before being released from the starting position, shall be charged with a false start. All other swimmers should be released immediately from the starting position by the starter.

- c. Swimmers entering the water or otherwise leaving their marks in reaction to the command “Stand up,” subject to the discretion of the referee and/or starter, shall not be charged with a false start.
- d. If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the referee independently observes and confirms the starter’s observation that a violation occurred, and each has marked the violation at the time of occurrence in writing, the swimmer or swimmers who have false started shall be disqualified upon completion of the race. For this rule to be applied, it requires a minimum of two officials (i.e., starter and referee) designated to observe the start. The starter and/or referee has the ability to recall a race if it is deemed absolutely necessary.
- e. A swimmer who unnecessarily delays in assuming and holding a stationary starting position after the command “Take your mark” shall be charged with a false start.
- f. Any swimmer responsible for an unnecessary delay after the referee’s preliminary command or signal shall be charged with a false start.
- g. In non-NCAA championships and NCAA championships meets, dual confirmation is required to confirm a false start. A swimmer may be charged with a false start only if the violation is observed and confirmed by at least two of the following officials: starter, recall starter and referee.
- h. In non-NCAA championships and NCAA championships meets, a swimmer may withdraw from a preliminary heat, timed final or swim-off by electing to take a declared false start. A swimmer who elects to take a declared false start shall have his or her coach notify the referee before the heat or swim-off in question is announced, shall not report to the assigned lane when the heat or swim-off is announced, and shall not physically perform a false start, but shall suffer the consequences of a false start under the circumstances prevailing. A declared false start in a given event shall count as participation in that event.
- i. Any swimmer charged with one false start must be disqualified and shall not swim the race. In the case of a disqualification during a swim-off, the competitor who is disqualified shall be relegated to the lowest position being contested. (See Rule 5-3-3.) If false starts in a swim-off result in a single competitor or relay team remaining in the swim-off, that competitor or relay team shall be awarded the highest position being contested and shall not be required to complete the swim-off.

SECTION 2. Swimming Events

Backstroke

ARTICLE 1. a. The backstroke start shall be used.

- b. The swimmer shall push off on the back (i.e., with the upper shoulder at or past the vertical toward the supine position) and, except when turning, must continue swimming on the back throughout the race. Some part of the swimmer’s person must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, during the last stroke, and for a distance of not more than 15 meters [49 ft. 2.55 in.] after the start and after each turn. By that point, the head must have broken the surface of the water.
- c. Some part of the swimmer’s person must touch the end of the racing course during each turn. After any part of the swimmer’s head has passed

the backstroke flags (20-yard mark), the swimmer's upper shoulder is allowed (but not required) to rotate past the vertical toward the prone position before the touch is completed provided such rotation is accompanied by an immediate initiation of the turning action.

The immediate initiation of the turning action shall be accomplished by a single-arm or double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head.

After the initiation of the turning action, no additional arm pulls may be started (sculling is not permitted); however, kicking and gliding actions are permitted.

If the swimmer's upper shoulder does not rotate past the vertical toward the prone position before the touch is completed, the swimmer may then turn in any manner desired.

- d. After the turn, the swimmer's upper shoulder must be at or past the vertical toward the supine position when the swimmer leaves the end of the racing course during the push-off.
- e. At the finish of the race, the swimmer's upper shoulder must be at or past the vertical toward the supine position when he or she touches the end of the racing course with the hand, head or forearm. The body may be submerged during the last stroke at the finish.

Note 1: In judging the backstroke turn, it is recommended that the turn judge be positioned, whenever possible, directly over the end of the lane.

Note 2: In backstroke relay events, all takeoffs except the initial one shall be made from a forward start as described in Rule 2-2-7-c. Swimmers must comply with the 15-meter rule after the dive. To deliver underwater dolphin kicks, the swimmer must first turn onto his or her back. Underwater dolphin kicks in the prone position (face-down) are not permitted.

Breaststroke

ARTICLE 2. a. The forward start shall be used.

- b. After the start and after each turn when the feet leave the wall, the body shall be kept on the breast. The arms shall move simultaneously and in the same horizontal plane throughout the propulsive phase of the stroke without any alternating movement. The hands shall be pushed forward together from the breast, on, under or over the water. A butterfly-style recovery is not permitted. The elbows shall be under the calm level of the water except for the final stroke before the turn, during the turn, and the last stroke at the finish of the prescribed distance. The hands shall be pulled back simultaneously on or under the surface of the water. The hands shall not be brought back beyond the hipline, except during the first stroke cycle after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn when a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. After the start and after each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke after the start and after each turn. There shall be no sculling with the hands at the end of the first arm stroke after the start and each turn.

- c. All forward and backward components of motion of the two legs shall be simultaneous; and, throughout the propulsive phase of the leg kick, corresponding points on both feet shall be at the same horizontal level. The toes of both feet must be turned laterally (by dorsiflexion of the feet) during each backward movement of the legs. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- d. A complete stroke cycle shall consist of one arm stroke followed by one leg kick. A stroke cycle may be initiated only by an arm stroke. Each time the swimmer's hands begin their lateral and/or downward press, a new stroke cycle shall have been started. Each time the swimmer finishes a leg kick, a stroke cycle shall have been completed. An incomplete stroke cycle, consisting of an arm stroke without a following leg kick, may be used immediately before the touch at each turn or at the finish. Two arm strokes without an intervening leg kick or two leg kicks without an intervening arm stroke may not be used at any time.
- e. At each turn and at the finish, the touch shall be made with both hands separated and simultaneously at, above or below the water surface. The head may be submerged after the last arm pull before the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle before the touch. Once a legal touch has been made, the swimmer may turn in any manner desired. After the turn, the shoulders must be at or past the vertical toward the prone position when the swimmer leaves the end of the racing course during the push-off.

Butterfly

ARTICLE 3. a. The forward start shall be used.

- b. After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is allowed one or more leg kicks but only one arm pull underwater. The first arm pull after the start and after each turn must bring the swimmer to the surface of the water. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters [49 ft. 2.55 in.] after the start and after each turn. By that point, the head must have broken the surface of the water. This body position shall be maintained until the touch is made at the next turn or at the finish.
- c. All forward and backward components of motion of the two arms shall be simultaneous. The arms shall be brought forward over the water and pulled backward on or under the surface of the water.
- d. All upward and downward components of motion of the two legs shall be simultaneous. Although at any given time the feet may be at different horizontal levels, there shall be no alternating movement of the legs and/or feet. A breaststroke or scissor-kicking movement may not be used.
- e. At each turn and at the finish, the touch shall be made with both hands separated and simultaneously at, above or below the water surface. Once a legal touch has been made, the swimmer may turn in any manner desired.

Crawlstroke

ARTICLE 4. The crawlstroke is the most common stroke used under freestyle rules. It is a stroke that employs an alternating above-water recovery of the arms with alternating up and down kicking movements.

Freestyle

ARTICLE 5. a. The forward start shall be used.

- b. After the start and after each turn it is permissible for the swimmer to be completely submerged for a distance of not more than 15 meters [49 ft. 2.55 in.]. By that point, the head must have broken the surface of the water.
- c. In a freestyle event, any style or combination of styles may be used. However, in medley relay or individual medley events, the term “freestyle” means any stroke other than butterfly, backstroke or breaststroke.

Times achieved in a freestyle event can be recorded only as freestyle times regardless of the stroke used.

- d. At each turn, some part of the swimmer’s person must touch the end of the racing course.

Individual Medley

ARTICLE 6. a. The forward start shall be used.

- b. The swimmer shall swim the prescribed distance as follows: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle. The swimmer must comply with the rules of the stroke designated for each one-fourth of the race.

- c. Intermediate turns within a given stroke shall conform to the turn rules for that stroke.

- d. Transition turns between strokes shall conform, before the touch, to the finish rules for the stroke being completed and, after the touch, to the turn rules for the stroke about to be swum. These turns shall be performed as follows:

1. Butterfly to backstroke—The touch shall be made with both hands separated and simultaneously at, above or below the water surface. Once a legal touch has been made, the swimmer may turn in any manner desired; however, the swimmer’s upper shoulder must be at or past the vertical toward the supine position when the swimmer leaves the end of the racing course during the push-off.
2. Backstroke to breaststroke—The swimmer’s upper shoulder must be at or past the vertical toward the supine position when the swimmer touches the end of the racing course with the hand, head or forearm. Once a legal touch has been made, the swimmer may turn in any manner desired; however, the shoulders must be at or past the vertical toward the prone position when the swimmer leaves the end of the racing course during the push-off.
3. Breaststroke to freestyle—The touch shall be made with both hands separated and simultaneously at, above or below the water surface. Once a legal touch has been made, the swimmer may turn in any manner desired.

Freestyle Relay

ARTICLE 7. a. Each relay team shall consist of four swimmers, with each to swim one-fourth of the prescribed distance. No person shall swim more than one leg of a relay race.

- b. The leadoff swimmer shall use the forward start.

- c. Each succeeding swimmer on the relay team shall takeoff using a forward dive as follows:

1. The swimmer is allowed (but not required) to use a step-forward start (i.e., to move forward on the top of the starting platform immediately before takeoff); however, all velocity in the start must be generated after the swimmer is on the platform.
2. The swimmer may be in motion when the preceding teammate finishes his or her leg of the race; however, the swimmer must have at least one foot in contact with the starting platform when (or after) the teammate finishes.
3. If the swimmer leaves the starting mark before the preceding teammate finishes his or her leg of the race, that relay team shall be disqualified.

Note: When judging a relay takeoff, it is recommended that the takeoff judge's attention be focused on the front edge of the starting platform, not on the swimmer in the water. When the second, third or fourth swimmer leaves the starting platform, the takeoff judge should determine whether or not the previous swimmer has completed his or her leg of the race.

- d. The leadoff swimmer may not be interchanged with any teammate after the referee has called the swimmers to stand behind their blocks for the beginning of the heat. Other swimmers may be interchanged during the course of the heat and any such change should be reported to the administrative table at the earliest possible opportunity, but, not later than the conclusion of the heat.
- e. Without crossing the lane of any other team, each of the first three swimmers must leave the racing course promptly upon finishing their respective legs of the race. The final swimmer may cross the lanes of other teams when leaving the racing course, but only after the entire race is completed.
- f. When automatic judging and timing equipment is used, swimmers must touch the pads in their lanes at the end of the racing course to have finished their legs of the relay.

Medley Relay

ARTICLE 8. a. Each relay team shall consist of four swimmers, with each to swim one-fourth of the prescribed distance as follows: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. All relay team members must swim their phases of the race complying with all rules governing their strokes. No person shall swim more than one leg of a relay race. The leadoff swimmer may not be interchanged with any teammate after the referee has called the swimmers to stand behind their blocks for the beginning of the heat. Other swimmers may be interchanged during the course of the heat and any such changes should be reported to the administrative table at the earliest possible opportunity, but not later than the conclusion of the heat.

- b. The leadoff swimmer shall use the backstroke start.
- c. Rules 2-2-7-c, d, e and f apply to both freestyle and medley relay events.

Violations

ARTICLE 9. Violations of any of the provisions in Section 2 must result in disqualification.

SECTION 3. Lap Counting

Counting

ARTICLE 1. A visual count of the lengths completed by each swimmer must be given above and/or below the water every two lengths in freestyle races 16 lengths or longer. The count must begin at the start of the race and may be given in ascending or descending order of lengths completed and/or lengths remaining until the end of the race. The final visual count, to be given when the swimmer has one length to complete, shall be of fluorescent orange color. The visual count may be supplemented with a verbal count. Competitors must provide their own counting personnel, not to exceed one. Length counts shall not be given in relay races.

Note: It is recommended that the lap counter change the visual counter as the competitor makes each turn at the starting end of the racing course.

Position

ARTICLE 2. Visual counters must be used within the limits of each lane at the opposite end of the racing course from the start (above and/or below the water).

Responsibility

ARTICLE 3. If an official and/or counter error occurs, the swimmer is responsible for completing the prescribed distance.

Violations

ARTICLE 4. Violations of any of the provisions of Section 3 may result in disqualification at the discretion of the referee.

SECTION 4. Finish

All Races

ARTICLE 1. In all swimming races, each swimmer shall have finished the race when the swimmer touches the end of the racing course after the prescribed distance has been covered. When automatic judging and timing equipment is used, the touch pads are considered the end of the racing course.

Backstroke, Breaststroke and Butterfly

ARTICLE 2. The backstroke, breaststroke and butterfly must conform to the finish requirements specified in Rules 2-2-1-e, 2-2-2-e and 2-2-3-e.

Automatic Equipment

ARTICLE 3. When automatic judging and timing equipment is used, swimmers must touch the pads in their lanes at the end of the racing course to have finished the race or their leg of the relay. If a swimmer should fail to touch the pad at the end of their racing lane, they shall be considered to have not finished the race and no adjustment should be made to correct the automatic time as this is not deemed a pad malfunction.

Violations

ARTICLE 4. Violations of any of the provisions of Section 4 may result in disqualification.

SECTION 5. Fouls

Interference

- ARTICLE 1. a. Any competitor who interferes with another swimmer during a race shall be disqualified from that race, subject to the discretion of the referee. If a swimmer is fouled during a preliminary heat of an event, the referee may allow that swimmer to repeat the race at a time not later than 30 minutes after the last heat of the last event in which the swimmer is competing during that session of the meet. If a foul occurs during a final race, the referee may order the race swum over if, in the referee's opinion, sufficient unfairness prevailed. No person shall be required, as a consequence of this rule, to swim with fewer than 30 minutes' rest between a repeated race and any of that person's regularly scheduled races.
- b. A swimmer who changes lanes during a heat shall be disqualified.
- c. Any interference with a meet official in the performance of that person's duties will be considered for disciplinary action by the referee or meet committee.
- d. If a swimmer, who is one of the first three swimmers in a relay, crosses the occupied lane of another team, the relay of that swimmer shall be disqualified. Swimmers should exit the pool directly at the end of their lane.
- e. If flyover starts are being utilized during the event, swimmers shall not cross the occupied lane of another swimmer/team to exit the course. Swimmers shall exit directly at the end of their lane.
- f. Pulling on a lane line to assist motion is not permitted.

Entering Between Races

ARTICLE 2. No swimmer may enter the water between races without the referee's approval. Entry without approval is subject to disqualification from the swimmer's next scheduled competition in that meet. Dipping goggles in the water between races and/or splashing water on one's face or body between races shall not be considered to be entering the water. These practices are allowed without the referee's approval.

Entering During Competition

- ARTICLE 3. a. A team representative or spectator who enters the water in the area in which a race is being conducted before all contestants have completed the race may disqualify all of his or her team's entrants in that race.
- b. A competitor who enters the water in the area in which a race is being conducted before all contestants have completed the race shall be disqualified from his or her next scheduled competition in that meet and, in addition, may disqualify all of his or her team's entrants in that race.

Resting

ARTICLE 4. Standing upon the bottom in the shallow end of the racing course during competition is allowed only for the purpose of resting. Walking on or jumping from the bottom in the shallow end must disqualify the offender.

Re-entering

ARTICLE 5. Once a swimmer leaves the water at the completion of a race, that person shall not re-enter the water without the referee's approval.

Re-entering during a relay event shall disqualify that swimmer's relay team.
Re-entering during an individual event shall disqualify the violator.

Improper Conduct

ARTICLE 6. Acts of unsporting or unsafe conduct will be considered for disciplinary action by the referee or meet committee. This includes the use of obscene or vulgar language by coaches, student-athletes and institutional representatives. The use of any equipment or swimsuit not permitted by NCAA rules is considered an act of improper conduct.

RULE 3

Uniforms and Equipment

SECTION 1. Swimwear for Swimmers

Uniforms and Swimsuits

ARTICLE 1. Competitors' uniforms and swimsuits should be characterized by conformity to recognized standards of propriety.

a. Material:

1. *Textile*: By definition, the material used for the swimsuit shall be a textile (a woven material).
2. *Permeability*: All swimsuit materials must be 100 percent permeable to air and water.
3. *Buoyancy*: The material shall have a net buoyant effect of not more than .5 Newton [50.99 grams force or 1.798 ounces force].
4. *Thickness*: The material used shall have a maximum thickness of .8 millimeters. The measurement method is in accordance with ISO Standard 5084 for textiles.
5. *Ergogenic Aids*: The material shall not provide external stimulation or influence of any form (e.g. compression for core stabilization, or other performance-enhancing properties).

b. Design:

1. When used, the material shall follow the body shape.
2. The design shall not create air trapping effects.
3. For men, the swimsuit shall not extend above the waist nor below the top of the kneecap.
4. For women, the swimsuit shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

c. Construction:

1. Any system providing external stimulation or influence of any form or other performance-enhancing properties is prohibited.
2. The swimsuit shall not have any zippers or fasteners other than a waist tie for a brief or a jammer. The tie shall have a maximum width of ¼ inch.
3. The swimsuit shall comprise no more than two layers, the sum of which shall not exceed 1 mm in total thickness (excepting the casing/ribbing at the terminal ends of the material).
4. Elastic material may be contained within the casing/ribbing terminal ends of the swimsuit (e.g. shoulder straps, waist opening, leg openings).

d. Customization:

1. All swimsuits must be constructed in an identical fashion with no variation/modification for individual swimmers.
2. Any modification or alteration artificially improving core stabilization (e.g. water resistant sprays, tape, etc.) is prohibited.

3. One post-construction impermeable institutional marking or logo that does not exceed 9 square inches may be applied to the swimsuit. Additional or alternate logos (i.e., national flags, national team emblems) are not permitted.
 4. Only one manufacturer's logo is permitted. Suits with multiple manufacturer's logos or trademarks must result in disqualification. The use of a pen or similar item to mark out such logos or trademarks is not an acceptable method to remove the offending logo or trademark.
 5. The suit should contain the International Certification Trademark from FINA and said logo is exempt from the above logo restriction.
 6. Swimmers or divers with physical disabilities may request a waiver for customization from the NCAA swimming and diving secretary-rules editor at least one week before the individual's first competition.
- e. Use: The swimmer shall be limited to one swimsuit. A diver shall not be limited to a number of suits during diving events.
- f. Violations: If a student-athlete competes in an illegal swimsuit, that student-athlete shall be disqualified from that event. In the event of a relay, the rule shall apply to the disqualification of the relay.

Swimwear for Divers:

ARTICLE 2. Competitors' uniforms and swimsuits should be characterized by conformity to recognized standards of propriety. Swimwear for divers is bound by the same articles as swimsuits for swimmers regarding manufacturer's logo's as it applies to NCAA Bylaw 12.5.4. Rules relating to permeability and number of suits for swimmers does not apply for competitors in diving events.

Equipment Bylaw Reference:

ARTICLE 3. a In accordance with NCAA Bylaw 12.5.4, an institution's uniforms or swimsuits or any item of apparel (e.g., T-shirts, swim caps and warm-ups) that is worn by a student-athlete while representing the institution in intercollegiate competition shall contain only a single manufacturer's or distributor's logo or trademark on the outside of the apparel (regardless of the visibility of the logo or trademark). The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram) that does not exceed 2¼ square inches. Such an item of apparel may contain more than one manufacturer's or distributor's logo or trademark on the inside of the apparel provided the logo or trademark is not visible. Exceptions to this NCAA bylaw for commemorative ribbons or patches on uniform items other than the swimsuit may be obtained through the normal NCAA compliance process.

- b. If an institution's uniform or swimsuit or any item of apparel worn by a student-athlete in competition contains washing instructions on the outside of the apparel or on a patch that also includes the manufacturer's or distributor's logo or trademark, the entire patch must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram) that does not exceed 2¼ square inches.
- c. The restriction of the size of a manufacturer's or distributor's logo is applicable to all apparel worn by student-athletes during the conduct of the institution's competition, which includes any pregame or postgame activities (e.g., postgame celebrations or pre- or postgame media conferences) involving student-athletes.

Artificial Aids

ARTICLE 4. Any competitor who interferes with another swimmer during a race shall be disqualified from that race, subject to the discretion of the referee. If a swimmer is fouled during a preliminary heat of an event, the referee may allow that swimmer to repeat the race at a time not later than 30 minutes after the last heat of the last event in which the swimmer is competing during that session of the meet. If a foul occurs during a final race, the referee may order the race swum over if, in the referee's opinion, sufficient unfairness prevailed. No person shall be required, as a consequence of this rule, to swim with fewer than 30 minutes' rest between a repeated race and any of that person's regularly scheduled races.

ARTICLE 5. No swimmer or diver is permitted to wear or use any device or foreign substances to help his or her speed, pace, buoyancy or body compression in competition. Temporarily applied adhesives to improve grips shall not be used; however, host institutions are encouraged to have all end walls and touch pads finished with a permanent or semipermanent nonslip surface. Divers are permitted to use temporarily applied adhesives to provide for safety in performing dives in competition. Goggles may be worn and rubdown oil may be applied if not considered excessive by the referee. The use of tape is permitted to treat a documented medical condition to allow a student-athlete to compete, but not gain an advantage over the remainder of the field. The referee must be presented with documentation from a designated health official before certifying the student-athlete eligible to compete with tape. Tape and/or wrist guards may be used by divers to support the wrists in a preventative manner without medical documentation.

New Equipment

ARTICLE 6. The NCAA Men's and Women's Swimming and Diving Rules Committee is responsible for formulating the official playing rules for the sport. The committee may establish and/or use independent sources for testing/control.

Equipment or swimsuit manufacturers have undertaken the responsibility for the development of playing equipment that meets specifications established by the committee. The NCAA urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NCAA nor the NCAA Men's and Women's Swimming and Diving Rules Committee certifies the safety of any swimming equipment. Only equipment or swimsuits that meet the specifications stated in the NCAA Men's and Women's Swimming and Diving Rules may be used in intercollegiate competition.

While the committee does not regulate the development of new equipment or swimsuits, the committee may provide manufacturers with informal guidelines as to the equipment-performance levels it considers consistent with the integrity of the sport. The committee reserves the right to intercede in order to protect and maintain that integrity.

The NCAA Men's and Women's Swimming and Diving Rules Committee suggests that manufacturers planning innovative changes in swimming equipment or swimsuits submit the equipment or swimsuit to the NCAA Men's and Women's Swimming and Diving Rules Committee for review before production.

RULE 4

Officials and Their Duties

NOTE: Effective 9/1/2015, the NCAA has begun registration of swimming and diving officials and testing them on the NCAA Swimming and Diving rules. It is recommended that all conferences and institutions use NCAA registered officials for all competitions starting 9/1/2015. Beginning in the 2015-16 season, only those officials who have successfully passed the NCAA rules test will be eligible to be selected to work the NCAA Swimming and Diving Championships. To access information on the NCAA Swimming and Diving Officials program and to register and complete the officials test please go to www.USASwimming.org and navigate to the officials page and locate the NCAA officials information. Additional information is also available at www.ncaa.org/playingrules.

SECTION 1. Number of Officials

For each meet, there shall be a sufficient number of officials to properly conduct the meet. For dual, double-dual, triangular and quadrangular meet competition, it is recommended that a minimum of two, three or four officials be used to properly observe all competitors equally and enforce playing rules. For championship and invitational competition, it is recommended that a minimum of six officials are used to properly observe all competitors equally and enforce playing rules. It is the host institution or conference meet committee's responsibility to ensure compliance with the minimum number of officials or to receive mutual (unanimous) consent to change the minimum requirements. More than one duty may be assigned to an individual, and two or more individuals may share a duty. Duties may include, but shall not necessarily be limited to, those of the meet committee (championships meets), meet coordinator (championships meets), awards chair (championships meets), meet manager, referee, assistant referee, starter, recall starter, stroke judges, head stroke judge, turn judges, head turn judge, takeoff judges, head takeoff judge, finish judges, head finish judge, timers, principal lane timers, head timer, officials coordinator, assistant officials coordinator, head judge, recorders, head recorder, scorers, records keeper, officiating machine operators, computer operators, announcer, marshals, head marshal, clerks of course, meet physician and diving officials.

In neither a championships nor a nonchampionships meet may a swimming official be a member of the coaching staff of any of the competing institutions, unless that person is approved by all of the head coaches involved in the meet. This restriction does not apply to diving officials.

SECTION 2. Meet Committee

A meet committee shall be designated for each championships meet. This committee shall be responsible for the conduct of the meet, shall have authority to act in any situation not specifically covered by the rules of procedure and shall have discretionary power to set aside the application of a rule when there is apparent unfairness. An appeal before, during or immediately after a race should be resolved at the earliest opportunity, but not later than immediately following the current session; and the decision of the meet committee shall be final.

SECTION 3. Meet Coordinator

For a championships meet, a meet coordinator may be appointed to implement established policies related to the conduct of the meet.

SECTION 4. Awards Chair

For a championships meet, an awards chair may be appointed to obtain appropriate awards and to supervise the distribution of those awards.

SECTION 5. Meet Manager

A meet manager should be designated for each meet. The meet manager shall be responsible for conducting the business details of the meet according to approved administrative policies and procedures, and for making all local arrangements necessary for the efficient conduct of the meet.

SECTION 6. Referee

Jurisdiction

ARTICLE 1. The referee shall have full jurisdiction over the meet and shall see that all rules are enforced. In other than championships meets, the referee shall decide all questions arising during the conduct of the meet.

In all meets, judgment decisions of other officials may be reconsidered only by the referee, who shall have final authority to overrule any decision pertaining to an action that he or she personally has observed or was not properly recorded or reported to him or her.

The referee shall:

- a. See that all required equipment for the proper conduct of the meet is in place. This shall include, but not be limited to, making sure that all markings are in the proper place including backstroke flags and 15-meter markings; and that touch pads are in place and in proper working order and are equal in condition to all competitors.
- b. Prohibit the use of any bells, sirens, horns or other artificial noisemakers during the meet.
- c. Be given a list of the officials and their assigned duties. The referee shall make sure appropriate procedures are followed to ensure that all officials understand their responsibilities as indicated by the rules. The referee shall have authority to change any assignment of duty at any time.
- d. Signal by whistle that all officials and competitors should be ready, give any appropriate instructions and turn control of the competitors over to the starter.
- e. In the case of a rules infraction resulting in disqualification, the meet referee will inform a swimmer and/or coach of a disqualification

prior to the beginning of the next heat. The referee shall report the disqualification and the nature of the infraction to the head judge and/or to the head recorder and have the public address announcer announce the disqualification prior to the meet resuming to ensure no misunderstanding of the status of the heat and event. EXCEPTION: When video review is used for a championship meet relay event, notification can be delayed until such time of the video review, but the above wording must be observed at the conclusion of the video review.

