

2025

KISL

Officials & Rules Clinic

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Welcome to the 2025 KISL Officials & Rules Clinic

The Knoxville Interscholastic Swim League (KISL) exists to “regulate, control, and govern the activities of the member teams in high school swimming competition in the Knoxville Area.” The purpose of this clinic is to insure that those serving as Referee, Starter or Stroke & Turn Judge have a common understanding of the rules and procedures for KISL swim meets.

KISL swim meets are swum in accordance to the National Federation of State High School Associations (NFSHSA) Swimming and Diving and Water Polo rules book, except as specifically modified by KISL rules. It is the purpose of KISL officials to interpret and apply those rules when organizing and officiating KISL Swim Meets

All persons serving as Referee, Starter or Stroke & Turn Judges must be properly certified by KISL in that position.

Referee:

The referee is the head official and is responsible for making decisions on matters not specifically covered by the rules, setting aside application of a rule during a meet or ordering a race re-swum when there is obvious unfairness. The referee shall have general supervision of other officials and shall meet promptly with them in order to make a ruling on any situation. The referee's decision is final.

per KISL League Rules:

“Certification as a KISL Referee will require the person to attend an Officials Clinic each year and successfully complete the Referee written exam. Prior to being certified as a Referee, that person must have been a certified Stroke & Turn Judge for at least one year or equivalent experience.”

Starter:

The Starter shall:

- a) announce the event;
- b) carry out the provisions of a fair start;
- c) discharge a sounding device over the lane of the lead swimmer during the 500 yard/400 meter freestyle event when that swimmer has two lengths plus 5 yards remaining to swim in the race;

per KISL League Rules:

“Certification as a KISL Starter will require the person to attend an Officials Clinic at least once every two years and successfully complete the Starter written exam.”

Stroke Inspector & Turn Judge:

Often at KISL meets the Referee may choose to combine the activities and responsibilities of the Stroke Inspector and the Turn Judge into a single position referred to as a Stroke & Turn Judge

Stroke Inspector / Turn Judge shall:

- a) from the start of the race, examine the swimming strokes, from end wall to end wall in the lanes nearest the side from which they are observing;
- b) examine the last stroke prior to the turn, the turn, the exit from the turn until completion of the first full stroke and the finishes of the competitors in their assigned lane(s);
- c) signal by raising one hand overhead with open palm immediately upon discovering a violation of the legal swimming stroke, kick or body position;
- d) report the violation to the referee immediately following the race.

per KISL League Rules:

“Certification as a KISL Stroke & Turn Judge will require the person to attend an Officials Clinic at least once every two years and successfully complete the Stroke & Turn Judge written exam.”

Additionally, those certified as a GKAIISA or USA-Swimming Stroke & Turn judge may be certified as a KISL Stroke Inspector & Turn judge upon request.

National Federation of State High School Associations
2025-2026 Swimming and Diving Rules

All KISL Swim Meets are governed by the National Federation of State High School Association rules. Rulebooks are available only via the NFHS Digital App. It is highly recommended that you download the App and purchase the 2025-2026 Rulebook (\$9.99) for reference.

Section 7 – Equipment for Swimming Events

ART. 3... **Backstroke ledges may be used by state association adoption.** ***TISSCA has adopted backstroke ledges. ***Minimum depth requirement for backstroke ledges is 6 feet.

Rule 8 - Swimming Events

(rule 8) SECTION 1 - STARTS AND FINISHES

ART. 1 ... For the forward start, upon the starting command, "Take your mark," swimmers shall promptly assume a stationary position with their foot/feet at the front edge of the platform or pool deck. When all swimmers are stationary, the starter shall activate a starting device.

NOTE: With referee/starter permission, a swimmer may start in the water. The swimmer shall step in the water feet first, must be stationary and have at least one hand in contact with the starting platform or end wall. A backstroke start is not permitted.

ART. 2 ... For the backstroke start, swimmers shall step in the water **feet first** and face the starting end with both hands in contact with the end of the pool or the starting platform. Upon the starting command, "Take your mark" swimmers shall promptly assume a stationary position. When all swimmers are stationary, the starter shall activate a starting device. Prior to the command "Take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall not be above or curl over the lip of the gutter or pool edge. Standing in or on the gutter, placing the toes above the lip of the gutter, or curling the toes over the lip of the gutter, before the start, is prohibited. **When a backstroke ledge is used, at least one toe of each foot must be in contact with the end wall or face of the touchpad at the start.**

ART. 3 ... Subject to the discretion of the referee/starter, (referee and starter in championship meets), an infraction/false start occurs when a swimmer:

- (a) unnecessarily delays in reporting for the start, or in assuming a starting position;
- (b) does not step into water feet-first for an "in-water" start.
- (c) does not remain stationary immediately prior to the start. Other swimmers are to be released by the starter's command, "Stand up", or
- (d) leaves the mark before the starting signal;

PENALTIES:

- 1. The swimmer or relay team is disqualified from the event
 - a. and shall not swim when in violation of items a-d above;
 - b. If the starting signal has been given before the disqualification is declared, the race shall continue without recall. (8-1-4).
- 2. These same penalties apply in championship meets where dual confirmation in writing is required.

ART. 4 ... When one or more swimmers have obtained an unfair advantage at the start, the race shall continue without recall

Penalty: The swimmer or relay team is disqualified from the event

Notes:

- a) If the recall signal is activated inadvertently, the race is recalled and the referee/starter (referee and starter in championship meet) may disqualify the swimmer(s) leaving the mark before the start of the signal.
- b) The referee/starter may recall the entire heat when he/she is not satisfied that the race was properly started. It is not necessary to charge any swimmer with a false start under these conditions.

ART. 5 ...For the forward start, swimmers may stand up on the starting platform after the command "Stand up", but they shall not unnecessarily enter the water, step off the starting platform, nor delay a new start.

ART. 6 ... For the backstroke start, swimmers may release from the starting position after the command "Stand up", but they shall not leave the starting area nor unnecessarily delay a new start.

Penalty: When there is dual confirmation in writing by the referee and starter of a false start the swimmer or relay team is disqualified from the event.

ART. 7 ... To finish the race, the swimmer shall contact the finish end in the manner prescribed.

(rule 8) SECTION 2 - FORM OF INDIVIDUAL EVENTS

ART. 1 ... The Backstroke:

- (a) The backstroke start shall be used;
- (b) Any stroke is permitted. The body shall remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn;
- (c) Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted;
- (d) Any kick is permitted;
- (e) The swimmer may be completely submerged during the turn or for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimmer must remain on the surface (any part of the swimmer's body is on or above the surface) except for turns;
- (f) The turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flags, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed, provided such rotation is accompanied by an initiation of the turning action **or continuation into the wall.**

The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by an upward or downward, underwater movement of the head.

After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted.

The swimmer shall assume a position on the back before the feet leave the wall;

- (g) The finish requires completion of the required distance and contact with the touchpad or finish end by any part of the swimmer with some part of the body at or above the surface. **Once some part of the head of the swimmer has passed the 5-yard/5-meter mark immediately prior to reaching for the finish, the swimmer may be completely submerged.**

PENALTY: Swimmer shall be disqualified from the event for form violations.

ART. 2 ... The Breaststroke:

- (a) The forward start shall be used;
- (b) The body shall remain on the breast except while executing a turn;
- (c) On the start or turn, one arm stroke beyond the hipline followed by one breaststroke kick may be made while the swimmer is underwater; any time before the breaststroke kick, a single butterfly kick is permitted. Some part of the head must break the surface before the hands turn inward at the widest part of the second stroke after the start and after each turn;

Thereafter:

- (1) the hands shall not be brought back beyond the hipline;
- (2) some part of the head must break the water surface sometime during each stroke cycle (one arm pull followed by one leg kick) except after the final arm pull to the turn or finish.
- (d) The stroke requires that the arms shall move simultaneously without any alternating movement. Both hands shall be pushed forward from the breast simultaneously on, above or under the surface of the water. Elbows must remain under the water except for the last stroke at the turn/finish of the prescribed distance (butterfly recovery is not permitted at any time);
- (e) The kick requires the feet be drawn up with the knees bent. The feet must be turned outward during the propulsive part of the kick. All movement of the legs and feet shall be simultaneous. No scissors, flutter, or downward butterfly kick is permitted except as provided in 8-2-2c above.
- (f) At the last stroke before the turn, an arm stroke not followed by the kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch. At each turn the touch shall be made with both hands separated and simultaneously at, above or below the water surface. Any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall.
- (g) At the last stroke before the finish, an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch. The finish requires completion of the required distance and contact the touch pad or finish end with both hands separated and simultaneously at, above or below the water surface.

