



# 2008-09 OSAA Swimming Plan



## GENERAL SWIMMING INFORMATION

### 1. SEASON DATES:

November 10 ..... Practice Starts  
 December 1 ..... First Contest Date  
 February 14 ..... Cutoff Date  
 February 19-21 ..... State Championships

### 2. STATE CHAMPIONSHIPS INFORMATION:

- a. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the 2009 Swimming State Championships will be posted on the OSAA website ([www.osaa.org/swimming](http://www.osaa.org/swimming)) on Friday, January 23. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding ticket prices, parking, maps, souvenir merchandise, etc.
- b. **District Meet Directors:** Detailed information regarding District Meet Director responsibilities, including the state championship entry form, will be posted on the OSAA website ([www.osaa.org/swimming](http://www.osaa.org/swimming)) on Friday, January 23. Each District Meet Director must submit all state championship entries electronically.

### 3. STATE CHAMPIONSHIP LOCATIONS AND TIMES:

- a. Mt. Hood Aquatic Center, Mt. Hood Community College, 26000 SE Stark Street, Gresham, OR 97030
- b. Time Schedules: <http://www.osaa.org/swimming/2009/SCHEDULE%20Swimming2009.pdf>

### 4. QUALIFICATION FOR STATE CHAMPIONSHIPS: A contestant for the State Championships shall qualify through the proper District Meet.

- a. **6A** – First place winner in each individual and relay event at each District Meet automatically qualifies. Consolation finalists and championship finalists in individual and relay events at each District Meet who meet the qualifying standard (10<sup>th</sup> place average of last three State Meets with the standard never to be easier than the previous year) automatically qualify. Any remaining open lanes will be filled by the next fastest times from District Meet finals, up to a total of 18 participants.

### **6A SWIMMING QUALIFYING STANDARDS (revised 1/23/09)**

<u>GIRLS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>	<u>BOYS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>	
	200 Medley Relay	1	1:55.84	1:55.8	200 Medley Relay	2	1:44.05	1:44.0
	200 Freestyle	3	1:57.46	1:57.4	200 Freestyle	4	1:47.77	1:47.7
	200 Ind. Medley	5	2:12.29	2:12.2	200 Ind. Medley	6	2:02.06	2:02.0
	50 Freestyle	7	0:25.35	0:25.3	50 Freestyle	8	0:22.54	0:22.5
	100 Butterfly	9	0:59.96	0:59.9	100 Butterfly	10	0:54.38	0:54.3
	100 Freestyle	11	0:54.55	0:54.5	100 Freestyle	12	0:49.46	0:49.4
	500 Freestyle	13	5:12.59	5:12.5	500 Freestyle	14	4:55.08	4:55.0
	200 Free Relay	15	1:43.27	1:43.2	200 Free Relay	16	1:32.57	1:32.5
	100 Backstroke	17	1:01.02	1:01.0	100 Backstroke	18	0:55.74	0:55.7
	100 Breaststroke	19	1:09.17	1:09.1	100 Breaststroke	20	1:02.87	1:02.8
	400 Free Relay	21	3:45.01	3:45.0	400 Free Relay	22	3:23.18	3:23.1

**Ties** -- Districts shall settle any ties for first place in all events unless the qualifying standard is met.

- b. **5A** – First place winner in each individual and relay event at each District Meet automatically qualifies. Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants. District shall settle any ties for first place.
- c. **4A/3A/2A/1A** – First place winner in each individual and relay event at each District Meet automatically qualifies. Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants. District shall settle any ties for first place.

## **5. AWARDS:**

- a. **Trophies** – 6A, 5A, 4A/3A/2A/1A trophies will be presented to the champion through fourth place teams.
- b. **Medals** – Medals will be presented to the champion through sixth place finishers for 6A, 5A and 4A/3A/2A/1A. Medals will be presented at scheduled intervals after the final event. In case of tie, duplicate medals will be given. The coach of the first place finisher will be asked to present medals for that event.

# **NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS** **2008-09 SWIMMING RULES**

Order a 2008-09 NFHS Swimming Rules Book at [www.osaa.org/forms/08-09rulesbookorderform.xls](http://www.osaa.org/forms/08-09rulesbookorderform.xls) or contact the OSAA (503.682.6722) for more information.

For more information about NFHS Swimming Rules visit [www.nfhs.org](http://www.nfhs.org).