- f. Have authority to allow a swimmer to repeat a race (foul occurring during a heat) or to order a race swum over (foul occurring during a final) if sufficient unfairness prevailed. (See Rule 2-5-1-a.)
- g. In the case of a stalling delay, order the event to start without waiting further for any competitors who have not reported and impose the penalties provided for in Rule 3-1-4.
- h. After the conclusion of the last event of a meet, verify the scorer's tabulation of the results of each event and, if the tabulation is found to be correct, sign such tabulation thus establishing the official score. A meet score is subject to review and may be corrected by the meet committee within 30 subsequent days for championships competition or by the meet referee within seven subsequent days for other competition.
- i. Make every reasonable effort to accommodate disabled competitors and to apply the recognized procedures (which can be found in the current USA Swimming Rulebook, Article 105) when such procedures are appropriate. See NCAA Rule 2-1.
- j. Inspect the start system installation in order to ensure that the correct circuitry is connected for the type of timing console being used at a given meet. A designee can be appointed by the referee.
- k. When bulkheads are used at either the start or turning end, the referee shall verify that the competition course measures to the correct distance both before and after each session of competition. Such measurements shall be done by laser with a device provided by the host institution or host facility. Failure to adhere to this requirement shall render any times recorded or records achieved null and void.
- l. The referee shall apply the logo restrictions of the swimsuit rule (Rule 3-1-d-3 and 3-1-d-4) as it pertains to one institutional logo or marking and number of manufacturer's logos. If found to be in violation, the competitor shall be disqualified as outlined in Rule 3-1-k. The referee and all other meet officials have no jurisdiction over any other piece of swimming apparel as it relates to the application of playing rules.

Optional Instructions and Signals

ARTICLE 2. a. Before turning control of the competitors over to the starter, the referee may give brief instructions concerning, but not limited to, the following topics:

1. Spectator control (e.g., "May we have quiet for the start, please."). This type of instruction is needed only if the background noise is such that one or more competitors may have difficulty hearing the starter's commands.
2. Clearing of watches (e.g., "Timers, please clear your watches."). This type of instruction usually is needed only at the start of a session, after an intermission, or when the starting sound has been given and the swimmers have been recalled.

3. Lap counters (e.g., “May we please have a counter for lane one.”). This type of instruction is needed only before individual freestyle races of 400 meters or 500 yards and longer when a lap counter is not present by the time the referee’s preliminary signal by whistle is given. The problem often is addressed before the referee’s preliminary signal by whistle.
 4. False starts (e.g., “There are no false starts.”). This type of instruction is needed only when a situation that might result in a false start has occurred, but no false start is charged.
 5. Clearing the starting area or the racing course (e.g., “Please clear the starting area,” or “Please clear the pool.”). This type of instruction is needed only when there is an unusual delay between races in clearing the starting area or the racing course. Such problems often are addressed before the referee’s preliminary signal by whistle.
 6. Time or record attempts at initial distances (e.g., “Please be aware that the swimmer in lane one is attempting to achieve a time over the first 100 yards of this race.”). This information usually is communicated individually to each of the other swimmers in the race before the referee’s preliminary signal by whistle.
 7. Turning control of the competitors over to the starter (e.g., “Mr. starter”; “Madam starter”; “All ready for the start”). A hand signal or a signal by whistle may be used in place of a verbal signal. In some dual meets, one person may serve as both the referee and starter. In such cases, no signal is needed; the official simply assumes the roles of the referee and starter in succession.
- b. Before the command “Take your mark,” the starter may give brief instructions concerning, but not limited to, the following topics. Within any given meet, the wording of optional instructions given by the starter(s) should remain consistent in all similar situations.
1. Event (e.g., “200-yard individual medley”). This type of instruction sometimes is used to help establish and maintain a starting rhythm and to alert the swimmers to the sound of the starter’s voice.
 2. A bell or air horn will be sounded when the leading competitor has two lengths plus five yards to swim.
 3. Failure of the swimmers to rapidly assume a stationary starting position after the command “Take your mark” (e.g., “All swimmers must hold a stationary position promptly on command.”). This type of instruction is needed only if the swimmers have been released from the starting position because of a delayed response on the part of one or more swimmers and/or because of general movement along the starting line.
 4. Excessive noise or movement by one or more swimmers after the starter takes control (e.g., “There can be no unnecessary noise or movement while on the starting blocks.”). This type of instruction is needed only if there is behavior (noise or movement) that is designed or likely to startle, intimidate, disturb or cause concern to other competitors, and thus may tend to hinder the achievement of a fair start. The phrase “excessive noise or movement” usually is interpreted to include actions such as hand claps, yells, taunts between competitors, major body movements and deliberate feints toward the water. It should not be interpreted to include actions such as deep breathing, positioning

goggles, adjusting caps or suits, or mild shaking of the head, arms or legs.

5. May verbally direct the swimmers to “Step up,” onto their starting platform. This type of instruction is needed only if the competitors fail to mount the starting platform on the whistle.
6. May verbally direct the swimmers to “Place your feet,” onto the wall for the backstroke start. This is only necessary if the competitors fail to assume the position on the second whistle.

SECTION 7. Assistant Referee

An assistant referee may be appointed to assist the referee in all duties designated by the referee.

SECTION 8. Starter

The starter shall have control over the competitors after they have been assigned to the starter by the referee and until a fair start has been achieved. The starter shall:

- a. Be responsible for carrying out the provisions of Rule 2-1.
- b. Discharge a sound device such as a bell or air horn when the leading swimmer has two lengths plus five yards or meters to swim in freestyle events of 400 meters or 500 yards and longer.
- c. When using automatic judging and timing equipment, immediately discharge a sound device if the automatic equipment does not function properly at the start of a race.

SECTION 9. Recall Starter

A recall starter may be appointed to assist the starter in all duties designated by the starter.

SECTION 10. Stroke Judges

Within the limits of the responsibilities assigned to the stroke judges by the referee, each stroke judge shall report to the head stroke judge, or directly to the referee or assistant referee, any violation of Rule 2. To indicate a rules infraction, a stroke judge must raise a hand overhead with open palm immediately after the infraction.

SECTION 11. Head Stroke Judge

A head stroke judge may be appointed to instruct and supervise the stroke judges. Rules infractions reported by the stroke judges to the head stroke judge shall, in turn, be reported immediately by the head stroke judge to the referee or assistant referee.

SECTION 12. Turn Judges

Within the limits of the responsibilities assigned to the turn judges by the referee, each turn judge shall report to the head turn judge, or directly to the referee or assistant referee, any violation of Rule 2. To indicate a rules infraction, a turn judge must raise a hand overhead with open palm immediately after the infraction.

SECTION 13. Head Turn Judge

A head turn judge may be appointed to instruct and supervise the turn judges. Rules infractions reported by the turn judges to the head turn judge shall, in turn, be reported immediately by the head turn judge to the referee or assistant referee.

SECTION 14. Takeoff Judges

Responsibilities

ARTICLE 1. Within the limits of the responsibilities assigned to the takeoff judges by the referee, each takeoff judge shall report to the head takeoff judge, or directly to the referee or assistant referee, any violation of the takeoff rule.

For all relay events there should be at least one judge assigned to observe the relay takeoffs in each lane. The takeoff judge's attention should be focused on the front edge of the starting platform, not on the swimmer in the water.

Lane Takeoff Judges

ARTICLE 2. Each lane takeoff judge shall assume a position, adjacent to the starting platform in the lane to which he or she has been assigned, that will afford a simultaneous view of the front edge of the starting platform and the end of the racing course below.

Side Takeoff Judges

ARTICLE 3. Each side takeoff judge shall assume a position, on the side of the racing course, that will afford a clear view of the relay exchanges in the lane(s) to which he or she has been assigned.

When side takeoff judges are used in non-NCAA and NCAA championships meets, there shall be a sufficient number of such judges so that no side takeoff judge shall be assigned to observe relay exchanges in more than four lanes, with three or fewer preferred. For example, if four side takeoff judges are used with eight lanes, the side takeoff judges shall be stationed and assigned lanes as follows: Judge A on lane one side of the pool shall observe lanes one and two; Judge B on lane one side of the pool shall observe lanes three and four; Judge C on lane eight side of the pool shall observe lanes five and six; and Judge D on lane eight side of the pool shall observe lanes seven and eight; OR Judge A on lane one side of the pool shall observe lanes one through four; Judge B stationed between lanes four and five shall also observe lanes one through four; Judge C stationed between lanes four and five shall observe lanes five through eight; and Judge D on lane eight side of the pool shall also observe lanes five through eight.

While the two above scenarios are the preferred method, it is also permissible to have two takeoff judges stationed on the lane-one side of the pool observing lanes one through four and two takeoff judges on the lane-eight side of the pool observing lanes five through eight and, independent of one another, providing dual confirmation of relay takeoffs.

Single Confirmation

ARTICLE 4. To indicate an infraction of the takeoff rule when only one takeoff judge is used for each lane, a takeoff judge shall wait until the last competitor is on the last length of the race and then shall raise a hand overhead with open palm.

Dual Human Confirmation

ARTICLE 5. When two or more human confirmations are required for a relay takeoff disqualification, an infraction of the takeoff rule that is observed by a lane takeoff judge shall be recorded immediately in writing, but no indication by hand shall be given except as noted in Rule 4-14-6-e. An infraction that is observed by a side takeoff judge also shall be recorded immediately in writing; however, the side takeoff judge shall wait until the last competitor is on the last length of the race and then shall raise a hand overhead with open palm.

When both lane and side takeoff judges are used, a disqualification will result only if there is dual confirmation of an infraction of the takeoff rule by both a lane takeoff judge and a side takeoff judge.

When only side takeoff judges are used, a disqualification will result only if there is a dual confirmation of an infraction of the takeoff rule by two side takeoff judges.

Electronic Takeoff Equipment

ARTICLE 6. When electronic relay judging equipment is used:

- a. In nonchampionships meets, at least one human takeoff judge must be assigned to observe the relay exchange in all lanes. In championships meets, two human takeoff judges must be assigned this responsibility.
- b. A person who is positioned as a lane takeoff judge may be assigned to observe relay exchanges in no more than one lane. A side judge may be assigned to observe relay exchanges in not more than four lanes, with three or less preferred.
- c. If the electronic relay takeoff equipment detects an exchange differential (takeoff pad time minus finish pad time) of -0.09 through $+0.09$ second inclusive from the manufacturer's starting point, the decision(s) of the human judge(s) shall not be considered. The determination of the electronic relay takeoff equipment shall be official, with exchange differential of -0.09 through -0.01 second from the manufacturer's starting point indicating a rules violation and values of 0.00 through $+0.09$ second indicating a legitimate relay exchange.
- d. If the electronic relay takeoff equipment records an exchange differential outside of the range -0.09 through $+0.09$ second from the manufacturer's starting point, a disqualification shall occur if there is dual confirmation of a rules violation: by the electronic relay takeoff equipment and either a lane takeoff judge or a side takeoff judge; by a lane takeoff judge and a side takeoff judge; or by two side takeoff judges.
- e. An alleged rules infraction that is observed by either a lane takeoff judge or a side takeoff judge shall be recorded immediately in writing. Each human takeoff judge who observes an alleged rules violation shall wait until the last competitor is on the last length of the race and then shall raise a hand overhead with open palm.
- f. An alleged rules infraction that is recorded by the electronic relay takeoff equipment shall be made public only after the race is completed and then only if there is a resulting disqualification. A coach may have access to all electronic relay takeoff equipment records that have been generated by his or her team.
- g. The referee has the ability to declare a system malfunction and not count the electronic readings of a given lane if he has clear evidence that the

system has failed. If using the video review system as described in Rule 4-14-7, the referee can review any malfunction. If video review is not being utilized, the referee can elect to not count the reading of an entire heat if the majority of lanes have malfunctioned. Eliminating the readings in one heat is limited to that heat only and all other heat readings remain valid.

Electronic Equipment Video Review

ARTICLE 7. Video replay may be used at championship or invitational competitions governed by a meet or games committee composed of representatives of multiple institutions to determine if the electronic judging equipment has failed. Prior to the beginning of the competition a decision should be made by the meet committee as to when video reviews will be conducted and all participants should be informed (i.e. after each heat where review is needed or after the final heat of a multiple heat relay, etc.) All reviews must be conducted before qualifiers/results are announced. Such equipment shall be used if both relay judges independently record opposite of the electronic equipment or anytime the electronic equipment reading is a negative number that leads to a disqualification. The referee shall review the video to determine if there was a machine malfunction and clear video evidence exists to overturn the call. Challenges by coaches are not permitted as part of this rule. To use such equipment, the meet committee (in consultation with the meet referee) must set up a system before the event aligned with a direct side view(s) of the exchange end and maintain a speed of at least 25 frames/second. Video of this speed allows for two frames in each direction of what should have been 0.0, allowing for sufficient evidence to be indisputable and clear. Exact framing is not necessary, nor is time syncing with the electronic timing system. **The result of the video is merely to determine if the electronic judging equipment has failed. The video shall not be used to detect early takeoffs or any other rule infractions.** If conclusive video evidence exists that the electronic equipment failed, the result of the electronic judging equipment is voided, no electronic result is recorded and the referee may overturn the disqualification for that heat. Any obstruction to the view of the exchange is sufficient to void the video from evidence. The video clip must be saved and submitted to the NCAA or conference, along with a statement from the referee detailing the reason for the overturned call, for archiving and review; and the equipment must then be tested to determine if the equipment is in fact faulty or if some other glitch occurred. Should the NCAA or conference disagree with the video evidence, the NCAA or conference retains the right to overturn the meet referee's decision.

SECTION 15. Head Takeoff Judge

A head takeoff judge may be appointed to instruct and supervise the takeoff judges. Rules infractions reported by the takeoff judges to the head takeoff judge shall, in turn, be reported immediately by the head takeoff judge to the referee or assistant referee.

SECTION 16. Timers

Number, Duties

ARTICLE 1. It is recommended that one or two designated timers shall be assigned to each lane for nonchampionships and non-NCAA championships

meets. At NCAA championships meets, two timers shall be assigned to each lane. If a full complement of two timers per lane cannot be obtained, first-place timers may be designated to time the winner of each race. Alternate timers also may be named. Alternate timers shall be called upon to replace designated timers whenever circumstances require. In such cases, alternate timers become designated timers.

When semiautomatic judging and timing equipment is used, an official may serve both as a finish judge and as a timer on a given lane. However, such simultaneous dual assignments should be avoided and are acceptable only when a full complement of officials cannot be obtained.

At the beginning of each race, all timers shall start their watches instantly at the flash and/or sound of the electronic starting device. At the conclusion of each race, the timers shall individually stop their watches simultaneously with the finishes of the swimmers they are timing. If a swimmer should fail to touch the pad at the end of their racing lane, they shall be considered to have not finished the race and no adjustments should be made to correct the automatic time as this is not deemed a pad malfunction. (See Rule 2-4-1).

Requiring Watch Times

ARTICLE 2. Regardless of the availability of automatic and/or semiautomatic timing equipment, a minimum of one human timer per lane and one manual watch per lane is required for all non-NCAA championships meets and is recommended for all nonchampionships meets. In addition, for an NCAA championship qualification standard, two human timers, each with a manual watch, are required if there is a malfunction with priority level one or two equipment. (See Rules 4-21-2-a, b, c and d.)

Recording for Semiautomatic and Watch Times

ARTICLE 3. All watch times shall be recorded to a hundredth of a second.

a. If only dial watches are used across all lanes, a zero shall be added after the tenths (e.g., 21.1 becomes 21.10).

Determining Composite Times for Semiautomatic and Watch Times

ARTICLE 4. If the times of two or more designated timers agree for a given lane or place, their time shall be the composite time for that lane or place.

If two times disagree for a given lane or place, the composite time for that lane or place shall be the average of the two times to a hundredth of a second. When this calculation results in a value that is expressed in thousandths of a second, the final digit will be dropped without rounding (e.g., 53.175 becomes 53.17).

If only one time is available for a given lane or place, that time shall be the composite time for the lane or place. Secondary and tertiary times must not be mixed.

SECTION 17. Principal Lane Timers

A principal timer shall be designated for each lane. In conjunction with each race, the principal timer shall:

- a. Ascertain that the proper contestant is in the lane.
- b. Ensure that appropriate split times are taken and recorded.
- c. Report a possible discrepancy with the swimmer touching the finish pad at the end of the race (when automatic judging and timing equipment

- is used). Observe Rule 2-4-1 as it applies to a competitor not touching a finish pad and properly finishing the race.
- d. Verify and record the final times of all watches assigned to the lane. (See Rule 4-16-2.)
 - e. Determine and record the swimmer's composite watch time. (See Rules 4-16-3 and 4-16-4.)

SECTION 18. Head Timer

A head timer may be appointed to instruct and supervise the timers and the principal lane timers, and to start an additional backup watch when necessary.

SECTION 19. Officials Coordinator

An officials coordinator may be appointed to assume the combined duties of the head takeoff judge, the head finish judge and the head timer. The appointment of an officials coordinator is recommended especially for championships meets in which secondary information is provided by semiautomatic judging and timing equipment, and tertiary information is provided by watches.

SECTION 20. Assistant Officials Coordinator

An assistant officials coordinator may be appointed to assist the officials coordinator in all duties designated by the officials coordinator.

SECTION 21. Head Judge

Responsibilities

ARTICLE 1. The head judge shall coordinate all timing and judging systems, and ultimately shall be responsible for ensuring that each swimming event is timed and judged in as honest and unbiased a manner as possible. The following principles and procedures shall apply to the duties of the head judge.

Priority of Judging and Timing Equipment

- ARTICLE 2. a. Three levels of judging and timing equipment (primary, secondary and tertiary) are required for all championships meets. A minimum of two levels of judging and timing equipment should be used for all nonchampionships meets.
- b. For clarification: primary = automatic equipment; secondary = semiautomatic equipment; tertiary = manual watch.
 - c. The following priority list shall be used to designate levels of judging and timing equipment:
 1. Automatic equipment.
 2. Two-button semiautomatic equipment.
 3. Two manual watches per lane.
 4. One-button semiautomatic equipment.
 5. One manual watch per lane.
 6. One or more alternate watches for the field, except in championships meets in which at least one watch per lane is required.

d. For a time to be considered for entry into an NCAA championship it must have been achieved using priority level one equipment (automatic equipment).

If a malfunction is confirmed by the head judge with priority level one equipment, then priority level two equipment (two-button semiautomatic equipment) is acceptable.

If a malfunction is confirmed by the head judge with priority level two equipment, then priority level three equipment (two manual watches per lane) is acceptable. (See Rule 4-16-4.)

No other priority level is acceptable for NCAA championships time qualification.

For a time to be considered for entry into a non-NCAA championships or nonchampionships meet, any priority level equipment is acceptable provided the conference rules accept all levels of equipment.

Note: In all non-NCAA championships and nonchampionships meets, the highest priority level timing equipment should be used. Priority levels two through eight timing should be used as backup only in case of a malfunction. For levels two or three times to be accepted for NCAA championships qualification, proof of a malfunction in the manner described in Article 3 (for level two, a computer printout showing two computer times; for level three, a contemporaneous completed timing card showing two separate stopwatch times) must accompany the qualification time and will be reviewed by the NCAA Men's and Women's Swimming and Diving Rules Committee for acceptance. Priority levels four through eight timings are not acceptable for NCAA championships qualification.

Confirmation of Malfunctions

ARTICLE 3. The head judge is responsible for confirming a malfunction at any priority level of judging and timing equipment. Any discrepancy of 0.3 second or more between or within primary, secondary and/or tertiary information warrants investigation by the head judge to attempt to determine the cause of the discrepancy. If the problem is found to be the result of equipment failure or officials' error, any affected information must be declared invalid. Immediate action then must be taken to avoid the problem in subsequent races. Nonaffected information must be certified as valid and must be retained. All invalid information as a result of a timing malfunction in any priority level must be retained for one academic year by the institution hosting the meet.

Integration of Official Results

ARTICLE 4. When the referee confirms that there is a malfunction of the primary (automatic) timing system, the backup time(s) shall be adjusted for the timing system difference before integrating them with the accurate primary times in establishing the integrated official times and determining the order of finish. The adjustment shall be determined by calculating the consistent average difference between the primary system and the backup system used in that heat.

a. *Malfunction on a Lane.* When a malfunction is confirmed on a lane, the backup times for that lane shall be adjusted by calculating the average difference between valid primary and valid backup times of the other lanes in that heat. This shall be done by adding, or subtracting when appropriate, that average difference to the valid backup time of the lane in which the malfunction occurred. (See table that follows.) In doing the

calculations, any backup time with a discrepancy of greater than 0.3 shall be dropped.

| Lane | Primary Pad Time | Backup Time | Pad Minus Backup | Adjusted Backup Time | Integrated Official Time |
|------|------------------|-------------|------------------|----------------------|--------------------------|
| 1 | 52.21 | 52.12 | .09 | 52.23 | 52.21 |
| 2 | 52.18 | 52.01 | .17 | 52.12 | 52.18 |
| 3 | 51.05 | 51.00 | .05 | 51.11 | 51.05 |
| 4 | 51.04 | 50.88 | .16 | 50.99 | 51.04 |
| 5 | — | 51.35 | — | 51.46 | 51.46* |
| 6 | 51.65 | 51.57 | .08 | 51.68 | 51.65 |
| 7 | 52.27 | 52.13 | .14 | 52.24 | 52.27 |
| 8 | 57.87 | 57.75 | .12 | 57.86 | 57.87 |
| | | | .81 Total | | |

.11 Average*

Calculations: (1) Add the differences between the pad and backup times (total equals .81); (2) Divide .81 by the number of valid lanes to determine the average (.81 divided by 7 equals .11571); (3) Drop the digits after hundredths, leaving a timing difference of .11; (4) Add the difference to the valid backup times for lanes (51.35 plus .11 equals 51.46).

- b. *Malfunction for a Heat.* When, because of an early or late start or other equipment or operator malfunction, the time of the automatic or semiautomatic system is equally incorrect for all lanes in a heat, but the order of finish and thus the absolute difference of time between the swimmers is accurate, the times of the primary system shall be adjusted by calculating the average difference between the primary times and the valid backup times and adding, or subtracting when appropriate, that difference to the primary times of every lane in that heat. (See table that follows.)

| Lane | Primary Pad Time | Backup Time | Backup Minus Pad Time | Heat Adj. | Integrated Official Time |
|------|------------------|-------------|-----------------------|-----------|--------------------------|
| 1 | 52.12 | 55.14 | 3.02 | +3.06 | 55.18 |
| 2 | 51.56 | 54.61 | 3.05 | +3.06 | 54.62 |
| 3 | 51.09 | 54.18 | 3.09 | +3.06 | 54.15 |
| 4 | 50.12 | 53.18 | 3.06 | +3.06 | 53.18 |
| 5 | 49.78 | 52.90 | 3.12 | +3.06 | 52.84 |
| 6 | 49.06 | 52.06 | 3.00 | +3.06 | 52.12 |
| 7 | 52.21 | 55.30 | 3.09 | +3.06 | 55.27 |
| 8 | 52.92 | 55.99 | 3.07 | +3.06 | 55.98 |
| | | | 24.50 Total | | |

+3.06 Average

Calculations: (1) Add the differences between the pad and backup times (total equals 24.50); (2) Divide 24.50 by the number of lanes to determine the average (24.50 divided by 8 equals 3.0625); (3) Drop the digits after hundredths, leaving a heat adjustment of 3.06; (4) Add the adjustment of 3.06 to the primary pad time to obtain an integrated official time.

SECTION 22. Scorers

One or more scorers shall be appointed to keep an accurate record of the cumulative point score of the meet.

SECTION 23. Records Keeper

A records keeper may be appointed to register all records and to process all record applications.

SECTION 24. Officiating Machine Operators

When automatic or semiautomatic judging and timing equipment is used and/or automatic relay takeoff judging equipment is used, one or more officiating machine operators shall be appointed to maintain and operate the equipment in conformity with all pertinent rules. It is recommended that technicians be hired as backup at championship meets.

SECTION 25. Computer Operators

One or more computer operators may be appointed to help conduct the meet in conformity with all pertinent rules. A well-designed computer program may be of value in performing various tasks related to entries, scratches, seeding, heat sheets, preliminary results, qualifiers, final programs, final results, meet summaries and records. To be of value, a computer program must be flexible enough to accommodate disqualifications and judges' decisions.

SECTION 26. Announcer

The announcer shall keep the audience and the participants appropriately informed about the conduct and the progress of the meet. In conjunction with the referee, the announcer shall control the overall pace of the meet.

SECTION 27. Marshals

Marshals may be appointed to maintain order and to control all deck traffic.

SECTION 28. Head Marshal

A head marshal may be appointed to instruct and supervise the marshals.

SECTION 29. Clerks of Course

One or more clerks of course may be appointed to ensure that the contestants report to their assigned lanes when their events are announced.

SECTION 30. Designated Health Official

A designated health official, which refers to a meet physician or certified athletic trainer, must be in attendance at all sessions of championships meets. It shall be the duty of this person to determine the fitness for competition of competitors in case of illness or injury and to provide emergency medical care as needed during the meet.

HIV and HBV Precautions

ARTICLE 1. Aggressive treatment of open wounds or skin lesions shall be followed. In particular, whenever a swimmer or diver suffers a laceration or wound where oozing or bleeding occurs, the practice or competition shall be

stopped at the earliest possible time, and the swimmer or diver shall leave the pool and be given appropriate medical treatment. The meet referee or meet committee shall have the authority to suspend the competition until medical personnel have had an appropriate amount of time to treat the injury on site. The student-athlete shall not return to the pool without approval of medical personnel.

SECTION 31. Diving Officials

Diving officials and their duties are described in Rule 6.

RULE 5

Competitors, Entries, Lanes, Seeding and Qualifying Procedures

SECTION 1. Competitors and Entries

Required Participation of Entrants

ARTICLE 1a. A competitor, once officially entered in an event in any championships meet, must complete that event, including any heats, swim-offs, trials (diving) and finals for which the competitor qualifies. This applies to all competitors designated by their coaches to participate in the heats, swim-offs and/or finals of relay events, and to all competitors in individual events. Failure to compete in a preliminary heat for any reason other than medical cause, disqualification under the false-start rule, declared false start, or disqualification under Rule 6-3-2-c shall disqualify the competitor(s) from that event. Failure to compete in a final heat except for medical cause shall disqualify the competitor from that event and prohibit further competition in the meet.

In a nonchampionships meet, a competitor who has been officially entered in an event but who does not compete shall be disqualified from that event only and charged with participation in that event.

- b. Names of relay competitors must be submitted to the appropriate official at a designated time before the start of the race. Changes in names of participants are permitted up until the start of the event in that specific session (the start is considered to be when the referee calls the first heat of the event in that specific session to the starting blocks). When the actual contestants in a relay are different from those listed on the official relay entry form, the competing relay shall be disqualified and all athletes involved (competing and listed) shall be charged with participation in an event. No further penalty will be assessed. Order change for swimmers two, three and four are permitted at any time without penalty. Please inform the meet administration of said changes for the accuracy of results.
- c. A swimmer must swim in the lane and/or heat assigned. Failure to do so shall result in disqualification for that event.
- d. If a designated health official certifies in writing that a contestant should not compete because of an illness or injury, the referee shall permit that contestant to be withdrawn from one or more officially entered events without penalty. If the contestant recovers before the end of the meet, he or she may be reinstated for participation in later events upon similar written certification.

