Swimming & Diving (Boys)

SEASON REGULATIONS

(Rules in this section are specific for sport involved. Refer to Constitution, Bylaws and Rules of Eligibility for regulations related to age, residence, scholarship, amateur status, etc.)

ALERT: State Law (175.22) prohibits use of cell phones (and other image-recording devices) in locker rooms except in emergency situations.

1. PRESEASON AND OUT-OF-SEASON

a. Organizational meetings may be conducted outside the season provided no instruction or practice is included and the meeting(s) has been approved by school administration.

b. So long as participation is voluntary and available to all interested students, there shall be no restrictions upon schools, school teams and school coaches (grades 9-12) relative to assembling in the summertime, between June 1 through June 30 and July 7 through July 31 for all WIAA sports sponsored by the school. Sanctioned school contact days must conclude no later than July 31.

c. It is the philosophy of this Association that athletes should not be unreasonably restricted, except during the actual school season of a sport. Subsequently, students may voluntarily assemble at any time without school and/or school coach involvement. With school consent, in the summertime, members of a school's team may voluntarily assemble with their teammates and coaches for purposes of instruction and/or competition in all WIAA sports sponsored by the school, without restriction between June 1 through June 30 and July 7 through July 31. Note: Whether an opportunity is school sponsored or not, coach contact may not exceed Board of Control approved contact days.

d. Other than during the actual school season and those days designated as sanctioned school coach contact days in the summertime, the following provisions shall apply to nonschool participation in accordance with the above:

(1) An acceptable nonschool program or activity is one which is not limited to students on the basis of a school affiliation, athletic experience, team status, etc. and no school monies or resources can be applied.

(2) The person who will be coaching a student in the following school season shall not be permitted to coach that student other than during the designated school season and Board of Control approved coach contact days in the summertime. Board of Control approved summertime contact is as follows:

(a) Sanctioned School Coaching Contact - Coaches in all WIAA recognized sports (baseball, cross country, football, golf, gymnastics, lacrosse, softball, swimming & diving, tennis, track & field, volleyball, soccer, basketball, hockey and wrestling) have been afforded sanctioned school coaching contact between June 1 through June 30 and July 7 through July 31, in accordance with the Bylaws and as described in item B of this section.

1) There must be a minimum of one calendar week (Sun.-Sat.) of no sanctioned school coaching contact prior to (i.e. the week immediately preceding) the first allowed practice in a fall sport. This does not affect nonschool programming.

2) Football must follow the WIAA Fall Acclimatization policy.

(b) Nonschool Programming – Coaches in all sports except football have been afforded nonschool program contact beyond the sanctioned school contact days that is permitted to continue throughout the summertime (when school is not in session from the last day of school to the start of school) in accordance with the Bylaws and as described in Section 2 – A and C-1) of Rules of Eligibility, Article VI - Nonschool Participation.

Note: Coaches or others may not mandate participation or provide any incentives to athletes for participating in summertime/out-of-season activities/programs. Participation may not be a requirement for making a school team or earning a letter award, etc.

2. LENGTH OF SEASON

The earliest day practice may begin is the Monday of Week 20 (November 16). The season ends with the State Meet concluding on Saturday of Week 33 (February 20).

3. MINIMUM DAYS OF PRACTICE

a. There must be practices on a minimum of seven different days before the first competition may be conducted.

b. The minimum days of practice may not involve a team from outside the school.

c. The minimum days of practice prior to the first competition is a team requirement. While it is desirable for each participant to satisfy this requirement, schools will determine when students may begin competition.

d. Teams must rest from all physical activity for at least one calendar day after six consecutive days of practice or competition. In the event extreme weather forces a WIAA tournament contest to be cancelled, school administration may request relief.

4. SCRIMMAGES

a. One scrimmage, over one day, with another school or schools may be conducted in addition to the maximum allowed meets, provided all athletes participating meet all WIAA and school eligibility requirements (exceptions: students ineligible due to academic deficiency, code of conduct violations, or those required to miss the next competitive event, due to being ejected from their last competitive event, may participate at the discretion of the school), and:

(1) Five different days of practice have elapsed.

