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# **SWIMMING & DIVING 2012 AND 2013 RULES**

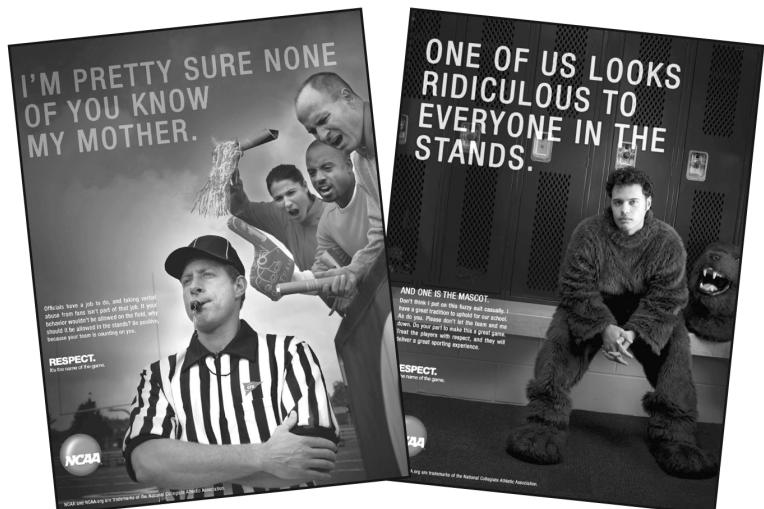


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# **2012 and 2013 NCAA MEN'S AND WOMEN'S SWIMMING AND DIVING RULES**

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**NATIONAL COLLEGIATE ATHLETIC ASSOCIATION**



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## **Major Rules Changes for 2011-12 and 2012-13**

*The figures below refer to rule, section and article, respectively.*

*Each changed or altered segment is identified in the rules by a screened background.*

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## Preface

The entire NCAA Men's and Women's Swimming and Diving Rules Book has been designated as a conduct rule, meaning the rules contained in this book cannot be changed by mutual consent unless flexibility is indicated within the rule itself. In previous books, some rules were designated administrative rules and could be changed by mutual consent. Making all of the rules conduct rules is meant to prevent gamesmanship that could lead to unfair advantages in competition, such as altering a stroke or intentionally leaving open lanes between competitors.

An example of flexibility built into a rule would be altering an established program listed in Rule 8 with the approval of all participating head coaches. Although, like the rest of the book, it is a conduct rule, flexibility is built into the rule to allow for agreed-upon changes as the book lists, "The following are the recommended established programs and order of events..." (See Rules 8-4 and 8-5.)

When reading the rules book, please note that rules with the word "shall" or "must" are absolutely required and cannot be changed. Many rules within the text include the verbs "recommended," "should" or "may" and have the flexibility to be changed with mutual (unanimous) consent.

Playing rules are the same for all three divisions and for regular-season and championships competition. The Men's and Women's Swimming and Diving Committee requests coaches' input on rules changes annually in January and February and issues a rules survey in April. Rules changes are considered and voted on by the committee at its annual meeting in June, and coaches and commissioners are asked for input about the rules-change recommendations before they are finalized by the Playing Rules Oversight Panel (PROP). The rules book is printed every two years. This rules book remains in effect until September 2013.

Brian Gordon, senior associate athletics director at The College of Saint Rose, serves as the secretary-rules editor for the committee. In this role, he is the official rules interpreter and helps update the rules book accordingly. To request a rules interpretation, please contact Mr. Gordon at [bgordon637@aol.com](mailto:bgordon637@aol.com) or 518/944-3941.

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## **Ethical Behavior of Coaches**

As a member of the coaching profession, coaches have inherent obligations and responsibilities to the profession, to the student-athletes and to all those with whom they come into contact. Coaches are expected to be role models and to conduct themselves with integrity and high ethical standards at all times.

In order to fulfill these responsibilities, a coach must:

1. Conduct all intercollegiate competition in accordance with the playing rules of the Association. Swimming and diving competition will be conducted according to the rules and procedures in the NCAA Men's and Women's Swimming and Diving Rules Book. Violations of ethical conduct are subject to NCAA Bylaws 10.1, 11.1.1 and 11.1.2.
2. Place the safety and welfare of others ahead of winning and personal prestige.
3. Treat all people with honesty, fairness and respect. (In particular, such things as vulgar and profane language or taunting, intimidating or baiting opponents or the media are not acceptable from a coach or a student-athlete.)
4. Teach and model for student-athletes and staff members strict adherence to the rules and regulations of the sport and its governing bodies.
5. Recognize, accept and teach to the team and the staff that their public behavior projects an image of the program and the university or college they represent. Therefore, behavior should be appropriate and honorable at all times.

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# **RULE 1**

## **Pool Dimensions and Equipment**

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### **SECTION 1. Pool Dimensions [recommended]**

#### **Long-Course Swimming**

ARTICLE 1. a. For facilities (those with architectural plans dated after Sept. 1, 1996), it is preferred that the racing course be 50 meters, [164 ft. .50 in.] in length by 75 feet [22.86 m] in width, providing for eight, 9-foot [2.74 m] lanes with additional width outside lanes one and eight. A minimum water depth of 7 feet [2.13 m] is desirable for competition. Optional markings: nine, 8-foot [2.44 m] lanes or 10, 7-foot [2.13 m] lanes.

b. For existing facilities, it is acceptable that the racing course be 50 meters [164 ft. .50 in.] in length by 60 feet [18.29 m] in width, providing for eight, 7-foot [2.13 m] lanes with additional width outside lanes one and eight. The water depth shall not be less than 4 feet [1.22 m] at the starting end of the racing course and should not be less than 3.5 feet [1.07 m] at the opposite end. However, a water depth of not less than 4 feet [1.22 m] is recommended throughout the entire length of the racing course.