## **1. 2009 NFHS RULES REVISIONS:**

- 2-4-3** When practical, the numbering of lanes should be from right to left as the swimmer stands facing the course.
- 2-7-4** Requires a recall device be provided for recalling a race but no longer specifies a recall rope.
- 3-3-5 new Penalty** The penalty for a subsequent violation of the uniform/jewelry rules by the same competitor is disqualification in the heat/round and ineligibility for the remainder of the meet if not corrected. This is a change from the previous penalty of potential disqualification from the meet under unsporting conduct rules.
- 4-2-2k** Clarifies that when there is dual confirmation it is not the proper mechanic for the officials to raise their hand for a violation for relay takeoffs and the no-recall false start.
- 6-3-4** In order to consider a potential timing system malfunction, there must now be a difference of more than 0.3 seconds between automatic and backup times.
- 8-1-2c** Clarifies on the backstroke start the competitor shall become stationary immediately after the starting command, "Take your mark," and is consistent with the starting procedure for the forward start.

Major Editorial Changes: 2-1, 3-2-6, 3-3-1, 3-3-4, 4-1-3, 4-2-1 NOTE, 8-1-2 NOTE, Appendix A, Appendix B, Appendix C

## 2. POINTS OF EMPHASIS:

- **Starting regulations for backstroke** - The backstroke start requires the swimmers to step into the water feet first. The swimmers shall then line up facing the starting end with both hands in contact with the end of the pool or the starting platform. The swimmer's feet, including the toes, shall be completely under the surface of the water beginning prior to the command "Take your mark" and until the feet leave the wall at the starting signal. Upon the command "Take your mark" the swimmers shall promptly assume a stationary position. It is not permitted for a swimmer to stand on or in the gutter or curl the toes over the lip of the gutter immediately after the start.
- **Stationary position after command "Take your mark"** - In both the forward and backstroke starts, the starter will issue the command "Take your mark." At this time all swimmers shall assume the start position and become **stationary**. The inclusion of the term "stationary" more clearly describes what the swimmers are to do and what the officials should observe. A swimmer with a twitch of a hamstring, a slightly quivering heel, the blinking of the eyes are all legal and do not constitute a false start. The officials should not observe any motion that is initiating the start for the swimmer. Such motion observed would result in a false start as defined in Rule 8-1-3.
- **Verbal and whistle starting command protocols** - The starting protocols for these two types of commands are described in Appendix A. Both verbal and whistle starting commands are acceptable within NFHS rules. Each state association shall determine if one or the other protocol is required throughout the season, only during the state series or at the discretion of the individual official. Using verbal commands all directions to the swimmers are provided verbally. However, the referee/starter shall blow one long whistle once the swimmers are in the starting area to get the attention of the swimmers for the next command to "step up." For the backstroke the swimmers will have entered the water and upon the first long whistle the swimmers will then receive the command to "place your feet."

When using the whistle commands the referee no longer provides the verbal commands. The short whistle brings the swimmers to the blocks, the long whistle is used to command the swimmers to "step up" or "step in" and take their preparatory position. In the backstroke a second long whistle is used once all swimmers have surfaced after stepping in to bring the swimmers to the wall and assume their starting positions.

- **Referee/starter position** - There will be times when one official is assuming the responsibilities of both the referee and the starter. When this is the case, the rule book will reference as "referee/starter." There are distinct responsibilities for the referee and for the starter. These responsibilities, unless stated otherwise, are not optional for one or the other of these two officials to assume. However, when a single official must assume both positions he/she shall assume all responsibilities of both positions. The use of the term "referee/starter" is addressing one official contracted for both roles.
- **Exhibition swims** - Rule 3-2-1 provides that exhibition swim and dive events are permissible unless state association policy determines otherwise. The rules do not specify the location of these events within the order of events and/or prior to or following finals in a swimming event or diving. An exhibition swim/dive shall count as one of the four allowed entries, does not score points, may count as a qualifying time and is subject to disqualification. Host management should communicate in advance of the meet to all visiting schools if there will be exhibition swim/dive, any limitations and the placement of the exhibition event(s).
- **Accommodations for competitor(s) with a disability** - NFHS Swimming and Diving rules include a procedure to follow when a student with a disability requiring some type of accommodation desires to participate. The individual school should work with the state association in advance of the competition to address all accommodations. If special equipment is to be required the home school of the athlete should work with visiting and/or other hosting schools to be certain to coordinate for the special equipment.

