

2020-21 Swimming and Diving Rule Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Swimming and Diving Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Calendar

Swimming

Start Date – Monday December 7, 2020

First Contest – Monday, January 4, 2021

State Tournament – March 5-6, 2021 - Sites and formats will be discussed

Post Season Events

The dates for post season events will be as scheduled. For swimming, the post season format (and possibly dates) will be evaluated according to the conditions at the time. Possibilities include regular meet format, separation of sites etc. Sites will be determined according to availability and local health departments approval.

Swimming

- Swimming dual meets (including double duals) are recommended and encouraged.
- Meet management will limit entries and timing of events to ensure social distancing.
- Virtual meets can be conducted utilizing these MHSAs requirements and the attached NFHS Virtual Meet Considerations.
- Only current race participants at the starting blocks.
- All swimmers must wear masks in all team areas.
- After each race swimmers need to exit to the team area.
- Additional requirements/considerations for swimming are attached.

General Requirements/Considerations

1. Workouts/practices should be conducted in “pods” / “bubbles” of participants with same players working out together to limit overall exposure.
2. Vaccination for the flu is encouraged for players, coaches and officials.
3. Before, during and after the contest, players, coaches, and administration should wash and sanitize their hands as often as possible.
4. No out of state competition or teams traveling from out of state for competition, unless it is in a dual format and approved by the MHSAs Executive Director.
5. Always maintain social distancing of 6 feet while at the court/mat/pool area when possible.
6. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source. No sharing of food or items from coolers is allowed.
7. Cloth facial coverings are required for all players, coaches and officials. Face Coverings do not have to be worn during play, but substitutes must wear masks when not competing or per specific MHSAs sport requirements. Face Coverings must be worn by players/coaches by rule, no matter the number of active COVID-19 cases in the county.

- Facial coverings must be a single solid color and unadorned, except the mask can include the school logo/name and bear only a single manufacturer's logo/trademark/reference (partial or whole) that does not exceed 2 ¼ square inches with no dimension exceeding 2 ¼ square inches.
8. Gloves are permissible for all players, coaches and officials.
 9. Administrators must limit the number of non-essential personnel who are near the court/mat and pool area throughout the contest.
 10. Attendance at MHSA events is dependent on host site and local health department guidelines and restrictions.
 11. A family's role in maintaining safety guidelines for themselves and others is very important. Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home). Provide personal items for your child and clearly label them.

1. Swimming and Diving Rule Considerations:

Conduct (1-3-2) - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers to change that allows for 6 feet of social distancing.

Lap Counting (2-7-6, 3-4) - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.

Pre-Meet Conference (3-3-6, 4-2-1d) - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.

Referee and Starter (4-2, 4-3) - Various rules require interactions between officials, coaches and athletes. Alternative methods for communications include utilization of the P.A. system, hand signals or written communication.

Notification of Disqualification (4-2-2d, e) - Notification shall occur from a distance via use of hand signals or the P.A. system.

Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13) - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Require a distance of 3-6 feet between individuals seated at the desk/table. Those officials must wear face coverings.

Timers (4-9) - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing. Timers should wear cloth facial coverings.

Submission of Entries to Referee (5-2) - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.

Relay Takeoff Judges and Relays (8-3) - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. Timers and relay takeoff judges must wear cloth facial coverings.

2. General Considerations

Swimming Warm-up Areas - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods.

Teams Seating and Lane Placement - Keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.

Preparing Athletes for Competition - Athlete clerking areas should be eliminated.