PENALTY: Swimmer shall be disqualified for form violations.

ART. 3 ... The Butterfly:

- (a) The forward start shall be used;
- (b) The body shall remain on the breast except while executing a turn. After the start and after the turn, the swimmer is allowed on or more leg kicks, but only one arm pull under water;
- (c) The stroke requires that both arms simultaneously pull backward under the water, then simultaneously recover over the water
- (d) The kick requires that both legs and feet move up and down simultaneously in the vertical plane. Scissors, breaststroke and alternating up and down movements of the legs are not permitted;
- (e) At each turn the touch shall be made with both hands separated and simultaneously at, above or below the water surface. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall;
- (f) The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimming must remain on the surface except for turns and on the finish;
- (g) The finish requires completion of the required distance and contact with the touchpad or finish end with both hands separated and simultaneously at, above or below the water surface.

PENALTY: Swimmer shall be disqualified from the event for form violations.

ART. 4 ... The Freestyle:

- (a) The forward start shall be used;
- (b) Any body position, stroke and kick is permitted and any combination of styles may be used;
- (c) The turn requires that some part of the swimmers body contact the end wall; **The final leg of the individual medley and the medley relay requires the swimmer to be at or past vertical toward the breast before any stroke, kick or propulsive motion;**
- (d) The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimming must remain on the surface except for turns and finishes;
- (e) The finish requires completion of the required distance and contact with the touchpad or the finish end by any part of the swimmer.

PENALTY: Swimmer shall be disqualified from the event for form violations.

ART. 5 ... The Individual Medley:

The individual medley begins with the forward start. Competitors shall swim the butterfly for the first quarter of the required distance of the complete race, the backstroke for the second quarter, the breaststroke for the third quarter and any stroke other than backstroke, breaststroke or butterfly for the last quarter. Each section must be finished in accordance with the rule that applies to the style concerned.

PENALTY: Swimmer shall be disqualified from the event for form violations.

(rule 8) SECTION 3 - RELAY EVENTS

ART 1 ... The medley relay is swum by a team of four competitors, each swimming one quarter of the required distance of the race. The first shall use the backstroke start and swim backstroke; the second shall swim breaststroke; the third, butterfly; and the fourth shall swim any stroke other than backstroke, breaststroke or butterfly. Each swimmer shall adhere to the position, stroke, kick, turn and finish rules governing the stroke being swum. (See 8-3-6)

ART. 2 ... The freestyle relay is swum by a team of four competitors, each swimming one quarter of the required distance of the race in any style, adhering to the turn and finish rules of the freestyle event. The first swimmer of the relay team must use the forward start. (8-1-1, 8-3-5, 8-3-6)

ART. 3 ... The first swimmer of a relay team, once called to the starting platform by the referee, shall not change his/her swimming order in the relay event with any teammate.

ART. 4 ... On relay exchanges, the second, third and fourth swimmers on a relay team may be in motion before the previous swimmer finishes. The swimmer shall remain in contact with the starting platform/pool deck until the previous swimmer has finished. However, moving from the back of the starting platform to the front is permitted provided the swimmer is on the starting platform and does not initiate the action from the pool deck.

NOTES

- a. On starts from the deck, the second, third and fourth swimmers must use the forward start with at least one foot at the edge of the deck. The body may be in motion but no intentional movement of the feet is permitted.
- b. For in-water start, the second, third, and fourth swimmers need only maintain contact with the end wall with a foot until the previous swimmer has finished.

c. **When starting block wedges are installed, the second, third and fourth swimmers shall have at least one foot in contact with surface of the starting platform in front of the wedge during takeoff.**

ART. 5 ... Each swimmer of a relay team must contact the finish end at the conclusion of his or her leg of the relay in accordance with the finish rule applicable to each stroke.

ART. 6 ... The first three members of relay teams shall leave the water by the finish end of their lane promptly after finishing their quarter of the race.

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

ART. 7 ... The lead-off swimmer on a relay may be credited with an official time for his/her relay leg provided all requirements of the start, stroke and finish are legal.

- (a) A lead-off time remains valid if the relay team is disqualified due to a violation (other than **unsporting** conduct) by one of the subsequent relay competitors.
- (b) A lead-off time shall be nullified should the relay team be disqualified for **unsporting** conduct, under Rule 3-6-1 or for any entry rule violation under Rule 3-2..

RULE 3 – Team Personnel

(rule 3) SECTION 3 - UNIFORMS

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage. Any approved suit accommodation must be constructed with a woven/knit textile material, permeable 100% to air and water, and not aid speed, buoyancy or body compression.

ART. 1 ... It is recommended all swimmers and divers on the team wear suits of identical coloring and pattern.

ART. 2 ... Suits shall be of one piece. Males shall wear suits which cover the buttocks and not extend above the waist or below the top of the kneecap.. Females shall wear suits which cover the buttocks and breasts and shall not extend beyond the shoulders or below the top of the kneecap, nor cover the neck..

ART. 3 ... The uniform consists of a suit and, if worn, cap(s):

- a. The suit or cap(s) may display the **competitor's name, school name, school nickname and /or the school logo.**
- b. Advertising or name other than permitted in 3-3-3c is prohibited.
- c. A single visible manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches is permitted on each item of the uniform [suit and cap(s)].
- d. One American flag, not to exceed 2 inches by 3 inches may be worn or occupy space on each item of the uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

Note: The World Aquatics mark, individual barcode and/or the USA Swimming approved check-mark logo on certain swimsuits designating that the suit has been approved for World Aquatics and/or USA Swimming competition is not considered to be a second manufacturer's logo nor a form of advertising. Such swimsuits with a World Aquatics and/or checkmark, if otherwise legal, legal for NFHS competition.

ART. 4 ... Suits worn by swimmers (excluding divers) shall be limited to the following requirements:

- a. only one swimsuit shall be permitted in competition. (A swimmer with special needs may request for customization to the state association through the school.)
- b. the swimsuit shall be:
 1. constructed of a woven/knit textile material;
 2. permeable (100 percent to air and water), except for one post-construction, impermeable school name and/or logo which shall not exceed 9 square inches;
 3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
 4. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings, and waist openings).
- c. Swimsuits with a World Aquatics marking and/or the USA Swimming approved checkmark logo, if otherwise legal, shall be legal for NFHS competition.

PENALTIES:

When an official discovers a competitor wearing illegal attire described in Articles 2, 3 and 4, the official shall:

1. when observed prior to the start of the heat/dive, notify the coach or competitor to make the attire legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from that event/dive and shall not be eligible for further competition until in a legal attire;
2. when observed after the heat/dive officially begins (**see Rule 1-4-3****), disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time/score and he/she shall not be eligible for further competition until in a legal suit.

ART. 5 ... For religious reasons, suits providing full-body coverage are permitted. The suit must meet requirements of 3-3-4b(1-3). If a competitor's suit does not meet rules specifications, the referee must notify the state association following the completion of the contest.

ART. 6... Competitors shall not wear or use any device or foreign substance to aid their speed, buoyancy or body compression. The following may be used within the stated conditions:

- a. A foreign substance may be applied if not considered excessive by the referee (if excessive, the referee shall require the competitor to remove it).
- b. Adhesives are not allowed for swimmers.
- c. Divers may wear tape or wraps for support and may also use temporarily applied adhesives.
- d. Tape may be used by a swimmer to treat a documented medical condition. The referee must be presented signed documentation from an appropriate health-care professional before permitting the athlete to compete.

PENALTY: When team personnel/competitor uses an unapproved artificial device during an event, the competitor(s) is disqualified from further competition.