## OSAA SWIMMING POLICIES

1. **OSAA ADOPTED RULES AND INTERPRETATIONS:** The NFHS 2008-2009 Swimming Rules Book will be used.
2. **USE OF WHISTLES AS PREPARATORY COMMANDS:** (2008-09 NFHS Swimming Rules Book – Page 75). *To be used for all OSAA competitions, including regular season, district and state championship meets.*
  - a. **Forward Starts**
    - 1) Starter/referee signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or starter/referee announcing the event/distance/heat.
    - 2) When all swimmers have approached the blocks, starter/referee blows a long whistle for the heat to step onto the block and take their preparatory position.
    - 3) Once all swimmers are on the blocks, the referee immediately turns the heat over to the starter.
    - 4) When the swimmers are prepared, the starter says “take your mark”.
    - 5) When swimmers have assumed the correct starting position and are motionless, starter activates the starting signal.
  - b. **Backstroke Starts**
    - 1) Starter/referee signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or starter/referee announcing the event/distance/heat.
    - 2) When all swimmers are at the side of the blocks, starter/referee blows a long whistle for the heat to immediately step into the water. When all swimmers have surfaced, starter/referee blows a second long whistle to have the swimmers return to the wall and immediately assume their starting positions.
    - 3) The procedure is then the same as in steps 3, 4, and 5 in the Forward Start section.  
Optional: If a swimmer (or swimmers) has not responded to the whistles, referee/starter may say “step up” or “step in”.
3. **PARTICIPATION LIMITATIONS:** (OSAA Handbook, Participation Limitations)
  - a. Team: A school team shall not compete in more than 12 meets at each level of competition – if more than 10, two shall be invitational (more than two schools)--exclusive of the varsity district meet and state championships. There is no limitation on the number of schools that may participate in a swimming meet. Relay meets count toward the limitation. Any time a student participates representing his/her school, it shall count toward the school's team limitation.
  - b. Individual: A student shall not compete in more than 12 meets--if more than 10, two shall be invitational (more than two schools)--exclusive of the varsity district meet and state championships.
4. **INTERRUPTED CONTESTS:** (OSAA Handbook, Executive Board Policies) Contest shall be continued from point of interruption unless teams mutually agree otherwise or there are athletic district rules that apply.
5. **CONTESTS – SPORTSMANSHIP – CROWD CONTROL:** (OSAA Handbook, Rules)
  - a. **Sportsmanship Responsibility:** The high school principal, coach and other responsible officials of each member school shall take all reasonable measures to insure that the school's students and supporters maintain a sportsmanlike attitude toward all events so that events may be conducted without unreasonable danger or disorder. All cheers, comments and actions shall be in direct support

of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Derogatory and/or unsportsmanlike language is not allowed. No player may be singled out by number, name or position with negative comments of any kind.

When a petition is filed alleging violation of this Rule 3-2, the Executive Director may, at his/her discretion and with concurrence of any two Executive Board members, postpone any pending event which the Executive Director has reason to believe cannot be conducted without an unreasonable danger of disorder. All such protests shall be referred to the Executive Board, which shall proceed as provided in Rule 4. In addition to any other action the Executive Board may take regarding a protest alleging a violation of this Rule 3-2, the Executive Board shall have the power to cancel or re-schedule the event involved, or to impose conditions on conducting it.

- b. **Sportsmanship Violations / Penalties:** When the students, staff or supporters of any member school engage in unsportsmanlike conduct, disorder or infliction of damage to persons or property in connection with any festival, meet, contest or tournament sponsored by this Association, the Executive Board may treat such acts as a violation by the school of the Rules of the Association. Any school whose students, supporters, rooters or partisans take part in riots, fights, pilfering, painting or any other unsportsmanlike conduct shall be subject to penalty.

## **6. SPECTATOR CONDUCT AT OSAA EVENTS:** *(OSAA Handbook, Rules)*

In addition to the general expectations included in the OSAA Constitution, Rule 3, that school officials "...shall take all reasonable measures to ensure that the school's students and supporters maintain a sportsmanlike attitude toward all events..." the following specific expectations regarding spectator conduct at all OSAA sanctioned events, including regular and post season competition, are provided:  
(Revised Fall 2008)

- a. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. Spectators are required to wear shirts.
- b. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- c. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language. Spectators shall not be permitted to engage in any racially / culturally insensitive action.(Revised Fall 2008)
- d. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Some examples of inappropriate conduct or actions that are not permitted are: turning backs, holding up newspapers or jeering at cheerleaders during opposing team introductions; disrespecting players by name, number or position; negative cheers or chants; throwing objects on the floor. (Revised Fall 2008)
- e. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest. (Revised Fall 2008)

## **7. GUIDELINES FOR MEET WARM UP**

The following guidelines are recommended for warm-up periods at all meets:

- a. A designated supervisor shall be on the deck during the entire warm-up period.
- b. Swimmers shall enter the water feet-first except for starts which are limited to specified lanes.
- c. Specify Lanes 2 and 5 (six-lane pool) or Lanes 2 and 7 (eight-lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
- d. Place a cone marker or similar sign on starting platforms in lanes not specified as one-way sprint lanes.
- e. Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool).
- f. Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push-off position from the starting end of the pool).

- g. May specify lanes for relay practice during the last 15 minutes of the warm up.
- h. Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
- i. Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.

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