#### **Short-Course Swimming**

ARTICLE 2. a. For facilities (those with architectural plans dated after Sept. 1, 1996), it is preferred that:

1. For short-course yards, the racing course be 75 feet [22.86 m] in length by at least 60 feet [18.29 m] in width, providing for not less than eight, 7-foot [2.13 m] lanes with additional width outside lanes one and eight. A minimum water depth of 7 feet [2.13 m] is desirable for competition.
2. For short-course meters, the racing course be 25 meters, [82 ft. .25 in.] in length by at least 60 feet [18.29 m] in width, providing for eight, 7-foot [2.13 m] lanes with additional width outside lanes one and eight. A minimum water depth of 7 feet [2.13 m] is desirable for competition.

b. For existing facilities, it is acceptable that:

1. For short-course yards, the racing course be 75 feet [22.86 m] in length by 30 feet [9.15 m] in width, providing for at least five, 6-foot [1.83 m] lanes. The water depth shall not be less than 4 feet [1.22 m] at the starting end of the racing course and should not be less than 3.5 feet [1.07 m] at the opposite end. However, a water depth of not less than 4 feet [1.22 m] is recommended throughout the entire length of the racing course.
2. For short-course meters, the racing course be 25 meters, [82 ft. .25 in.] in length by at least 30 feet [9.15 m] in width, providing for at least five, 6-foot [1.83 m] lanes. The water depth shall not be less than 4 feet [1.22 m] at the starting end of the racing course and should not be less than 3.5 feet [1.07 m] at the opposite end. However, a water depth of not less than 4 feet [1.22 m] is recommended throughout the entire length of the racing course.

m] at the starting end of the racing course and should not be less than 3.5 feet [1.07 m] at the opposite end. However, a water depth of not less than 4 feet [1.22 m] is recommended throughout the entire length of the racing course.

### Dimensional Tolerance

ARTICLE 3. Against the required length, a tolerance of plus (+) 0.03 meters (1 and 3/16ths of an inch) in a vertical plane is permitted.

### Diving

ARTICLE 4. a. For facilities (those with architectural plans dated after Sept. 1, 1996), it is preferred that the diving facility be 60 feet [18.29 m] in length by 75 feet [22.86 m] in width. It should be equipped with two, one-meter and two, three-meter springboards and a diving tower, providing takeoff platforms at 5, 7.5 and 10 meters. Recommended dimensions for diving facilities are specified on this page and the next.

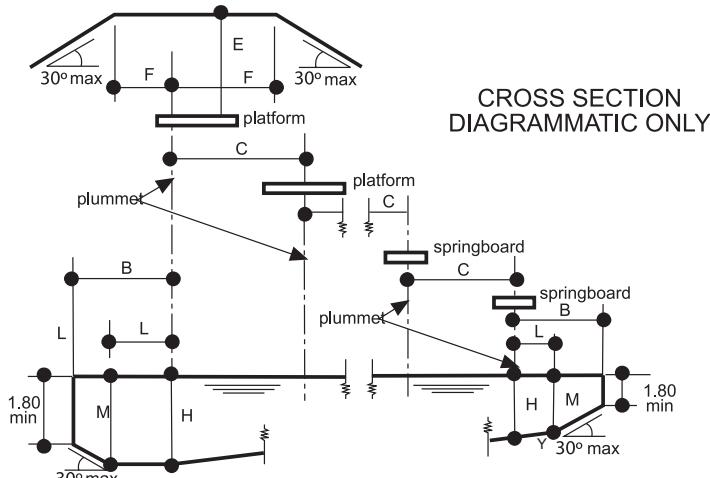
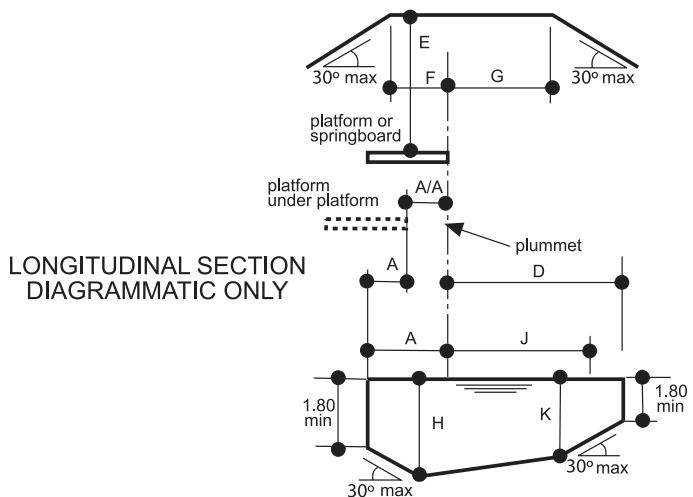
b. For existing facilities, it is acceptable that the diving facility be separated from or incorporated with the swimming pool. Recommended dimensions for diving facilities are specified on this page and the next.

*Note: The above dimensions may be incorporated in "L," "T," "Z" and "U" shaped pools.*

### Tower Recommendations

NCAA Recommended Dimensions for Diving Facilities		Dimensions are in Feet	SPRINGBOARD		PLATFORM		
			1 meter	3 meters	5 meters	7.5 meters	10 meters
LENGTH		16'	16'	20'	20'	20'	
WIDTH		18"	18"	5'	5'	6'7"	
HEIGHT		3'4"	10"	16'5"	24'8"	32'10"	
Revised to March 3, 1991		Horiz.	Vert.	Horiz.	Vert.	Horiz.	Vert.
		Designation	A-1	A-3	A-5	A-7.5	A-10
A	From plummet BACK TO POOL WALL	Minimum	5'	5'	4'2"	5'	5'
		Preferred	6'1"	6'1"	4'2"	5'	5'
		Designation			A/A5	A/A7.5	A/A10
A/A	From plummet BACK TO PLATFORM plummet directly below	Minimum			2'6"	2'6"	2'6"
		Preferred			4'2"	4'2"	4'2"
		Designation	B-1	B-3	B-5	B-7.5	B-10
B	From plummet to POOL WALL AT SIDE	Minimum	8'3"	11'6"	10'8"	14'	17'3"
		Preferred	8'3"	11'6"	12'4"	14'10"	17'3"
		Designation	C-11	C-331	C-531	C-7.5531	C-107.55531
C	From plummet to ADJACENT PLUMMET	Minimum	6'7"	7'3"	7'5"	8'3"	9'1"
		Preferred	7'1"	8'3"	8'3"	8'3"	9'1"
		Designation	D-1	D-3	D-5	D-7.5	D-10
D	From plummet to POOL WALL AHEAD	Minimum	29'7"	33'8"	33'8"	36'2"	44'4"
		Preferred	29'7"	33'8"	33'8"	36'2"	44'4"
		Designation	E-1	E-3	E-5	E-7.5	E-10
E	On plummet from BOARD TO CEILING	Minimum	16'5"	16'5"	10'8"	10'8"	13'2"
		Preferred	16'5"	16'5"	11'6"	11'6"	16'5"
		Designation	F-1	E-1	F-3	F-5	F-10
F	CLEAR OVERHEAD behind and each side of plummet	Minimum	8'3"	16'5"	8'3"	16'5"	E-10
		Preferred	8'3"	16'5"	8'3"	16'5"	9'1" 10'9" 9'1" 13'2"
		Designation	G-1	E-1	G-3	G-5	G-10
G	CLEAR OVERHEAD ahead of plummet	Minimum	16'5"	16'5"	16'5"	16'5"	E-10
		Preferred	16'5"	16'5"	16'5"	16'5"	11'6" 19'9" 13'2"
		Designation					

