

WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION
2025-26 NFHS Swimming & Diving Rules Book
(PLEASE KEEP WITH YOUR RULES BOOK)

NATIONAL FEDERATION ALLOWED ADAPTATIONS

- a. Exhibition
 - (1) There must be prior written mutual agreement among the involved schools. This must be facilitated prior to the day of the meet.
 - (2) Officials should be informed that the meet will include exhibition performances and in what events. The notification should be prior to the day of the meet.
 - (3) The number of individual exhibition entries in an event should not exceed the maximum allowed for the meet. If a school is allowed three entries per individual event, the maximum allowed for exhibition is three.
 - (4) Exhibition performances should not adversely affect the length of the meet (Rule 3-2-1-a).
- b. For competing without submitting an entry card (sign-up) sheet, the competitor or relay team shall be disqualified from that event only. Other legally entered competitors or relay teams from that same school shall not be penalized (Rule 3-2 Pen.).
- c. In dual meets, the entries for the varsity event become official and no changes will be allowed upon the start of the JV event which precedes it. Coaches and officials may elect to use another system if agreed to prior to the start of competition (Rule 3-2-3).
- d. When a heat is missing a contestant, the meet referee will hold that heat until the situation can be resolved. The involved contestant must be charged with a false start for delay of the meet for that event, but shall be allowed further competition in the meet (Rule 3-2-4).
- e. The Length of Events may be modified for nonvarsity competition and invitational meets (Rule 5-1-1).
- f. In all meets (championship and nonchampionship) there must be dual confirmation of a false start by the referee and starter before a school swimmer or relay team is disqualified (Rule 8-1-3, Penalty 2).
- g. In all championship meets having at least three officials, there must be dual confirmation of relay takeoffs before a school swimmer or relay team is disqualified (Rule 4-6).
- h. Diving Competition (Rule 9-1-1)
 - (1) Diving competition will be conducted on one meter boards only.
 - (2) If a host school cannot conduct diving competition because of water depth, the following options are available:
 - (a) With prior mutual consent, conduct diving at an alternate site and add diving points to total meet score.
 - (b) No diving competition – points are lost to the meet. Total team score from 11 swimming events only. Note: A break of at least 15 minutes, including at least 10 minutes in water, must be taken during the normal diving event unless there is mutual agreement of all involved schools to shorten.
 - (3) If a host school can conduct diving, but is competing with schools which do not sponsor diving because of illegal facilities, the conference (if a conference meet) or the meet contract (if a nonconference meet) shall determine if diving will be scored. If diving is not conducted, the length of the break needs to be determined.
 - (4) If a school, however, has a legal facility but is not sponsoring diving because of lack of a coach or athletes, diving must be conducted in meets with schools sponsoring diving and appropriate points for diving forfeited to opponent(s).

STATE ASSOCIATION REGULATIONS

- a. Feet first entry shall be required every time an individual enters a swimming pool with the exception of supervised situations such as starting a race, practice starts, and practice dives.
- b. All coaches shall review with their swimmers and parents the dangers associated with a head first entry into a swimming pool.
- c. Prior to competition, warm-up procedures are required to have one-way sprint starts only. Swimmers start at one end and exit at the opposite end of the pool.
- d. Prior to the visiting school beginning their warm-ups, there will be a meeting that includes an official (if available), head coaches from each team and the captains from each team to review the warm-up procedure, pool environment, water-depth at both ends, uniform rules, starting blocks, lane selection, emergency procedures, conference rule differences, lifeguard issues and other pertinent issues.
- e. During competition, athletes shall not perform the pike dive (scoop or hole in the water) forward start. The penalty for the first violation shall result in disqualification of the swimmer from that event. A second violation in the same meet shall result in the swimmer being disqualified from the remainder of the meet, but not the next meet. The swimmer is deemed to have violated this rule if he/she leaps higher into the air than would be the case in the traditional flat racing start and bends at the hips at the peak of the dive and enters the water with the body inclined at any angle greater than 45 degrees with relation to the surface of the water. Dual confirmation is not required as this will be considered an illegal start (violation) rather than a false start.
- f. During competitive meets (swimming and diving) there shall be a lifeguard (minimum age of 16) on duty before the visiting team may enter the pool or diving well and until the last member of the visiting team leaves the pool/well. The lifeguard shall be someone who is not responsible for any other duties during this time frame.
- g. Starting platforms shall be removed, covered, or otherwise rendered unusable for entries into water of any depth when there are no lifeguards on duty to supervise the proper use of the platforms.
- h. Meet contracts shall specify depth of water in the starting end and height of starting blocks.
- i. During championship meets, the pool shall be closed during the coaches meeting.
- j. Schools shall be knowledgeable of the current state code regarding public swimming pools found in Chapter HFS 172 and available from their local county health department.
- k. Number of Diving Entries

The maximum allowed number of divers in a dual meet is limited to the same number of entries allowed for swimming. In four-lane pools, maximum of eight (four varsity and four JV) divers for both teams with a maximum of six divers allowed if only one team sponsors diving. In a six-lane pool, maximum of 12 divers for both teams or nine divers for one team. In an eight-lane pool, a maximum of 16 divers for both teams or 12 divers for one team.

I. Meet Committee

- (1) All championship meets should appoint a meet committee consisting of referee, starter, meet manager and two coaches, not from the same school or host school.
 - (2) Their responsibilities are to rule on situations not covered by rules.
 - (3) Their jurisdiction does not extend to questions arising out of the actual conduct of competition.
 - (4) Responsibility for enforcing and interpreting rules governing conduct of competition rests with the meet referee.
- m. Coaches must report to their school administration within 48 hours following a contest any player or coach ejection. School administrators must then report the ejection to the WIAA via written communication within three (3) school days following the contest. This written communication must also include a plan of action to prevent future ejections. Officials will continue to provide electronic reports to the WIAA.
- n. All competitors, once officially entered, must compete in all heats and rounds of competition (excluding swim-offs) for which they entered except:
- (1) With a declared false start.
 - (2) When illness or injury certified by a physician or the referee forces a competitor to withdraw.
 - (3) In both situations, the event counts as an entry withdrawn and no replacement is allowed.
 - (4) A competitor who withdraws because of injury or illness may be reinstated by the referee or a physician at any time.