Withdrawal from an officially entered event for medical reasons shall count as participation in that event.

SECTION 2. Number of Entries

Number of Entries in Nonchampionships Meets

ARTICLE 1. a. Each institution shall be allowed the following number of individual entries (swimming or diving) and relay entries in a dual meet with one heat:

- two individual entries/team in a racing course of five or fewer lanes
- three individual entries/team in a racing course of six or seven lanes
- four individual entries/team in a racing course of eight or nine lanes
- five individual entries/team in a racing course of 10 or more lanes
- two relay entries/team in a racing course of five or fewer lanes
- three relay entries/team in a racing course of six or seven lanes
- four relay entries/team in a racing course of eight or nine lanes
- five relay entries/team in a racing course of 10 or more lanes

By mutual consent of all participating coaches, more than one heat may be swum. Thus, the number of entries per team may be increased to reflect the number of heats.

- b. In double-dual, triangular and quadrangular meets, at least two heats may be contested. Individual and relay entry limits and scoring will be the same (and dependent upon the size of the racing course) as if it were a simple dual meet. By mutual consent of all participating coaches, less than two heats may be swum. This shall not affect the entry limits or scoring set up of 11-4-2 (relays) and 9-4-3-2-1 (individual). (See Rule 7-2-2.)
- c. For invitational meets, the host institution shall establish and publish in advance limits on the numbers of entries that are allowed each participating institution in individual and relay events.

Championships Meets

Detailed administrative procedures, such as entry and qualifying procedures, for conducting NCAA championships are contained in the current NCAA Men's and Women's Swimming and Diving Pre-championships Manual.

ARTICLE 2. In championships meets, an institution may enter an unlimited number of contestants in each individual event; however, it is recommended that no institution shall be allowed a total of more than 18 competitors. An entrant who swims or an entrant who swims and dives shall be counted as one competitor in the total of 18 allowed each institution. For championships meets in which platform diving is not conducted, an entrant who only dives shall be counted as one-third of a competitor. For championships meets in which platform diving is conducted, an entrant who only dives shall be counted as one-half of a competitor.

In championships meets, it is recommended that each institution enter one team entry per relay event. Once an institution has been entered in a relay event, any eligible competitor from that institution may be designated by his or her coach to participate in the preliminary heats, swim-offs and/or finals of that event as a member of the institution's relay team. For relays, only actual participation in the preliminary heats, swim-offs and/or finals of an event shall be counted against the 18 competitors allowed each institution or against the maximum number of events in which a contestant is permitted to

compete. (See Rule 3-3-2.) The names of designated relay participants must be submitted to the appropriate official at a specified time before the start of the race (preliminary or final).

SECTION 3. Number of Events

Nonchampionships Meets

- ARTICLE 1. a. A contestant is permitted to compete in a maximum of three events (in any combination of individual and/or relay events) during a men's or women's 13- or 15-event dual, double-dual, triangular or quadrangular meet. This limit also applies during a concurrent men's and women's 26- or 30-event dual, double-dual, triangular or quadrangular meet.
- b. A contestant is permitted to compete in a maximum of four events including relays, of which not more than three may be individual events, during a men's or women's 16-event dual, double-dual, triangular or quadrangular meet. This limit also applies during a concurrent men's and women's 32-event dual, double-dual, triangular or quadrangular meet.
- c. The host institution shall establish and publish in advance limits on the numbers of individual, relay and/or total events in which each contestant is allowed to compete in a relay or invitational meet.

Championships Meets

Detailed administrative procedures, such as entry and qualifying procedures, for conducting NCAA championships are contained in the current NCAA Men's and Women's Swimming and Diving Pre-championships Manual.

- ARTICLE 2. a. In a three-day championships meet, a competitor is permitted to participate in a maximum of seven events, of which not more than three may be individual events.
- b. In a standard four-day common-site meet, it is recommended a competitor is permitted to participate in a maximum of seven events, of which not more than four may be individual events.
- c. In an alternate three-day common-site meet, a competitor is permitted to participate in a maximum of seven events, of which not more than three may be individual events.

Penalties

- ARTICLE 3. a. In nonchampionships competition, a competitor who participates in more than the allowable number of individual or total events must be disqualified from any excess event(s) and shall be prohibited from participating in the remainder of the meet.
- b. In championships competition, a competitor shall be required to participate in all individual events in which he or she has been entered but not scratched, until the allowable limit for individual events has been reached. When determining the order of the events from which a competitor has not been scratched, chronological order (the order in which a competitor would actually participate in the events) shall be considered, not necessarily the numerical order of events.

For example, assume that a competitor in a championships meet is entered in the 100-yard freestyle and the 1,650-yard freestyle, and that participation in both events would exceed, by one, the allowable individual events for the competitor. The competitor shall be scratched

from the 1,650-yard freestyle, which has a lower event number but chronologically appears later in the overall program.

A competitor who participates in more than the allowable number of individual or total events in a championships meet must be disqualified from any excess event(s) and shall be prohibited from participating in the remainder of the meet from that point forward.

Scratches

ARTICLE 4. Competitors may scratch from an event in which they are entered by following the procedures set forth in the meet information. In non-NCAA championships, invitational meets and NCAA championships, a competitor remains officially entered in all events that he or she is officially entered in unless scratched by the official scratch deadline for that event. A declared false start may be taken during the preliminary heat, and that swimmer(s) will be charged for an event. A swimmer or relay team that does not want to participate in a final based upon results of the preliminaries must complete a scratch card signed by a coach and submit it to the designated official within thirty (30) minutes after the announcement of qualifiers for that event. The swimmer or relay team will be allowed to withdraw without penalty, and the event shall be reseeded with the first available alternate swimmer or relay team being moved up into the appropriate finals.

SECTION 4. Time of Official Entry

Nonchampionships Meets

Detailed administrative procedures, such as entry and qualifying procedures, for conducting Non-NCAA championships should be prepared and sent to all participating institutions in a timely fashion to allow for the ability to meet all conditions. This information should contain timelines for declaration of both scoring and exhibition/nonscoring competitors (where permitted) for Non-NCAA Championship meets.

ARTICLE 1. The official entry or diving scoresheet (either manual or electronic) is to be handed to the referee or an official designated by the referee at a predetermined place and communicated to all coaches. For the entry to become official, the entry or diving scoresheet must be delivered to the referee (or his/her designee) before the competitors for that event are called to step up/in (swimming) or the first dive is called. The entry should include the first and last name and the lane assignment or diving order of each competitor. In competitions where a complete list of entries are submitted for administrative reasons prior to the beginning of the meet, all teams must have the opportunity to make changes to their optional entries until the time that the event is called to the blocks. If changes are made, they must be communicated to all participating teams prior to the beginning of the event.

Non-NCAA Championships and NCAA Championships Meets

Detailed administrative procedures, such as entry and qualifying procedures, for conducting NCAA championships are contained in the current NCAA Men's and Women's Swimming and Diving Pre-championships Manual.

ARTICLE 2. See Rule 8-4-8.

SECTION 5. Nonscoring Competitors

Exhibition Performances

ARTICLE 1. An exhibition performance is one for time or score that is performed by a competitor who has been designated by his or her coach to be a nonscoring contestant in a regularly scheduled and scored event that is an accepted part of a bona fide NCAA nonchampionships meet. Exhibition competitors may be used only by mutual consent (unanimous consent) of the head coaches of all teams involved in the meet being contested. NCAA conduct rules and NCAA-approved starting, judging and timing procedures must be applied to each exhibition performance.

An exhibition performance shall not be counted either in the number of entries per event allowed each team or in the number of events per meet allowed each competitor. An exhibition competitor must be eligible under NCAA rules to compete in the meet being contested. Exhibition performances are not allowed in national championships meets.

When there is not mutual agreement by participating coaches, the default order of events shall be for all non-scoring heats to be swum after the conclusion of the scoring heats in an event. The deadline for determination shall be at least 10 days before competition, consistent with the deadline for determining events/distances. (See Rule 8-6.)

Time-Standard Trials

ARTICLE 2. A time-standard trial is a special race that is conducted to provide an opportunity for swimmers to achieve the time standards required to enter later championships meets. A time-standard trial may only be scheduled: (a) in conjunction with (usually immediately after) a bona fide NCAA nonchampionships or relay meet; (b) in conjunction with (usually immediately after a session of) a bona fide non-NCAA championships (e.g., conference) meet; or (c) at a USA Swimming-sanctioned meet. Time-standard trials are not allowed in conjunction with national championships meets.

Whenever a time-standard trial is conducted, it shall be considered to be a nonscoring addition to, and thus a part of, the meet or meet session being contested. When a time-standard trial is added to the program of a meet or meet session, all appropriate officials of that meet or meet session shall be used to officiate the time-standard trial. NCAA conduct rules and NCAA-approved starting, judging and timing procedures must be applied to each time-standard trial.

Each competitor, or institution in the case of a relay event, is limited to one time-standard trial per event per meet. The execution of the one time-standard trial can take place during any day of the meet if the meet is a multiple-day meet. A time-standard trial shall not be counted in the number of entries per event allowed each institution or in the number of events per meet allowed each competitor. All participants in a time-standard trial must be eligible under NCAA rules to compete in the meet being contested.

Time standards, consideration standards, optional-entry standards and collegiate records may not be achieved over initial distances or on relay leadoff legs in time-standard trials.

Exhibition Performances and Time-Standard Trials

ARTICLE 3. Exhibition performances are not time-standard trials. In meets that offer a preliminary round, a consolation final, a final and a nonscoring

bonus exhibition, an exhibition swimmer who swims the preliminaries and qualifies for the bonus exhibition that night still may swim a time-standard trial. In meets that offer only preliminaries, a consolation final and final, participants designated as exhibition competitors may swim only the preliminaries and a time-standard trial.

Section 6. Lane Assignment

Dual Meets

ARTICLE 1. For dual meets, the visiting team shall have its choice of odd or even lanes. Once made, this choice applies to all swimming events on the program. For diving events, see Rule 6-3-3-b.

Double-Dual, Triangular and Quadrangular Meets

ARTICLE 2. a. For double-dual and triangular meets, lane assignments in six-lane racing courses shall be by lot with teams swimming in lanes one and four, two and five, and three and six. In eight-lane racing courses, the lane assignments shall be two and five, three and six, and four and seven. Once this assignment is made, it shall apply to all swimming events on the program.

b. For quadrangular meets, lane assignments in eight-lane racing courses shall be by lot with teams swimming in lanes one and five, two and six, three and seven, and four and eight. Once this assignment is made, it shall apply to all swimming events on the program.

Relay Meets

ARTICLE 3. For relay meets, lane assignments shall be by lot. Once this assignment is made, it shall apply to all swimming events on the program.

Invitational Meets

ARTICLE 4. For NCAA qualifying times to be accepted, seeding must follow the accepted seeding procedures of seeding the finals first, then the consolation final and finally any bonus heats. A full complement of entries shall be placed in all heats starting with the fastest heat. Whenever this results in fewer than three entries in the slowest heat, the slowest seeded entries in the second heat shall be moved into the slowest heat so no heat has fewer than three entries.

Championships Meets

ARTICLE 5. For championships meets, swimmers and relay teams shall be assigned to lanes from fastest to slowest in order of their submitted times. For a six-lane racing course, the lanes within each heat or final shall be filled in the following order: lanes three, four, two, five, one, six. For a seven-lane racing course, the lanes within each heat or final shall be filled in the following order: lanes four, five, three, six, two, seven, one. For an eight-lane racing course, the lanes within each heat or final shall be filled in the following order: lanes four, five, three, six, two, seven, one, eight. An appropriate similar pattern should be established for any racing course having other than six, seven or eight lanes. In preliminary heats or in finals for which there are no preliminaries, the times to be considered are those submitted on the official entry forms. In other finals, the times are those made in preliminary heats. Swimmers or relay teams with identical times shall be assigned to lanes by lot. There shall be no trading of lanes. For NCAA qualifying times to be accepted, seeding must follow the accepted seeding

procedures of seeding the finals first, then the consolation final and finally any bonus heats. A full complement of entries shall be placed in all qualifying heats starting with the fastest heat. Whenever this results in fewer than three entries in the slowest heat, the slowest seeded entries in the second heat shall be moved into the slowest heat so no heat has fewer than three entries.

Note: When eight lanes are available, all eight lanes should be used in seeding preliminary heats, finals and time standard trials. When seeding the swimmers, intentionally leaving empty lanes between them is not permitted. It is not permissible to mix genders in any heat or event, including time trials and/or time standard trials.

SECTION 7. Seeding

Entry Times

ARTICLE 1. In any meet in which swimmers are to be assigned to lanes by the process of seeding, seeded positions shall be based upon the entry times submitted on the official entry forms for the meet. As described in the following items, the fastest bona fide time of each entry must be submitted.

- a. Whenever a qualifying period is established for a meet, all entry times must be achieved during the specified qualifying period. Times achieved either before or after the qualifying period may not be submitted.
- b. Each contestant must be eligible to represent his or her institution in NCAA competition when an entry time is achieved.
- c. An entry time may be either a time achieved during a performance in a racing course measured in yards or a time converted from a performance in a racing course measured in meters, whichever is faster.

Note 1: Consult the respective meet entry for instructions on how to convert 25-meter and 50-meter times to equivalent 25-yard times. A sample of a conversion table appears in the Appendix of this rulebook.

Note 2: Entry times for the NCAA Divisions I, II and III Men's and Women's Swimming and Diving Championships may be achieved only in 25-yard, 25-meter or 50-meter racing courses.

- d. For championships meets in which time standards are not imposed (e.g., conference meets), swimmers with no established entry time for a given event may enter that event without submitting a time. Such swimmers shall be seeded in random order behind all other swimmers who have submitted entry times.
- e. In the case of relay events, all entries are submitted as team entries by institutions. Therefore, the fastest actual 25-yard time or converted metric time that has been achieved in bona fide competition by each institution during the specified qualifying period must be submitted. An institution may use an aggregate time to enter a relay if this time is faster than its best actual relay performance.
- f. For meets in which time standards are not imposed and an institution does not have an actual time for a relay event nor can aggregate a time for the event, the institution may enter that event without submitting a time. Such relay teams shall be seeded in random order behind all other teams that have submitted entry times.

An aggregate relay time for an institution is obtained by adding the best times achieved by that institution's four fastest, eligible swimmers in four appropriate flat start (non-relay take off) swims. Times achieved during

performances in 25-yard racing courses and/or times converted from performances in 25-meter or 50-meter racing courses may be used in any combination. Times achieved by competitors and exhibition competitors over initial distances in regularly scheduled and scored individual or relay events may be used; however, times may not be used that are achieved over initial distances in time-standard trials or over initial distances in nonstandard events in invitational meets. (See Rule 8-3.)

- g. Once an institution has been entered in a relay event, any eligible competitor from the institution may be designated by his or her head coach to participate in the heats, swim-offs and/or finals of that event. In a timed final of a relay, a swimmer is limited to participating in only one of the team's relays (i.e. A relay or B relay, etc.). Swimming in more than one relay in a timed final that is contested over different sessions is not permitted.

Entry Lists

ARTICLE 2. All actual 25-yard times, converted metric times and aggregate times that are submitted for each event shall be integrated and listed by the meet committee with the fastest person or relay team first and the slowest person or relay team last. Entries with identical submitted times shall be assigned places in the list by lot.

Preliminary Heats

ARTICLE 3. Swimmers and relay teams shall be placed in heats according to submitted times in the following manner:

- a. Three Heats or Fewer. The fastest person or relay team shall be placed in the third heat, the second fastest in the second heat, the third fastest in the first heat. The fourth fastest person or relay team shall be placed in the third heat, the fifth fastest in the second heat, the sixth fastest in the first heat, the seventh fastest in the third heat, etc. With 16 or fewer swimmers or relay teams in an eight-lane racing course (12 or fewer swimmers or relay teams in a six-lane racing course), there will be two seeded heats. With eight or fewer swimmers or relay teams (six or fewer in a six-lane course), there will be one seeded heat.
- b. Four Heats or More. The last three heats of an event shall be seeded in accordance with Rule 5-2-3-a. The heat before the last three heats shall consist of the next fastest swimmers; the heat before the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in accordance with the pattern outlined in Rule 5-1-5.
- c. Exception. There shall be a minimum of three swimmers or relay teams seeded into any heat.
- d. If a student-athlete is injured or sick, there is no reseeding during preliminaries. The lane remains empty.

Time Final Events

ARTICLE 4. a. A time final event is one in which only heats are contested and final places are determined by the times achieved in those heats. All competitors in all heats are eligible for all places.

- b. It is recommended in all time final events that the final heat be composed of the entries with the fastest seeded times. It is recommended that the entries with the next fastest group of times compose the next-to-the-last heat, etc. Lane assignments must be done in the same fashion for all events as follows: Lane assignments must be done the same for all timed

final events. Lane assignments must be done the same for all final events that require a preliminary qualifying heat. However, lane assignments for timed final events and events with qualifying heats (i.e. preliminaries) can be determined differently as long as each type of event is assigned consistently for the entire meet. A full complement of entries shall be placed in all heats starting with the fastest heat. Whenever this results in fewer than three entries in the slowest heat, the slowest seeded entries in the second heat shall be moved into the slowest heat so no heat has fewer than three entries.

- c. If a swimmer who is entered in a time final event is certified at any time before the start of the first heat of that event as being ill or injured, the event shall be reseeded. If a swimmer who is entered in a time final event is certified at any time after the start of the first heat of that event as being ill or injured, the event shall proceed with an empty lane and without reseeding.

SECTION 8. Qualifying Procedures for Finals

Placements

ARTICLE 1. When timing information in non-NCAA championships meets is derived from priority levels one, two, four or six judging and timing equipment, qualifiers for the finals of all swimming events shall be determined strictly by the integration of official times achieved in the preliminary heats. (See Rule 4-21-4.)

Disputed Qualifications

ARTICLE 2. If ties in the preliminaries of an event result in disputed qualifications involving the last qualifier in either the consolation or the championships finals of that event, all swimmers or relay teams involved in such ties shall participate in a swim-off for the unfilled positions. Swim-off heats and lanes shall be decided by lot.

Swim-Offs

ARTICLE 3. A swim-off is considered to be part of the preliminary process of qualifying for the two finals.

Exception—In the case of a disqualification in a swim-off, the disqualified competitor or relay team shall be relegated to the lowest position being contested. In the case of a swim-off for the last place in the consolation final, the disqualified competitor or relay team shall be eliminated from the consolation final. If disqualifications leave a vacancy for the full complement of finalists, swim-offs shall continue among those disqualified to ensure a full complement of finalists. If false starts in a swim-off result in a single competitor or relay team remaining in the swim-off, that competitor or relay team shall be awarded the highest position being contested and shall not be required to complete the swim-off.

Swim-offs may be held at a mutually agreed upon time by the teams involved. If a mutual time cannot be agreed upon, the meet referee will have the authority to set a time, which may be no sooner than 30 minutes following the last event of that session.

Alternate Qualifiers

ARTICLE 4. In non-NCAA championships and NCAA championships competition, two alternate qualifiers will be specified and listed on the program to help ensure a full complement of finalists in the event of illness

or injury (certified by a physician or designated health official) to a qualified swimmer or in the case of permitted scratches (see 3-3-4). In the case of tied times, the outlined swim-off procedure will be followed.

If a swimmer who is qualified for the consolation final of a swimming event is certified at any time before the start of that consolation final as being ill or injured, the highest-ranking available alternate qualifier for the event shall be moved into the consolation final, and the consolation final shall be reseeded.

If a swimmer who is qualified for the championships final of a swimming event is certified at any time before the start of the consolation final in that event as being ill or injured, the highest-ranking available alternate qualifier for the event shall be moved into the consolation final, and both the consolation and championships finals shall be reseeded.

If a swimmer who is qualified for the championships final of a swimming event is certified at any time after the start of the consolation final in that event as being ill or injured, the championships final shall proceed with an empty lane and without reseeding. The points involved shall be lost from the meet.

For situations involving divers, please see Rule 6-2-4.

RULE 6

Diving Competition

SECTION 1. Nonchampionships Meets

Description of Events

ARTICLE 1. In dual, double-dual, triangular, quadrangular and relay meets, there shall be finals only, for both one- and three-meter. The default program is six optional dives, including one from each of the five groups plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty.

When the voluntary plus five optionals is used, the voluntary dive shall be done first; shall be the choice of the diver; and shall be assigned a standard 2.0 degree of difficulty, regardless of the degree of difficulty normally listed for that dive.

Absence of Three-Meter Equipment

ARTICLE 2. a. When three-meter diving equipment is not available at one or more institutions, two one-meter events may be conducted. (See Rules 6-1-2-c and d.) The first of these one-meter events (i.e., that which replaces event six in the Men's or Women's 13-Event Program) shall consist of five voluntary dives, including one from each of five groups, in any order, with total degree of difficulty not to exceed 9.0. The second one-meter event (i.e., that which replaces event 11 in the Men's or Women's 13-Event Program) shall consist of six optional dives, including one from each of the five groups plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty. None of the previous five voluntary dives may be used in the second one-meter event. These two, one-meter events are to be considered two separate scoring events in the nonchampionship meet program.

- b. If an institution not having three-meter equipment does not wish to compete in three-meter events at away meets, it must notify each host institution at the time of contract or not later than September 1 of that academic year. In this case, two, one-meter events shall be held as prescribed in Rule 6-1-2-a. If a visiting team fails to notify the host institution as prescribed, the three-meter event shall be held, and points will be awarded.
- c. If a host institution has no three-meter equipment available, it must notify all opponents of the facility limitations at the contracted time of agreement or not later than September 1 of that academic year. In this case, two, one-meter events shall be held as prescribed in Rule 6-1-2-a. If a host institution fails to notify a visiting team as prescribed, the standard one-meter event shall be conducted, and the three-meter event shall be forfeited by the host institution with the visiting team being awarded the maximum number of points any one team could score in an individual

- event. The host institution shall receive no points in the three-meter event.
- d. If the host institution fails to notify the visiting team as prescribed (by September 1) that it does not have a one- and/or three-meter facility, then the events shall be forfeited by the host institution with the visiting team being awarded the maximum number of points any one team could score in both events had both events been held. The host institution shall receive no points for either the one-meter or three-meter events.

Required Events

- ARTICLE 3. a. If a host institution with diving equipment of adequate depth (see Rule 6-1-3-b) fails to conduct diving events, each visiting team shall be awarded the maximum number of points any one team could score in an individual event for each diving event. No points shall be awarded to the host team.
- b. For all nonchampionships competition, the water depths at the plummet shall be not less than the minimum standards specified in the table on Page 11.
- c. Should an institution be required to eliminate diving at home meets because of a facility that does not conform to minimum depth standards, opponents must be notified by September 1. Under these circumstances, diving must be eliminated from all home competition during the current academic year, and no points will be awarded for diving events.

An institution that is required to eliminate diving from all home competition under the provisions of this rule may decide either to eliminate it, or to include diving at meets it hosts in neutral facilities where minimum depth standards are satisfied. Once a decision has been made regarding a given neutral facility, that decision shall apply to all nonchampionships meets hosted by the institution in that facility during the current academic year.

Equipment Failure

ARTICLE 4. If a diving board breaks or is unusable, the home team must provide another, or each visiting team shall be awarded the maximum number of points any one team could score in an individual event for each affected diving event. In a triangular, quadrangular or invitational meet, the total points in each event shall be divided equally among the number of visiting teams. No points shall be awarded to the home team.

Championships Meet Point Standard

ARTICLE 5. In the absence of a three-meter board, the championships meet point standard for one-meter diving may be achieved in a nonchampionships meet that includes two, one-meter events (see Rule 6-1-2-a) if the diver's total award for both one-meter events equals or exceeds the point standard. In the absence of a one-meter board, the championships meet point standard for three-meter diving may be achieved in a nonchampionships meet that includes two, three-meter events if the divers total award for both three-meter events equals or exceeds the point standard. If both one and three-meter boards are available, the competition shall take place on both boards with the option of performing six or 11 dives on each board.

Synchronized Diving

ARTICLE 6. a. The synchronized diving competition involves two competitors diving simultaneously from two separate springboards of the same height

or on platform of the same height. The competition is judged on how the two divers individually perform their dives and how the two divers as a team synchronize their performance.

- b. All synchronized springboard and platform diving competitions for men and women shall comprise five dives representing all five categories, without limit on degree of difficulty.
- c. Two diving rounds shall be voluntary dives with a maximum of 1.8 degree of difficulty on 1 meter springboard and a maximum of 2.0 degree of difficulty on 3 meter springboard and all platform levels and three diving rounds shall be optional dives with no limit on degree of difficulty. Dives may not be repeated.
- d. In each round the two divers must perform the same dive (same dive number and position) and all forward facing springboard dives must be completed with a running approach.

SECTION 2. Championships Meets

Detailed administrative procedures, such as entry and qualifying procedures, for conducting NCAA championships are contained in the current NCAA Men's and Women's Swimming and Diving Pre-championships Manual and may be obtained by writing to NCAA Championships, P.O. Box 6222, Indianapolis, Indiana, 46206-6222 or by visiting www.NCAA.org.

Diving Facilities

- ARTICLE 1. a. For all championships springboard and platform diving competition, the water depths at the plummet shall be not less than the minimum standards specified in the table on Page 11.
- b. All diving boards shall be made available for use not less than one day before the competition starts and should not be altered thereafter until the competition is completed.

Voluntary Dives With Degree of Difficulty Limit and Optional Dives

ARTICLE 2. a. In championships meets, diving competition in the one-meter event(s) shall follow one of the following formats.

1. *Trials:*
 - a) In championships meets **with platform** as an event, each diver will do six optional dives, including one from each of the five groups plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty.
 - b) In championships meets **without platform** as an event, each diver will do one of the following formats: (1) six optional dives, including one from each of the five groups plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty; or (2) five voluntary dives, including one from each of five groups, in any order, with total degree of difficulty not to exceed 9.0, followed by six optional dives including one from each of five groups, plus an additional dive that may be selected from any group.
2. *Trials Placing:* Scores on all dives performed by each diver in the trials shall be used to determine placing at the conclusion of the trials. In championships meets with finals, the number of finalists shall be consistent with the number of lanes contested. For example, if eight

lanes are being contested in the swimming portion, then the top eight divers will continue into the finals. Consolation finalists shall be determined at the end of the trials. However, if the facility and time permit, consolation finalists will be given the opportunity to compete for consolation placing.