H	DEPTH OF WATER at plummet (minimum required)	Designation	H-1	H-3	H-5	H-7.5	H-10	
		Minimum	11'	12'	12.2"	13.6"	14'10"	
		Preferred	11.6"	12.6"	12.6"	14'10"	16.5"	
J-K	DISTANCE AND DEPTH ahead of plummet	Designation	J-1	K-1	K-3	J-5	K-5	
		Minimum	16'5"	10'10"	16'5"	11'10"	19'9"	
		Preferred	16'5"	11'2"	19'9"	12'2"	26'3"	
L-M	DISTANCE AND DEPTH each side of plummet	Designation	L-1	M-1	L-3	M-3	L-5	
		Minimum	5'	10'10"	6'7"	11'10"	9'11"	
		Preferred	6'7"	11'2"	8'3"	12'2"	11'6"	
N	MAXIMUM SLOPE TO REDUCE DIMENSIONS beyond full requirements	Pool depth	30 degrees	Note 1: Dimensions C (plummet to adjacent plummet) apply for platforms with widths as defined. For wider platforms increase C by half the additional width(s).				
		Ceiling Ht.	30 degrees	Note 2: All dimensions rounded up, even if only fractionally greater than the next lowest inch.				



## SECTION 2. Pool Dimensions [required]

### Starting Depth

ARTICLE 1. For all championships and nonchampionships competition, the water depth shall be not less than 4 feet [1.22 m] at the starting end of the racing course.

### Number of Lanes

ARTICLE 2. All championships swimming competition shall be conducted in racing courses having a minimum of six, 6-foot [1.83 m] lanes. It is recommended that the racing course have a minimum of eight, 6-foot lanes.

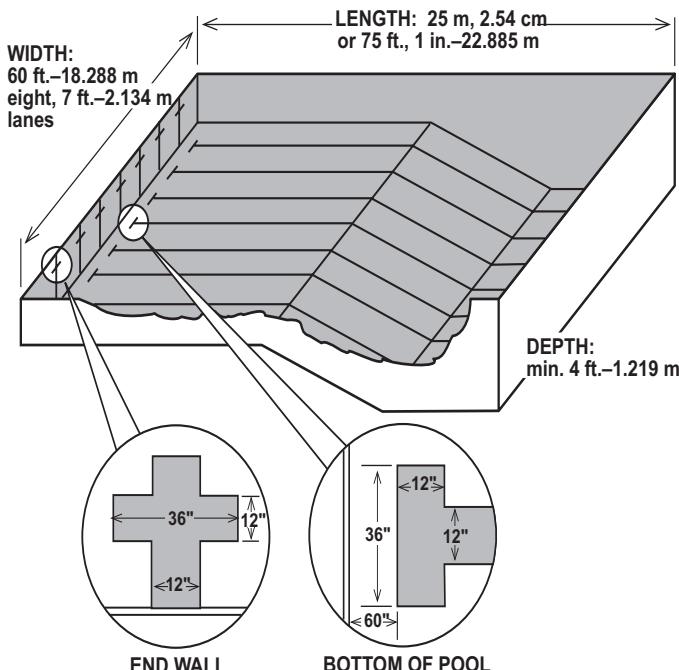
### Standard Length

ARTICLE 3. All championships swimming competition shall be conducted in racing courses of standard length (75 feet, 25 meters or 50 meters). When automatic officiating equipment touch pads are used at one or both ends, the course shall be of such length that ensures the required distance between the two touch pads or between either pad and the opposite end of the course.

### Plummet Depth

ARTICLE 4. For all championships and nonchampionships springboard and platform diving competition, the water depths at the plummet shall be not less than the minimum standards specified in the table on Page 13.

## Recommended Pool Dimensions and Markings



## SECTION 3. General

### Facility Adaptations

ARTICLE 1. It is recommended that temporary facility adaptations be made to improve meet conditions for all contestants. Attention should be given to consistency in pool markings, and turning and starting surfaces. Facility adaptations by the visiting team must be approved by the host coach and must comply with the rules.

### End Walls

ARTICLE 2. The end walls of the racing course shall be perpendicular to the racing course and parallel to each other. They shall be vertical to a water depth of not less than 4 feet [1.22 m] at the starting end and should not be less than 3.5 feet [1.07 m] at the opposite end. The end walls shall establish the length of the racing course (see Rules 1-1 and 1-2). There shall be no protrusions, light fixtures, underwater windows or inlets in the end walls for a depth of at least 3.5 feet [1.07 m] below the level of the perimeter overflow rim. The end walls should be finished with a nonslip surface. These specifications also shall apply to movable bulkheads, which shall be designed and installed so as to prevent distortion by the tension exerted when racing lanes are in place.

If a continuous recessed hand grip is provided at or near the water surface in a wall or bulkhead, the horizontal dimension of the recess perpendicular to the wall or bulkhead should be not less than 6 inches [.15 m] and designed in a manner to avoid contact between the swimmers' fingers and the back surface of the recess.

### Deck

ARTICLE 3. The deck of the pool should be not more than 12 inches [30.48 cm] above the surface of the water. Deck space on the diving end should permit sufficient space for installation of all diving equipment and additional area for the free movement of competitors and officials. It is recommended that 15 feet [4.57 m] of deck area be provided at both ends of the pool. The width of side decks must be governed by usage anticipated. It is recommended that a minimum of 3 feet [.914 m] be established for officials. If this space is to be used for movable spectator bleachers or other seating, it must be wide enough to accommodate such seating plus sufficient area for free movement of competitors and officials. It is recommended that the maximum amount of space be allocated for spectator seating. If sufficient gallery space is allotted, side-deck width may be limited to 10 feet [3.05 m].

### Ladders

ARTICLE 4. All ladders, steps or stairs should be recessed in the side pool walls or be easily removable during competition.