(2) There is no loss of academic class time.

(3) Each high school team, i.e., varsity, JV, sophomore, freshman, is allowed one scrimmage.

(4) An individual student is allowed to participate in only one day of scrimmage activity.

Note: An individual student may participate in multiple levels of scrimmages conducted on the same day.

b. Any interschool scrimmage other than the one described in 4. a. counts toward the maximum allowed meets.

Note: If either school counts a scrimmage as a game, it must be counted as a game for both programs, schools or teams.

5. DATE OF FIRST MEET

The first meet may not be held before Tuesday, November 24.

6. MAXIMUM ALLOWED MEETS

a. The maximum number of meets is 15 if one meet is an alumni meet. Schedules of all teams should be clearly published and separated by level for each team sponsored by a school.

b. Conference tournaments must be included in count of regular season maximums.
c. A school may schedule meets consisting only of diving competition (in addition to those in 6. a.), but students who participate in such meets come under restrictions of Individual Participation Limitations (No. 7).
d. No meet may continue more than two days.
e. No meet may be scheduled (but a meet may be rescheduled if postponed) after any of the schools involved in the rescheduled event have begun WIAA tournament series competition.
f. The WIAA tournament series is not part of the maximum allowed meets.
g. Competition involving students not eligible for the school's official interscholastic teams (e.g., Grades 7-8 students) must be conducted at a time other than during the period (start to finish) of a meet.
h. Except for events held in bordering states (MN, IL, MI and IA), no approval shall be provided for more than one out-of-state competition, event and/or scrimmage per team each school season.

7. INDIVIDUAL PARTICIPATION LIMITATIONS

a. A student may not participate in more than 15 meets. A student who participates on the same day on both the varsity and nonvarsity teams uses only one of the 15 meets, but may not enter the same events at both levels and may not exceed individual participation limitations.
b. A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events. A swimmer could compete in three relays and one individual event.

Note: In a meet consisting of only relays, a competitor shall be permitted to enter a maximum of four events.

Note: A pentathlon meet will count as one meet and the four event rule is waived for this type of meet.

c. A student may not participate in exhibition events unless there is written mutual agreement of all involved schools to conduct such competition.
d. Only students eligible for the school's official interscholastic teams may participate on an exhibition basis, and students may not exceed individual participation limitations in their combined exhibition and team scoring events.
e. For information about non-school participation, refer to Rules of Eligibility, Article VI, Section 1 of the Senior High Handbook and consult with Athletic Administration.

8. FLAGRANT OR UNSPORTSMANLIKE CONDUCT

a. A student, disqualified from a contest for flagrant or unsportsmanlike conduct, is suspended from interscholastic competition for no less than the next competitive event (but not less than one complete game or meet) at the same level of competition as the disqualification.
b. Athletes who are ineligible during the WIAA Tournament (for any reason) may not appear in uniform, participate in warm-ups, and may not participate in the awards ceremony at the WIAA Tournament. Exception: An injured athlete will be allowed to participate in the awards ceremony provided he/she is included in the roster allotment for that game. During the regular season, schools should establish their own policy as to whether athletes are allowed to be in uniform and participate in pregame and postgame activity, if they are ineligible to compete due to flagrant and/or unsportsmanlike conduct, athletic and/or academic code violations, or for any other reason.
c. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.

9. PROHIBITION OF PRACTICE AT MEET SITE

Schools are prohibited during the regular season and the WIAA tournament series from practicing for sectional and state tournament preparation at sites and facilities hosting WIAA tournaments.

10. CONTEST CONTROL

a. All schools are responsible before, during and after a contest for the proper conduct of their coaches, athletes, students and other spectators and, when requested, a school must complete a report regarding the contest in which a problem occurred (WIAA Bylaws, Article X).
b. Schools are expected to prohibit and/or eliminate pranks, mischief or any other activity involving destruction, theft, etc., of athletic facilities, equipment and material.
c. Schools are required to conduct a pre-contest meeting (Pre-event Emergency Action Plan Meeting) that shall include event management, the head official and medical personnel present at the event, to discuss the Emergency Action Plan.