3. *Finals and Finals Placing:*

- a) In championships meets **without voluntary dives**, the finalists will start with a score of zero. The finals shall consist of six optional dives, including one from each of the five groups plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty. Scores on all dives performed by each of the divers in the finals shall be used to determine finals placing.
 - b) In championships meets **with voluntary dives**, the finalists will start with their voluntary (dives with limit) score from the trials and will do the following format: The finals shall consist of six optional dives, including one from each of the five groups plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty. Scores on all dives performed by each of the divers in finals, plus the voluntary (dives with limit) score from the trials, shall be used to determine finals placing.
- b. In championship meets, diving competition in the three-meter event(s) shall follow one of the following formats.
1. *Trials:*
 - a) In championships meets **with platform** as an event, each diver will do six optional dives, including one from each of the five groups plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty.
 - b) In championships meets **without platform** as an event, each diver will do one of the following formats: (1) six optional dives, including one from each of the five groups plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty; or (2) five voluntary dives, including one from each of five groups, in any order, with total degree of difficulty not to exceed 9.0, followed by six optional dives including one from each of five groups, plus an additional dive that may be selected from any group.
 2. *Trials Placing:* Scores on all dives performed by each diver in the trials shall be used to determine placing at the conclusion of the trials. In championships meets with finals, the number of finalists shall be consistent with the number of lanes contested. For example, if eight lanes are being contested in the swimming portion, then the top eight divers will continue into the finals. Consolation finalists shall be determined at the end of the trials. However, if the facility and time permit, consolation finalists will be given the opportunity to compete for consolation placing.
 3. *Finals and Finals Placing:*
 - a) If divers competed in trials with six optional dives only, the finals shall consist of six optional dives, including one from each of the

five groups plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty. Scores on all dives performed by each of the divers in finals shall be used to determine finals placing.

- b) If divers competed in voluntaries in trials, the finalists will start with their voluntary (dives with limit) score from the trials. The finals shall consist of six optional dives, including one from each of the five groups plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty. Scores on all dives performed by each of the divers in finals, plus the voluntary (dives with limit) score from the trials, shall be used to determine finals placing
- c. In championships meets, diving competition in the platform event(s) shall follow one of the following formats.
 1. *Trials*: Each diver will do six optional dives (men), including one from each of six groups, or five optional dives (women), including one from each of five groups, from any competitive platform level (i.e. 5, 7.5 or 10 meters), in any order, without limit on degree of difficulty.
 2. *Trials Placing*: Scores on all dives performed by each diver in the trials shall be used to determine placing at the conclusion of the trials. In championships meets with finals, the number of finalists shall be consistent with the number of lanes contested. For example, if eight lanes are being contested in the swimming portion, then the top eight divers will continue into the finals. Consolation finalists shall be determined at the end of the trials. However, if the facility and time permit, consolation finalists will be given the opportunity to compete for consolation placing.
 3. *Finals and Finals Placing*: If divers competed in trials optional dives only, the finals shall consist of six optional dives (men), including one from each of five groups, or five optional dives (women), including one from each of five groups, from any competitive platform, in any order, without limit on degree of difficulty. Scores on all dives performed by each of the divers in the finals shall be used to determine finals placing.

Note 1: Where the facility permits, if the diving finals are not concluded after 40 minutes of diving, the swimming events will resume with the consolation heat of the relay while the diving continues.

Ties

ARTICLE 3. In the event of a tie in non-NCAA championship meets for the last qualifying position in the finals at the conclusion of the trials, all such tied divers shall continue into the finals, during which an appropriate number of places shall be contested. All divers in the finals shall compete for all places being contested.

Ill or Injured Qualifier

ARTICLE 4. a. *Championships Final Contested*. In the event that a person who has qualified for the finals in a diving event is certified as being ill or injured by a designated health official before the start of the finals and thus is unable to participate in those finals, the ill or injured diver shall be awarded the place one lower than the number of finalists (see Rules 6-2-2-a-2, 6-2-2-b-2 and 6-2-2-c-2); and the diver occupying that place after the trials shall be given the chance to dive in the finals and advance in place.

If a diver is certified as being ill or injured after the start of the finals, the finals will be conducted with less than a full complement of divers, and the points involved shall be lost from the meet.

b. *Championships Final and Consolation Final Contested.*

1. If a diver who is qualified for the consolation final of a diving event is certified as being ill or injured by a designated health official before the start of that consolation final and thus is unable to compete, the highest-ranking available alternate qualifier for the event shall be moved into the consolation final. The consolation final shall be reseeded.
 2. If a diver who is qualified for the championships final of a diving event is certified as being ill or injured by a designated health official before the start of the consolation final and thus is unable to compete, the highest-ranking available alternate qualifier for the event shall be moved into the consolation final, and the highest-ranking consolation finalist shall be moved into the championships final. Both the consolation and championships finals shall be reseeded.
 3. If a diver who is qualified for the championships final of a diving event is certified as being ill or injured by a designated health official after the start of the consolation final and thus is unable to compete, the championships final shall proceed with an empty spot and without reseeding. The points involved shall be lost from the meet.
- c. If, during a championships final or consolation final, an injury occurs during or after the next-to-last round of competition and the diver has not failed any previous dives, including the next-to-last round, a failed dive may be declared for the final round. A designated health official must certify the illness or injury. The diver may use the total score of all previously completed dives as his or her final total.

Equipment Failure

ARTICLE 5. If a diving board breaks or is unusable, the host institution must provide another immediately. See Rules 1-4 and 6-1-4 if the board cannot be replaced immediately.

SECTION 3. Conduct of Diving Events

Official Entry

ARTICLE 1. a. Entry into diving events shall be the same as for swimming events, except in dual meets. (See Rule 6-3-2-d.)

- b. Once officially entered, a diver must dive in all trials and finals events for which the diver qualifies. Failure to compete for any reason, except illness or injury certified by the designated health official, shall prohibit any further competition in the meet.
- c. In a NCAA and Non-NCAA championships meet, a diver may withdraw from a preliminary diving event by electing to take a declared scratch. A diver who elects to take a declared scratch shall have his or her coach notify the referee before the start of the preliminary diving event. A declared scratch in a given event shall count as participation in that event.
- d. All entries and meet information shall specify the method for entering, the time for submitting diving lists, and should provide the type of boards to be used in the meet, the water depth, the type of platform surface and the platform levels.

- e. It is permissible during finals of all diving events at NCAA and non-NCAA championship meets for the following rule to be used. The dive shall be executed only after an auditory signal given by the referee. The signal shall not be given before the diver has assumed a ready position on the board or platform and the referee has checked the master sheet and indicator board. For backward and inward takeoffs, the diver shall not proceed to the end of the springboard or platform until the signal has been given to the referee.

Diving List

- ARTICLE 2. a. Official certified diving entry software or scoresheets shall be used for all diving contests. The software or scoresheet shall provide columns for international dive numbers and position letters (A, B, C, D), degree of difficulty, space for up to nine judges' awards, judges' sum total and cumulative awards for the dives. The software or scoresheet also will include areas for divers' and coaches' names, the referee's name, address and telephone number, and a certification statement.
- b. Competitors shall submit a list of their dives by the scratch deadline. This list of dives shall be signed by both the competitor and his or her coach. Each dive shall include the international dive number, position letter and degree of difficulty. The meet referee may request that the written description be added to the sheet to aid the announcer during the diving competition.
- c. If a diver has not been officially scratched but fails to deposit his or her sheet in the diving box by the deadline, the diver will not be disqualified from the contest. The diver's sheet will be accepted up to one hour before the start of the contest. Divers who submit scoresheets less than one hour before the start of a contest shall be disqualified from the event, but any performance in a previous or subsequent event shall not be affected.
- d. In dual meets, the diving scoresheet shall take the place of the swimming entry card and shall be submitted to the referee any time before the start of the event. Declaration of participants and the diving order do not have to be indicated until the announcement of the results of the previous event.
- e. Each diver must execute the dive number as written or have that dive declared failed. If the announced dive is not performed and the dive performed is properly listed on the diver's sheet, it will be considered an announcer's error and judged as performed. If the diver executes a dive as announced and it is determined that the announcer was in error, then the diver will be permitted to immediately perform the correct dive. However, the diver may elect to keep the scores for the incorrectly announced dive, with the referee making an immediate correction on the diving sheet.
- f. If a diver exceeds the total degree of difficulty allowed when listing his or her voluntary dives (i.e., 9.0 in the one-meter event, 9.5 in the three-meter event or 7.6 in the platform event), the error shall be corrected. If the error goes undetected, then the final voluntary dive (that causes the list to exceed the voluntary DD total) shall be failed.
- g. A diver may change the number, letter and/or platform level of a dive at any time before the execution of the dive without penalty.
- h. All the dives listed **should** be calculated by using the FINA degree of difficulty formula.

- i. No voluntary dive shall be repeated as an optional dive. All dives of the same number, whether straight, pike, tuck or free, shall be considered the same dive.
- j. In the case of an error on the diving sheet, the official description of a dive shall be the international dive number and position letter.
- k. In the event that a submitted and checked diving sheet does not have the proper number of dives listed, a failed dive shall be assessed for each dive not listed.

Diving Order

- ARTICLE 3. a. In championships meets and other meets with more than two teams competing, the order of diving shall be drawn by lot. The diving order for the finalists shall be in the reverse order of the diver's respective qualifying position. There shall be only one flight of diving in the trials and finals. When a consolation final is contested, the diving order for the consolation finalists shall be in the reverse order of the diver's respective qualifying position.
- b. In dual meets, the visiting team shall have the choice of alternate positions (either one, three, five or two, four, six) for one diving event (either one-meter or three-meter). The home team then will have its choice in the other diving event. If the visiting team has only one or two divers, those competitors shall have the choice of any visitor's positions in the diving order. If the home team has only one or two divers, those competitors have the choice of any of the home team's positions in the diving order. The number of official divers entered in the competition shall be the same as the amount of official entries allowed in swimming events. Exhibition competitors, if allowed, must be declared before the beginning of the event.

Note: Exhibition divers must dive first.

Practice

- ARTICLE 4. a. All practice diving must be completed before the start of the swimming meet. Exception: In facilities with separate diving wells, diving practice may continue during swimming events.
- b. The divers shall be allowed at least one practice forward approach and one back takeoff approach before the start of the diving competition. The diving referee also may allow a water entry. In NCAA and non-NCAA championship events, there must be sufficient time allotted for a normal warm-up for divers before the commencement of the event.

Assistance

- ARTICLE 5. a. All dives must be performed by the divers themselves, without assistance from any other person, except for the purpose of water agitation. The use of any temporary visual aid shall be considered assistance.
- b. A violation of this rule must result in the diving referee declaring a failed dive.
- c. Assistance between dives shall be permitted.

SECTION 4. Description of Diving

Starting Position

- ARTICLE 1. a. All dives with a forward takeoff shall be performed either standing or with an approach, at the option of the diver. A prior declaration of a forward standing takeoff is required on springboard only.
- b. The starting position for a dive with an approach shall be assumed when the competitor is ready to take the first step of the approach. The body shall be straight, head erect, with the arms straight and in a position of the diver's choice.
- c. After assuming the starting position for a standing dive or a dive with an approach, if the diver makes an obvious attempt to start the approach or press and stops, a balk will be declared, and the announcer will deduct two points from each score. In standing dives, the diver has the option of moving the arms to various preparatory positions without a balk being declared, so long as there is no obvious attempt to start the press.

Approach and Takeoff

- ARTICLE 2. a. The forward approach shall finish with a hurdle, defined as a jump off one foot to a landing on both feet at the end of the board. The diver may use additional steps, hops, leaps and/or jumps during the initial steps and the culminating hurdle. The forward takeoff shall be from both feet simultaneously to an adequate height to perform the dive.
- b. When the approach is not smooth or aesthetically pleasing, and in a forward direction to the end of the springboard or platform, the judge shall deduct 1/2 to 2 points, according to their opinion. When the final step is not from one foot, the referee shall declare a failed dive.
- c. The takeoff shall be from both feet simultaneously. It shall be forceful, reasonably high and immediately after the hurdle.
- d. While executing the standing takeoff, divers must not rock the board excessively or lift their feet from the board before the takeoff.
- e. When executing a forward approach, the diver must not double bounce on the end of the springboard or platform before the takeoff. When a judge considers that the diver has double bounced in a dive with an approach, the judge may award zero (0) points, notwithstanding that the referee has not declared a failed dive.
- f. After the approach or standing takeoff has been started, the competitor may not balk. If a diver balks a second time, no further attempt shall be permitted, and the dive shall be considered failed with zero (0) points being awarded.

Flight

- ARTICLE 3. a. Positions. During the flight, the body may be carried in a straight, pike, tuck or free position.
- b. During the flight, the position of the dive shall be at all times aesthetically please. Should not be shown as described, each judge shall deduct 1/2 to 2 points, according to their opinion.
1. *Straight Position (A)*—In the straight position, the body shall not be bent either at the knees or at the hips; the legs and feet must be together and the toes pointed. The position of the arms is at the opinion of the diver.
- a) In straight dives with twists, the twisting shall not be manifestly done from the springboard or platform. If the twisting is manifestly

done from the springboard or platform, the judge shall deduct 1/2 to 2 points, according to their opinion.

2. *Pike Position (B)*—In the pike position, the body shall be bent at the hips, but the legs must be kept straight at the knees, with knees and feet together and the toes pointed. The pike shall be as compact as possible. The position of the arms is at the option of the diver.
3. *Tuck Position (C)*—In the tuck position, the body shall be bent at both the hips and the knees. The legs, knees and feet should be together with the toes pointed. The body should be as compact as possible. When viewed from the side, the tuck shall be compact, that is, the front of the thighs close to the chest and the backs of the lower legs close to the backs of the thighs. The hands should be on the lower legs. When judges consider that these requirements have not been met, they shall deduct 1/2 to 2 points, according to their opinion.
 - a. In tuck dives with a twist (5111, 5211, 5311 and 5411), the tuck position is to be executed before the twist. If the tuck is executed after the twist, the dive will be considered deficient, and a score of not more than 4.5 may be awarded.
4. *Free Position (D)*— In the free position, the body position is optional but the legs shall be together and the toes pointed.
 - a) Free position means any combination of the other positions and is restricted in its use to some twisting dives.
 - b) In calculating the degree of difficulty for twisting dives, the following need to be noted:
 - 1) Dives with 1/2 somersault and twists can only be executed in position A, B or C;
 - 2) Dives with 1 or 1 1/2 somersaults and twists can only be executed in position D;
 - 3) Dives with 2 or more somersaults and twists can only be executed in position B or C;
 - 4) Armstand dives with 1, 1 1/2 or 2 somersaults and one or more twists can only be executed in position D; and
 - 5) Armstand dives with 2 1/2 or more somersaults and twists can only be executed in position B or C.
 - c) In dives with a twist, the twisting shall not be manifestly done from the springboard or platform. If the twisting is manifestly done from the springboard or platform, the judge shall deduct 1/2 to 2 points, according to their opinion.
- c. *Twist Dives.* In dives with twists, the twist may be performed at any time during the dive at the option of the diver, except in dives numbered 5111 pike, 5211 pike, 5311 pike and 5411 pike. In these dives, the pike is to be executed before the twist. If the pike is executed after the twist, the dive will be considered deficient, and a score of not more than 4.5 may be awarded.

It is a failed dive if the amount of the twist is greater or less than that written by more than 90 degrees. The decision will be based on the last part of the body to enter the water.
- d. *Somersaults.* In somersaults (other than flying somersaults), the turn should commence as soon as the diver leaves the board.

In flying somersaults, the straight position must be maintained from the takeoff until the body has rotated for approximately half a somersault. If the event referee determines that the position was not held at least one half of the somersault, the referee will declare the dive as deficient and notify all the judges. A score of not more than 4.5 may be awarded.

Entry

- ARTICLE 4. a. In all cases, the entry into the water should be vertical or nearly vertical. The body should be straight, with the legs and feet together and the toes pointed.
- b. In head-first entries, the arms shall be stretched beyond the head and in line with the body, with the hands close together. If one or both arms are held below the head on entry, the maximum award shall be 4.5 points.
- c. In feet-first entries, the arms shall be close to the body with no bending of the elbows. If one or both arms are held beyond the head on entry, the maximum award shall be 4.5 points.
- d. When the arms are not in the correct position in either the head-first or feet-first entry, all judges shall deduct 1/2 to 2 points from the award according to their opinions.

SECTION 5. Officials

Championships

- ARTICLE 1. a. For championships meets, there shall be a diving referee, who may serve as a judge; a judging panel consisting of five, seven or nine judges; an announcer; and sufficient table workers to properly conduct the meet. (See Article 6 in this section.)
- b. Alternating judging panels and/or the reserve judge system may be used for championships. Alternating judging panels are especially desirable when there are many entries in a contest.
1. Alternating Judging Panels—When the same judging panels are used for the preliminaries and the finals of an event, the panel shall alternate the rounds it judges from the preliminaries to the finals. For example, if Panel A judges rounds 1, 2 and 5 in the preliminaries, Panel A would judge rounds 3, 4 and 6 in the finals.
 2. Reserve Judge System—When using the reserve judge system, six, eight or 10 judges are used as a single panel throughout the entire contest. If a judge is the coach of a diver in the contest, then that judge's score shall be administratively deleted before the start of the event. If a diver does not have a coach on the judging panel, each judge shall have his or her score deleted in a random manner before the start of the contest. For example, judge No. 1 shall have his or her score deleted for dive No. 4; judge No. 2 shall have his or her score deleted for dive No. 1, and so on until each judge's score has been deleted once. The procedure is repeated until the diver's scoresheet has one deleted score for each of his or her dives. Divers must include their coach's name on their scoresheet when it is submitted.
- c. For 1 meter events, normal chairs should be used. For all other events, whenever possible, the judges should be seated at a height of not lower than 1.5 meters.

Dual Meets

- ARTICLE 2. a. In dual-meet competition, there shall be a diving referee, who may serve as a judge; a judging panel consisting of two, three or five judges; an announcer; and a set of table officials.
- b. The visiting team has the prerogative of supplying one judge on a two- or three-judge panel and two judges on a five-judge panel.
- c. The home team coach has the prerogative of designating one judge on a two-judge panel, two judges on a three-judge panel and three judges on a five-judge panel; and these may be other than the paid officials.
- d. When the opposing coaches cannot mutually agree on the number of judges, a two-judge panel will be used.
- e. No eligible team member, swimmer or diver may serve in a judging capacity.
- f. The home team should be able to supply two judges if the visiting team does not wish to exercise its option to judge.
- g. Synchronized diving.
1. In dual-meet competition, there shall be a diving referee, who may serve as a judge; a judging panel consisting of three, four, six or seven judges; an announcer; and a set of table officials.
 2. When three judges are used, one judge will judge the execution of one diver, one judge will judge the execution of the other diver and one judge will judge the synchronization of the dive.
 3. When four judges are used, one judge will judge the execution of one diver, one judge will judge the execution of the other diver and two judges will judge the synchronization of the dive. The highest and lowest scores will be dropped and the remaining scores added together and multiplied by 1.5.
 4. When five judges are used, two judges will judge the execution of one diver, two judges will judge the execution of the other diver and one judge will judge the synchronization of the dive. The highest and lowest scores will be dropped.
 5. When six judges are used, two judges will judge the execution of one diver, two judges will judge the execution of the other diver and two judges will judge the synchronization of the dive. The highest and lowest execution scores will be dropped.
 6. When seven judges are used, two judges will judge the execution of one diver, two judges will judge the execution of the other diver and three judges will judge the synchronization of the dive. The two highest and two lowest scores will be dropped.

Diving Referee

ARTICLE 3. The diving referee shall have jurisdiction over the diving events and shall see that all rules are enforced. In nonchampionships meets, the diving referee shall make final decisions concerning all questions arising from conduct of the diving events, the final settlement of which is not covered by the rules, and shall have discretionary power to set aside the application of a procedure or rule when there is apparent unfairness. In championships meets, the diving referee shall consult with the meet committee on major issues. The diving referee shall complete the following duties:

- a. *Before the diving event(s)*—
1. Check the diving scoresheets for:

- a) Proper listing of dives, positions and degrees of difficulty according to the tables.
 - b) Signature of the diver.
 - c) Signature of the coach in championships meets.
 2. Determine the order of diving as described in Rule 6-3-3.
 3. Confirm that all required equipment necessary to the proper conduct of the event is in place.
 4. Be sure a full complement of officials is present.
 5. Conduct a short officials meeting to be sure each person assigned a duty understands his or her responsibility according to the rules.
 6. Position and assign the diving judges on both sides of the diving board or platform, where practical, so they may have a profile view. If it is not possible to use both sides, they shall be positioned together on one side.
 7. Allow each diver to practice immediately before the start of the diving competition as described in Rule 6-3-4.
 8. In championships meets, appoint a member of the judging panel to serve as assistant referee in calling failed dives in accordance with Rules 6-5-3-b-2-d and f. Both the referee and the assistant must agree that the diver has committed the rules infraction before the dive is declared failed. The referee and the assistant should be positioned so as to be in direct profile to the line of flight of the divers and on opposite sides of the board or platform. Upon observing an infraction, the assistant should raise an arm to signify a failed dive. If the referee agrees, the dive will be judged a failed dive.
- b. *During the event*—
1. Call for a failed dive for the following reasons:
 - a) If the diver falls into the water before assuming the starting position.
 - b) If a diver executes a dive prior to the signal being given, the referee shall decide whether the dive shall be repeated or failed.
 - c) If the diver receives assistance during a dive or uses a visual aid during the dive.
 - d) If the diver executes a dive of a different number than that written on the scoresheet.
 - e) If the amount of twist is greater or less by more than 90 degrees of that written on the scoresheet. The decision will be based on the last part of the body to enter the water.
 - f) If, after a balk, the second attempt to obtain balance or a takeoff is unsuccessful.
 - g) If, on a head-first entry, the feet touch the water first; or on a feet-first entry, the head or hands touch the water first.
 - h) If a diver is not present to perform the dive when announced and it is ascertained that the diver is not in the pool area, after three minutes the referee shall declare a failed dive.
 - i) Under normal circumstances, divers should not unduly delay a contest. If, in the opinion of the referee, a diver is unduly delaying a contest, the referee shall instruct the diver that he or she will have one minute in which to complete his or her dive. In the event the diver does not proceed within the one-minute time limit, the referee shall declare a failed dive.

- j) If the diver double bounces on the end of the springboard or platform before the takeoff
- k) If the final step is not from one foot.
- l) If the diver’s takeoff is from both feet simultaneously.
- 3. Disqualify a diver who fails two dives in any event in any competition.
- 4. *Unsatisfactory Dive*—Instruct the judges to consider a dive unsatisfactory and award not more than two points if a dive is performed in a position other than written or if a tuck is used in a twisting dive other than 5152, 5154, 5221, 5231, 5251, 5321, 5331 or 5351.
- 5. *Two-Step Approach or Two-Foot Hurdle*—Instruct the announcer to deduct two points from each judge’s award if a diver takes fewer than three steps before the hurdle or takes a two-foot hurdle.
- 6. *Balk*—Instruct the announcer to reduce each judge’s award by two points in the event of a competitor making a balk and not completing a dive. If the second attempt to obtain balance or a takeoff is unsuccessful, it shall be considered a failed dive. No further attempt shall be permitted.
- 7. *Repeated Dive*—Upon request, decide whether a dive may be repeated. The referee is authorized to have a dive repeated when, in the referee’s opinion, the execution of the dive was influenced by exceptional circumstances. The request for such repetition must be made by the diver immediately after the execution of the dive. Exceptional circumstances include only the most unusual happenings.
- 8. *Incorrect Platform*—Instruct the announcer to reduce each judge’s award by two points in the event a competitor does the listed dive on the incorrect platform level and the degree of difficulty corrected to the dive actually performed.
- 9. Signal for or have the announcer call for the judges’ awards at the completion of each dive.
- 10. Replace a judge when it becomes necessary because of unavoidable circumstances.
- c. *After the event*—
 - 1. Audit the scoresheets and confirm the results by signature.
 - 2. See that the results are announced as quickly as possible at the completion of the event so that the next event can start promptly.

Diving Judges

ARTICLE 4. a. The judges shall sit where the diving referee directs them.

b. Each judge shall assess each dive independently and shall give scores for each dive from 10 to zero in accordance with the following table:

| | | | | | |
|-------------------|-----|-----|-----|-----|------|
| Excellent | | | | | 10.0 |
| Very Good | | 8.5 | | 9.0 | 9.5 |
| Good | | 7.0 | | 7.5 | 8.0 |
| Satisfactory | | 5.0 | 5.5 | 6.0 | 6.5 |
| Deficient | 2.5 | 3.0 | 3.5 | 4.0 | 4.5 |
| Unsatisfactory | | 0.5 | 1.0 | 1.5 | 2.0 |
| Completely Failed | | | | | 0 |

c. After each dive, on the signal from the diving referee or the call from the announcer, each judge, without communicating with any other judge,

shall immediately and simultaneously with the other judges flash his or her award.

d. *Each judge shall judge the dive on the following principles:*

1. The dive shall be considered without regarding the approach to the starting position.
2. *The dive shall be evaluated on—*
 - a) The starting position and approach.
 - b) The takeoff.
 - c) The technique and grace of the diver during the flight through the air.
 - d) The height of the dive.
 - e) The entry into the water, without regard to movements underwater.
3. *Excessive Rocking or Crow-Hop—*When executing the standing takeoff, the diver must not rock excessively or lift his or her feet from the board or platform before takeoff. For violation of either condition, each judge may deduct from 1/2 to 2 points from the diver's award, according to the judge's individual opinion.
4. *Diving Safety—*If the diver touches the end of the board or platform, or dives to the side of the direct line of flight, each judge shall exercise personal opinion regarding the deduction to be made. Properly executed dives should be a safe distance from the board or platform and should enter the water directly in front of the board or platform.
5. *Split Tuck—*If the diver's knees are spread while in the tuck position, the judges shall deduct one to two points.
6. *Deficient Dive—*Consider a dive deficient and award not more than 4.5 points if the dive position is partially altered or broken during the flight.
7. *Unsatisfactory Dive—*Consider the dive unsatisfactory if the dive position is completely broken and award not more than two points.
8. *Arm Position on Water Entry—*Deduct from one to three points from the award if the arms are not in the correct prescribed position on entry into the water.
9. *Armstands—*The starting position in an armstand dive shall be assumed when both hands are on the front edge of the platform and both feet leave the platform. When a steady balance in the straight vertical position is not shown, each judge shall deduct ½ to 2 points. A re-start shall be allowed when a diver loses his/her balance, one or both feet return to the platform or any other body part other than his/her hands touches the platform. When a diver moves one or both hands from the original starting position, a balk shall be declared, and continuation of the dive shall be considered a re-start.

10. A diver who refuses the execution of a dive shall receive zero (0) points.

e. Synchronized diving is judged by the execution of the individual dives and the synchronization of the divers.

1. If one or both of the divers perform a dive of a different number or position, other than announced, the referee shall declare it a failed dive.
2. When judging the synchronization of the dives, the overall impression of the synchronization of the divers must be taken into account.