### Lighting

ARTICLE 5. It is important that sufficient overhead lighting be installed with concentration directly over both the turning and finish lines. One hundred (100) foot-candles [1,076 lux] is recommended. Underwater lights may be installed at the sides and at the ends. End lights should be located under lane-line anchors at a depth of 3.5 feet [1.07 m] with a switch for each light. A power source for additional lighting should be available for use with television, movies and special events. Buildings housing indoor pools should not have deck-level windows in

walls facing pool ends. Deck-level windows on the side walls should be the tinted type, which reduce glare and reflection on the water surface.

### **Pool Markings**

ARTICLE 6. Lines should be placed on pool bottoms to serve as guides for each swimmer, and the color of these lines (preferably black) should contrast the general color of the pool. Such lines should be at least 12 inches [30.48 cm] wide and should be placed approximately in the center of each swimming lane. As these lines approach the end of the pool, it is recommended that distinctive "T" markings be placed on the bottom as per the diagram on Page 14. It is recommended that identical target lines 12 inches [30.48 cm] wide be placed on each pool end wall or electronic contact pad, in the approximate middle of each lane, extending from the top to at least 3.5 feet [1.07 m] below the water surface (see diagram on Page 14). The top edge of deck-level pools must be marked with a contrasting color to provide a visual target at the end of the pool. In existing pools where target lines are not present, each end wall must have visible target lines 12 inches [30.48 cm] wide or turning pads so marked. Failure to provide such markings will result in forfeiture of the meet by the host institution. An exception may be allowed where stainless steel gutters overlap the turning target, so long as the overlap does not exceed 18 inches [45.72 cm]. A fixed mark shall be placed on any wall adjacent to an outside lane to correctly align the 15-meter buoys for judging underwater starts/turn distances. The mark on the wall will be considered the default marking for officiating purposes.

Where practical, lanes should be numbered from right to left as the swimmer stands facing the course. Each lane should be clearly marked so it may be identified easily by finish judges stationed on the sides of the pool.

### **15-Meter Marks**

ARTICLE 7. The location of unobstructed sight lines, parallel to and 15 meters [49 ft. 2.55 in.] from each end of the racing course, must be clearly designated and visible to both officials and competitors. When lane lines are such that they are used for two different courses (i.e., 25 yards and 50 meters), markings must be of different colors to distinguish between such course markings.

### **Starting Platforms**

ARTICLE 8. Starting platforms are required for championships meets and for dual meets. Starting platforms shall be installed so as to be stable at all times without human aid.

The front edge of the starting platform shall not exceed 30 inches [76.20 cm] in height above the surface of the water and shall not extend over the water beyond the end of the racing course. The length of the starting platform should not be less than 20 inches [50.80 cm] and may not be more than 34 inches [86.36 cm]. The width of the platform should not be less than 20 inches [50.80 cm]. The top of the platform must be a plane surface, and the maximum slope of that surface toward the water shall not be more than 10 degrees horizontal. The top must be covered with a nonslip material. The lane number should be visible from all sides of the platform. Firm starting grips for backstroke starts must be provided. These grips shall be located not more than 30 inches [76.20 cm] above the surface of the water. They shall not extend over the water beyond the end of the racing course.

Track style starting blocks with wedges are permitted. In meets requiring relay judging platforms (RJP's), such starting blocks must accommodate these platforms.

### **Overflow System**

ARTICLE 9. The overflow system is a method of conveying water beyond the perimeter overflow rim of the pool. It should guarantee that the level of the water in the pool is not lower than the overflow rim of the pool at all times. It should maintain a smooth, quiet surface in the pool during competition. It should prevent the accumulation or overflow of pool water onto the deck area where meet officials work. It should effectively skim the water surface at all times.

### **Backstroke Flag-Line Anchors**

ARTICLE 10. Permanent provision must be made to anchor backstroke flag lines with minimum sag. At least three pennants must be evenly spaced left, right and center in each lane located 5 yards from each end of a 25-yard racing course [5 meters from each end of a 25- or 50-meter racing course] and approximately 7 feet [2.13 m] above the water surface.

These pennants should be 6 to 12 inches [15.24 to 30.48 cm] in width and 12 to 18 inches [30.48 to 45.72 cm] in length. In any event in which the backstroke is swum, failure to provide these pennants shall result in disqualification of the host competitors. It is recommended that the pennants contrast the ceiling and the remainder of the pool environment to ensure proper safety to the swimmers in the water.

### **Lane-Line Anchors—Floats**

ARTICLE 11. Permanent provision should be made to anchor lane lines at the competitive water level in a recessed receptacle. Tightly stretched, easily visible floating lane markers, with floats joining to form a continuous cylinder marking the lateral limits of each lane, should be provided for dual meets and must be available for championships meets. It is recommended that the last 15 feet [4.57 m] at each end of the lane line be a contrasting color with the remainder of the lane. It also is recommended that a marker be placed at the 15-meter mark.

### **Water and Air Temperatures**

ARTICLE 12. The water temperature should be between 79 and 81 degrees Fahrenheit [26° and 27°C] for competition. When possible, the air temperature at deck level shall not be more than four degrees Fahrenheit below the water temperature. It is recommended that in separate diving pools the water should be between 82 and 86 degrees Fahrenheit [28° and 30°C] for competition. Special consideration also should be given to heating and ventilation for the comfort of spectators and competitors.

## **SECTION 4. Equipment**

### **Diving Boards**

ARTICLE 1. a. The diving boards should be 1 meter and 3 meters, respectively, above the water level at the tip end. They should be 16 feet [4.87 m] long by 20 inches [50.80 cm] wide with the entire length of the upper surface covered with adequate nonslip material.

- b. The front end of each board should project at least 5 feet [1.50 m] beyond the end of the pool. Clearance from the plummet to the pool wall at the side should be at least 8.25 feet [2.51 m] for a one-meter board and at least 11.50 feet [3.50 m] for a three-meter board. The distance from plummet to plummet should be at least 6 feet 7 inches [2.00 m] between two one-meter boards and at least 7 feet 3 inches [2.20 m] between two three-meter boards or between a one-meter board and a three-meter board. Guard rails are recommended for three-meter springboards. In all cases, guard rails should extend over the water's edge.
- c. It is required that all diving equipment be installed and maintained to conform to regulations, especially those governing elevation and pitch. The water shall be at least 11 feet [3.35 m] deep for one-meter boards and 12 feet [3.66 m] deep for three-meter boards.
- d. The diving board must be installed so that the board is level at the end over the water when the fulcrum is at the midpoint along the track.
- e. In all diving championships, diving equipment approved by the meet committee must be used; and a fulcrum of a type readily adjustable by mechanical means between dives is required for both one-meter and three-meter standards. Equipment used in dual meets should meet these same standards. The fulcrum should be adjustable at least 2 feet [0.61 m] forward from a point 5 to 6 feet [1.52 to 1.83 m] from the rear end of the board, where practical.