ART. 7 ... Prior to the meet, the coach shall verify with the meet referee that all competitors are legally attired.

Note: Religious and medical alert medals are not required to be taped to the body. It is recommended the medical alert itself is visible to assist in care by a health-care professional.

**** Rule 1-4-3 states:** *"A race officially begins when the swimmers are called to the starting platforms by the referee's/starter's long whistle (see 4-1-5 note)"*

(rule 3) SECTION 6 - CONDUCT

ART. 1... No team personnel/competitor shall display unsporting conduct. This includes any act the referee deems unsporting, including but not limited to, the following;

- (a) making insulting or derogatory remarks, gestures or acts including taunting;
- (b) trying to influence or showing disgust with officials' decisions;
- (c) interfering with meet officials in the performance of their duties.
- (d) deck changing before, during or after a meet;
- (e) use of electronic devices to transmit information to the competitor(s) during the race or dive;
- (f) use of alcohol or any form of tobacco product (e-cigarette or similar items) beginning with arrival at the competition site until departure following the completion or the contest;
- (g) performing on-site shaving before, during or after the meet;

NOTE: The NFHS disapproves of any form of taunting which is intended to embarrass, ridicule or demean others under any circumstances.

PENALTY: Team personnel/competitor shall be disqualified from further participation in the meet, including all events in which the competitor previously qualified, for unsporting conduct. For excessive unsporting conduct, team personnel (as defined in 1-2-2) may be ejected from the competition area.

ART. 2.. No team personnel/competitor shall display unacceptable conduct. This includes any act the referee deems unacceptable, including, but not limited to, the following:

- (a) willful failure to follow the directions of a meet official;
- (b) using profanity whether or not directed at some or any action which could bring discredit to the individual or school;
- (c) failing to swim in his/her assigned lane throughout the race or interfering with a swimmer in another lane;
- (d) contacting the bottom of the pool for the purpose of gaining an advantage;
- (e) not leaving the pool promptly when requested to do so by the referee.

PENALTY: Team personnel/competitor shall be disqualified from that event or the next event in which he/she is entered, whichever is appropriate.

ART. 3...When a spectator becomes unruly or interferes with the orderly progress of the meet, the referee shall suspend the meet until meet management resolves the situation and the meet can proceed in an orderly manner.

ART. 4... No team personnel/competitor shall enter the water without the referee's approval.

PENALTIES:

1. All participants from a team shall be disqualified from that race/heat when a nonparticipating team member enters the water during the race (and that person is disqualified from further competition).
2. A competitor shall be disqualified from the event for:
 - a. entering the water before the race without the referee's permission:
 - b re-entering the water during the race without the referee's approval.
 - c. entering the water without the diving referee's permission (diving)
3. When all competitors have completed a race and a competitor in that event enters/re-enters the water without the referee's approval, that competitor shall be disqualified from the next scheduled event.

Rule 4 – Officials and Their Duties
(rule 4) SECTION 1 – AUTHORIZED OFFICIALS

ART. 1... Championship swimming competition shall be administered by a referee, starter, stroke judges, turn, takeoff and finish judges, timers, a scorer, a recorder and an announcer..

ART. 2... In championship meets, a meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during a meet. Judgment calls of officials are not subject to review by this committee. The decisions of the meet committee is final.

ART. 3... Non-championship meets shall be administered by a sufficient number of officials to properly conduct the meet. If is recommended a minimum of two officials administer dual meets.

ART. 4... The meet referee retains clerical authority over the meet through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the referee had jurisdiction. State associations may intercede in the event of unusual incidents before, during and after the referee's jurisdiction has ended or in the event that a meet is terminated prior to its conclusion.

ART. 5... The referee is the head official and is responsible for making decisions on matters not specifically covered by the rules, setting aside application of a rule during a meet or ordering a race re-swum when there is obvious unfairness. The referee shall have general supervision of other officials and shall meet promptly with them in order to make a ruling on any situation. The referee's decision is final.

NOTE: In non-championship meets when one official assumes the responsibilities of both the referee and the starter, the rules book and all related materials shall reference their position as the referee/starter.

ART. 6... Electronic devices, including video, shall not be used to review or verify official's decisions made during the meet.

ART. 7... Officials shall dress uniformly in attire that is approved by the state association.

ART. 8... No official shall use alcohol or any form of tobacco product (e-cigarette or similar items) beginning with arrival at the competition site until departing following the completion of the contest.

(rule 4) SECTION 2 – THE REFEREE

ART. 1... The referee's authority begins as the referee is available on the deck, which shall be at least 30 minutes before the meet, the referee shall be available to:

- (a) see that all equipment necessary for proper conduct of the meet is in the proper place and condition;
- (b) see that the pool is properly marked.
- (c) assign or delegate duties to officials as necessary for proper meet management and review responsibilities with each;
- (d) conduct a pre-meet conference with the starter, a captain and a coach from each team to review meet procedures, special instructions and any unusual pool conditions.;

ART. 2... During the meet, the responsibilities of the referee are to:

- (a) check that each swimmer takes the proper lane, call swimmers to step onto the starting platform of pool deck, and signal the starter that the starting commands may begin;
- (b) order an event to start without delay when a contestant fails to report promptly;
- (c) be in position and carry a sounding device to assure a fair start and notify each swimmer who is disqualified for a false start;

NOTE: The sounding device shall not be a pistol or closed barrel starter's pistol.

- (d) determine disqualifications and notify competitors and /or their coaches of infractions and resulting disqualifications. This may be accomplished with a verbal announcement if the competitor and/or coach cannot be reached without further delay of the meet;
- (e) notify the competitor's coach of an observed violation of 3-3-2 during competition. This may be accomplished with a verbal announcement if the competitors coach cannot be reached without delay of the meet;
- (f) confirm that no athlete violates the individual entry limitation;
- (g) resolve any disagreement in a race in a timely manner;
- (h) see that the meet progresses without delay and results are announced promptly;
- (i) assist in the judging of diving as needed;
- (j) assure all competition is conducted according to the rules;
- (k) signal by raising one hand over the head with open palm immediately upon discovering any swimming violation except on relay takeoffs and no-recall false starts in meets using dual confirmation;
- (l) prohibit the use of any bells, sirens, horns or other artificial noisemakers during the meet by fans or team personnel;
- (m) declare a dual meet a forfeit when conditions described in 7-2-3 are met;
- (n) determine if there is a need to use backup times;
- (o) stop or suspend competition or suspend/terminate a contest whenever the elements require. Be familiar with the NFHS Lightning Guidelines. (Appendix I)

ART. 3... Within one hour after the meet, the referee shall check the scorer's tabulations, record the time the meet was completed and sign the scoresheet, thus establishing the official score. The meet score can be reviewed and clerical errors corrected within 48 hours of the completion of the meet.

(rule 4) SECTION 3 – THE STARTER

ART. 1... The starters shall:

- (a) follow the procedures in Rules 8-1-1 and 8-1-2;
- (b) ensure that a warning device is sounded for the lead swimmer during the 500-yard/400-meter freestyle event when that swimmer has two lengths plus 5 yards remaining to swim in the race.

NOTE: The sounding device shall not be a pistol or a closed-barreled starter's pistol.

(rule 4) SECTION 4 – STROKE JUDGES

ART. 1... For championship meets, there shall be at least two stroke judges, one positioned on each side of the pool, each moving along the length of the swimming course.

ART. 2... Stroke judges shall:

- (a) from the start of the race, examine the swimming strokes, from end wall to end wall, of the competitors assigned to the lanes in the half of the pool nearest the side from which they are observing;
- (b) signal by raising one hand overhead with open palm immediately upon discovering a violation of the legal swimming stroke, kick, or body position;
- (c) report the violation to the referee immediately following the race.

(rule 4) SECTION 5 – TURN JUDGES

ART. 1... For championship meets, turn judges shall assume positions from which they have an unobstructed view of the swimmers and end wall of their assigned lanes.