3. The factors to be considered in judging synchronized diving are:
 - a) The starting position, the approach and the takeoff, including the similarity of the height,
 - b) The coordinated timing of the movements during flight,
 - c) The similarity of the vertical angles on the entry,
 - d) The comparative distance from the springboard or platform of the entry, and
 - e) The coordinated timing of the entries.
4. If either diver enters the surface of the water before the other diver leaves the springboard or platform, the Referee shall declare it a failed dive.
5. The Referee shall declare a two-point deduction from all judges when there is a re-start by one or both divers.
6. The execution judges must not be influenced by any factor other than the technique and execution of the dive, not both dives, nor the synchronization of the divers.
7. The synchronization judges must not be influenced by any other factor other than the coordinated performance of the two divers and not the execution of both dives.
8. If all synchronization judges award zero points, the Referee shall declare it a failed dive.
9. When any of the following faults are shown, each synchronization judge shall deduct from $\frac{1}{2}$ to 2 points, according to opinion, for the lack of:
 - a) Similarity of the starting position, approach and takeoff or height,,
 - b) Coordinated timing of the movement during flight, and
 - c) The similarity.

Announcer

- ARTICLE 5. a. Before the diving event starts, the announcer shall announce the diving order by reading the name and affiliation of each diver entered. In championships meets, the diving order also shall be distributed to the divers and posted in the diving area.
- b. Before each dive, the announcer shall announce the name of the competitor, the dive number, the position of the dive and the degree of difficulty. If the diver is doing a standing forward takeoff, this also shall be announced (on springboard only).
 - c. During the contest, the announcer shall not announce any affiliation or individual titles relating to the competitor.
 - d. After each dive, the announcer shall call for the judges' awards, if instructed to do so by the referee, and shall announce the awards in the same consecutive order each time. In a championships event in which a scoreboard is available that shows individual judge's scores and total points, only the total points should be announced after each dive.
 - e. When instructed by the referee, the announcer shall reduce each judge's award by two points when the awards are announced.
 - f. At the completion of the event or championships session, and after verification and approval of the results by the referee, the announcer shall announce the results, giving competitors' order of finish, names, affiliation and total scores.

Table Officials

ARTICLE 6. a. When there is no electronic scoring system (computer) used, it is recommended that two sets of scoresheets be made available to the table officials for each of the competitors. One set may be used by the announcer, and two sets may be used for simultaneous computation of scores.

1. In championships meets, there shall be one master scorer, two people recording judges' awards, two people operating calculators, one person comparing the two sets of sheets, and one person for correcting errors.
 2. The recorders shall place the judges' awards on the dive scoresheet in the same consecutive order as announced each time. When seven judges are used, the recorder shall then cross off the two high and two low scores and add the remaining three scores. When five judges are used, only one high and one low score is crossed off.
 3. The people calculating scores shall multiply the degree of difficulty by the total judges' award and add this number to the running total.
 4. The person comparing the two sheets shall do so for each dive each time. When a difference occurs, the person in charge of correcting errors shall be called. Every effort must be made to make corrections without interruption to the normal progress of the contest. After making corrections, care must be taken to keep the scoresheets in their proper order.
 5. The master scoring may be done on the announcer's set of sheets or on a separate "master scoring sheet." No computation should be done on the announcer's set of sheets.
- b. When an electronic scoring system is used but the judges' awards must be entered manually into the computer, at least two sets of scoresheets should be made available to the table officials for each of the competitors. One set, which can be computer generated, should be used by the announcer, and one set should be used for manual computation of the scores.
1. In championships meets, there shall be one master scorer, one person entering judges' awards into the computer, one person recording judges' awards on the scoresheet, one person operating a calculator, one person comparing the scoresheet with the computer, and one person for correcting errors.
 2. The person entering the judges' awards into the computer shall do so in the same consecutive order as announced each time.
 3. The recorder shall place the judges' awards on the dive scoresheet in the same consecutive order as announced each time. When seven judges are used, the recorder shall then cross off the two high and two low scores and add the remaining three scores. When five judges are used, only one high and one low score is crossed off.
 4. The people calculating scores shall multiply the degree of difficulty by the total judges' award and add this number to the running total.
 5. The person comparing the scoresheet with the computer shall do so for each dive each time. When a difference occurs, the person in charge of correcting errors shall be called. Every effort must be made to make corrections without interruption to the normal progress of the contest. After making corrections, care must be taken to keep the scoresheets in their proper order.

6. The master scoring may be done on the announcer's set of sheets or on a separate "master scoring sheet." No computation should be done on the announcer's set of sheets.
- c. When an electronic scoring system is used in which the judges' awards are automatically entered into the computer via judging terminals, at least two sets of scoresheets should be made available to the table officials for each of the competitors. One set, which may be computer generated, should be used by the announcer, and one set should be used to record the computer information for backup.

In championships meets, there shall be at least one person to record the judges' awards and running total from the computer. This scoresheet will serve as a backup in case of computer failure. The judges' total and the dive award can be recorded if the timing of the meet allows.

SECTION 6. Computation of Diving Scores

ARTICLE 1. The individual judges' awards shall be recorded in the same column each time.

Cancellation of Awards

- ARTICLE 2. a. When there are two judges, both scores shall be added. None shall be canceled.
- b. When there are three judges, all three awards shall be added. None shall be canceled.
 - c. When there are five judges, the highest and lowest awards shall be canceled, and the remaining awards shall be added. If there are identical awards, any may be canceled.
 - d. When there are seven or nine judges, the two highest and two lowest awards shall be canceled, and the remaining awards shall be added.

Multiplication

- ARTICLE 3. a. The score for each dive is determined by multiplying the sum of the remaining judges' awards by the degree of difficulty.
- b. When there are nine judges, the sum of the remaining judges' awards must be multiplied by 0.6 or three-fifths and by the degree of difficulty.

Final Score

ARTICLE 4. The diver's final score is the sum of the scores for each dive; except that, when two judges are used, the final total is multiplied by 1.5.

Winner

ARTICLE 5. The winner of the event is the diver with the highest total accumulated points. If two or more divers have equal points, they shall be declared tied. For details regarding NCAA zone and championship qualification, please see the NCAA Men's and Women's Swimming and Diving Pre-championships Manual.

FINA DEGREE OF DIFFICULTY

The NCAA no longer publishes the FINA Degree of Difficulties in the rules book due to their changing nature. Coaches and officials should access the latest version of the FINA Degree of Difficulties on the NCAA website (www.ncaa.org/playingrules). Coaches and officials are reminded to check the website frequently for updates.

RULE 7

Scoring

SECTION 1. Dual Meets

Six Lanes or More

ARTICLE 1. When using six lanes or more, the scoring of place values in dual meets shall be: relays, 11-4-2-0, with only the best two relays from each team scoring; individual events, 9-4-3-2-1-0, with only the best three contestants from each team scoring.

Five Lanes or Fewer

ARTICLE 2. When using five lanes or fewer, the scoring of place values in dual meets shall be: relays, 7-0; individual events, 5-3-1-0, with only the best two contestants from each team scoring.

No Contest/Forfeit

ARTICLE 3. No contest is recorded if a team fails to contact the host institution or arrive at the site within 30 minutes after the scheduled start time of the meet. There is no resulting score. If a coach removes his or her team from competition for any reason, a forfeit shall be declared. The numerical score to be recorded for a dual meet that is forfeited is 11-0.

SECTION 2. Double-Dual Meets

Nine Lanes or More

ARTICLE 1. In double-dual meets regardless of the number of heats, the scoring shall be 9-4-3-2-1 for individual events with no team scoring more than three individuals, and 11-4-2 for relays with no team scoring more than two relay teams.

Eight Lanes or Fewer

ARTICLE 2. In double-dual meets regardless of the number of heats, the scoring shall be 9-4-3-2-1 for individual events with no team scoring more than three individuals, and 11-4-2 for relays with no team scoring more than two relay teams.

SECTION 3. Triangular Meets

In triangular meets regardless of the number of heats, the scoring shall be 9-4-3-2-1 for individual events with no team scoring more than three individuals, and 11-4-2 for relays with no team scoring more than two relay teams.

SECTION 4. Quadrangular Meets

In quadrangular meets regardless of the number of heats, the scoring shall be 9-4-3-2-1 for individual events with no team scoring more than three

individuals, and 11-4-2 for relays with no team scoring more than two relay teams.

SECTION 5. Relay Meets

The scoring of place values in relay meets shall be 14-10-8-6-4-2 for all events.

SECTION 6. Invitational Meets

The scoring of place values in invitational meets shall be established and published in advance by the host institution.

SECTION 7. Concurrent Men's and Women's

When a concurrent men's and women's nonchampionships or relay meet is conducted, separate team scores shall be maintained for the men's and women's events.

SECTION 8. Championships Meets

Six Competitors Qualify

ARTICLE 1. When six competitors qualify for the finals of a championships meet, the scoring of place values shall be: relays, 14-10-8-6-4-2; individual events, 7-5-4-3-2-1.

Eight Competitors Qualify

ARTICLE 2. When eight competitors qualify for the finals of a championships meet, the scoring of place values shall be: relays, 18-14-12-10-8-6-4-2; individual events, 9-7-6-5-4-3-2-1.

Twelve Competitors Qualify

ARTICLE 3. When 12 competitors qualify for the finals of a championships meet, the scoring of place values shall be: relays, 32-26-24-22-20-18-14-10-8-6-4-2; individual events, 16-13-12-11-10-9-7-5-4-3-2-1.

Except in time final events (see Rule 5-2-4-a), points for first through sixth place shall be awarded solely on the basis of a championships final. Points for seventh through 12th place shall be awarded solely on the basis of a consolation final.

Sixteen Competitors Qualify

ARTICLE 4. When 16 competitors qualify for the finals of a championships meet, the scoring of place values shall be: relays, 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2; individual events, 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

Except in time final events (see Rule 5-2-4-a), points for first through eighth place shall be awarded solely on the basis of a championships final. Points for ninth through 16th place shall be awarded solely on the basis of a consolation final.

Eighteen Competitors Qualify

ARTICLE 5. When 18 competitors qualify for the finals of a championships meet, (9 scoring competitors per heat), the scoring of place values shall be: relays, 44-38-36-34-32-30-28-26-24-20-16-14-12-10-8-6-4-2; individual events, 22-19-18-17-16-15-14-13-12-11-10-8-7-6-5-4-3-2-1.

Twenty-Four Competitors Qualify

ARTICLE 6. When 24 competitors qualify for the finals of a championships meet, the scoring of place values shall be: relays, 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2; individual events, 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

More Than 24 Competitors Qualify

ARTICLE 7. If more than 24 competitors qualify for the finals of a championships meet, the scoring of place values shall model the pattern reflected in Rules 7-8-3, 7-8-4, 7-8-5 and 7-8-6.

Consolation Limits

ARTICLE 8. A competitor in a consolation final cannot advance, either by time or by disqualification in the championships final, to any place higher than the highest place being contested in the consolation final.

Common-Site Meets

ARTICLE 9. When a four-day-format, common-site championships meet is conducted, separate team scores shall be maintained for the men's and women's events.

SECTION 9. Disqualifications**Nonchampionships Meets**

ARTICLE 1. If one or more disqualifications occur during an event in a nonchampionships meet, the disqualified competitor(s) shall not score in that event. All other competitors may advance in position and shall score according to the places they achieve with the disqualified competitor(s) removed from consideration. Any remaining places and points shall be lost from the meet.

Championships Meets

ARTICLE 2. If one or more disqualifications occur during either the consolation final or the championships final of an event in a championships meet, the disqualified competitor(s) shall not score in that event. All other competitors may advance in position (but not higher than the highest place being contested in that final) and shall score according to the places they achieve with the disqualified competitor(s) removed from consideration. The remaining places and points shall be lost from the meet.

SECTION 10. Ties

In the case of ties within an event, the points involved shall be equally divided among the tied competitors.

SECTION 11. Failure to Compete

If a team's individual or relay entries are unopposed, they still must complete the event, except when false starts in a swim-off result in a single swimmer or relay team remaining in the swim-off. (See Rule 5-3-3.)

No competitor may score points in an event in which the competitor does not compete or in which he or she is disqualified, except as in Rules 5-3-3, 6-1-2-c, 6-1-2-d, 6-1-3-a and 6-2-4.

SECTION 12. Nonscoring Competition

Exhibition Swims

ARTICLE 1. Exhibition swims shall not be scored in any event. All competitors who are not designated by their coaches to be exhibition swimmers shall score according to the places they achieve with the exhibition swimmers removed from consideration.

Time-Standard Trials

ARTICLE 2. Time-standard trials shall not be scored in any meet.

SECTION 13. Winning Team

The team accumulating the greatest number of points shall be declared the winner of the swimming meet. If the final total number of points for each team is the same, the meet is declared a tie.

A meet score is subject to review and may be corrected by the meet committee within 30 subsequent days for NCAA championships and non-NCAA championships meets, or by that meet's referee within seven days for nonchampionships competition.

RULE 8

Conduct of Competition

SECTION 1. Dual, Double-Dual, Triangular and Quadrangular Meets

Established Programs

ARTICLE 1. Men's and/or women's dual, double-dual, triangular and quadrangular meets may be conducted in racing courses measured in either yards or meters. There are six recommended programs.

Note: Effective September 1, 2015 Synchronized diving is an acceptable event that can replace either one-meter or three meter or both events in non-championship meets (dual, tri, quad meets and invitationals). The use of synchronized diving would require mutual consent of all participating head coaches involved in the competition 10 days or more prior to the event.

a. *Men's or Women's 13-Event Program.* The program for a men's or women's 13-event meet, conducted in a 25-yard racing course, is as follows:

- | | |
|-------------------------------|----------------------------------|
| 1. 200/400* medley relay | 8. 100 freestyle |
| 2. 1,000*/1,650 freestyle | 9. 100/200* backstroke |
| 3. 200 freestyle | 10. 500 freestyle |
| 4. 50 freestyle | 11. 6*/11 three-meter diving |
| 5. 200*/400 individual medley | 12. 100/200* breaststroke |
| 6. 6*/11 one-meter diving | 13. 200/400*/800 freestyle relay |
| 7. 100/200* butterfly | |

*Note 1: *Refer to Default Programs and Events. (See Rule 8-6-e., j.)*

Note 2: If synchronized diving is substituted in non-championship events it shall consist of five dives from each pair.

b. *Men's or Women's 15-Event Program.* The program for a men's or women's 15-event meet, conducted in a 25-yard racing course, is as follows:

- | | |
|-------------------------------|----------------------------------|
| 1. 100 backstroke | 9. 200 butterfly |
| 2. 100 breaststroke | 10. 100 freestyle |
| 3. 100 butterfly | 11. 200 backstroke |
| 4. 1,000*/1,650 freestyle | 12. 500 freestyle |
| 5. 200 freestyle | 13. 6*/11 three-meter diving |
| 6. 50 freestyle | 14. 200 breaststroke |
| 7. 200*/400 individual medley | 15. 200/400*/800 freestyle relay |
| 8. 6*/11 one-meter diving | |

Note 1: When a 15-event meet is conducted, there shall be no aggregate medley relay. The first three events shall be scored as individual events and shall be counted against

the maximum number of events in which a contestant is permitted to compete. (See Rule 3-3-1-a.)

*Note 2: *Refer to Default Programs and Events. (See Rule 8-6-e., j.)*

Note 3: If synchronized diving is substituted in non-championship events it shall consist of five divers from each pair.

c. *Men's or Women's 16-Event Program.* The program for a men's or women's 16-event meet, conducted in a 25-yard racing course, is as follows:

- | | |
|---------------------------|------------------------------------|
| 1. 200*/400 medley relay | 9. 100 freestyle |
| 2. 1,000*/1,650 freestyle | 10. 100/200* backstroke |
| 3. 200 freestyle | 11. 100/200* breaststroke |
| 4. 50/100* backstroke | 12. 500 freestyle |
| 5. 50/100* breaststroke | 13. 50/100* butterfly |
| 6. 100/200* butterfly | 14. 6*/11 three-meter diving |
| 7. 50 freestyle | 15. 100/200*/400 individual medley |
| 8. 6*/11 one-meter diving | 16. 200/400*/800 freestyle relay |

*Note 1: *Refer to Default Programs and Events. (See Rule 8-6-e., j.)*

Note 2: If synchronized diving is substituted in non-championship events it shall consist of five dives from each pair.

d. *Concurrent Men's and Women's 26-Event Program.* The program for a concurrent men's and women's 26-event meet consists of alternated women's and men's events using the 13-event format. (See Rule 8-1-1-a.) In each case, the women's event shall precede the corresponding men's event. The men's one-meter and three-meter diving events shall be interchanged.

e. *Concurrent Men's and Women's 30-Event Program.* The program for a concurrent men's and women's 30-event meet consists of alternated women's and men's events using the 15-event format. (See Rule 8-1-1-b.) In each case, the women's event shall precede the corresponding men's event. The men's one-meter and three-meter diving events shall be interchanged.

f. *Concurrent Men's and Women's 32-Event Program.* The program for a concurrent men's and women's 32-event meet consists of alternated women's and men's events using the 16-event format. (See Rule 8-1-1-c.) In each case, the women's event shall precede the corresponding men's event. The men's one-meter and three-meter diving events shall be interchanged.

Alternative Programs for Separate Diving Facilities

ARTICLE 2. Whenever a separate diving facility is available (e.g., a diving well in a T-shaped pool), one of the following alternative schedules for the one-meter and three-meter diving events may be adopted upon mutual consent of the head coaches of all participating institutions.

a. In a dual meet, the one-meter diving shall begin immediately after the conclusion of the medley relay (in a 13-event or a 16-event meet) or immediately after the 100-yard butterfly (in a 15-event meet). Two rounds of diving shall be completed after which a brief pause in the diving shall be taken to start the 1,000/1,650-yard freestyle. The one-meter diving and the 1,000/1,650-yard freestyle events then shall proceed concurrently and should conclude at approximately the same time. The 200-yard freestyle shall not begin until after the one-meter diving has been concluded. The

three-meter diving shall be moved to the listed position of the one-meter diving. There shall be a 10-minute intermission at the listed position of the three-meter diving.

Note: If synchronized diving is substituted in non-championship events it shall consist of five dives from each pair and appear in the position of the event(s) it is being substituted for.

- b. In any dual meet and non-NCAA championships, but especially one involving more than two teams of the same gender (i.e., a double-dual, triangular or quadrangular meet of one gender) or any concurrent men's and women's meet, there shall be a 15-minute intermission between the swimming events at the listed position of the first diving event(s) (e.g., the one-meter diving in a 13-event meet). There shall be a 10-minute intermission between the swimming events at the listed position of the second diving event(s) (e.g., the three-meter diving in a 13-event meet).

Depending upon the number of dives to be performed and the number of swimming events to be conducted, the beginning of the first diving event(s) shall be scheduled so as to have the first diving event(s) conclude, as closely as possible, at the end of the 15-minute swimming intermission. Similarly, the beginning of the second diving event(s) shall be scheduled so as to have the second diving event(s) conclude, as closely as possible, at the end of the 10-minute swimming intermission. In each case, the next swimming event shall not start before the diving event in progress is completed or before the designated length of the swimming intermission has elapsed, whichever is later.

Note: If synchronized diving is substituted in non-championship events it shall consist of five dives from each pair and appear in the position of the event(s) it is being substituted for.

Alternative Program for Dual, Double-Dual, Triangular and Quadrangular Meets

ARTICLE 3. Multiple heats per event may be competed in any of the event programs found in Rule 8-1-1-a, b, c, d, e and f.

Other Racing Courses

ARTICLE 4. a. When a 25- or 50-meter racing course is used, the 1,000-yard freestyle shall become the 800-meter freestyle; the 1,650-yard freestyle shall become the 1,500-meter freestyle; and the 500-yard freestyle shall become the 400-meter freestyle.

b. When a 20-yard racing course is used, the 1,650-yard freestyle shall become the 1,640-yard freestyle; the 50-yard freestyle shall become the 60-yard freestyle; and the 200-yard individual medley shall become the 160-yard individual medley.

c. When a racing course of other than 20 yards, 25 yards, 25 meters or 50 meters is used, all races shall have wall finishes at distances that approximate the listed events.

SECTION 2. Relay Meets

Established Programs

ARTICLE 1. The established program and order of events for relay meets shall be in either yards or meters and shall be as follows:

1. 300 butterfly relay (3x100)
2. 300 backstroke relay (3x100)
3. 300 breaststroke relay (3x100)
4. 800 freestyle relay (4x200)
5. One-meter diving relay (two divers—six dives each per Rule 6-1-1)
6. 500 freestyle relay (50, 100, 150, 200)
7. 400 medley relay (4x100)
8. 200 freestyle relay (4x50)
9. 1,500-yard freestyle relay (3x500)
1,200-meter freestyle relay (3x400)
10. Three-meter diving relay (two divers—six dives each per Rule 6-1-1)
11. 400 individual medley relay (4x100)
12. 400 freestyle relay (4x100)

Note: If synchronized diving is substituted in non-championship events it shall consist of five dives from each pair and appear in the position of the event(s) it is being substituted for

Concurrent Men's and Women's Relay Meet

ARTICLE 2. The established program for a concurrent men's and women's relay meet consists of alternated women's and men's relay events. (See Rule 8-2-1.) In each case, the women's event shall precede the corresponding men's event. The men's one-meter and three-meter diving events shall be interchanged.

SECTION 3. Invitational Meets

The established program for an invitational meet shall be established and published in advance by the host institution. No event may be contested more than once. Nonstandard events (i.e., events not listed in Rules 8-1-1, 8-1-4 or 8-2) may be contested, but collegiate records, time standards, consideration standards and optional-entry standards may not be achieved over initial distances in such events. (Also see Rules 3-2-1-d, 3-3-1-c, 5-1-4 and 7-6.)

SECTION 4. Championships Meets

Established Programs

ARTICLE 1. Championships meets usually are held in 25-yard pools but may be held in metric pools with the same schedule and order of events. When metric distances are used, the 500-yard freestyle shall become the 400-meter freestyle; and the 1,650-yard freestyle shall become the 1,500-meter freestyle.

A consolation final shall immediately precede the championships final in each event except the diving events, the 1,650-yard [1,500 m] freestyle and the 800-yard [800 m] freestyle relay. The 1,650-yard [1,500 m] freestyle always is contested as a time final event. The 800-yard [800 m] freestyle relay also is contested as a time final event. When there are four or more heats, the fastest two heats shall be contested during the finals session, and the remaining heats shall be contested during the preliminaries session.

During the trials on the final day of competition in each of the following championships programs, the 1,650-yard [1,500 m] freestyle event (all but

the last heat of time finals) may be scheduled after, rather than before, diving. The final heat in the trials must be completed at least one hour before the finals are scheduled to begin.

Three-Day Programs Without Platform Diving

ARTICLE 2. The following are the recommended programs and order of events for three-day championships meets in which platform diving is not included:

OPTION 1

DAY 1 TRIALS

Event No.

- 1. 200-yard [200 m] freestyle relay
10-minute intermission (optional)
- 2. 500-yard [400 m] freestyle
- 3. 200-yard [200 m] individual medley
- 4. 50-yard [50 m] freestyle
20-minute intermission
- 6. 400-yard [400 m] medley relay
- 5. One-meter diving—Trials*

DAY 1 FINALS

- 1. 200-yard [200 m] freestyle relay
10-minute intermission (optional)
- 2. 500-yard [400 m] freestyle
- 3. 200-yard [200 m] individual medley
- 4. 50-yard [50 m] freestyle
- 5. One-meter diving—Finals*
- 6. 400-yard [400 m] medley relay

DAY 2 TRIALS

- 7. 200-yard [200 m] medley relay
10-minute intermission (optional)
- 8. 400-yard [400 m] individual medley
- 9. 100-yard [100 m] butterfly
- 10. 200-yard [200 m] freestyle
- 11. 100-yard [100 m] breaststroke
- 12. 100-yard [100 m] backstroke
20-minute intermission
- 13. 800-yard [800 m] freestyle relay—All but final two heats
- 19. Three-meter diving—Trials*

DAY 2 FINALS

- 7. 200-yard [200 m] medley relay
10-minute intermission (optional)
- 8. 400-yard [400 m] individual medley
- 9. 100-yard [100 m] butterfly
- 10. 200-yard [200 m] freestyle
- 11. 100-yard [100 m] breaststroke
- 12. 100-yard [100 m] backstroke

20-minute intermission

13. 800-yard [800 m] freestyle relay—Final two heats

DAY 3 TRIALS

15. 100-yard [100 m] individual medley

16. 200-yard [200 m] backstroke

17. 100-yard [100 m] freestyle

18. 200-yard [200 m] breaststroke

19. 200-yard [200 m] butterfly

20-minute intermission

21. 400-yard [400 m] freestyle relay

14. 1,650-yard [1,500 m] freestyle—All but last heat of time finals

**** Option for non-NCAA Championship meets**

DAY 3 FINALS

14. 1,650-yard [1,500 m] freestyle—Last heat of time finals

15. 100-yard [100 m] individual medley**

16. 200-yard [200 m] backstroke

17. 100-yard [100 m] freestyle

18. 200-yard [200 m] breaststroke

19. 200-yard [200 m] butterfly

20. Three-meter diving—Finals*

21. 400-yard [400 m] freestyle relay

**Note: For a detailed schedule of diving, refer to Rule 6-2-2.*

****Option for non-NCAA Championship meets**

OPTION 2

DAY 1 TRIALS

Event No.