### **Water Agitation for Diving**

ARTICLE 2. It is recommended that some type of water-surface agitation be installed for a zone centered on the longitudinal axis of each diving board or platform, 2 feet [0.61 m] wide and extending 5 feet [1.52 m] from the front edge of the board or platform. Surface agitation may be by underwater air bubblers or above-water spray. Air bubblers should be installed flush with the finished pool bottom with openings of one-fourth inch [0.64 cm] or smaller.

### **Automatic Judging and Timing Equipment**

ARTICLE 3. a. An automatic device is one that automatically starts with the starter's signaling device and stops when a competitor touches the finish pad. A semiautomatic device automatically starts with the starter's signaling device or manually, and stops when one or more officials press a button switch. Both timing and judging systems shall be accurate to one-hundredth of a second. All other data shall be disregarded. Any equipment that is installed must not interfere with the swimmers' starts or turns, or with the function of the overflow system.

- b. This equipment must:
  1. Meet acceptable safety standards.
  2. Be able to display all recorded information for each lane in printed form.
  3. Provide easy reading of a competitor's time (digital readings are recommended).
- c. Each finish pad for this equipment shall be as follows:
  1. *Size*—It is recommended that the finish pad be a minimum of 6.5 feet [1.98 m] wide by 2 feet [0.61 m] in depth for pools with lanes 7 feet [2.13 m] wide. It is further recommended, but not required, that in pools with

lanes other than 7 feet [2.13 m] in width, the pad should be not more than 6 inches [15.24 cm] narrower than the width of the lane.

2. *Tolerance*—The thickness of the pad should not exceed one-half inch [1.27 cm], and when installed, the pool length must not be less than 75 feet [22.86 m]. (See Rules 1-2-a-1, 1-2-b-1 and 1-1-3.)
3. *Position*—The pad must be located in the center of the lane and be positioned at or below the water level during the progress of the race. The pad must be installed in such a manner as to assure a fixed position for the finish of a race.
4. *Installation*—The pad should be installed so as to be secure when in place, but easily and quickly removable when there is no competition.
5. *Markings*—The markings on the pad should conform with and superimpose on the existing markings of the pool. The perimeter and edges of the pad will be designated by a 1-inch [2.54 cm] black border.
6. *Sensitivity*—The sensitivity of the pad must be such that it cannot be activated by water turbulence but will be activated by a light hand touch. The pad should be sensitive on both the top edge and front of the touchpad.
7. *Safety*—The pad must be safe from the possibility of electrical shock and must have no sharp edges.
8. *Surface*—The pad should be finished with a nonslip surface.
- d. Optional accessories that are desirable but not essential for a minimum installation:
  1. Printout of all information.
  2. Spectator readout board.
  3. Relay takeoff judging.
  4. Automatic lap counter.
  5. Readout of splits.
  6. Computer summaries.
  7. Correction of erroneous touch.
  8. Automatic rechargeable battery operation possibility.
  9. TV tie-in system.

*Note: Appropriate below-deck conduits should be provided to accommodate wiring for electronic starting, timing and judging devices.*

## **Electronic Relay Takeoff Judging Equipment**

ARTICLE 4. a. An electronic relay takeoff judging device is one that compares the time at which the second, third or fourth member of a relay team leaves a takeoff pad on a starting platform with the time at which the previous member of that relay team completes a leg of the race by activating a finish pad in the water below.

- b. This equipment must:
  1. Be capable of disregarding extraneous movements on top of the starting platform so that the release from only the final foot of the swimmer on the platform establishes the time at which that swimmer leaves the platform.
  2. Be able to display, in printed form for each lane, the difference in time between the takeoff release above and the finish touch below so that a negative (-) difference indicates an alleged rules violation and a positive (+) difference indicates an alleged legitimate relay exchange.
  3. Be accurate to one-hundredth of a second; however, it should not record as an alleged violation any infraction of the takeoff rule that is less than one-hundredth of a second.

4. Not have any exposed wires on the deck, must be safe from the possibility of electrical shock, must have no sharp edges and must meet all appropriate safety standards.
- c. Each takeoff pad for this equipment shall be as follows:
  1. *Size*—The takeoff pad should cover the entire top of the starting platform. The sensitized portion of the pad must extend to and be centered along the front edge of the platform and should not be less than 18 inches [45.72 cm] wide by 12 inches [30.48 cm] long. The takeoff pad may be any thickness; however, when it is installed, it shall be considered to be part of the starting platform, which must conform to Rule 1-3-8.
  2. *Surface*—The top and front surfaces of the takeoff pad must be covered with a nonslip material.
  3. *Markings*—If there is any nonsensitized area on the top of the takeoff pad, the sensitized and nonsensitized areas should be designated by contrasting colors.
  4. *Installation*—The takeoff pad should be installed so as to be secure when in place, but easily and quickly removable when there is no competition.

## **Counters**

ARTICLE 5. Visual counters shall be provided by the host institution. Each digit must be 12 inches [30.48 cm] high and must be black on a white background. Each set of counters should be equipped with one indicator of fluorescent orange color, with or without a numeral, to indicate the final length of each distance event. Failure to provide visual counters shall result in the disqualification of the host competitors in the events in which counters are required.

## **Scoreboard**

ARTICLE 6. A scoreboard of adequate size should be installed in such position that spectators and competitors may follow the progress of the meet.

## **Public Address Systems**

ARTICLE 7. Public address capability should be provided at separate stations for the announcer, referee, diving referee and starter. The announcer, referee and diving referee may all be on one system, which should be designed to be heard clearly in all parts of the natatorium. The starter should be on a separate system that is designed specifically to provide clear and simultaneous instructions at each of the starting platforms.

## **New Equipment**

ARTICLE 8. The NCAA Men's and Women's Swimming and Diving Committee is responsible for formulating the official playing rules for the sport. The committee may establish and/or use independent sources for testing/control.