ART. 2... Turn judges shall:

- (a) examine the last stroke prior to the turn, the turn, the exit from the turn until completion of the first full stroke and the finishes of the competitors in their assigned lane(s);
- (b) signal by raising one hand overhead with open palm immediately upon discovering a violation of the legal turn or finish;
- (c) report the violation to the referee immediately following the race.

ART. 3... At the discretion of the referee, the duties of stroke judges and turn/finish judges may be combined in assigning officiating responsibilities.

(rule 4) SECTION 6 – RELAY TAKEOFF JUDGES

ART. 1... Takeoff judges shall assume a position at the starting end of at the side of the pool at the starting end to observe first the feet on the takeoff of the departing swimmer, then the touch of the incoming swimmer's hand. Takeoff judges shall also observe the second, third and fourth swimmers to ensure at least one foot is in contact the surface of the starting platform in front of the wedge during takeoff.

ART. 2... Dual confirmation is recommended for relays and may be used at all meets.

ART. 3... For championship meets, dual confirmation is required:

- (a) a judge shall be assigned to observe the departing swimmer's feet, then the touch of the incoming swimmer;
- (b) in addition, one judge shall be positioned on each side of the pool to judge the takeoffs in lanes on the nearer half of the pool, at the starting end;
- (c) upon observation of a violation, the judge shall record in writing the order number of the swimmer committing the violation and the lane in which it occurred. The side judge shall wait until the last competitor of the heat in the water before signaling an observed violation by raising a hand, with open palm, overhead. Following the heat, the side judges and takeoff judge shall, without consulting each other, report in writing any violations to the referee. Only if the side judge and takeoff judge record the same violation is the relay team disqualified.

ART. 4... For meets when dual confirmation is not utilized:

- (a) one takeoff judge shall be positioned on each side of the pool to judge the takeoff lanes in his/her nearer half of the pool at the starting end;
- (b) when a takeoff judge observes a violation this shall be indicated by raising one hand overhead with an open palm;
- (c) immediately following the race, the takeoff judge shall report the violation to the referee.

STROKE AND TURN

Important Thoughts

As officials, our responsibility is to assist in the conduct of swim competitions so that fair and equitable conditions are maintained and uniformity in the sport is promoted so that no swimmer has an unfair advantage over another.

1. **One set of rules apply to all swimmers**, no matter the age or ability level.
2. Violation of a stroke or turn rule results in the disqualification of the swimmer. Therefore, **the swimmer always receives the benefit of the doubt**.
3. **An official can only make a disqualification within his/her jurisdiction**. Before a meet, the Referee must be sure the stroke and turn judges understand their jurisdictions.
4. When overlapping jurisdiction has been assigned, both judges should not be watching the same swimmer for an entire swim or turn.
5. **As stroke and turn judges, we do not judge style**. We only determine if a swimmer conforms to the rules. A wide variety of stroke styles are allowed under the rules.
6. Give equal time to empty lanes (so that no swimmer is watched more than others).
7. Always look and act professional. While on deck, your job is to watch the swimmers in the pool. Do not engage in conversation with coaches or spectators while a race is ongoing.
8. Sample DQ procedure:
 - a. Upon observing an infraction within your jurisdiction, you must immediately raise one hand overhead. The hand should be raised as a reflex to the observed infraction, do not wait.
 - b. Complete designated DQ form as soon as possible after observing the infraction, entering all required data on the form and initial or sign form as directed by Referee.
 - c. Give the completed DQ form to the referee or other designated person.
 - d. Stay in your position. Wait until the final swimmer has left your jurisdiction on his or her last lap before moving from your assigned position.

DISQUALIFICATIONS

EVENT _____ HEAT _____ LANE _____

SWIMMER _____

BREASTSTROKE

During: Start _____ Swim _____ Turn _____ Finish _____
10 Kick: Alternating _____ Butterfly _____ Scissors _____
11 Arms: Non-Simultaneous _____ Past Hipline _____
2 Strokes Under Water _____
12 Elbows Recovered Over Water _____
14 Cycle: Head Not Up _____ Double Pulls/Kicks _____
15 Touch: One Hand _____ Non-Simultaneous _____
16 Not Toward Breast Off Wall _____
19 Other _____

BUTTERFLY

During: Start _____ Swim _____ Turn _____ Finish _____
20 Kick: Alternating _____ Breast _____ Scissors _____
21 Arms: Non-Simultaneous _____ Underwater Recov _____
23 Touch: One Hand _____ Non-Simultaneous _____
24 Not Toward Breast Off Wall _____
25 Head Did Not Break Surface by 15M _____
29 Other _____

BACKSTROKE

During: Start _____ Swim _____ Turn _____ Finish _____
30 Toes Over Lip Of Gutter After Start _____
31 Head Did Not Break Surface by 15M _____
32 Not On Back Off Wall _____
33 No Touch At Turn _____
34 More Than One Arm Pull During Turn _____
35 Shoulders Past Vertical _____
36 Completely Submerged Prior to Turn _____
39 Other _____

INDIVIDUAL MEDLEY

41 Stroke Infraction (s) # _____
42 Out Of Sequence _____

FREESTYLE

50 No Touch Turn # _____
51 Head Did Not Break Surface by 15M _____

RELAYS

70 Stroke Infraction # _____ Swimmer # _____
71 Early Take Off Swimmer # _____
72 Changed Order: Swimmer _____ Stroke _____

OTHER

60 False Start _____
61 Delay Of Meet _____
62 Did Not Finish _____
69 Other _____

Judge _____

Referee _____

Aug 2023

NFSHSA

KISL Starting Rules and Protocol

Section 1 - Starting Procedures

- a. The Starter shall take a position at the side of the pool within 5 yards of the starting end of the pool.
- b. The Referee will signal to the swimmers by a series of short whistles to prepare themselves to step upon the blocks or into the water feet first. This series is followed by one long whistle indicating that the swimmers should take and maintain their positions on the starting platform or step into the water feet first for backstroke/medley relay events. It is at this point and this point only that the heat should be closed. In the case of the Backstroke start, the Referee will then give one additional long whistle indicating that the swimmers should return to the wall and place their feet.
- c. When all swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.
- d. On the Starter's command "take your marks", the swimmers shall immediately assume their starting position with at least one foot at the front of the block or in the backstroke, assume the backstroke starting position. When all swimmers are stationary in a starting position, the Starter shall give the starting signal.
- e. For the backstroke start, the toes may not be above the lip of the gutter or curled over the lip of the gutter. A false start may be charged to any swimmer who fails to maintain feet or hands in a legal position after the first warning. If Starter gives the starting signal while a swimmer has his/her feet in an illegal position, the swimmer cannot be charged with an infraction.
- f. If a swimmer assumes an illegal position after the starting signal is given, it is a stroke violation, not a starting violation and is the responsibility of the Stroke and Turn Judge.
- g. When a swimmer does not respond promptly to the command "take your marks", the Starter shall immediately release all swimmers with the "stand up" command. The swimmers should then stand up but not enter the water or step off the starting block. If necessary, the Starter may have all swimmers step off the blocks by saying "step down please". The starting process begins over with one long whistle from the Referee to put the swimmers back on the blocks/or to place their feet in the backstroke.
- h. The Starter should continue to watch the swimmers for 10-15 yards after each start to ensure that it was a fair start and that all swimmers have surfaced.
- i. In the 500 yard/400 meter Freestyle event, the Starter or a designee shall sound a warning device (usually a bell) over the lane of the leading swimmer when that swimmer has two lengths plus five yards to swim. The Starter should count laps for themselves; do not depend on the timer or the counter at the other end of the pool. Ultimately, it is the swimmer's responsibility to swim the entire race length.
- j. In the forward start, the rules do not specify what the "starting position" should be other than that at least one foot must be at the forward edge of the starting block. A swimmer does not have to crouch down or grab any part of the starting platform.
- k. A swimmer may look at the Starter or anywhere else prior to the start.