1. 200-yard [200 m] medley relay

10-minute intermission (optional)

2. 400-yard [400 m] individual medley

3. 200-yard [200 m] freestyle

4. 100-yard [100 m] breaststroke

5. 200-yard [200 m] backstroke

20-minute intermission

7. 400-yard [400 m] freestyle relay

6. One-meter diving—Trials*

DAY 1 FINALS

1. 200-yard [200 m] medley relay

10-minute intermission (optional)

2. 400-yard [400 m] individual medley

3. 200-yard [200 m] freestyle

4. 100-yard [100 m] breaststroke

5. 200-yard [200 m] backstroke

6. One-meter diving—Finals*

7. 400-yard [400 m] freestyle relay

DAY 2 TRIALS

- 8. 200-yard [200 m] freestyle relay
10-minute intermission (optional)
- 9. 100-yard [100 m] butterfly
- 10. 500-yard [400 m] freestyle
- 11. 50-yard [50 m] freestyle
- 12. 200-yard [200 m] breaststroke
- 13. 100-yard [100 m] backstroke
20-minute intermission
- 14. 800-yard [800 m] freestyle relay—All but final two heats

DAY 2 FINALS

- 8. 200-yard [200 m] freestyle relay
- 9. 100-yard [100 m] butterfly
- 10. 500-yard [400 m] freestyle
- 11. 50-yard [50 m] freestyle
- 12. 200-yard [200 m] breaststroke
- 13. 100-yard [100 m] backstroke
20-minute intermission
- 14. 800-yard [800 m] freestyle relay—Final two heats

DAY 3 TRIALS

- 15. 100-yard [100 m] freestyle
- 17. 100-yard [100 m] individual medley**
- 18. 200-yard [200 m] butterfly
- 19. 200-yard [200 m] individual medley
20-minute intermission
- 21. 400-yard [400 m] medley relay
- 20. Three-meter diving—Trials*
- 16. 1,650-yard [1,500 m] freestyle—All but last heat of time finals

***Option for non-NCAA Championship meets*

DAY 3 FINALS

- 15. 100-yard [100 m] freestyle
- 16. 1,650-yard [1,500 m] freestyle—Last heat of time finals
- 17. 100-yard [100 m] individual medley**
- 18. 200-yard [200 m] butterfly
- 19. 200-yard [200 m] individual medley
- 20. Three-meter diving—Finals*
- 21. 400-yard [400 m] medley relay

**Note: For a detailed schedule of diving, refer to Rule 6-2-2.*

***Option for non-NCAA Championship meets*

Three-Day Program With Platform Diving

ARTICLE 3. The following are the recommended programs and order of events for three-day championships meets in which platform diving is included:

OPTION 1**DAY 1 TRIALS***Event No.*

1. 200-yard [200 m] freestyle relay
10-minute intermission (optional)
2. 500-yard [400 m] freestyle
3. 200-yard [200 m] individual medley
4. 50-yard [50 m] freestyle
20-minute intermission
6. 400-yard [400 m] medley relay
5. One-meter diving—Trials*

DAY 1 FINALS

1. 200-yard [200 m] freestyle relay
10-minute intermission (optional)
2. 500-yard [400 m] freestyle
3. 200-yard [200 m] individual medley
4. 50-yard [50 m] freestyle
5. One-meter diving—Finals*
6. 400-yard [400 m] medley relay

DAY 2 TRIALS

7. 200-yard [200 m] medley relay
10-minute intermission (optional)
8. 400-yard [400 m] individual medley
9. 100-yard [100 m] butterfly
10. 200-yard [200 m] freestyle
11. 100-yard [100 m] breaststroke
12. 100-yard [100 m] backstroke
20-minute intermission
14. 800-yard [800 m] freestyle relay—All but final two heats
13. Three-meter diving—Trials*

DAY 2 FINALS

7. 200-yard [200 m] medley relay
10-minute intermission (optional)
8. 400-yard [400 m] individual medley
9. 100-yard [100 m] butterfly
10. 200-yard [200 m] freestyle
11. 100-yard [100 m] breaststroke
12. 100-yard [100 m] backstroke
13. Three-meter diving—Finals*
14. 800-yard [800 m] freestyle relay—Final two heats

DAY 3 TRIALS

16. 100-yard [100 m] individual medley**
17. 200-yard [200 m] backstroke
18. 100-yard [100 m] freestyle
19. 200-yard [200 m] breaststroke

- 20. 200-yard [200 m] butterfly
20-minute intermission
- 22. 400-yard [400 m] freestyle relay
- 15. 1,650-yard [1,500 m] freestyle—All but last heat of time finals
- 21. Platform diving—Trials*

****Option for non-NCAA Championship meets**

DAY 3 FINALS

- 15. 1,650-yard [1,500 m] freestyle—Last heat of time finals
- 16. 100-yard [100 m] individual medley**
- 17. 200-yard [200 m] backstroke
- 18. 100-yard [100 m] freestyle
- 19. 200-yard [200 m] breaststroke
- 20. 200-yard [200 m] butterfly
- 21. Platform diving—Finals*
- 22. 400-yard [400 m] freestyle relay

**Note: For a detailed schedule of diving, refer to Rule 6-2-2.*

****Option for non-NCAA Championship meets**

OPTION 2

DAY 1 TRIALS

Event No.

- 1. 200-yard [200 m] medley relay
10-minute intermission (optional)
- 2. 400-yard [400 m] individual medley
- 3. 200-yard [200 m] freestyle
- 4. 100-yard [100 m] breaststroke
- 5. 200-yard [200 m] backstroke
20-minute intermission
- 7. 400-yard [400 m] freestyle relay
- 6. One-meter diving—Trials*

DAY 1 FINALS

- 1. 200-yard [200 m] medley relay
10-minute intermission (optional)
- 2. 400-yard [400 m] individual medley
- 3. 200-yard [200 m] freestyle
- 4. 100-yard [100 m] breaststroke
- 5. 200-yard [200 m] backstroke
- 6. One-meter diving—Finals*
- 7. 400-yard [400 m] freestyle relay

DAY 2 TRIALS

- 8. 200-yard [200 m] freestyle relay
10-minute intermission (optional)
- 10. 100-yard [100 m] butterfly
- 11. 500-yard [400 m] freestyle
- 12. 50-yard [50 m] freestyle

- 13. 200-yard [200 m] breaststroke
- 14. 100-yard [100 m] backstroke
20-minute intermission
- 15. 800-yard [800 m] freestyle relay—All but final two heats
- 9. Three-meter diving—Trials*

DAY 2 FINALS

- 8. 200-yard [200 m] freestyle relay
- 9. Three-meter diving—Finals*
- 10. 100-yard [100 m] butterfly
- 11. 500-yard [400 m] freestyle
- 12. 50-yard [50 m] freestyle
- 13. 200-yard [200 m] breaststroke
- 14. 100-yard [100 m] backstroke
20-minute intermission
- 15. 800-yard [800 m] freestyle relay—Final two heats

OPTION 2

DAY 3 TRIALS

- 16. 100-yard [100 m] freestyle
- 17. 100-yard [100 m] individual medley**
- 19. 200-yard [200 m] butterfly
- 20. 200-yard [200 m] individual medley
20-minute intermission
- 22. 400-yard [400 m] medley relay
- 21. Platform diving—Trials*
- 18. 1,650-yard [1,500 m] freestyle—All but last heat of time finals

****Option for non-NCAA Championship meets**

DAY 3 FINALS

- 16. 100-yard [100 m] freestyle
- 17. 100-yard [100 m] individual medley**
- 18. 1,650-yard [1,500 m] freestyle—Last heat of time finals
- 19. 200-yard [200 m] butterfly
- 20. 200-yard [200 m] individual medley
- 21. Platform diving—Finals*
- 22. 400-yard [400 m] medley relay

**Note: For a detailed schedule of diving, refer to Rule 6-2-2.*

****Option for non-NCAA Championship meets**

Three-Day Program With 1,000-Yard Freestyle

ARTICLE 4. The following are the recommended programs and order of events for three-day championships meets in which the 1,000-yard freestyle is included. If following the three-day established program with platform diving, the 1,000-yard freestyle still falls on day two as shown:

OPTION 1

DAY 1 TRIALS

Event No.

- 1. 200-yard [200 m] freestyle relay
10-minute intermission (optional)
- 2. 500-yard [400 m] freestyle
- 3. 200-yard [200 m] individual medley
- 4. 50-yard [50 m] freestyle
20-minute intermission
- 6. 400-yard [400 m] medley relay
- 5. One-meter diving—Trials*

DAY 1 FINALS

- 1. 200-yard [200 m] freestyle relay
10-minute intermission (optional)
- 2. 500-yard [400 m] freestyle
- 3. 200-yard [200 m] individual medley
- 4. 50-yard [50 m] freestyle
- 5. One-meter diving—Finals*
- 6. 400-yard [400 m] medley relay

DAY 2 TRIALS

- 7. 200-yard [200 m] medley relay
10-minute intermission (optional)
- 9. 400-yard [400 m] individual medley
- 10. 100-yard [100 m] butterfly
- 11. 200-yard [200 m] freestyle
- 12. 100-yard [100 m] breaststroke
- 13. 100-yard [100 m] backstroke
20-minute intermission (optional)
- 8. 1,000-yard [800 m] freestyle (all except the fastest heat)
- 14. 800-yard [800 m] freestyle relay—All but final two heats
- 19. Three-meter diving—Trials*

DAY 2 FINALS

- 7. 200-yard [200 m] medley relay
10-minute intermission (optional)
- 8. 1,000-yard [800 m] freestyle (fastest heat)
- 9. 400-yard [400 m] individual medley
- 10. 100-yard [100 m] butterfly
- 11. 200-yard [200 m] freestyle
- 12. 100-yard [100 m] breaststroke
- 13. 100-yard [100 m] backstroke
20-minute intermission
- 14. 800-yard [800 m] freestyle relay—Final two heats

DAY 3 TRIALS

- 16. 100-yard [100 m] individual medley**
- 17. 200-yard [200 m] backstroke
- 18. 100-yard [100 m] freestyle
- 19. 200-yard [200 m] breaststroke
- 20. 200-yard [200 m] butterfly

20-minute intermission

- 21. 400-yard [400 m] freestyle relay
- 14. 1,650-yard [1,500 m] freestyle—All but last heat of time finals
***Option for non-NCAA Championship meets*

DAY 3 FINALS

- 14. 1,650-yard [1,500 m] freestyle—Last heat of time finals
- 15. 100-yard [100 m] individual medley**
- 16. 200-yard [200 m] backstroke
- 17. 100-yard [100 m] freestyle
- 18. 200-yard [200 m] breaststroke
- 19. 200-yard [200 m] butterfly
- 20. Three-meter diving—Finals*
- 21. 400-yard [400 m] freestyle relay

Note: For a detailed schedule of diving, refer to Rule 6-2-2.

OPTION 2

DAY 1 TRIALS

Event No.

- 1. 200-yard [200 m] medley relay
 10-minute intermission (optional)
- 2. 400-yard [400 m] individual medley
- 3. 200-yard [200 m] freestyle
- 4. 100-yard [100 m] breaststroke
- 5. 200-yard [200 m] backstroke
- 6. 1,000-yard [800 m] freestyle-all but last heat of timed finals
 20-minute intermission
- 8. 400-yard [400 m] freestyle relay
- 7. One-meter diving—Trials*

DAY 1 FINALS

- 1. 200-yard [200 m] medley relay
 10-minute intermission (optional)
- 2. 400-yard [400 m] individual medley
- 3. 200-yard [200 m] freestyle
- 4. 100-yard [100 m] breaststroke
- 5. 200-yard [200 m] backstroke
- 6. 1,000-yard [800 m] freestyle-all but last heat of timed finals
- 7. One-meter diving—Finals*
- 8. 400-yard [400 m] freestyle relay

DAY 2 TRIALS

- 9. 200-yard [200 m] freestyle relay
 10-minute intermission (optional)
- 10. 100-yard [100 m] butterfly
- 11. 500-yard [400 m] freestyle
- 12. 50-yard [50 m] freestyle
- 13. 200-yard [200 m] breaststroke
- 14. 100-yard [100 m] backstroke

20-minute intermission

- 15. 800-yard [800 m] freestyle relay—All but two final heats

DAY 2 FINALS

- 9. 200-yard [200 m] freestyle relay
- 10. 100-yard [100 m] butterfly
- 11. 500-yard [400 m] freestyle
- 12. 50-yard [50 m] freestyle
- 13. 200-yard [200 m] breaststroke
- 14. 100-yard [100 m] backstroke

20-minute intermission

- 15. 800-yard [800 m] freestyle relay—Final two heats

OPTION 2

DAY 3 TRIALS

- 16. 100-yard [100 m] freestyle
- 18. 100-yard [100 m] individual medley**
- 19. 200-yard [200 m] butterfly
- 20. 200-yard [200 m] individual medley
- 22. 400-yard [400 m] medley relay
- 21. Three-meter diving—Trials*
- 17. 1,650-yard [1,500 m] freestyle—All but last heat of time finals

20-minute intermission

**Option for non-NCAA Championship meets.

DAY 3 FINALS

- 16. 100-yard [100 m] freestyle
- 17. 1,650-yard [1,500 m] freestyle—Last heat of time finals
- 18. 100-yard [100 m] individual medley**
- 19. 200-yard [200 m] butterfly
- 20. 200-yard [200 m] individual medley
- 21. Three-meter diving—Finals*
- 22. 400-yard [400 m] medley relay

*Note: For a detailed schedule of diving, refer to Rule 6-2-2.

**Option for non-NCAA Championship meets.

OPTION 3

Event No.

- 1. 200-yard [200 m] medley relay
 - 10-minute intermission (optional)
- 2. 400-yard [400 m] individual medley
- 3. 200-yard [200 m] freestyle
- 4. 100-yard [100 m] breaststroke
- 5. 200-yard [200 m] backstroke
- 6. 1,000-yard [800 m] freestyle-all but last heat of timed finals
 - 20-minute intermission
- 8. 400-yard [400 m] freestyle relay

OPTION 3

7. One-meter diving—Trials*

DAY 1 FINALS

1. 200-yard [200 m] medley relay
10-minute intermission (optional)
2. 400-yard [400 m] individual medley
3. 200-yard [200 m] freestyle
4. 100-yard [100 m] breaststroke
5. 200-yard [200 m] backstroke
6. 1,000-yard [800 m] freestyle-last heat of timed finals
7. One-meter diving—Finals*
8. 400-yard [400 m] freestyle relay

DAY 2 TRIALS

9. 200-yard [200 m] freestyle relay
10-minute intermission (optional)
11. 100-yard [100 m] butterfly
12. 500-yard [400 m] freestyle
13. 50-yard [50 m] freestyle
14. 200-yard [200 m] breaststroke
15. 100-yard [100 m] backstroke
20-minute intermission
16. 800-yard [800 m] freestyle relay—All but final two heats
10. Three-meter diving—Trials*

DAY 2 FINALS

9. 200-yard [200 m] freestyle relay
10. Three-meter diving—Finals*
11. 100-yard [100 m] butterfly
12. 500-yard [400 m] freestyle
13. 50-yard [50 m] freestyle
14. 200-yard [200 m] breaststroke
15. 100-yard [100 m] backstroke
20-minute intermission
16. 800-yard [800 m] freestyle relay—Final two heats

DAY 3 TRIALS

17. 100-yard [100 m] freestyle
19. 100-yard [100 m] individual medley **
20. 200-yard [200 m] butterfly
21. 200-yard [200 m] individual medley
20-minute intermission
23. 400-yard [400 m] medley relay
22. Platform diving—Trials*
18. 1,650-yard [1,500 m] freestyle—All but last heat of time finals

**Option for non-NCAA Championship meets.

OPTION 3

DAY 3 FINALS

- 17. 100-yard [100 m] freestyle
- 18. 1,650-yard [1,500 m] freestyle—Last heat of time finals
- 19. 100-yard [100 m] individual medley **
- 20. 200-yard [200 m] butterfly
- 21. 200-yard [200 m] individual medley
- 22. Platform diving—Finals*
- 23. 400-yard [400 m] medley relay

**Note: For a detailed schedule of diving, refer to Rule 6-2-2.*

***Option for non-NCAA Championship meets,*

Alternate Three-Day, Common-Site Established Program

ARTICLE 5. The following is an alternate established program and order of events for a three-day, common-site (men’s and women’s) championships meet. This established program is recommended for use when a separate diving facility is not available or when a three-day format accommodates the 1,000-yard freestyle on the day before Day 1 trials. The order shown for men (M) and women (W) in corresponding events should be alternated from year to year.

BEFORE DAY 1 TRIALS

Event No.

- 1. One-meter diving (W)—Trials*
- 2. Three-meter diving (M)—Trials*
- 3. 1,000-yard [1,000 m] freestyle (W)—All but last heat of time finals
- 4. 1,000-yard [1,000 m] freestyle (M)—All but last heat of time finals

BEFORE DAY 1 FINALS

- 1. One-meter diving (W)—Finals*
- 2. Three-meter diving (M)—Finals*
- 3. 1,000-yard [1,000 m] freestyle (W)—Last heat of time finals
- 4. 1,000-yard [1,000 m] freestyle (M)—Last heat of time finals

DAY 1 TRIALS

- 5. 200-yard [200 m] freestyle relay (W)
- 6. 200-yard [200 m] freestyle relay (M)
- 10-minute intermission (optional)
- 7. 500-yard [400 m] freestyle (W)
- 8. 500-yard [400 m] freestyle (M)
- 9. 200-yard [200 m] individual medley (W)
- 10. 200-yard [200 m] individual medley (M)
- 11. 50-yard [50 m] freestyle (W)
- 12. 50-yard [50 m] freestyle (M)
- 20-minute intermission
- 13. 400-yard [400 m] medley relay (W)
- 14. 400-yard [400 m] medley relay (M)

DAY 1 FINALS

5. 200-yard [200 m] freestyle relay (W)
6. 200-yard [200 m] freestyle relay (M)
10-minute intermission (optional)
7. 500-yard [400 m] freestyle (W)
8. 500-yard [400 m] freestyle (M)
9. 200-yard [200 m] individual medley (W)
10. 200-yard [200 m] individual medley (M)
11. 50-yard [50 m] freestyle (W)
12. 50-yard [50 m] freestyle (M)
20-minute intermission
13. 400-yard [400 m] medley relay (W)
14. 400-yard [400 m] medley relay (M)

DAY 2 TRIALS

15. 200-yard [200 m] medley relay (W)
16. 200-yard [200 m] medley relay (M)
10-minute intermission (optional)
17. 400-yard [400 m] individual medley (W)
18. 400-yard [400 m] individual medley (M)
19. 100-yard [100 m] butterfly (W)
20. 100-yard [100 m] butterfly (M)
21. 200-yard [200 m] freestyle (W)
22. 200-yard [200 m] freestyle (M)
23. 100-yard [100 m] breaststroke (W)
24. 100-yard [100 m] breaststroke (M)
25. 100-yard [100 m] backstroke (W)
26. 100-yard [100 m] backstroke (M)
20-minute intermission
28. 800-yard [800 m] freestyle relay (W)—All but final two heats
29. 800-yard [800 m] freestyle relay (M)—All but final two heats
27. One-meter diving (M)—Trials*

DAY 2 FINALS

15. 200-yard [200 m] medley relay (W)
16. 200-yard [200 m] medley relay (M)
10-minute intermission (optional)
17. 400-yard [400 m] individual medley (W)
18. 400-yard [400 m] individual medley (M)
19. 100-yard [100 m] butterfly (W)
20. 100-yard [100 m] butterfly (M)
21. 200-yard [200 m] freestyle (W)
22. 200-yard [200 m] freestyle (M)
23. 100-yard [100 m] breaststroke (W)
24. 100-yard [100 m] breaststroke (M)
25. 100-yard [100 m] backstroke (W)
26. 100-yard [100 m] backstroke (M)

- 27. One-meter diving (M)—Finals*
- 28. 800-yard [800 m] freestyle relay (W)—Final two heats
- 29. 800-yard [800 m] freestyle relay (M)—Final two heats

DAY 3 TRIALS

- 32. 100-yard [100 m] individual medley **
- 33. 100-yard [100 m] individual medley**
- 34. 200-yard [200 m] backstroke (W)
- 35. 200-yard [200 m] backstroke (M)
- 36. 100-yard [100 m] freestyle (W)
- 37. 100-yard [100 m] freestyle (M)
- 38. 200-yard [200 m] breaststroke (W)
- 39. 200-yard [200 m] breaststroke (M)
- 40. 200-yard [200 m] butterfly (W)
- 41. 200-yard [200 m] butterfly (M)

20-minute intermission

- 43. 400-yard [400 m] freestyle relay (W)
- 44. 400-yard [400 m] freestyle relay (M)
- 30. 1,650-yard [1,500 m] freestyle (W)—All but last heat of time finals
- 31. 1,650-yard [1,500 m] freestyle (M)—All but last heat of time finals
- 42. Three-meter diving (W)—Trials*

** Option for non-NCAA Championship meets

DAY 3 FINALS

- 30. 1,650-yard [1,500 m] freestyle (W)—Last heat of time finals
- 31. 1,650-yard [1,500 m] freestyle (M)—Last heat of time finals
- 32. 100-yard [100 m] individual medley **
- 33. 100-yard [100 m] individual medley**
- 34. 200-yard [200 m] backstroke (W)
- 35. 200-yard [200 m] backstroke (M)
- 36. 100-yard [100 m] freestyle (W)
- 37. 100-yard [100 m] freestyle (M)
- 38. 200-yard [200 m] breaststroke (W)
- 39. 200-yard [200 m] breaststroke (M)
- 40. 200-yard [200 m] butterfly (W)
- 41. 200-yard [200 m] butterfly (M)
- 42. Three-meter diving (W)—Finals*
- 43. 400-yard [400 m] freestyle relay (W)
- 44. 400-yard [400 m] freestyle relay (M)

*Note: For a detailed schedule of diving, refer to Rule 6-2-2.

**Option for non-NCAA Championship meets.

Standard Four-Day, Common-Site Established Program

ARTICLE 6. The following is the recommended established program and order of events for a four-day, common-site (men's and women's) championships meet. The order shown for men (M) and women (W) in corresponding events applies to meets conducted during even-numbered years. In odd-numbered years, the order is reversed.

DAY 1 TRIALS

Event No.

1. 500-yard [400 m] freestyle (M)
2. 500-yard [400 m] freestyle (W)
3. 200-yard [200 m] individual medley (M)
4. 200-yard [200 m] individual medley (W)
5. 50-yard [50 m] freestyle (M)
6. 50-yard [50 m] freestyle (W)

20-minute intermission

8. 200-yard [200 m] medley relay (M)
9. 200-yard [200 m] medley relay (W)
7. Three-meter diving (M)—Trials*

DAY 1 FINALS

1. 500-yard [400 m] freestyle (M)
2. 500-yard [400 m] freestyle (W)
3. 200-yard [200 m] individual medley (M)
4. 200-yard [200 m] individual medley (W)
5. 50-yard [50 m] freestyle (M)
6. 50-yard [50 m] freestyle (W)
7. Three-meter diving (M)—Finals*
8. 200-yard [200 m] medley relay (M)
9. 200-yard [200 m] medley relay (W)

DAY 2 TRIALS

10. 200-yard [200 m] freestyle relay (M)
 11. 200-yard [200 m] freestyle relay (W)
- 10-minute intermission (optional)
12. 400-yard [400 m] individual medley (M)
 13. 400-yard [400 m] individual medley (W)
 14. 100-yard [100 m] butterfly (M)
 15. 100-yard [100 m] butterfly (W)
 16. 200-yard [200 m] freestyle (M)
 17. 200-yard [200 m] freestyle (W)

20-minute intermission

19. 400-yard [400 m] medley relay (M)
20. 400-yard [400 m] medley relay (W)
18. One-meter diving (W)—Trials*

DAY 2 FINALS

10. 200-yard [200 m] freestyle relay (M)
 11. 200-yard [200 m] freestyle relay (W)
- 10-minute intermission (optional)
12. 400-yard [400 m] individual medley (M)
 13. 400-yard [400 m] individual medley (W)
 14. 100-yard [100 m] butterfly (M)
 15. 100-yard [100 m] butterfly (W)
 16. 200-yard [200 m] freestyle (M)

17. 200-yard [200 m] freestyle (W)
18. One-meter diving (W)—Finals*
19. 400-yard [400 m] medley relay (M)
20. 400-yard [400 m] medley relay (W)

DAY 3 TRIALS

21. 200-yard [200 m] butterfly (M)
 22. 200-yard [200 m] butterfly (W)
 23. 100-yard [100 m] backstroke (M)
 24. 100-yard [100 m] backstroke (W)
 25. 100-yard [100 m] breaststroke (M)
 26. 100-yard [100 m] breaststroke (W)
- 20-minute intermission
28. 800-yard [800 m] freestyle relay (M)—All but final two heats
 29. 800-yard [800 m] freestyle relay (W)—All but final two heats
 27. One-meter diving (M)—Trials*

DAY 3 FINALS

21. 200-yard [200 m] butterfly (M)
22. 200-yard [200 m] butterfly (W)
23. 100-yard [100 m] backstroke (M)
24. 100-yard [100 m] backstroke (W)
25. 100-yard [100 m] breaststroke (M)
26. 100-yard [100 m] breaststroke (W)
27. One-meter diving (M)—Finals*
28. 800-yard [800 m] freestyle relay (M)—Final two heats
29. 800-yard [800 m] freestyle relay (W)—Final two heats

DAY 4 TRIALS

32. 100-yard [100 m] individual medley **
33. 100-yard [100 m] individual medley**
34. 100-yard [100 m] freestyle (M)
35. 100-yard [100 m] freestyle (W)
36. 200-yard [200 m] backstroke (M)
37. 200-yard [200 m] backstroke (W)
38. 200-yard [200 m] breaststroke (M)
39. 200-yard [200 m] breaststroke (W)

20-minute intermission

41. 400-yard [400 m] freestyle relay (M)
42. 400-yard [400 m] freestyle relay (W)
30. 1,650-yard [1,500 m] freestyle (M)—All but last heat of time finals
31. 1,650-yard [1,500 m] freestyle (W)—All but last heat of time finals
40. Three-meter diving (W)—Trials*

**Option for non-NCAA Championship meets.

DAY 4 FINALS

30. 1,650-yard [1,500 m] freestyle (M)—Last heat of time finals
31. 1,650-yard [1,500 m] freestyle (W)—Last heat of time finals
32. 100-yard [100 m] individual medley **

33. 100-yard [100 m] individual medley**
34. 100-yard [100 m] freestyle (M)
35. 100-yard [100 m] freestyle (W)
36. 200-yard [200 m] backstroke (M)
37. 200-yard [200 m] backstroke (W)
38. 200-yard [200 m] breaststroke (M)
39. 200-yard [200 m] breaststroke (W)
40. Three-meter diving (W)—Finals*
41. 400-yard [400 m] freestyle relay (M)
42. 400-yard [400 m] freestyle relay (W)

*Note: For a detailed schedule of diving, refer to Rule 6-2-2.

**Option for non-NCAA Championship meets.

Four-Day Established Program, Common Site With 1,000-Yard Freestyle

ARTICLE 7. Following is the recommended established program for either the standard or optional four-day, common-site championships meet. The order shown for men (M) and women (W) in corresponding events should be alternated from year to year.

DAY 1 TRIALS

Event No.