Equipment or swimsuit manufacturers have undertaken the responsibility for the development of playing equipment that meets specifications established by the committee. The NCAA urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NCAA nor the NCAA Men's and Women's Swimming Committee certifies the safety of any swimming equipment. Only equipment or swimsuits that meet the specifications stated in the NCAA Men's and Women's Swimming and Diving Rules may be used in intercollegiate competition.

While the committee does not regulate the development of new equipment or swimsuits, the committee may provide manufacturers with informal guidelines as to the equipment-performance levels it considers consistent with the integrity of the sport. The committee reserves the right to intercede in order to protect and maintain that integrity.

The NCAA Men's and Women's Swimming and Diving Committee suggests that manufacturers planning innovative changes in swimming or diving equipment or swimsuits submit the equipment or swimsuit to the NCAA Men's and Women's Swimming and Diving Committee for review before production.

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# **RULE 2**

## **Description of Events and Procedures**

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### **SECTION 1. The Official Start**

#### **Forward Start**

ARTICLE 1. In all swimming races with the exception of backstroke and medley relay races, upon a signal by whistle from the referee, the swimmers shall step onto his or her starting platform and shall stand, without excessive noise or movement, with both feet on the top of the platform. The referee then shall turn control of the competitors over to the starter. The starter may give brief instructions deemed necessary. Then, upon the starter's verbal command "Take your mark," each swimmer, with no unnecessary noise or movement, immediately shall assume any desired starting position with at least one foot on the front edge of the starting platform. (With prior approval of the referee, a swimmer may start in the water but must have at least one hand on the wall or starting platform.) Sufficient time shall be allowed to enable each swimmer to assume a stationary starting position; however, all swimmers are expected to take their starting positions at approximately the same time, and unnecessary noise, movement or delays shall not be permitted. When the starter sees that the swimmers are stationary, the starter shall start the race with a pistol shot and/or an electronic-sound device.

#### **Backstroke Start**

ARTICLE 2. In the backstroke start, upon a signal by whistle from the referee, the swimmers shall enter the water within their respective lanes. When all have surfaced, with a second whistle from the referee, the swimmers shall line up facing the starting end with both hands in contact with the starting grips (including the gutter, the end of the pool or any part of the starting platform) and shall place his or her feet on the wall. The referee then shall turn control of the competitors over to the starter. The starter may give brief instructions deemed necessary. Then, upon the starter's verbal command "Take your mark," each swimmer, with no unnecessary noise or movement, immediately shall assume any desired starting position that does not remove either foot from contact with the end of the pool; and that does not remove either hand from the starting grips. Sufficient time shall be allowed to enable each swimmer to assume a stationary starting position; however, all swimmers are expected to take their starting positions at approximately the same time, and unnecessary noise, movement or delays shall not be permitted. When the starter sees that the swimmers are stationary, the starter shall start the race with a pistol shot and/or electronic-sound device. 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 is not permitted at any time after the

command “Take your mark” and before the first length of the race is completed. A backstroke starting block may not be used.

### **False Starts**

ARTICLE 3. a. After the command “Take your mark” and before the starting sound, the starter may release the swimmers from the starting position with the command “Stand up.” This allows each swimmer in the forward start to move away from the front edge of the starting platform and, if desired, to step off the platform. In the backstroke start, each swimmer also is released from the starting position but must remain in the starting area.

- b. After the command “Take your mark,” all swimmers entering the water or otherwise leaving their marks, before the starting sound or before being released from the starting position, shall be charged with a false start. All other swimmers should be released immediately from the starting position by the starter.
- c. Swimmers entering the water or otherwise leaving their marks in reaction to the command “Stand up,” subject to the discretion of the referee and/or starter, shall not be charged with a false start.
- d. If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the Starter’s observation that a violation occurred, and each has marked the violation at the time of occurrence in writing, the swimmer or swimmers who have false started shall be disqualified upon completion of the race. For this rule to be applied, it requires a minimum of two officials (i.e., Starter and Referee) designated to observe the start. The Starter and/or Referee has the ability to recall a race if it is deemed absolutely necessary.
- e. A swimmer who unnecessarily delays in assuming and holding a stationary starting position after the command “Take your mark” shall be charged with a false start.
- f. Any swimmer responsible for an unnecessary delay after the referee’s preliminary command or signal shall be charged with a false start.
- g. In non-NCAA championships and NCAA championships meets, dual confirmation is required to confirm a false start. A swimmer may be charged with a false start only if the violation is observed and confirmed by at least two of the following officials: starter, recall starter and referee.
- h. In non-NCAA championships and NCAA championships meets, a swimmer may withdraw from a preliminary heat, timed final or swim-off by electing to take a declared false start. A swimmer who elects to take a declared false start shall have his or her coach notify the referee before the heat or swim-off in question is announced, shall not report to the assigned lane when the heat or swim-off is announced, and shall not physically perform a false start, but shall suffer the consequences of a false start under the circumstances prevailing. A declared false start in a given event shall count as participation in that event.
- i. Any swimmer charged with one false start must be disqualified and shall not swim the race. In the case of a disqualification during a swim-off, the competitor who is disqualified shall be relegated to the lowest position being contested. (See Rule 5-3-3.) If false starts in a swim-off result in a single competitor or relay team remaining in the swim-off, that competitor or relay

team shall be awarded the highest position being contested and shall not be required to complete the swim-off.

## SECTION 2. Swimming Events

### Backstroke

ARTICLE 1. a. The backstroke start shall be used.

- b. The swimmer shall push off on the back (i.e., with the upper shoulder at or past the vertical toward the supine position) and, except when turning, must continue swimming on the back throughout the race. Some part of the swimmer's person must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, during the last stroke, and for a distance of not more than 15 meters [49 ft. 2.55 in.] after the start and after each turn. By that point, the head must have broken the surface of the water.
- c. Some part of the swimmer's person must touch the end of the racing course during each turn. After any part of the swimmer's head has passed the backstroke flags (20-yard mark), the swimmer's upper shoulder is allowed (but not required) to rotate past the vertical toward the prone position before the touch is completed provided such rotation is accompanied by an immediate initiation of the turning action.

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

After the initiation of the turning action, no additional arm pulls may be started (sculling is not permitted); however, kicking and gliding actions are permitted.

If the swimmer's upper shoulder does not rotate past the vertical toward the prone position before the touch is completed, the swimmer may then turn in any manner desired.