Section 2 - False Starts

- a. A false start may be charged for observed forward motion prior to the starting signal by one or more swimmer(s). The current philosophy of starting recognizes that swimmer's muscles twitch and quiver, this is not a false start. Swimmers with forward motion or swimmers that assume a starting position very slowly, and then starting on recoil, thereby, gaining a split-second advantage should be disqualified.
- b. Any swimmer starting before the starting signal is given shall be disqualified if the Referee confirms the Starter's observation that a violation occurred. Swimmers remaining on the blocks shall be relieved from their starting position with the "Stand Up" command. Allow the swimmers to refocus. The Starter will restart the race upon signal by the Referee.

- c. If the starting signal is sounded before the disqualification is declared, the race shall continue without recall and the Starter shall disqualify the swimmer(s) who false started with the concurrence of the Referee upon the completion of the race. This includes swimmers who may have been “drawn off” by the offending swimmer.
- d. The Starter and Referee will independently write down the lane of the false start they observed. The Starter should show the number of the lane to the Referee if asked. The Starter or Referee should notify the swimmer or the coach after the race.
- e. The Referee may call a false start without Starter confirmation; however, such a unilateral ruling should only be made when a truly blatant violation has occurred.
- f. When it becomes apparent, because of uneven motion or delay of swimmers in assuming their positions, that a fair start will be difficult to achieve, the Starter should give the “stand up” or “stand down” command.
- g. The Starter does not recall a heat except for a bad start or because something has happened that the Starter or Referee feels has caused an unfair start.
- h. A swimmer should not be disqualified if a false start may have been caused by some external source such as a sudden noise, a photoflash or even poor starting technique. A swimmer may be relieved of a false start for: unsteadiness (a swimmer who moves toward a starting position and falls off balance), confusion, distraction or equipment failure.
- i. If a heat is recalled, the Referee may disqualify any swimmer leaving their mark before the start signal was sounded.
- j. Enforcement of the correct starting position is the Starter’s responsibility. If not corrected before the starting signal is given, no penalty may be assessed.

NO-RECALL STARTING PROTOCOL

For TWO OFFICIALS – (Dual Confirmation of the false start)

The Referee shall -

- (1) Upon observing a false start, record in writing the lane or lanes that have committed a false start.
- (2) Compare written records with the Starter and, upon confirming that both have observed the same violation, will disqualify the swimmers(s). S/he will also notify the swimmers(s) and/or coach(es) of the violation

The Starter shall -

- (1) Upon observing a false start, record in writing the lane of lanes that have committed a false start.
- (2) Compare written records with the Referee to confirm/not confirm the potential violations(s).

For ONE OFFICIAL

The official shall -

- (1) Upon observing a false start, raise a hand with open palm as soon as possible after the start, but before the swimmers have completed their first length, indicating the violation.
- (2) At the completion of the race, s/he will also notify the swimmers(s) and /or coach(es) of the disqualification(s).

RECALLING THE ENTIRE HEAT

The Referee/Starter may recall the entire heat -

- (1) When the start is such that the Referee/Starter is not satisfied that the race was properly begun, it is always permissible for the Referee/Starter to recall the entire heat.
- (2) It is not necessary to charge any swimmer with a false start under these conditions, although that may also occur
- (3) Things that negatively affect the start – such as a loud noise just as the starting signal is given that affects one of more swimmers – shall be part of any starter’s awareness when commencing a race.

KISL STARTING PHILOSOPHY AND STARTING SCRIPTS

1. Philosophy

- Starters should be guided by one dominant principle: be fair to all competitors and always give the benefit of the doubt to the swimmer. The starter's actions can clearly affect the swimmer's performance.
- The starter has the great responsibility to ensure a fair start; that one swimmer does not gain an advantage over the others during the start. Starting is an art that requires patience, consistency, concentration, and quick reactions. Starting requires the ability to evaluate situations, to admit mistakes and to make fair decisions.
- Being patient with the swimmers on the block is critical in becoming a good starter. Patience means that all swimmers must be given time to assume their positions and become stationary. Patience will allow all swimmers to get set and experience will dictate when to stand up the heat and try again. If you were too patient and held the swimmers too long, admit your mistake and start again.
- Starters must stay focused on their role and their role only. Practice patience when starting and never rush a start or feel rushed by the deck Referee. Protect the swimmers at all costs.
- Starters should speak in a calm, collected and conversational tone. Speak clearly and distinctly. Avoid rapid instructions and sharp commands. The voice of a good Starter will lead the swimmers into position and will not break their concentration.

2. Preparation

- Review rules and order of events. The Starter and Referee are a team; communicate with the Referee. Be familiar with guidelines for starting swimmers with disabilities.
- Be familiar with the competition course and determine your location (normally within 5 yards of the starting end of the pool) to ensure an unrestricted view of the swimmers on the blocks and the deck Referee.
- Check the starting blocks for position and stability.
- Know your equipment. Check the starting system (at least 30 minutes before the start of the session) and retest after warm-ups are over with the timers in place. Test the touch pads and back-up buttons.
- If there is a recall system, test it to ensure it is functioning.
- Test the placement and volume of speakers to ensure they are audible to all swimmers. Check the strobe light and location such that it is visible to all swimmers and timers.

3. During the Meet

- Be proactive. Sense the pulse of the meet and the atmosphere on deck.
- Watch the swimmers as they approach. Look for missing swimmers.
- Keep track of the event and heat number. Mark off each heat as it is swum. Make notations of empty lanes.
- Obtain a projected "timeline". However, do not rush the starting commands even if the meet is running late. A timeline is a guide to aid coaches in swimmer preparation.
- Do not attempt to compete with spectator noise, insist on reasonable quiet for the start.
- Give timers time to prepare, wait for out-of-position officials. Provide a second set of eyes.
- If electronic timing is used, a person should be assigned to take the manual order of finish for each race.

4. Conclusion

- Ensure a fair start each time, be patient with the swimmers and allow them time to settle in.
- Don't force starts, if the heat is not 'coming together' then step them down and try again
- Practice to get experience, then more experience...experience...experience.
- Admit mistakes, they will happen, learn from them and move on.
- Expect the unexpected; swimmers can be very creative in their interpretation of the rules.
- Adapt to changing philosophies, swimming is a dynamic sport and is constantly changing.
- Be professional and courageous.

KISL STARTING SCRIPTS

FORWARD START SCRIPT

- Referee blows a series of short whistles, which alerts swimmers to prepare for their heat
(If this is the first heat of a new event, first announce the event, else go directly to 'Heat x')

 "Event 3, Women's' 200 Yard Freestyle" then say,
 "Heat 1"
- Referee Blows One long whistle, indicating the swimmers should step up onto starting platform. After all swimmers are up, Referee extends a hand towards the Starter indicating the heat is now under the control of the Starter.
- Starter should pause and let field settle down, then say:

 "Take Your Marks"
- Pause for swimmers to become stationary, then activate the Starting Signal

BACKSTROKE START SCRIPT

- Referee blows a series of short whistles, which alerts swimmers to prepare for their heat
(If this is the first heat of a new event, first announce the event, else go directly to 'Heat x')

 "Event 20, Men's' 100 Yard Backstroke" then say,
 "Heat 1"
- Referee Blows One long whistle indicating the swimmers should step 'feet first' into the pool.

 After all swimmers have entered the water and surfaced;
- Referee Blows One long whistle, indicating the swimmers should assume their starting position. After all swimmers are in proper position, Referee extends a hand towards the Starter indicating the heat is now under the control of the Starter.
- Starter should pause and let field settle down, then say:

"Take Your Marks"

- Pause for swimmers to become stationary, then activate the Starting Signal

Remember:

- Say "Yard," not "Yards" or "Meter," not "Meters." Avoid hissing "s" sounds as much as possible.
- Say "Butterfly," not "Fly." Say "Breaststroke," not "Breast." Say "Backstroke." not "Back." Say "Freestyle" not "Free." Say "Individual Medley," not "I.M."
- Use hand signals for hearing-impaired swimmers, regardless of whether they are looking at you or not!
- Marks" command.
- Say "Thank You, Ladies (or Gentlemen)" to the swimmers to clear the pool.