3. 200-yard [200 m] individual medley (M)
 4. 200-yard [200 m] individual medley (W)
 5. 50-yard [50 m] freestyle (M)
 6. 50-yard [50 m] freestyle (W)
- 20-minute intermission
8. 200-yard [200 m] medley relay (M)
 9. 200-yard [200 m] medley relay (W)
 1. 1,000-yard [1,000 m] freestyle (M)—All but last heat of time finals
 2. 1,000-yard [1,000 m] freestyle (W)—All but last heat of time finals
 7. Three-meter diving (M)—Trials*

DAY 1 FINALS

1. 1,000-yard [1,000 m] freestyle (M)—Last heat of time finals
2. 1,000-yard [1,000 m] freestyle (W)—Last heat of time finals
3. 200-yard [200 m] individual medley (M)
4. 200-yard [200 m] individual medley (W)
5. 50-yard [50 m] freestyle (M)
6. 50-yard [50 m] freestyle (W)
7. Three-meter diving (M)—Finals*
8. 200-yard [200 m] medley relay (M)
9. 200-yard [200 m] medley relay (W)

DAY 2 TRIALS

10. 200-yard [200 m] freestyle relay (M)
11. 200-yard [200 m] freestyle relay (W)

10-minute intermission (optional)

12. 400-yard [400 m] individual medley (M)
13. 400-yard [400 m] individual medley (W)
14. 100-yard [100 m] butterfly (M)
15. 100-yard [100 m] butterfly (W)
16. 200-yard [200 m] freestyle (M)
17. 200-yard [200 m] freestyle (W)

20-minute intermission

19. 400-yard [400 m] medley relay (M)
20. 400-yard [400 m] medley relay (W)
18. One-meter diving (W)—Trials*

DAY 2 FINALS

10. 200-yard [200 m] freestyle relay (M)
11. 200-yard [200 m] freestyle relay (W)

10-minute intermission (optional)

12. 400-yard [400 m] individual medley (M)
13. 400-yard [400 m] individual medley (W)
14. 100-yard [100 m] butterfly (M)
15. 100-yard [100 m] butterfly (W)
16. 200-yard [200 m] freestyle (M)
17. 200-yard [200 m] freestyle (W)
18. One-meter diving (W)—Finals*
19. 400-yard [400 m] medley relay (M)
20. 400-yard [400 m] medley relay (W)

DAY 3 TRIALS

21. 500-yard [500 m] freestyle (M)
22. 500-yard [500 m] freestyle (W)
23. 100-yard [100 m] backstroke (M)
24. 100-yard [100 m] backstroke (W)
25. 100-yard [100 m] breaststroke (M)
26. 100-yard [100 m] breaststroke (W)
27. 200-yard [100 m] butterfly (M)
28. 200-yard [100 m] butterfly (W)

20-minute intermission

30. 800-yard [800 m] freestyle relay (M)—All but last heat of time finals
31. 800-yard [800 m] freestyle relay (W)—All but last heat of time finals
29. One-meter diving (M)—Trials*

DAY 3 FINALS

21. 500-yard [500 m] freestyle (M)
22. 500-yard [500 m] freestyle (W)
23. 100-yard [100 m] backstroke (M)
24. 100-yard [100 m] backstroke (W)
25. 100-yard [100 m] breaststroke (M)

26. 100-yard [100 m] breaststroke (W)
27. 200-yard [200 m] butterfly (M)
28. 200-yard [200 m] butterfly (W)
29. One-meter diving (M)—Finals*
30. 800-yard [800 m] freestyle relay (M)—Last heat of time finals
31. 800-yard [800 m] freestyle relay (W)—Last heat of time finals

DAY 4 TRIALS

34. 100-yard [100 m] individual medley **
35. 100-yard [100 m] individual medley**
36. 100-yard [100 m] freestyle (M)
37. 100-yard [100 m] freestyle (W)
38. 200-yard [200 m] backstroke (M)
39. 200-yard [200 m] backstroke (W)
40. 200-yard [200 m] breaststroke (M)
41. 200-yard [200 m] breaststroke (W)

20-minute intermission

43. 400-yard [400 m] freestyle relay (M)
44. 400-yard [400 m] freestyle relay (W)
32. 1,650-yard [1,500 m] freestyle (M)—All but last heat of time finals
33. 1,650-yard [1,500 m] freestyle (W)—All but last heat of time finals
42. Three-meter diving (W)—Trials*

**Option for non-NCAA Championship meets

DAY 4 FINALS

32. 1,650-yard [1,500 m] freestyle (M)—Last heat of time finals
33. 1,650-yard [1,500 m] freestyle (W)—Last heat of time finals
34. 100-yard [100 m] individual medley**
35. 100-yard [100 m] individual medley**
36. 100-yard [100 m] freestyle (M)
37. 100-yard [100 m] freestyle (W)
38. 200-yard [200 m] backstroke (M)
39. 200-yard [200 m] backstroke (W)
40. 200-yard [200 m] breaststroke (M)
41. 200-yard [200 m] breaststroke (W)
42. Three-meter diving (W)—Finals*
43. 400-yard [400 m] freestyle relay (M)
44. 400-yard [400 m] freestyle relay (W)

*Note: For a detailed schedule of diving, refer to Rule 6-2-2.

** Option for non-NCAA Championship meets.

Entry Procedure

Note: Information regarding qualification and entry into the NCAA championships (all divisions) will be provided in the NCAA Men's and Women's Swimming and Diving Pre-championships Manual. The NCAA Pre-championships Manual shall govern all administrative procedures and protocols for the NCAA championships.

ARTICLE 8. a. When not entering online, entries for non-NCAA championships must follow the procedures on the entry form as stipulated by the meet host. A non-NCAA championships meet entry form or online entry must be received by the meet manager by the date indicated on the entry form.

Note: When not entering online, to ensure entries are received by the deadline, it is recommended that priority overnight delivery service be used.

- b. When entering online for a non-NCAA championship, the procedures written regarding online entry will be followed.
- c. Each entry in an individual or relay swimming event must be accompanied by an entry time that is certified to be the fastest time achieved in bona fide competition by the competitor, or by the institution in the case of a relay entry, during the specified qualifying period as defined in the meet entry information. If a metric time is submitted, the length of the racing course (e.g., 50 meters, 25 meters) must be given. (See Rule 5-2-1-e to determine when an aggregate relay time may be submitted.)
- d. Scratches are to be made by the coach or official representative by depositing scratch cards in the designated scratch box. A scratch verification must be used. All entries not scratched will become official entries. Location and timetable for the scratch boxes must be published.
- e. Each coach or official representative must submit by the scratch deadline a signed list of preliminary dives for each diving entry. The list must have signatures of both the student-athlete and the coach. In the event the student-athlete qualifies for the consolation finals or the championships finals, a list of dives to be performed during those events must be resubmitted.
- f. Time conversion tables and tables for altitude adjustment should be provided by the meet host in written meet information.

Appeal Procedure

ARTICLE 9. a. Appeals should be made in writing to the referee.

- b. The written statement made on the appeal must be submitted to the referee not later than 15 minutes after the finish of the final heat of the event in which the appeal is applicable.
- c. Appeals must be acted upon by the appropriate meet committee. The decision of this committee is final. Any appeal before, during or immediately after a race should be resolved at the earliest opportunity, but not later than immediately following the current session. (See Rule 4-2.)
- d. Appeals may only be lodged for errors in the recording of data, scoring and nonjudgment errors in the application of rules.
- e. The use of video is not permitted during the appeal process.

Challenges

ARTICLE 10. Challenges to entered times at a championships meet must be made in accordance with the procedure defined in the meet entry information.

SECTION 5. Established Program Changes

A change in an established program (i.e., a change of events or a change in the order of events) may be made if the request (verbal or written) is approved by all participating head coaches at least 10 days before the start of competition.

SECTION 6. Default Programs and Events

Contact between head coaches shall be made at least 10 days before the start of competition to determine the program that is to be used and the distances and diving events that are to be contested in all events with multiple distances listed. If contact is not made by the deadline, or if all participating head coaches cannot agree:

- a. The 16-event program shall be used for a men's meet.
- b. The 16-event program shall be used for a women's meet.
- c. A concurrent men's and women's meet shall be conducted rather than separate men's and women's meets.
- d. The 32-event program shall be used for a concurrent men's and women's meet.
- e. The distances marked with an asterisk (*) shall be contested.
- f. The appropriate established schedule for one-meter and three-meter diving events shall be conducted when a separate diving facility is available. (See Rule 8-1-2.)
- g. If there is a separate diving facility, but there is not mutual consent of the competing coaches (see Rule 8-1-2), the diving competition shall be contested in the agreed-upon established program. (See Rule 8-1-1.)
- h. One heat per event shall be used for a dual, double-dual, triangular and quadrangular meet.
- i. In nonchampionships, the one-meter and three-meter events shall consist of six dives with true degree of difficulty (representing all five diving categories).
- j. In nonchampionships, six dives shall be used in one- and three-meter competition.
- k. In championships without platform competition, the one-meter competition shall consist of six optional dives (both men and women), followed by five voluntary dives. (See Rules 6-2-2-a-1-b, 6-2-2-a-2 and 6-2-2-a-3-b.)
- l. In championships without platform competition, the three-meter competition shall consist of six optional dives (both men and women), followed by five voluntary dives. (See Rules 6-2-2-b-1-b, 6-2-2-b-2 and 6-2-2-b-3.)
- m. In championships with platform competition, the platform competition shall consist of six optional dives (men) and five optional dives (women) and no voluntary dives. (See Rules 6-2-2-c-1, 6-2-2-c-2 and 6-2-2-c-3.)
- n. When there is no mutual agreement by participating coaches, the default order of events shall be all non-scoring heats to be swum after the conclusion of the scoring heat in an event. (See Rule 3-5-1).

RULE 9

Bona Fide Competition

Bona Fide Competition

Detailed administrative procedures, such as entry and qualifying procedures, for conducting NCAA championships are contained in the current NCAA Men's and Women's Swimming and Diving Pre-championships Manual.

Time standards, consideration standards and optional-entry standards for swimming (individual and relay) events and diving events must be achieved in bona fide competition.

Bona fide competition is defined as an event that conforms to all NCAA rules relevant to swimming and diving performances. They include the following:

- Meet is open to the public (spectators);
- Competition is between two or more teams of the same gender at the same time and site, from different collegiate institutions;
- All NCAA competitors must be eligible by NCAA standards;
- Meets must be in institutions' approved competition schedule;
- Meets must have published results; and
- Depending on the governing body, meet official(s) must be qualified and/or certified.

Or

- Any bona fide meet as defined above and that is sanctioned or approved by USA Swimming and USA Diving that follows NCAA rules and regulations.
- The FINA Short Course World Championships, provided the student-athlete who is representing his/her national team is currently an eligible student-athlete at his/her institution at the time of this event.

Any attempt to circumvent either the intent of a bona fide competition or the application of NCAA-approved starting, judging and timing procedures, is prohibited. Such an attempt may result in severe penalty to both the competitor(s) and the institution(s) involved. Violations of ethical conduct are subject to NCAA Bylaws 10.1, 11.1.1 and 11.1.2.

Note 1: Time standards, consideration standards and optional-entry standards may be achieved in exhibition performances that are conducted during bona fide NCAA nonchampionships and relay meets governed by Rule 8-1 through Rule 8-3 of this book (see Rules 3-5-1 and 3-5-3). Times achieved in time-standard trials that are conducted in conjunction with bona fide NCAA nonchampionships, relay and championship meets governed by Rule 8-1 through Rule 8-4 also are acceptable (see Rule 3-5-2). Each competitor or relay team is limited to one time-standard trial per event per meet.

Note 2: A time standard, consideration standard or an optional-entry standard may be achieved over an initial distance within any individual or relay race that is conducted according to the criteria established for bona fide competition. This rule applies to competitors who are eligible to score in regularly scheduled and scored

events, and to exhibition competitors in such events (see Rule 3-5-1). This rule does not apply to competitors in time-standard trials (see Rule 3-5-2) or to competitors in nonstandard events in invitational meets (see Rule 8-3). That is, time standards, consideration standards and optional-entry standards may not be achieved over initial distances in time-standard trials or over initial distances in nonstandard events in invitational meets. A time that has been achieved by a competitor over an initial distance within a regularly scheduled and scored race shall be nullified if that competitor subsequently is disqualified in that race; however, a time achieved by a competitor during the first leg of a relay race shall not be nullified by the subsequent disqualification of a different member of the same relay team.

Note 3: Primary times must be used to achieve time standards, consideration standards and optional-entry standards (see Rule 4-21-2-a, b, c and d). A secondary time may be used only if the primary timing equipment that is employed fails to record a valid primary time. A tertiary time may be used only if both the primary and secondary timing systems fail to provide valid times. Only times that are obtained with timing systems having priority levels of one through three in Rule 4-21-2-a, b, c and d may be used to achieve time standards, consideration standards and optional-entry standards for NCAA championships.

Note 4: Time standards, consideration standards and optional-entry standards may be achieved only in 25-yard, 25-meter, and 50-meter racing courses. Diving standards must be met in competition on the one-meter and three-meter springboards or five-meter, 7.5-meter or 10-meter platforms.

Note 5: The time submitted with each entry must be the fastest time achieved in bona fide competition by the competitor or by the institution in the case of a relay entry during the specified qualifying period as defined in the meet entry information (see Rules 5-2-1 and 8-4-8). The entry time(s) for each institution must be certified to be accurate in a manner as dictated by the meet entry information. The meet entry information should contain details and procedures regarding protests of entry times, any allowable changes or modifications permitted and penalties for times submitted that are contrary to the published entry procedures.

Note 6: See the current NCAA Men's and Women's Swimming and Diving Pre-championships Manual for specified qualifying periods.

2015-16 and 2016-17 Rules Interpretations

The NCAA Men's and Women's Swimming and Diving Rules Interpretations are an official supplement to the NCAA Men's and Women's Swimming and Diving Rules Book. The interpretations contain approved rulings that are in accord with those rules.

The interpretations section follows precisely the order of presentation of the official rules and uses corresponding rule, section and article numbers.

All official rules interpretation questions for NCAA competition should be forwarded to the NCAA secretary-rules editor, Brian Gordon, at Tufts University, Tisch Sports & Fitness Center, 161 College Avenue, Medford, Massachusetts; phone: 518/944-3941; email: bgordon637@aol.com.

RULE 1

Pool Dimensions and Equipment

SITUATION: The water depth at plummet is less than the minimum recommendations listed in the NCAA rulebook for diving competition.

RULING: Effective September 1, 2015 facilities requirements are strictly recommendations and local/state ordinances take precedence. As long as the facility meets the requirements specified in the local jurisdiction, diving competition can take place.

SITUATION: The water depth at the starting end of the course is less than 4 feet.

RULING: This is not a legal depth and an NCAA competition cannot be conducted where the area of depth at the starting end of the racing course is less than 4 feet (Rule 1-2-1). This rule is not a recommendation, but, a requirement. NOTE: Effective 9/1/2015, if local ordinances have stricter requirements they take precedence over NCAA Playing Rules.

SITUATION: An institution has upgraded some of its starting blocks with newer equipment, but, has only done so for 4 of the 8 starting blocks. Is this permissible?

RULING: No, Rule 1-2-8 requires “all starting blocks and any additions to the blocks (i.e. track style devices) must be identical for all competitive lanes.”

RULE 2

Description of Events and Procedures

SITUATION: In the 200 freestyle, team A has entered a student-athlete who is hearing impaired and he has been seeded in lane 7. The referee feels the student-athlete is disadvantaged by swimming in lane 7 and cannot properly be accommodated seeing the starters visual commands. The referee reassigns the student-athlete to lane 2. Proper procedure?

RULING: Effective September 1, 2015, Rule 2-1 gives the referee authority to reassign lanes to accommodate hearing impaired swimmers without greatly improving the location of their seeded lanes. By switching the swimmer from lane 7 to lane 2, the location of the seeding was not greatly improved.

SITUATION: In the 200 backstroke, a swimmer chooses not to use an available backstroke starting ledge, but, instead chooses to curl their toes over the top of the touchpad. Legal?

RULING: No, Rule 2-1-2 does not permit bending toes over the top of the touchpad and requires the toes of both feet to be in contact with the end wall.

SITUATION: During a breaststroke race, the swimmer in lane 4 during the start while still submerged takes an immediate dolphin kick and then begins his full underwater arm pull. The stroke & turn judge disqualifies the swimmer for failing to start a his lateral movement of the hands prior to the initiation of the dolphin kick. Did the official correctly interpret the rule?

RULING: No. Effective 9/1/2015, Rule 2-2-2-b allows a single butterfly kick at any time prior to the first breaststroke kick.

SITUATION: In the 200 freestyle relay, a coach submits his relay card with swimmers noted in positions 1-4. After the race has begun, the swimmer listed in position 2 swaps with swimmer #4. The coach informs the table following the end of the race of the change. Is this permissible?

RULING: Absolutely. Rule 2-2-7 and 2-2-8 allow the order to be switched after the start as long as those changes are properly reported no later than the conclusion of the heat to the administrative table.

SITUATION: In the 100 backstroke, the swimmer in lane 3 is swimming in a circle pattern and at the end of the race touches at the near side of the lane but misses the touchpad. Fortunately the backup timer stopped their watch

when the hand touched the wall. Should the referee integrate the manual time to replace the missing pad time?

RULING: No. Rule 2-4-3 makes clear the swimmer must touch the pad to have legally finished the race. This swimmer has not completed the race and will not until they touch the pad. If they touch the pad late, that is their official time and cannot be overridden by the faster manual time.

RULE 3

Uniforms and Equipment

SITUATION: The referee suspects a manufacturer's logo is too large and asks the swimmer involved to have their suit logo measured. The referee measures the manufacturer's logo to be 3.5 square inches and disqualifies the swimmer for an illegal suit. Did the referee act accordingly?

RULING: No. Effective 9/1/2015, there is no playing rules violation for an oversized manufacturer's logo and the swimmer is not disqualified. There is however a potential violation of NCAA bylaw 12.5.4 that could affect the student-athletes eligibility for exceeding the bylaw requirement of $2 \frac{1}{4}$ square inches.

SITUATION: The referee also observes the suit to have two manufacturer's logos. Should the referee disqualify the swimmer for an illegal suit?

RULING: Yes. Regardless of the size of the logo, only a single manufacturer's logo is permitted on a swimsuit and the swimmer should be disqualified for an illegal swimsuit under the playing rules.

SITUATION: A swimmer presents the referee with documentation by a designated health official providing for taping of the swimmers shoulder. While the referee admits that no competitive advantage is gained by taping the shoulder, the swimmer is using kineso-tape and the referee doesn't feel that is permissible? Correct ruling?

RULING: No, there is no restriction on the type of tape being used. As long as there is documentation as stipulated in the rulebook, any tape is permissible.

RULE 4

Officials and Their Duties

SITUATION: During a breaststroke race, a turn judge disqualifies a swimmer in lane 6 by raising his hand above the lane, but, reports to the referee that the violation occurs with the swimmer in lane 5. The coach of the swimmer in lane 5 protests to the referee that this should be overruled because it was reported incorrectly. The referee states since they didn't see the violation they couldn't do anything to change the call. Does the referee have any recourse?

RULING: Yes, Rule 4-6-1 allows a referee to overturn or overrule a call that that personally observed or was not properly recorded or reported to them.

SITUATION: A disqualification occurs in the 200 IM in a dual meet, but, in order to keep the meet moving the referee starts the next race and then completes the necessary paperwork and reporting of the violation. A few minutes later the DQ is announced over the PA system. The coach of the disqualified swimmer protests that he would have changed his line-up if he knew of the DQ and that the referee did not follow the correct protocol. Was the coach correct?

RULING: Yes, Rule 4-6-1-e requires the referee to inform the coach and/or student-athlete involved prior to the next heat/event beginning.

SITUATION: During the 400 Medley Relay at a championship meet, the electronic judging platform (RJP) records a jump with a reading of -.01. One human concurs with the machine, so the referee elects not to consult the available video system. The coach requests that a video review take place and the referee refuses saying a coach cannot request the review and that both humans did not disagree with the machine as stated in the rules. Should the referee have consulted the video?

RULING: Yes. Effective 9-1-2015, the referee is required to review the video if either both humans disagree with the reading or if the machine reading is a negative number that lead to a disqualification.

SITUATION: The referee receives documentation in writing from a team's massage therapist authorizing swimmer to be taped.

RULING: Not permissible – only a physician or certified athletic trainer can provide the necessary documentation.

RULE 5

Competitors, Entries, Lanes, Seedings and Qualifying Procedures

SITUATION: A swimmer in deep concentration prior to their preliminary heat in the 500 free misses their swim. The referee disqualifies him from the event. A coach protests that this is actually failure to compete and the swimmer is out of the remainder of the meet. Who is correct?

RULING: The referee. Effective 9/1/2015, failure to compete in a preliminary heat is only disqualification from that event with no further penalty. HOWEVER, failure to compete in a final is disqualification from the remainder of the meet.

SITUATION: An institution has a number of post-grad swimmers training with the program. A coach wishes to swim them in a dual meet as exhibition performers. Is this permitted?

RULING: No. Rule 5-5-1 states “an exhibition performer must be eligible under NCAA rules to compete in the meet being contested.”

SITUATION: A meet wishes to seed the number of lanes used in timed finals (relays and 1650) differently than in events that have a prelims and finals. Can they?

RULING: Yes. Rule 5-6-5 allows different seeding for timed finals vs. finals with a preliminary as long as they are consistently applied and utilized in each format.

RULE 6

Diving Competition

SITUATION: It is clear that a diver cannot repeat a dive during the voluntary or optional rounds. But what is the penalty of such an action?

RULING: It is a failed dive. Refer to 6-3-2-L

SITUATION: If a diver fails any dive during the prelim, does that count as part of the same event if they fail a dive in the final?

RULING: It would not carry over. Preliminaries and Finals are separate.

RULE 8

Conduct of Competition

SITUATION: Coaches wish to conduct a synchronized diving event instead of one-meter diving in a dual meet. Can they do this?

RULING: Yes, beginning 9/1/2015, synchronized diving is a permissible event for dual, tri, quad and invitational meets with mutual agreement from all participating head coaches at least 10 days prior to the competition date.

SITUATION: What happens if all head coaches don't agree to conduct synchronized diving? Does the home team (host) make the final decision?

RULING: No, all head coaches must agree or the regular diving events are conducted.

SITUATION: The diving coaches agree to do synchronized diving, but, one of the swim coaches does not agree. What happens?

RULING: The "head coaches" must agree. This is an institutional decision of who is considered the head coach of the diving program. At some schools, the diving coach is considered a head coach and at other's the swimming coach is considered the head coach and diving coach reports to him/her. Whoever the institution considers the head coach must mutually agree to substitute synchronized diving in the meet.

SITUATION: A conference wishes to use one of the formats that include the 100 IM as a permissible event in a non-NCAA Championship meet. Is this allowable?

RULING: Yes, however the student-athletes are still only permitted to swim a total of 7 events (no more than 3 individual events in a 3 day meet and 4 individual events in four day meet).

SITUATION: A coach protests a disqualification at a conference meet to the meet committee. He has video taken from the stands that may support his argument. Can the committee consider this?

RULING: No. The committee cannot consider a protest on a judgement call and cannot use video during the appeal process.

Appendix A

Records

SECTION 1. Collegiate Records

General

ARTICLE 1. The performance for which any record is claimed must be made in a race that is a regular part of a nonchampionships, relay, non-NCAA championships or NCAA championships meet. Only the performance of the first-place winner will be recognized as the record time. Record times will be recognized for performances by a competitor who swims the first leg of a relay race. A record established by a competitor during the first leg of a relay race shall not be nullified by the subsequent disqualification of a different member of the same relay team. No records will be recognized when achieved in events closed to one institution, or events that do not count as bona fide competition as defined by Rule 9 for the meet being conducted.

Automatic Timing Device

ARTICLE 2. Only times that are recorded by an automatic timing device will be used for record recognition. These times are to be recorded to one-hundredth of a second.

If recorded in thousandths of a second, the final digit will be dropped and there will be no rounding to hundredths for recording purposes (Example: 58:159 = 58:15 and 58:151 = 58:15).

National Collegiate Records

ARTICLE 3. National collegiate men's and women's records will be registered only when established by students who are members of a collegiate swimming team and who are representing their institutions in bona fide competition. These records must be made in a 25-yard racing course.

| | | |
|-----------------------|--------------------------|----------------------------|
| 50-yard freestyle | 100-yard freestyle | 200-yard freestyle |
| 500-yard freestyle | 200-yard freestyle relay | 200-yard breaststroke |
| 1,000-yard freestyle | 400-yard freestyle relay | 100-yard butterfly |
| 1,650-yard freestyle | 800-yard freestyle relay | 200-yard butterfly |
| 100-yard backstroke | 200-yard medley relay | 200-yard individual medley |
| 200-yard backstroke | 400-yard medley relay | 400-yard individual medley |
| 100-yard breaststroke | One-meter diving | Three-meter diving |
| Platform diving | | |

Note: Records may be set over an initial distance within any standard individual or relay race that is conducted in bona fide competition. (See Rule 9 for a description of bona fide competition.)

SECTION 2. Application for Records

Application Forms

ARTICLE 1. NCAA record forms for NCAA or NCAA Championship Meet Records may be obtained by downloading the form at www.ncaa.org/playingrules.

The completed form should be returned within 14 days of the record performance along with the required supporting data to the NCAA Swimming and Diving Secretary-Rules Editor.

Required Data

ARTICLE 2. The application for record must bear the following information:

- a. Date of application.
- b. Full name of competitor.
- c. Nature of record (national collegiate, division, etc.).
- d. Institution competitor represents.
- e. Name of event and distance; time claimed.
- f. Nature of competition (nonchampionships or championships).
- g. Place where competition was held; date performance was achieved.
- h. Name and contact information of the referee, starter and timing system operator.
- i. Where a movable bulkhead or bridge is used, a copy of the laser course measurement that was recorded by an official.

Filing Directions

ARTICLE 3. The official application form should be emailed to Brian Gordon, Secretary-Rules Editor, at bgordon637@aol.com.

Time Standards

All time standards for Division I, II and III men and women may be found at www.NCAA.org and in the NCAA Men's and Women's Swimming and Diving Pre-championships Manual.

Sample Conversion Tables

Note 1: These conversions may not be the same as those conversions used for NCAA championships qualification. For those conversion tables, please refer to the NCAA Men's and Women's Swimming and Diving Pre-championships Manual.

Note 2: Decisions on when to use conversions rest with the meet host of an invitational and the respective conference for a non-NCAA championship meet. Those decisions and the respective conversion table should be outlined in the entry information.

To convert a metric time achieved in a 25-meter or 50-meter racing course to an equivalent time for a 25-yard racing course: (a) transform the achieved metric time into seconds; (b) carrying the calculation out to five decimal places, multiply the transformed time in seconds by the appropriate following conversion factor; (c) drop, without rounding, all units smaller than a hundredth of a second; and (d) finally, transform the resultant value in seconds back into minutes and seconds to obtain the converted time. For example, a men's 200-meter breaststroke time of 2:16.71, achieved in a 50-meter racing course, is converted to an equivalent time for a 25-yard racing course as follows:

$2:16.71 = 136.71$ seconds
 $136.71 \times 0.858 = 117.29718$ seconds
 117.29718 seconds = $1:57.29$ seconds
 117.29 seconds = $1:57.29$

Short-Course Conversion Factors (Men and Women)

| EVENT | FACTOR |
|-----------------------------|--------|
| 400 meters to 500 yards | 1.143 |
| 800 meters to 1,000 yards | 1.143 |
| 1,500 meters to 1,650 yards | 1.003 |
| All other events | 0.896 |

Long-Course Conversion Factors (Men)

| EVENT | FACTOR | EVENT | FACTOR |
|-----------------------|--------|-----------------------------|--------|
| 50-meter freestyle | 0.860 | 100-meter breaststroke | 0.856 |
| 100-meter freestyle | 0.863 | 200-meter breaststroke | 0.858 |
| 200-meter freestyle | 0.865 | 200-meter individual medley | 0.857 |
| 400-meter freestyle | 1.105 | 400-meter individual medley | 0.865 |
| 1,500-meter freestyle | 0.965 | 200-meter freestyle relay | 0.860 |
| 100-meter butterfly | 0.868 | 400-meter freestyle relay | 0.863 |
| 200-meter butterfly | 0.866 | 800-meter freestyle relay | 0.867 |
| 100-meter backstroke | 0.835 | 200-meter medley relay | 0.858 |
| 200-meter backstroke | 0.849 | 400-meter medley relay | 0.856 |

Long-Course Conversion Factors (Women)

| EVENT | FACTOR | EVENT | FACTOR |
|--------------------------------------|--------|--|--------|
| 50-meter freestyle | 0.871 | 100-meter breaststroke | 0.870 |
| 100-meter freestyle | 0.874 | 200-meter breaststroke | 0.878 |
| 200-meter freestyle | 0.874 | 200-meter individual medley | 0.867 |
| 400-meter freestyle | 1.112 | 400-meter individual medley | 0.876 |
| 1,500-meter freestyle | 0.975 | 200-meter freestyle relay | 0.871 |
| 100-meter butterfly | 0.877 | 400-meter freestyle relay | 0.874 |
| 200-meter butterfly | 0.881 | 800-meter freestyle relay | 0.874 |
| 100-meter backstroke | 0.853 | 200-meter medley relay | 0.869 |
| 200-meter backstroke | 0.857 | 400-meter medley relay | 0.868 |
| Men's 800 meters (LC) to 1,000 yards | 1.105 | Women's 800 meters (LC) to 1,000 yards | 1.120 |

Appendix B

Concussions

In July 2014, the NCAA, in partnership with numerous medical and sport organizations, announced “InterAssociation Guidelines” (www.NCAA.org/ssi) that addressed diagnosis and management of sport-related concussion. The section in teal that follows is taken directly from these guidelines.