11. LICENSED OFFICIALS

Two WIAA licensed officials (referee and starter) are required for all levels of competition.

12. MEDICAL COVERAGE

For all meets and practices, emergency procedures should be in place as per DPI and Wisconsin Statute 121.02 (1) (g) Emergency Nursing Service.

These should include, but are not limited to, such things as:

a. A physician available by phone or on location.
b. Phone location and phone numbers available for contacting physician and/or ambulance service.
c. A designated physician or licensed athletic trainer will determine whether an injured athlete may continue whether or not consciousness is involved. They may consult with another physician if they desire, but their decision will be final. Coaches cannot keep medical personnel from examining athletes that are or may be injured.

13. CONCUSSION AND/OR UNCONSCIOUS PARTICIPANT

No athlete shall return to play or practice on the same day of being diagnosed with a concussion. Any athlete suspected of having a concussion must be evaluated by an appropriate health-care professional that day. Any athlete with a concussion must be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition. Return to play must follow a step-wise protocol which includes provisions for delaying return to play based upon the return of any signs or symptoms. Any athlete deemed unconscious must have medical evaluation and clearance before being allowed to return to participation.

14. OXYGEN AND FLUIDS PROVIDED INTRAVENOUSLY

a. Oxygen administered by mechanical means for recuperative purposes is not permitted.
b. Fluids provided intravenously is an invasive procedure to be used only in emergency situations. An athlete may not return to competition the same day.

Note: See WIAA Medical Policies and Procedures for additional medical information.

15. RULES GOVERNING COMPETITION

The official rules for all interscholastic competition are contained in the (a) current edition of SWIMMING, DIVING AND WATER POLO RULES and (b) related publications and interpretations of the National Federation with these additional provisions:

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).

i. If backstroke ledges are used in a competition, identical ledges must be provided by the host team for all lanes. Even if the ledges are available, individual swimmers are not required to use them. (Rule 2-7-3)

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.

l. 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.

STATE ASSOCIATION RECOMMENDATIONS

a. It is recommended that all meets follow WIAA tournament procedures.

b. Relay Takeoff Judging

   The rule requiring dual confirmation of a relay takeoff violation in a dual or championship meet presumes that qualified takeoff judges are available. The referee has the responsibility for assigning duties and delegating responsibilities depending on circumstances. If a referee feels a relay takeoff judge(s) is not qualified, their call may be considered as a recommendation or advisory only. Thus, a disqualification can be determined without dual confirmation. Coaches should be informed of this decision by the referee before competition begins.

c. Pool Coverage for Officials

   The recommended pool coverage for a dual meet, given the typical facility and two deck officials, is as follows: a) The referee and starter may equally divide the number of lanes with each official being responsible for an equal number of lanes nearest their side of the pool, and b) when the field of swimmers spreads out, the referee may adjust coverage so that each official is responsible for one end of the pool. Officials will then handle stroke and turn duties for participants nearest their end of the pool.

d. Oil-based lotions may be applied in a designated area only.

16. NON-VARSITY TEAMS WITH ONLY GRADE 9 STUDENTS

The above rules apply with these additional provisions:

a. The season ends on Saturday of Week 32 (February 13).

b. A student is limited to participating in three events, but no more than two may be individual events.

17. GRADE 9 STUDENTS PARTICIPATING ON GRADE 8 TEAMS

a. Rules governing junior high/middle level competition are contained in the Junior High/Middle Level Handbook.

b. A school may not allow its students in Grades 9, 10, 11 and/or 12 to compete against another member school's students in Grade 8 and/or below.

   Note: In emergency situations a waiver may be requested allowing 9th grade student(s) at member middle schools to compete at the 8th grade level at member middle schools.

c. Rules governing Grade 9 season length apply for teams with students Grade 9 and below.