League Rules of the Knox-Area Interscholastic Swim League UPDATED 2025

1. League Organization

- 1.1. The League will be separated into a high school division and a middle school division. Large teams should schedule other large teams for regular dual competition. Teams with a small number of swimmers should schedule similar size teams for triangular or quadrangular meets.
- 1.2. Except as specifically modified by these League Rules, rules governing individual entries and relay entries in dual, triangular, and quadrangular meets shall conform to NFHS rules.

2. Team Coach Requirements

All KISL coaches are required to complete certain training and testing activities to be certified to coach a KISL team. Information regarding training requirements may be found on the KISL website www.kisl-swim.org

2.1. Athlete Protection Training (APT)

- 2.1.0. All persons wishing to serve as a KISL team coach must have successfully completed either the USA Swimming "Athlete Protection Training", Redwoods Institute "Child Sexual Abuse Training", or USA Swimming "Safe Sport Ready Set Go" training prior to October 1 of the current season.
- 2.1.1. Each team shall send a list of their coaches and proof of APT completion to the KISL Rules and Meet Management Chair prior to their first meet of the year. In the case where a coach is added after the original list has been submitted, the name and proof of APT completion must be send to KISL before that person is allowed to coach at a KISL meet. Failure to comply with this requirement may result in forfeiture of any and all meets and may prevent that team from participation in the KISL Championship Meet.
- 2.1.2. It is required that each coach repeat the APT certification every 3 years.

2.2. Concussion Awareness and Sudden Cardiac Arrest Awareness Training

- 2.2.0. All persons wishing to serve as a KISL team coach must have successfully completed both the NFHS Concussion Awareness Training and the NFHS Sudden Cardiac Arrest Training prior to performing any coaching duties with a KISL team or no later than October 1 of the current season
- 2.2.1. Each coach will send proof of completion of both the NFHS Concussion Awareness Training course and the NFHS Sudden Cardiac Arrest Training along with the respective completed checklists to the KISL Rules and Meet Management Chair prior to performing any poolside coaching duties for their team. Any time a new coach joins a team during the season, they must send proof of required training and checklists before performing any coaching poolside duties. Failure to comply with this requirement may result in forfeiture of any and all meets and may prevent the coach's team from participation in the KISL Championship Meet
- 2.2.2. It is required by Tennessee state law that each coach repeat the Concussion Awareness Training and Sudden Cardiac Arrest Awareness Training every year

3. Athlete Eligibility to Compete

- 3.1. Students must meet all eligibility requirements as stated in current year TISCA rules for high school athletes. Request for clarification of or exemption from any TISCA eligibility rule shall be made to TISCA Review Committee Representative.
- 3.2. Middle School Students must meet all the academic and residency requirements of their school as for any other interscholastic sport. Middle School swimming is for students who are currently in sixth, seventh, or eighth grade. The student is limited to three (3) years of eligibility.
- 3.3. Students must meet all the academic and residency requirements of their school as for any other interscholastic sport.
- 3.4. Home-School students are allowed to participate in KISL dual meets if competing as EXHIBITION or may participate as a member of a TISCA-accepted home school team. Additionally, a student attending a non-KISL member high school may either participate as EXHIBITION or as representing their school upon approval of KISL Executive Committee.
- 3.5. Any student who attends an accredited school located in the KISL Geographic Area which does not offer the club sport of swimming and which school does not have the proper support to form a swim team, may compete as a member of a KISL member team for the current school year if the following requirements are met:
 - a) The total number of athletes from the school not having a swim program must be 9 or fewer.
 - b) The combined team size may not exceed 40 swimmers.
 - c) The names of the new athletes must be included on the Eligibility List roster submitted by the member school to KISL with the name of the school those athletes currently attend noted.
 - d) The athletes are allowed to participate for the current year only. These requirements must be met each year.
 - e) The KISL Executive Committee shall determine that the above requirements have been met.
- 3.6. Students who meet the criteria noted in 3.5 above, but who are not able to compete as a member of another KISL member team (either because of geographic location or the size of the nearest member KISL team), may elect to form a Cooperative Swim Team with more than one other school, meeting the same criteria for the current school year, if the following requirements are met:
 - a) The number of athletes from each school must be 9 or fewer.
 - b) The size of the Cooperative Swim Team may not exceed 30 swimmers.
 - c) The new Cooperative Swim Team must follow the KISL rules for application for new membership.
 - d) The KISL Executive Committee shall determine that the above requirements have been met.
- 3.7. Requests for waiver of Section 3.5 or 3.6 eligibility requirements will be handled by the KISL Executive Committee. Each request will be published on the KISL website along with the action taken by the Committee regarding that request. Any waiver granted will be for the current season only.
- 3.8. A home schooled student wishing to participate in swimming at a KISL member public or private school shall be eligible if the following qualifications are met:
 - a. The student shall be enrolled in a home school study program in compliance with Section 49-6-3050(b)(1) and be registered with the local director of schools (or head of school, if a private school) by September 15 of the current school year. In the case of a private school, the student must be registered with the school that they wish to swim for. In this situation eligibility for events outside of KISL (i.e. TISCA Championships) would not apply.
 - b. The participating student must have a legal residence within the school district where he/she is registered, if registering with a public school. If registering with a private school, the student must have a legal residence in the county or counties contiguous to the private school location
 - c. By September 15 of the school year, the parent or guardian must make application to the principal of the member school in which the home school athlete wishes to participate.

- d. Any home school student who is unable to access a home school study program in compliance with Section 49-6-3050(b)(1) located in the KISL Geographic Area which offers the club sport of swimming, may elect to form a Cooperative Swim Team with more than one other school, meeting the same criteria for the current school year, if the following requirements are met:
 - i. The number of athletes from each school must be 9 or fewer
 - ii. The size of the Cooperative Swim Team may not exceed 30 swimmers
 - iii. The new Cooperative Swim Team must follow the KISL rules for application for new membership
 - iv. The KISL Executive Committee shall determine that the above requirements have been met.
- e. In cases where the home school athlete cannot access a home school study program or form a Cooperative Swim Team under the guidelines above, the athlete may elect to compete as an unattached single member team.
 - i. The new unattached athlete must follow the KISL rules for application for new membership
 - ii. The KISL Executive Committee shall determine that the above requirement have been met.
- f. The home school athlete shall meet the same academic standards required of a member school student athlete to participate in the athletic program; however, the Director of Schools for public schools (or the head of school for private schools) in which a home school athlete wishes to participate shall work with the parent or guardian to ensure that the home school athlete is academically eligible. If a home school student's course of study does not include five (5) academic subjects, then the Director of Schools (or head of school, if a private school) and the parent shall develop an alternative measure of academic progress.. Proof of academic eligibility shall be provided by the member school to the KISL each semester.
- g. The home school student must provide proof of basic medical insurance coverage and both independently secured catastrophic insurance coverage and liability insurance coverage in the event the school's insurance provider does not extend coverage to students enrolled in home school programs. The insurance must be in place before the home school student practices or participates.
- h. The home school student must meet all other applicable KISL eligibility requirements.
- i. All eligibility issues may be appealed in accordance with the Bylaws of the KISL.
- j. The home school athlete must adhere to the same standards of behavior, responsibility, performance, and code of conduct as other participants of the team.
- k. This rule gives a home school athlete the opportunity to try out for a member school's athletic team. Ultimate decisions on the roster are left to the member schools and are not governed by the KISL. No student is guaranteed participation, but only the opportunity to try out for a position on the team, subject to the other provisions of this rule.

4. Team Eligibility List and Fees

- 4.1. An Eligibility List containing the names of each competitor who is to participate during the season shall be filed with the Treasurer. All team swimmers and divers are considered competitors and must be listed. If a competitor whose name does not appear on the original list wishes to become a member of the team, they must have their name filed with the Treasurer before they are allowed to participate.
- 4.2. Students must meet all the academic and residency requirements of their school as for any other interscholastic sport. Middle School swimming/diving is for students who are currently in sixth, seventh, or eight grade. Middle School athletes are limited to three (3) years of eligibility.
- 4.3. The Team Eligibility List and fees must be received by KISL no later than December 15 for the team to be eligible to participate in the KISL Championship Meet. Team Fees received on or before November 15 will be \$7.00 per athlete. Team fees received between November 15 and December 15 will be \$10.00 per athlete
- 4.4. Unless submission of a competitor's name and fee is postmarked to the Treasurer on or before the day of a meet, the competitor is ineligible to participate in the meet.
- 4.5. In the case where ineligible swimmers or divers compete in a dual meet, the team(s) having the ineligible athletes shall forfeit the meet.