- d. After the turn, the swimmer's upper shoulder must be at or past the vertical toward the supine position when the swimmer leaves the end of the racing course during the push-off.
- e. At the finish of the race, the swimmer's upper shoulder must be at or past the vertical toward the supine position when he or she touches the end of the racing course with the hand, head or forearm. The body may be submerged during the last stroke at the finish.

*Note 1: In judging the backstroke turn, it is recommended that the turn judge be positioned, whenever possible, directly over the end of the lane.*

*Note 2: In backstroke relay events, all takeoffs except the initial one shall be made from a forward start as described in Rule 2-2-7-c. Swimmers must comply with the 15-meter rule after the dive. To deliver underwater dolphin kicks, the swimmer must first turn onto his or her back. Underwater dolphin kicks in the prone position (face-down) are not permitted.*

### Breaststroke

ARTICLE 2. a. The forward start shall be used.

- b. After the start and after each turn when the feet leave the wall, the body shall be kept on the breast. The arms shall move simultaneously and in the same

horizontal plane throughout the propulsive phase of the stroke without any alternating movement. The hands shall be pushed forward together from the breast, on, under or over the water. A butterfly-style recovery is not permitted. The elbows shall be under the calm level of the water except for the final stroke before the turn, during the turn, and the last stroke at the finish of the prescribed distance. The hands shall be pulled back simultaneously on or under the surface of the water. The hands shall not be brought back beyond the hipline, except during the first stroke cycle after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn when a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. After the start and after each turn, any lateral or downward movement of the hands or arms is considered to be the initiation of the first arm pull. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke after the start and after each turn. There shall be no sculling with the hands at the end of the first arm stroke after the start and each turn.

- c. All forward and backward components of motion of the two legs shall be simultaneous; and, throughout the propulsive phase of the leg kick, corresponding points on both feet shall be at the same horizontal level. The toes of both feet must be turned laterally (by dorsiflexion of the feet) during each backward movement of the legs. A downward butterfly kick is not permitted. Breaking the water surface with the feet shall not constitute a violation unless it is caused by a downward butterfly kick.
- d. A complete stroke cycle shall consist of one arm stroke followed by one leg kick. A stroke cycle may be initiated only by an arm stroke. Each time the swimmer's hands begin their lateral and/or downward press, a new stroke cycle shall have been started. Each time the swimmer finishes a leg kick, a stroke cycle shall have been completed. An incomplete stroke cycle, consisting of an arm stroke without a following leg kick, may be used immediately before the touch at each turn or at the finish. Two arm strokes without an intervening leg kick or two leg kicks without an intervening arm stroke may not be used at any time.
- e. At each turn and at the finish, the touch shall be made with both hands simultaneously at, above or below the water surface. The head may be submerged after the last arm pull before the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle before the touch. Once a legal touch has been made, the swimmer may turn in any manner desired. After the turn, the shoulders must be at or past the vertical toward the prone position when the swimmer leaves the end of the racing course during the push-off.

## **Butterfly**

ARTICLE 3. a. The forward start shall be used.

- b. After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is allowed one or more leg kicks but only one arm pull underwater. The first arm pull after the start and after each turn must bring the swimmer to the surface of the water. It shall be

permissible for a swimmer to be completely submerged for a distance of not more than 15 meters [49 ft. 2.55 in.] after the start and after each turn. By that point, the head must have broken the surface of the water. This body position shall be maintained until the touch is made at the next turn or at the finish.

- c. All forward and backward components of motion of the two arms shall be simultaneous. The arms shall be brought forward over the water and pulled backward on or under the surface of the water.
- d. All upward and downward components of motion of the two legs shall be simultaneous. Although at any given time the feet may be at different horizontal levels, there shall be no alternating movement of the legs and/or feet. A breaststroke or scissor-kicking movement may not be used.
- e. At each turn and at the finish, the touch shall be made with both hands simultaneously at, above or below the water surface. Once a legal touch has been made, the swimmer may turn in any manner desired.

### **Crawlstroke**

ARTICLE 4. The crawlstroke is the most common stroke used under freestyle rules. It is a stroke that employs an alternating above-water recovery of the arms with alternating up and down kicking movements.

### **Freestyle**

ARTICLE 5. a. The forward start shall be used.

- b. After the start and after each turn it is permissible for the swimmer to be completely submerged for a distance of not more than 15 meters [49 ft. 2.55 in.]. By that point, the head must have broken the surface of the water.
- c. In a freestyle event, any style or combination of styles may be used. However, in medley relay or individual medley events, the term “freestyle” means any stroke other than butterfly, backstroke or breaststroke.

Times achieved in a freestyle event can be recorded only as freestyle times regardless of the stroke used.

- d. At each turn, some part of the swimmer’s person must touch the end of the racing course.

### **Individual Medley**

ARTICLE 6. a. The forward start shall be used.

- b. The swimmer shall swim the prescribed distance as follows: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle. The swimmer must comply with the rules of the stroke designated for each one-fourth of the race.
- c. Intermediate turns within a given stroke shall conform to the turn rules for that stroke.
- d. Transition turns between strokes shall conform, before the touch, to the finish rules for the stroke being completed and, after the touch, to the turn rules for the stroke about to be swum. These turns shall be performed as follows:
  1. Butterfly to backstroke—The touch shall be made with both hands simultaneously at, above or below the water surface. Once a legal touch has been made, the swimmer may turn in any manner desired; however, the swimmer’s upper shoulder must be at or past the vertical toward the

supine position when the swimmer leaves the end of the racing course during the push-off.

2. Backstroke to breaststroke—The swimmer's upper shoulder must be at or past the vertical toward the supine position when the swimmer touches the end of the racing course with the hand, head or forearm. Once a legal touch has been made, the swimmer may turn in any manner desired; however, the shoulders must be at or past the vertical toward the prone position when the swimmer leaves the end of the racing course during the push-off.
3. Breaststroke to freestyle—The touch shall be made with both hands simultaneously at, above or below the water surface. Once a legal touch has been made, the swimmer may turn in any manner desired.

### **Freestyle Relay**

ARTICLE 7. a. Each relay team shall consist of four swimmers, with each to swim one-fourth of the prescribed distance. No person shall swim more than one leg of a relay race.

- b. The leadoff swimmer shall use the forward start.
- c. Each succeeding swimmer on the relay team shall take off using a forward dive as follows:
  1. The swimmer is allowed (but not required) to use a step-forward start (i.e., to move forward on the top of the starting platform immediately before takeoff); however, all velocity in the start must be generated after the swimmer is on the platform.
  2. The swimmer may be in motion when the preceding teammate finishes his or her leg of the race; however, the swimmer must have at least one foot in contact with the starting platform when (or after) the teammate finishes.
  3. If the swimmer leaves the starting mark before the preceding teammate finishes his or her leg of the race, that relay team shall be disqualified.

