



September 23, 2026

NFHS Swimming and Diving Weekly Rule Interpretations

SITUATION 1: The host of a mid-season invitational meet offers a championship-style format with heats and finals. In order to encourage participation for a greater number of swimmers, scoring for each individual event will be generated from a championship and a consolation final, 16 places; for relay events, a championship final and two consolation finals are offered, 24 places. The host creates a scoring table for relays based upon the philosophy/manner of Table 7-1 of the NFHS Swimming/Diving Rules.

a. Individual Events

Places	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th
5	6	4	3	2	1															
6	7	5	4	3	2	1														
7	8	6	5	4	3	2	1													
8	9	7	6	5	4	3	2	1												
9	10	8	7	6	5	4	3	2	1											
10	14	11	10	9	8	6	4	3	2	1										
12	16	13	12	11	10	9	7	5	4	3	2	1								
14	18	15	14	13	12	11	10	8	6	5	4	3	2	1						
16	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1				
18	22	19	18	17	16	15	14	13	12	10	8	7	6	5	4	3	2	1		
20	24	21	20	19	18	17	16	15	14	13	11	9	8	7	6	5	4	3	2	1

TABLE 7-1

RULING: Not permissible per Rule 7-1-3b. Relay points are to be awarded via the formula of doubling the points in individual events, thus limiting scoring to the same number of places for both individual events and relays.

STATE ASSOCIATIONS: State associations should monitor competitions and make sure that the scoring format adheres to Rule 7-1-3.

COACHES: When developing the scoring method, the coaches must consult the rulebook and utilize the methods contained in it.

OFFICIALS: Officials should carefully check the meet announcement to make sure the scoring method follows rule 7-1-3.

SITUATION 2: A large 12-team league schedules its league contests as a series of quadrangular dual meets, in which four schools participate as follows. This format reduces the number of individual competitions for individual schools, permitting them to schedule invitational meets and remain within the state association limitations on number of contests during the season.

Team A vs. Team B

Team A vs. Team C

Team A vs. Team D

Team B vs. Team C

Team B vs. Team D

Team C vs. Team D

RULING: Allowable provided each school has equal opportunity for the same number of entries and head-to-head competition is maintained. The league could easily treat each four-team event as a multi-team meet scored according to 1-4-10d and 7-1-3. The desire to arrive at school vs. school dual meet results is more difficult. The assumption of a dual meet is that there will be one heat per event, with points being awarded based on head-to-head competition. In larger pools (8 lanes with two entries per school or 12 lanes with three per school) it may be possible to maintain the one-heat-per-event parameter.

STATE ASSOCIATION: State Associations should encourage alternate formats but need to make sure that equal entries and scoring by head-to-head competition is maintained in a dual meet format. Otherwise, a timed finals format should be utilized.

COACHES: Coaches should remember that they do not function autonomously. The competitions that they host must fall under a format in the rulebook.

OFFICIALS: Officials should carefully read the meet announcement and make sure the competition adheres to the NFHS Swimming and Diving Rules Book.

SITUATION 3: In order to keep the score closer in an invitational, a host school changes the scoring of individual events to 6, 5, 4, 3, 2, 1, scoring 6 places, and relays 10, 9, 8, 7, 6, scoring 5 places. **RULING:** Unacceptable. There is some latitude for invitationals as to the number of entries per team. However, the method of scoring should align with the scoring chart in Rule 7-1-3 a & b. The 1st place finisher receives 2 points more than the 2nd place finisher and relays are double the scoring method of the individual events.

STATE ASSOCIATIONS: State associations should monitor competitions and make sure that the scoring format adheres to Rule 7-1-3.

COACHES: When developing the scoring method, the coaches must consult the rulebook and utilize the methods contained in it.

OFFICIALS: Officials should carefully check the meet announcement to make sure the scoring method follows Rule 7-1-3.

SITUATION 4: Several of the top schools in the state are invited to an invitational and the meet announcement states the individual swimmers may have unlimited entries for the meet. **RULING:** Illegal. While the number of entries per team may be modified the entry limits by an individual swimmer must be maintained. (3-2-1)

STATE ASSOCIATIONS: State associations should monitor competitions and make sure that the entry format follows Rule 3 of the NFHS Swimming and Diving Rules Book.

COACHES: When developing the entry format, the coaches must consult the rulebook and utilize the methods contained in Rule 3.

OFFICIALS: Officials should carefully check the meet announcement to make sure the entry method falls within the specifications of Rule 3.

SITUATION 5: In order to encourage diving the coaches in the Beach Grove League have decided to score diving in the same manner as relays, awarding double points. **RULING:** Illegal. Diving is an individual event and must be scored accordingly. (7-1-3)

STATE ASSOCIATIONS: State Associations should promote diving but must make sure that the modifications that are used to promote the event follow the NFHS Swimming and Diving Rules Book.

COACHES: Coaches must consult the NFHS Swimming and Diving Rules Book before modifying any aspect of competition.

OFFICIALS: Officials should be aware of modifications that are made to the competition setting and ensure the modifications comply with the NFHS Swimming and Diving Rules Book.

NFHS Swimming and Diving Resources of the Week:

Diving Judge and Referee Calls - <https://nfhs.org/sports/swimming-diving/resources>

Sample Pre-Meet Conference Topics - <https://nfhs.org/sports/swimming-diving/resources>