5. Dual and Tri Meets

- 5.1. Member teams must schedule at least three dual, triangular, or quadrangular League Meets per season. It is expected that member teams will make every reasonable effort to participate in any scheduled League meet. The penalty for a team not showing at a scheduled League Meet shall be \$25.00. A team may avoid the penalty if the meet is canceled a minimum of one (1) week prior to the date scheduled. All cancellations will be handled directly between the Team Coaches and/or Representatives. Failure to pay the fine by the KISL Championship entry deadline will result in team ineligibility for the KISL Championship Meet. Exceptions to this requirement would be weather conditions existing at the scheduled time for the meet, which would normally result in school closing.
- 5.2. Scheduled meets falling on snow days may be swum provided the facility is available and there is mutual consent of the coaches.
- 5.3. Individual swimmers on a League Team must swim in at least two dual, triangular, or quadrangular League Meets to be eligible to compete in the KISL Championship Meet.
- 5.4. Any team may compete outside of this League on its own initiative.

6. Meet Rules and Procedures

Except as specifically modified by the KISL Constitution, By-Laws, or League Rules, all KISL competition shall be conducted in accordance with the current year National Federation of State High School Association (NFHS) Swimming and Diving Rules. Further, the meet rules and procedures may be modified by agreement of the coaches of all participating teams and the Meet Referee.

Starting and False Start Rules

Starting and False Start Recall procedures shall be in conformance to the current NFHS rules and are described in Appendix A of this document.

7. Individual Entries

- 7.1. For competition, a competitor shall be permitted to enter a maximum of four events, no more than two (2) of which may be individual events, with the following exception;
 - a) If a team has less than four (4) swimmers participating in either boys or girls events and therefore cannot field a relay at a meet, those competitors may swim three (3) individual events in non-championship meets.
- 7.2. A competitor may compete in more than 4 events in a dual meet if the entry cards are designated EXHIBITION before the competitor stands on the block. Exhibition swims do not count as one of the four allowed events but may count as a qualifying time and are subject to disqualification.
- 7.3. A competitor participating in, or attempting to participate in, more than the allowed number events shall be disqualified from that event and further competition in the swim meet.

8. Team Entries

- 8.1. The number of entries per event by each competing team is determined by whether it is a dual or triangular meet.
- 8.2. In dual meets, each team may enter a maximum of 3 swimmers in individual events and enter 3 teams in relay events. Additional swimmers or relay teams may be entered if their entry is marked EXHIBITION prior to the start of the event.
- 8.3. In Double Dual or Triangular meets, the default shall be that each team may have a maximum of 2 scoring entries in individual events and 2 scoring entries in relay events. The default limits may be disregarded by mutual consent of the coaches of the involved teams. Additional swimmers or relay teams may be entered if their entry is marked EXHIBITION prior to the start of the event.

9. Meet Scoring

- 9.1. If more than 1 heat for any event, only first heat will be scored. Additional heats will be run as Exhibition.
- 9.2. In relay events, swimmers names must be entered on the entry cards and the score sheets.

- 9.3. Meet scoring shall be according to the KISL Scoring Rules shown below. Alternately, if all coaches agree, the meet may be scored as described in the applicable section of the current NFHS Rule Book. A coach wishing to use NFHS scoring rules for a meet must contact the coaches of the other teams at least one week prior to the meet and gain their approval.
- 9.4. In relay events, only 1 relay per team may score.
- 9.5. Dual Meet Scoring:
- | <u>Individual Events</u> | <u>Relay Events</u> |
|--------------------------|---------------------|
| 6 - 4 - 3 - 2 - 1 - 0 | 8 - 4 - 0 |
- 9.6. Triangular Meet Scoring:
- | <u>Individual Events</u> | <u>Relay Events</u> |
|--------------------------|---------------------|
| 7 - 5 - 4 - 3 - 2 - 1 | 8 - 4 - 2 |

10. General Meet Procedures

- 10.1. Choice of lanes:
- In dual meets, the Home team shall compete in even numbered lanes, the Visiting team shall have odd numbered lanes.
 - In triangular or quadrangular meets, choice of lanes by draw or by decision of the coaches involved in the meet.
- 10.2. Before the start of any League meet, a Meet Referee shall be assigned by the host team and his/her identity made known to all coaches and officials. The Meet Referee shall insure that all officials and deck workers are properly trained to perform their assignments and shall be responsible for the meet being run in a manner fair to all participants.
- 10.3. All Referees, Starters and Stroke & Turn Judges must be certified by KISL to serve in that position and must be a minimum of 18 years old. Normally the Referee and Starter will be supplied by the Host team and the Stroke & Turn Judges will be evenly supplied by the teams involved in the meet. If a team does not have a person certified to fill a particular position, then that team must ask the other team(s) to fill that position if possible. If there are no KISL certified persons available to fill a position then the Referee may decide to swim the meet without that position filled or may fill the position with a person known to be qualified in the duties of that position. No person may serve as an official in a swim meet where they are also either entered as a competitor or serving as a team coach
- 10.4. It shall be the responsibility of each competing team to furnish lap counters for their competitors in the 500 Freestyle.
- 10.5. All meet officials and workers, except the referee and the starter, shall be a shared responsibility of the competing teams.
- 10.6. NFHS Relay Takeoff procedures (Rule 4-6) shall be used for KISL Dual and Tri meets except that no Relay Takeoff judge shall raise their hand to indicate a possible early takeoff.
- 10.7. Meet workers should be jointly supplied by both host and visiting teams, for example;

Visiting team(s) should provide the following workers:

- Lane Timers for visiting team lanes
- Stroke
- Judge(s) Finish
- Judge
- Relay Takeoff Judge(s)
- Scorer

Host team should provide the following workers:

Referee
Starter
Head Timer
Stroke Judge(s)
Lane Timers for Host team lanes
Overcall Finish Judge
Finish Judge
Relay Takeoff Judge(s)
Scorer

Additional workers that may be needed for a particular meet, such as runners, marshals, etc. shall be normally provided by Host team

- 10.8. It is required that each lane have a minimum of one timer assigned to operate a manual watch. In the case where electronic timing is being used, each lane must have minimum of two timers assigned, one to operate manual watch and one to operate timing system backup pushbutton (pickle). If electronic timing is to be used for a meet, the host team must inform the visiting team at least 7 days prior to meet that two timers per lane will be required.
- 10.9. Swimmers shall swim in the lane assigned by their coaches, unless otherwise directed by Meet Referee.
- 10.10. A Lap bell may be used on the 500 Freestyle.(High School only)
- 10.11. Placing shall be decided as follows:
- 10.12. If electronic finish judging is available, it is preferred that the electronic system be used for placing. In addition, two across-the-board finish judges shall judge each race. In the case where the electronic system malfunctions, the finish judges ballots shall be used to determine the placing as described in section b).
- 10.13. If electronic finish judging is not available, two across-the-board finish place judges shall judge each race. If both agree on all places, that shall be the official placement. Finish judges may call a tie. If the finish judges disagree, the Referee shall determine the official placement. For this determination, he may use any information or method available such as; (1) the ballot of an over-call across-the-board judge, and (2) his own ballot, if available, (3) watch times, and (4) modified ballot system.
- 10.14. Protests involving eligibility of a team shall be made to the Executive Committee. A verbal protest must be made within 48 hours and a written protest within one week of the violation.

11. Records:

Records can be established in League Meets or at the KISL Championship Meet. Records can be established only in a 25 yard pool. If electronic timing is available and functioning, the primary system shall be the official time. If electronic timing is not available or malfunctions, there must be three (3) timers on the lane when the record is established, and the entry card must have all three times recorded. The Entry card must be signed by the coach or League Representative of each competing team in the meet where the record is established. In addition, a qualified USS Stroke and Turn Judge must be judging the event where the record is established. The entry card will then be given to the League Treasurer for recording, along with proof of the size of the pool.