BACKGROUND

There are more than 42 consensus-based definitions of concussion. A recently published, evidence-based definition of concussion follows.¹

Concussion is:

- a change in brain function,
- following a force to the head, which
- may be accompanied by temporary loss of consciousness, but is
- identified in awake individuals, with • measures of neurologic and cognitive dysfunction.

Diagnosis and management of sport-related concussion is a clinical diagnosis based on the judgment of the student-athlete’s health care providers.² The diagnosis and management of sport-related concussion is challenging for many reasons:

- The physical and cognitive examinations are often normal, and additional tests such as brain computerized tomography (CT), brain MRI, electroencephalogram and blood tests are also commonly normal. Although comprehensive neuropsychological tests may be a useful adjunctive tool supporting the diagnosis of sport-related concussion, there remains controversy regarding interpretation and utility as a clinical tool.
- The clinical effects of sport-related concussion are often subtle and difficult to detect with existing sport-related concussion assessment tools.
- The symptoms of sport-related concussion are not specific to concussion and it is challenging to evaluate a student-athlete who presents non-specific symptoms that may be related to other conditions.
- Sport-related concussion may manifest with immediate or delayed-onset symptoms. Symptom manifestation can vary between individuals and in the same individual who has suffered a repeat concussion.
- Modifying factors and co-morbidities — such as attention deficit hyperactivity disorder, migraine and other headache disorders, learning disabilities and mood disorders — should be considered in making the diagnosis, in providing a management plan, and in making both return-to-play and return-to-learn recommendations.³⁻⁷
- “Signal detection” on clinical measures (e.g., cognitive and balance testing) often quickly diminishes in the acute setting of early recovery. Although cognitive function and balance assessed within 24 hours with various sideline tests (Standardized Assessment of Concussion [SAC])

and Balance Error Scoring System, respectively) have been shown to be useful in diagnosing concussion, these tests often normalize within a few days and cannot be used to make a definitive diagnosis.

- Student-athletes may underreport symptoms and inflate their level of recovery in hopes of being rapidly cleared for return to competition.^{8,9}
- Clinical assessment of sport-related concussion is a surrogate index of recovery and not a direct measure of brain structure and functional integrity after concussion.

In summary, the natural history of concussion remains poorly defined, diagnosis can be difficult, there are often few objective findings for diagnosis or physiological recovery that exist for clinical use, and there often remains a significant reliance on self-report of symptoms from the student-athlete.

The NCAA Concussion Policy and Legislation mandates that institutions implement the following:¹⁰

1. An annual process that ensures student-athletes are educated about the signs and symptoms of concussion;
2. A process that ensures a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities and evaluated by a medical staff member with experience in the evaluation and management of concussion;
3. A policy that precludes a student-athlete diagnosed with a concussion from returning to athletic activity for at least the remainder of that calendar day; and
4. A policy that requires medical clearance for a student-athlete diagnosed with a concussion to return to athletics activity as determined by a physician or the physician's designee.

GUIDELINES

The goals of developing guidelines for the diagnosis and management of sport-related concussion are: (1) helping athletic health care providers to diagnose and manage sport-related concussion; (2) developing prevention strategies for sport-related concussions and repeat sport-related concussion; (3) promoting sport-related concussion injury resolution; (4) minimizing factors that contribute to prolonged or recurrent symptoms of sport-related concussion; and (5) preventing or minimizing complications of other co-morbidities that may accompany sport-related concussion (e.g., ADHD, migraine and other headache disorders, learning disabilities and mood disorders).

CONCUSSION MANAGEMENT PLAN

Institutions should make their concussion management plan publically available, either through printed material, their website, or both. Guideline components of a concussion management plan are:

1. **Education:** Institutions should provide applicable NCAA concussion fact sheets or other applicable educational material annually to student-athletes, coaches, team physicians, athletic trainers, and athletics directors. There should be a signed acknowledgement that all parties have read and understand these concussion facts and their institution's concussion management plan.

2. **Pre-participation assessment:** A onetime, pre-participation baseline concussion assessment for all varsity student-athletes should include, but not necessarily be limited to:

- A brain injury/concussion history;
- Symptom evaluation;

- Cognitive assessment; and
- Balance evaluation. The team physician should determine pre-participation clearance and/or the need for additional consultation or testing.¹¹

3. **Recognition and diagnosis of concussion:** All student-athletes who are experiencing signs, symptoms or behaviors consistent with a sport-related concussion, at rest or with exertion, must be removed from practice or competition and referred to an athletic trainer or team physician with experience in concussion management. A student-athlete's health care provider experienced in the diagnosis and management of concussion should conduct and document serial clinical evaluation inclusive of symptom inventory and evaluation of cognition and balance. A student-athlete diagnosed with sport-related concussion should not be allowed to return to play in the current game or practice and should be withheld from athletic activity for the remainder of the day. Disposition decisions for more serious injuries such as cervical spine trauma, skull fracture or intracranial bleed, should be made at the time of presentation.

4. **Post-concussion management:** The foundation of sport-related concussion management is initial physical and relative cognitive rest as part of an individualized treatment plan.² Initial management of sport-related concussion is based on individual serial clinical assessments, taking a concussion history, modifying factors, and taking specific needs of the student-athlete into consideration. Such management includes, but is not limited to:

- Clinical evaluation at the time of injury. When the rapid assessment of concussion is necessary (e.g., during competition), symptom assessment, physical and neurological exam, and balance exam should be performed. Brief concussion evaluation tools such as the Standardized Concussion Assessment Tool 3 (SCAT3), which includes the Standardized Assessment of Concussion (SAC), provide standardized methods and can be compared to a baseline evaluation.¹²
- Assessment for head and cervical spine injury at time of injury and implementation of the emergency action plan, as warranted.
- Transportation to the nearest hospital if any of following signs and symptoms are present: Glasgow Coma score less than 13; prolonged period of loss of consciousness (longer than one minute); focal neurological deficit; repetitive vomiting; persistently diminished or worsening mental status or other neurological signs or symptoms; and potential spine injury.
- Serial evaluation and monitoring for deterioration following injury. Upon discharge from medical care, both oral and written instructions for home care should be given to the student-athlete and to a responsible adult (e.g., parent or roommate) who should continue to monitor and supervise the student-athlete during the acute phase of sport-related concussion.¹²

RETURN TO ACTIVITY

Sport-related concussion is a challenging injury for student-athletes and, unlike other injuries, the timeline for return to full activity (including return-to-play and return-to-learn) is often difficult to project. The psychological response to injury is also unpredictable. Sometimes, student-athletes who are kept out of their sport for a prolonged period of time experience emotional distress related to being unable to participate in sport.¹³ It is important that health

care providers remain alert to the signs and symptoms of depression and other emotional responses to injury that can be particularly challenging following concussive injury.¹³ A student-athlete's health care providers should verify the diagnosis instead of assuming that the student-athlete has prolonged concussion symptoms. These symptoms may represent post-concussion syndrome, sleep dysfunction, migraine or other headache disorders, or co-morbid mood disorders such as anxiety and depression.⁷ Passive management, such as prolonged physical and cognitive rest, may be counter-productive in these scenarios.

RETURN-TO-PLAY

Once a student-athlete has returned to his/her baseline, the return-to-play decision is based on a protocol of a stepwise increase in physical activity that includes both an incremental increase in physical demands and contact risk supervised by a physician or physiciandesignee.¹² Most return-to-play protocols are similar to those in the Consensus Statement on Concussion in Sport guidelines,² which outline a progressive increase in physical activity if the individual is at baseline before starting the protocol and remains at baseline throughout each step of the protocol. It is noteworthy that all return-to-play guidelines are consensus-based and have not been validated by evidence-based studies.¹⁴⁻¹⁵ McCrea and colleagues¹⁶ have reported that a symptom-free waiting period is not predictive of either clinical recovery or risk of a repeat concussion. Further, student-athletes have variable understanding of the importance of reporting possible concussion symptoms.⁸⁻⁹ In summary, it should be recognized that current return-to-play guidelines are based on expert consensus.

There is emerging evidence that focused exercise or recovery techniques may be utilized before full recovery has occurred, but more study is needed. Given the paucity of scientific evidence regarding return-to-play and expert consensus documents that have been published, adherence to consensus guidelines is recommended. However, it is important to stress an individualized approach for return-to-play. Some student-athletes may have minimal concussive symptomatology with minimal symptom duration and no modifiers (conditions that may prolong recovery such as prior concussion, migraine, ADHD, depression/anxiety). In scenarios of this nature, and with experienced clinicians in a highly select setting, the return-to-play protocol may be modified.¹⁷ In contrast, if a student-athlete has a concussion history, increased symptom burden or duration, or has symptoms for three to four weeks with other concussion modifiers, then the return-to-play progression should proceed more cautiously and each stage may take more than a day.¹²

Distinctive neurological deficits, such as vestibular or oculo-motor dysfunction, should be specifically addressed to avoid prolonged return-to-play. For example, if a student-athlete suffers from vestibular dysfunction as a manifestation of sport-related concussion, and is unable to progress in the return-to-play protocol, it is important to address the specific vestibular dysfunction rather than to simply return the student-athlete to the previous level of return-to-play progression.⁷ In other words, 'rest' can sometimes lead to adverse outcomes if an accurate diagnosis based on neurological dysfunction is not made. The guidelines presented herein serve as a general guide and are not meant to be prescriptive.

STEPWISE PROGRESSION

The initial management of sport-related concussion is relative physical and cognitive rest. Athletes diagnosed with sport-related concussion must be

removed from play and must not return to sport-related activity for at least one calendar day and are to be evaluated by a health care provider with expertise in sport-related concussion. Once a concussed student-athlete has returned to baseline level of symptoms, cognitive function and balance, then the return-to-play progression can be initiated, as follows in this general outline:

1. Light aerobic exercise such as walking, swimming or riding a stationary bike. No resistance training. If asymptomatic with light aerobic exercise, then;
2. Mode, duration and intensity-dependent exercise based upon sport. If asymptomatic with such exertion, then;
3. Sport-specific activity with no head impact. If asymptomatic with sport-specific activity, then;
4. Non-contact sport drills and resumption of progressive resistance training. If asymptomatic with non-contact drills and resistance training, then;
5. Full-contact practice. If asymptomatic with fullcontact practice, then;
6. Return-to-play. Medical clearance will be determined by the team physician/physician designee, or athletic trainer in consultation with a team physician.

At any point, if the student-athlete becomes symptomatic (i.e., more symptomatic than baseline), or scores on clinical/cognitive measures decline, the team physician should be notified and the student-athlete should be returned to the previous level of activity. Final determination of return-to-play ultimately resides with the team physician/physician designee.

RETURN TO ACADEMICS

Return to academics (return-to-learn) is a parallel concept to return-to-play,^{6,18-20} but has received less scientific evaluation. Return-to-learn guidelines assume that both physical and cognitive activities require brain energy utilization, and that after a sport-related concussion, brain energy may not be available for physical and cognitive exertion because of a brain energy crisis.³ Return-to-learn should be managed in a stepwise program that fits the needs of the individual, within the context of a multi-disciplinary team that includes physicians, athletic trainers, coaches, psychologists/counselors, neuropsychologists, administrators as well as academic (e.g. professors, deans, academic advisors) and office of disability services representatives. The return-to-learn recommendations outlined below are based on expert consensus. Like return-to-play, it is difficult to provide prescriptive recommendations for return-to-learn. The student-athlete may appear physically normal but may be unable to perform as expected due to concussive symptomatology.

STEPWISE PROGRESSION

As with return-to-play, the first step of return-to-learn is relative physical and cognitive rest. Relative cognitive rest involves minimizing potential cognitive stressors, such as school work, video games, reading, texting and watching television. Data from small studies suggest a beneficial effect of cognitive rest on concussion recovery.²⁰ For the college student-athlete, consideration should be given to avoiding the classroom for at least the same day as the sport-related concussion. The period of time needed to avoid class or homework should be individualized. The gradual return to academics should be based on the absence of concussion symptoms following cognitive exposure. The consensus to date includes:^{3,19}

1. If the student-athlete cannot tolerate light cognitive activity, he or she should remain at home or in the residence hall.
2. Once the student-athlete can tolerate cognitive activity without return of symptoms, he/she should return to the classroom, often in graduated increments.

At any point, if the student-athlete becomes symptomatic (i.e., more symptomatic than baseline), or scores on clinical/cognitive measures decline, the team physician should be notified and the student-athlete's cognitive activity reassessed.

The extent of academic adjustments needed should be decided by a multi-disciplinary team that may include the team physician, athletic trainer, faculty athletics representative or other faculty representative, coach, individual teachers, neuropsychologist and psychologist/counselor. The level of multi-disciplinary involvement will vary on a case-by-case basis. The majority of student-athletes who are concussed will not need a detailed return-to-learn program because full recovery typically occurs within two weeks. For the student-athlete whose academic schedule requires some minor modification in the first one to two weeks following a sport-related concussion, adjustments can often be made without requiring meaningful curriculum or testing alterations.

For those student-athletes whose symptoms persist for longer than two weeks, there are differing ways to access academic adjustment or accommodations. The student-athlete may need a change in his or her class schedule; special arrangements may be required for extended absences, tests, term papers and projects. Many institutions offer "provisional or temporary" accommodations for individuals who have impairments that are short-term in nature – six months or less (such as a broken arm or concussion). Such accommodations are often accessed through the disability services office.

A more difficult scenario occurs when the student-athlete experiences prolonged cognitive difficulties. In this case, considerations should include neuropsychological evaluation to: (a) determine the nature and severity of cognitive impairment, and (b) identify the extent to which psychological issues may be present and may be interacting with the cognitive processes. Institutions can develop a detailed academic plan that specifies the support services available for that student-athlete. The student-athlete can also choose to disclose the documentation to the disability office in order to seek long-term accommodations or academic adjustments. The disability office will verify if the impairment is limiting a major life activity per the Americans with Disabilities Act. Accommodations or academic adjustments are often provided in order to "level the playing field" for the student-athlete with prolonged cognitive difficulties resulting from a concussion. A detailed academic plan coupled with accommodations can provide the needed support for a student-athlete as he or she returns to learning after a concussion.

The successful implementation of return-to-learn depends on several variables:

- Recognition that concussion symptoms vary widely among student-athletes, and even within the same individual who may be suffering a repeat concussion.
- Identification of a point person or case manager for the student-athlete who can navigate the dual obligations of academics and athletics.
- Identification of co-morbid conditions that may impair recovery, such as migraine or other headache conditions, attention-deficit

hyperactivity disorder, anxiety and depression, or other mood disorders.

- Identification of campus resources that can help assure that student-athletes are provided their full rights during this transition period.

Campus resources vary, and may include the following:

- Learning specialists. Many college campuses have certified learning specialists who have specialized knowledge of medical conditions such as concussion and post-concussion syndrome. They usually work directly with the disability office.
- Office of disability services. Most campuses have a disability office that is responsible for verifying each student's impairment under the Americans with Disabilities Act Amendments Act (ADAAA). Sometimes there is a separate disability office and ADAAA office. In this case the first resource is the campus disability office. Concussion and mild traumatic brain injury are covered under ADAAA.

It is advisable for the concussed student-athlete's medical team to identify an academic point person and to be certain this academician is interwoven into the medical management plan. Because return-to-learn is often under-managed and under-recognized, there should also be broad discussions of this important paradigm with athletics departments across the country, engaging organizations such as the National Association of Academic Advisors for Athletics, the American College Personnel Association, NASPA, Student Affairs Administrators in Higher Education, the Coalition on Intercollegiate Athletics, National Athletic Trainers Association, College Athletic Trainers Society, American Medical Society for Sports Medicine and other allied organizations. Student-athletes are more likely to return successfully to full classroom activity in the setting of a proactive and well-integrated management plan.

SPORTS PARTICIPATION DEFINITIONS AND CONCUSSION EPIDEMIOLOGY

Concussion incidence varies among sports. The American Academy of Pediatrics published a classification of sports by contact in 2001. Then in 2013, the American Academy of Neurology's statement described contact and collision sports as those in which athletes purposely hit other athletes or inanimate objects. The purposeful collisions put athletes participating in this class of sports at greater risk for concussions. Limited contact sports were described as those in which the force and the frequency of collisions, whether with other athletes or inanimate objects, are decreased. Noncontact sports were described as those in which players do not come in contact with athletes or inanimate objects by force.

The rate of concussion in NCAA sports can be assessed in various ways. Figure 1 demonstrates the rate of competition concussion per 1,000 student-athlete exposures. It is noteworthy that the higher rates occur in contact/collision sports. All meaningfully measurable rates occur in either contact/collision or limited contact/impact sports. It is also noteworthy that women have a higher rate of concussion than men for soccer and basketball. Another way to look at concussion is through annual estimates of the actual number of concussions within the sport, combining both practice and competition sessions. Figure 2 depicts the percentage of concussions from each sport given the total number of concussion in 14 NCAA sports.

Because of the large size of football teams and the higher rate of concussion relative to other sports, concussion incidence is highest in football. In assessing

the available data, anticipating concussion risk can be made based on the sport; anticipating concussion risk can also be guided by impact expectation. For each sport, it is important to follow the institution's concussion management plan.

The NCAA reviewed various concussion guidelines in addition to the injury data across sports to classify sports by an expectation for impacts and collisions. Unlike the previous two classifications, this classification (Figure 3) lists lower-tier sports as limited contact because athletes are still at risk of a concussion both in sports and daily life.

POST-CONCUSSION RAMIFICATIONS

There is considerable controversy with regard to longterm implications of concussion. On one end of the spectrum, some claim that repeated concussions cause a neurodegenerative brain disease called chronic traumatic encephalopathy or CTE. On the other end of the spectrum, some claim that there are no significant long-term sequelae of concussion. The murky evidence lies somewhere in between.

Post-Concussion Syndrome. Post-concussion syndrome refers to prolonged concussion symptoms following concussion. It is not truly a "syndrome" because there is no core of consistent symptoms and there is no clear correlation with type or severity of concussion, biomarkers, or genetic/personality predisposition. Symptoms may be neurologic (e.g., dizziness, light sensitivity), cognitive (memory, attention deficits) and emotional (depression, anxiety). Post-concussion syndrome is best considered a neuropsychiatric disorder, and it is important to recognize that it has no bearing on the extent of, or expected recovery from, concussion. Postconcussion syndrome is best managed in a multidisciplinary manner that includes gradual increase in physical and cognitive activity. Management is distinctly different from acute concussion management, and individuals should not simply be relegated to prolonged rest, which may perpetuate the symptomatology.

Chronic Neurobehavioral Impairment. Cognitive and executive dysfunction has been described following multiple concussions. However, only two Class I studies exist, and these are for jockeys and rugby players. There are seven Class II studies that include boxers, NFL players and soccer players, which demonstrate long-term cognitive impairment. Two studies show an association with apoE4 genotype, suggesting a genetic predisposition, and one study shows an association with a prior history of learning disability. There is one Class III study of NFL players. There is some correlation with magnitude of exposure and chronic neurobehavioral impairment in professional athletes, but the relationship between exposure and chronic neurobehavioral impairment in amateur athletes is uncertain. This may be from a combination of underpowered studies and possible brain adaptations that are different in younger individuals.

Depression. Depression also has been reported as a possible long-term manifestation of repeated concussion. Two Class II studies of retired NFL players note

Chronic Traumatic Encephalopathy (CTE). CTE is a progressive neurodegenerative disease whose pathologic hallmark is abnormal tau deposition, with clinical manifestations of mood disorder, neuromuscular incoordination, dementia and death. There are not agreed-upon pathological and clinical criteria for CTE, although it seems clear that CTE is a distinct clinical entity from Alzheimer's disease. In a 2012 publication of CTE case series (Brain), CTE is described as a "progressive tauopathy that occurs as a consequence of repetitive mild traumatic brain injury." In the Zurich 2012 consensus paper, it is noted

that “it is not possible to determine the causality or risk factors [of CTE] with any certainty. As such, the speculation that repeated concussion or subconcussive impacts cause CTE remains unproven.” The universal consensus in the NCAA Concussion Task Force was that we need to better understand CTE with regard to genetic predispositions and biomarkers. No task force member noted a clear cause-and-effect relationship between concussion and CTE.

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NCAA CONCUSSION POLICY AND LEGISLATION

The NCAA Executive Committee adopted (April 2010) the following policy for institutions in all three divisions: “Institutions shall have a concussion management plan on file such that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from practice or competition and evaluated by an athletics health care provider with experience in the evaluation and management of concussions. Student-athletes diagnosed with a concussion shall not return to activity for the remainder of that day. Medical clearance shall be determined by the team physician or his or her designee according to the concussion management plan. “In addition, student-athletes must sign a statement in which they accept the responsibility for reporting their injuries and illnesses to the institutional medical staff, including signs and symptoms of concussions. During the review and signing process, student-athletes should be presented with educational material on concussions.”

NCAA adopted concussion management plan legislation

An active member institution shall have a concussion management plan for its student-athletes. The plan shall include, but is not limited to, the following:

- (a) An annual process that ensures student-athletes are educated about the signs and symptoms of concussions. Student-athletes must acknowledge that they have received information about the signs and symptoms of concussions and that they have a responsibility to report concussion-related injuries and illnesses to a medical staff member;
- (b) A process that ensures a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities (e.g., competition, practice, conditioning sessions) and evaluated by a medical staff member (e.g., sports medicine staff, team physician) with experience in the evaluation and management of concussions;
- (c) A policy that precludes a student-athlete diagnosed with a concussion from returning to athletic activity (e.g., competition, practice, conditioning sessions) for at least the remainder of that calendar day; and
- (d) A policy that requires medical clearance for a student-athlete diagnosed with a concussion to return to athletics activity (for example, competition, practice, conditioning sessions) as determined by a physician (e.g., team physician) or the physician’s designee.

Effect of violation.

A violation of Constitution 3.2.4.17 shall be considered an institutional violation per Constitution 2.8.1; however, the violation shall not affect the student-athlete’s eligibility.

Appendix C

Accommodations for Student-Athletes with Disabilities

The NCAA encourages participation by student-athletes with disabilities (physical or mental) in intercollegiate athletics and physical activities to the full extent of their interests and abilities. An NCAA member institution will have the right to seek, on behalf of any student-athlete with a disability participating on the member's team, a reasonable modification or accommodation of a playing rule, provided that the modification or accommodation would not:

1. Compromise the safety of, or increase the risk of injury to, any other student-athlete;
2. Change an essential element that would fundamentally alter the nature of the game; or
3. Provide the student-athlete an unfair advantage over the other competitors.

To request any such modification or accommodation, the member's director of athletics, or his/her designee, must submit a rule waiver request, in writing, to the secretary-rules editor. Such written request should describe:

- a. The playing rule from which relief is sought;
- b. The nature of the proposed modification or accommodation;
- c. The nature of the student-athlete's disability and basis for modification or accommodation; and
- d. The proposed duration of the requested modification or accommodation.

Additionally, each request should be accompanied by documentation evidencing the student-athlete's disability (e.g., a medical professional's letter). Upon receipt of a complete waiver request, the secretary-rules editor will consult with NCAA staff, the applicable sport/rules committee, other sport governing bodies, and/or outside experts, to conduct an individual inquiry as to whether the requested modification or accommodation can be made. In making this assessment, the NCAA may request additional information from the member institution. The secretary-rules editor will communicate the decision in writing (which may be via email) to the requesting member institution. If the request is granted, the member institution should be prepared to provide the written

decision to the officiating staff, opposing coach(es), and tournament director (if applicable) for each competition in which the student-athlete will participate. NCAA members are directed to consult Guideline 2P of the NCAA Sports Medicine Handbook for further considerations regarding participation by student-athletes with impairment.

Appendix D

Guidelines for Game Officials and Game Management to Use Regarding Lightning

The purpose of this appendix is to provide information to those responsible for making decisions about suspending and restarting games based on the presence of lightning.

1. National Severe Storms Laboratory (NSSL) staff strongly recommend that all individuals should have left the game site and reached a safe structure or location by the time the person monitoring the weather obtains a flash-to-bang (lightning-to-thunder) count of 30 seconds (equivalent to lightning being six miles away). This recommendation was developed as a practical way to make a judgment in situations where other resources such as technology and instrumentation are not available.

In addition, a smaller, but still real, risk exists with the presence of lightning at greater distances. Unfortunately, current science cannot predict where within the radius the next strike will occur.

2. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike.
3. When considering resumption of a game, NSSL staff recommends that everyone ideally should wait at least 30 minutes after the last flash of lightning or sound of thunder before returning to the field of activity.
4. If available, electronic detection devices should be used as additional tools to determine the severity of the weather. However, such devices should not be used as the sole source when considering terminating play.

(Information taken from the NCAA Sports Medicine Handbook and NCAA Championships Severe Weather Policy.)

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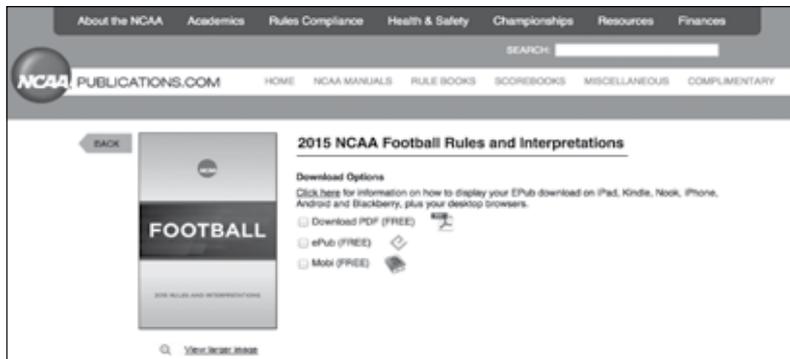
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