12. Order of Events

The following are the KISL defined Order of Events for High School, Middle School and combined High School / Middle School meets. The order of events for a particular meet may be changed by unanimous agreement of the coaches for all teams competing in the meet.

For the High School League and Championship meets the following order of events:

<u>WOMEN</u>	<u>MEN</u>	<u>LENGTH</u>	<u>EVENT NAME</u>
1	2	200 yard	MEDLEY RELAY
3	4	200 yard	FREESTYLE
5	6	200 yard	INDIVIDUAL MEDLEY
7	8	50 yard	FREESTYLE
9	10	1 meter	DIVING
11	12	100 yard	BUTTERFLY
13	14	100 yard	FREESTYLE
15	16	500 yard	FREESTYLE
17	18	200 yard	FREESTYLE RELAY
19	20	100 yard	BACKSTROKE
21	22	100 yard	BREASTSTROKE
23	24	400 yard	FREESTYLE RELAY

For the Middle School League and Championship meets the following order of events:

<u>WOMEN</u>	<u>MEN</u>	<u>LENGTH</u>	<u>EVENT NAME</u>
1	2	200 yard	MEDLEY RELAY
3	4	200 yard	FREESTYLE
5	6	100 yard	INDIVIDUAL MEDLEY
7	8	50 yard	FREESTYLE
9	10	50 yard	BUTTERFLY
11		200 yard	COED FREE RELAY
13	14	50 yard	BACKSTROKE
15	16	100 yard	FREESTYLE
17	18	100 yard	BREASTSTROKE
19	20	400 yard	FREESTYLE RELAY

For combined High School / Middle School League meets the following order of events:

<u>WOMEN</u>	<u>MEN</u>	<u>LENGTH</u>	<u>EVENT NAME</u>
1	2	200 yard	MEDLEY RELAY
<i>1M</i>	<i>2M</i>	<i>200 yard</i>	<i>MEDLEY RELAY</i>
3	4	200 yard	FREESTYLE
<i>3M</i>	<i>4M</i>	<i>200 yard</i>	<i>FREESTYLE</i>
5	6	200 yard	INDIVIDUAL MEDLEY
<i>5M</i>	<i>6M</i>	<i>100 yard</i>	<i>INDIVIDUAL MEDLEY</i>
7	8	50 yard	FREESTYLE
<i>7M</i>	<i>8M</i>	<i>50 yard</i>	<i>FREESTYLE</i>
9	10	1 meter	DIVING
11	12	100 yard	BUTTERFLY
<i>11M</i>	<i>12M</i>	<i>50 yard</i>	<i>BUTTERFLY</i>
13	14	100 yard	FREESTYLE
<i>13M</i>	<i>14M</i>	<i>100 yard</i>	<i>FREESTYLE</i>
15	16	500 yard	FREESTYLE
17	18	200 yard	FREESTYLE RELAY
<i>17M</i>	<i>18M</i>	<i>200 yard</i>	<i>FREESTYLE RELAY</i>
19	20	100 yard	BACKSTROKE
<i>19M</i>	<i>20M</i>	<i>50 yard</i>	<i>BACKSTROKE</i>
21	22	100 yard	BREASTSTROKE
<i>21M</i>	<i>22M</i>	<i>50 yard</i>	<i>BREASTSTROKE</i>
23	24	400 yard	FREESTYLE RELAY
<i>23M</i>	<i>24M</i>	<i>200 yard</i>	<i>COED FREE RELAY</i>

Note: The 'M' event numbers designate Middle School events and should be swum after completion of both Men's and Women's corresponding high school events.

Appendix A - KISL Starting and False Start Rules

FORWARD STARTS

1. To bring the swimmers to the starting area, the referee/starter blows a series of short whistles (no fewer than 4) followed by the announcer announcing the event/distance/heat – “This is the 200 yard freestyle, heat 2”.
2. When all swimmers have approached the blocks, the referee/starter blows a long whistle for the swimmers to step onto the block and take their positions.
3. Once all swimmer are on the blocks, the referee immediately turns the heat over to the starter.
4. When the swimmers steeled into position, referee/starter gives the command “Take Your Marks”
5. When swimmers are stationary, the referee/starter activates the starting signal.

BACKSTROKE STARTS

1. To bring the swimmers to the starting area, the referee/starter blows a series of short whistles (no fewer than 4), followed by the announcer announcing the event/distance/heat. “This is the 200-yard medley relay, heat 2”
2. When all swimmers are at the side of the blocks, the referee/starter blows a long whistle for the swimmers to step into the water, feet first.
3. When all swimmers have surfaced, the referee/starter blows a second long whistle to have the swimmers return to the wall and assume their starting positions.
4. When the swimmers are settled into position, the referee/starter gives the command “Take you marks”.
5. The referee/starter observes whether any feet or toes are above or curling over the gutter or pool’s edge, the starter/referee should remedy any incorrect positions prior to the starting signal
6. When swimmers are stationary, the referee/starter activates the starting signal.

NO RECALL STARTING PROTOCOL

FOR 2 OFFICIALS – DUAL CONFIRMATION OF THE FALSE START

The Referee shall;

1. Upon observing a false start, record in writing the lane or lanes that have committed a false start
2. At the completion of the race, compare written records with the starter and, upon confirming that both have observed the same violation, will disqualify the swimmer(s) and notify the swimmer(s) and/or coach(es) of the violation.

The Starter shall;

1. Upon observing a false start, record in writing the lane or lanes that have committed a false start
2. Activate the recall device immediately if an entire race is being recalled due to an unfair start.
3. At the completion of the race, compare written records with the referee to confirm/not confirm the potential violation(s)

FOR ONE OFFICIAL

The official shall.

1. Upon observing a false start, raise a hand with open palm as soon as possible after the start, but before the swimmer have completed their first length, indicating the violation
2. At the completion of the race, s/he will also notify the swimmer(s) and / or coach(es) of the disqualification.

RECALLING THE ENTIRE HEAT

The referee/starter may recall the entire heat –

1. When the start is such that the referee/starter is not satisfied that the race was properly started
2. It is not necessary to charge any swimmer with a false start under these conditions, although that may occur.
3. If all swimmers do not stop immediately, it is permissible for the referee to delay re-swimming the heat.

KISL

Officials Certification Requirements and Process

Certification Overview

Per the KISL General Rules; there are three levels of certification. All Officials must first be certified at the Stroke and Turn (ST) position. Once completed and with a full year of experience, an ST Official may become a Starter (SR). Following two years of certification at the ST position or one year of certification at ST and one year of certification at the SR position an Official may become a Deck Referee (DR).

For KISL Swim Season 2025 all Officials with certifications with the previous system expiring in 2025 will retain their certifications. The list of those Officials may be found on the KISL website. All current certifications will expire on 8/31/2026. Recertification for the 2026 KISL swim season will follow the process below. If your certification expired last year you will need to go through the new process.

USA Swimming Reciprocity: As in years past, we will provide reciprocity between USA Swimming Certifications and KISL Certifications on an equal basis. If you are a USA Swimming Certified Official and your name does NOT appear on the Certified Officials list, please contact Nick Hall directly at nicholashall55@gmail.com. USA Swimming DRs and SRs are required to attend a KISL SR/DR clinic each year.

Stroke & Turn

New in 2025 KISL has moved to an online clinic and testing procedure for Stroke & Turn Officials. The new service is hosted on a website appropriately named strokeandturn.com. This online service is a resource for learning the rules of swimming. The online clinic will contain full explanations of the rules as well as video content to test the Official's understanding and application of the rules. The service will remain available to the Official for one year following initial login. During that time the Official is able to review the information at any time and has access to a test, which must be passed at no lower than a score of 80%. The Official will have unlimited opportunities to take the test to reach the 80% requirement. Upon completion and successful testing the Official will retain the ability to return to the site to review the information and continue to learn. The certification will be valid for three years following completion at which time a recertification, consisting of the full clinic and test will be required. In order to obtain a license for the class please email Nick Hall at nicholashall55@gmail.com.