*Note: When judging a relay takeoff, it is recommended that the takeoff judge's attention be focused on the front edge of the starting platform, not on the swimmer in the water. When the second, third or fourth swimmer leaves the starting platform, the takeoff judge should determine whether or not the previous swimmer has completed his or her leg of the race.*

- d. The leadoff swimmer may not be interchanged with any teammate after the referee has called the swimmers to stand behind their blocks.
- e. Without crossing the lane of any other team, each of the first three swimmers must leave the racing course promptly upon finishing their respective legs of the race. The final swimmer may cross the lanes of other teams when leaving the racing course, but only after the entire race is completed.
- f. When automatic judging and timing equipment is used, swimmers must touch the pads in their lanes at the end of the racing course to have finished their legs of the relay.

### **Medley Relay**

ARTICLE 8. a. Each relay team shall consist of four swimmers, with each to swim one-fourth of the prescribed distance as follows: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. All relay team mem-

bers must swim their phases of the race complying with all rules governing their strokes. No person shall swim more than one leg of a relay race.

- b. The leadoff swimmer shall use the backstroke start.
- c. Rules 2-2-7-c, d, e and f apply to both freestyle and medley relay events.

### **Violations**

ARTICLE 9. Violations of any of the provisions in Section 2 must result in disqualification.

## **SECTION 3. Lap Counting**

### **Counting**

ARTICLE 1. A visual count of the lengths completed by each swimmer must be given above and/or below the water every two lengths in freestyle races 16 lengths or longer. The count must begin at the start of the race and should be given in ascending order of lengths completed (i.e., 1, 3, 5) until the end of the race. The final visual count, to be given when the swimmer has one length to complete, shall be of fluorescent orange color. The visual count may be supplemented with a verbal count. Competitors must provide their own counting personnel, not to exceed one. Length counts shall not be given in relay races.

*Note: It is recommended that the lap counter change the visual counter as the competitor makes each turn at the starting end of the racing course.*

### **Position**

ARTICLE 2. Visual counters must be used within the limits of each lane at the opposite end of the racing course from the start (above and/or below the water).

### **Responsibility**

ARTICLE 3. If an official and/or counter error occurs, the swimmer is responsible for completing the prescribed distance.

### **Violations**

ARTICLE 4. Violations of any of the provisions of Section 3 may result in disqualification at the discretion of the referee.

## **SECTION 4. Finish**

### **All Races**

ARTICLE 1. In all swimming races, each swimmer shall have finished the race when the swimmer touches the end of the racing course after the prescribed distance has been covered. When automatic judging and timing equipment is used, the touch pads are considered the end of the racing course.

### **Breaststroke, Butterfly and Backstroke**

ARTICLE 2. The breaststroke, butterfly and backstroke must conform to the finish requirements specified in Rules 2-2-1-e, 2-2-2-e and 2-2-3-e.

### **Automatic Equipment**

ARTICLE 3. When automatic judging and timing equipment is used, swimmers must touch the pads in their lanes at the end of the racing course to have finished the race or their leg of the relay.

## **Violations**

ARTICLE 4. Violations of any of the provisions of Section 4 must result in disqualification.

# **SECTION 5. Fouls**

## **Interference**

ARTICLE 1. a. Any competitor who interferes with another swimmer during a race shall be disqualified from that race, subject to the discretion of the referee. If a swimmer is fouled during a preliminary heat of an event, the referee may allow that swimmer to repeat the race at a time not later than 30 minutes after the last heat of the last event in which the swimmer is competing during that session of the meet. If a foul occurs during a final race, the referee may order the race swum over if, in the referee's opinion, sufficient unfairness prevailed. No person shall be required, as a consequence of this rule, to swim with fewer than 30 minutes' rest between a repeated race and any of that person's regularly scheduled races.

- b. A swimmer who changes lanes during a heat shall be disqualified.
- c. Any interference with a meet official in the performance of that person's duties will be considered for disciplinary action by the referee or meet committee.
- d. If a swimmer, who is one of the first three swimmers in a relay, crosses the lane of another team, the relay of that swimmer shall be disqualified.
- e. Pulling on a lane line to assist motion is not permitted.

## **Entering Between Races**

ARTICLE 2. No swimmer may enter the water between races without the referee's approval. Entry without approval is subject to disqualification from the swimmer's next scheduled competition in that meet. Dipping goggles in the water between races and/or splashing water on one's face or body between races shall not be considered to be entering the water. These practices are allowed without the referee's approval.

## **Entering During Competition**

ARTICLE 3. a. A team representative or spectator who enters the water in the area in which a race is being conducted before all contestants have completed the race may disqualify all of his or her team's entrants in that race.

- b. A competitor who enters the water in the area in which a race is being conducted before all contestants have completed the race shall be disqualified from his or her next scheduled competition in that meet and, in addition, may disqualify all of his or her team's entrants in that race.

## **Resting**

ARTICLE 4. Standing upon the bottom in the shallow end of the racing course during competition is allowed only for the purpose of resting. Walking on or jumping from the bottom in the shallow end must disqualify the offender.

## **Re-entering**

ARTICLE 5. Once a swimmer leaves the water at the completion of a race, that person shall not re-enter the water without the referee's approval. Re-entering

during a relay event shall disqualify that swimmer's relay team. Re-entering during an individual event shall disqualify the violator.

### **Improper Conduct**

ARTICLE 6. Acts of unsporting or unsafe conduct will be considered for disciplinary action by the referee or meet committee. This includes the use of obscene or vulgar language by coaches, student-athletes and institutional representatives. The use of any equipment or swimsuit not permitted by NCAA rules is considered an act of improper conduct.

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# RULE 3

## Competitors

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### SECTION 1. General

#### Uniforms and Swimsuits for Swimmers

ARTICLE 1. Competitors' uniforms and swimsuits should be characterized by conformity to recognized standards of propriety.

a. Material:

1. *Textile*: By definition, the material used for the swimsuit shall be a textile (a woven material).
2. *Permeability*: All swimsuit materials must be 100 percent permeable to air and water.
3. *Buoyancy*: The material shall have a net buoyant effect of not more than .5 Newton [50.99 grams force or 1.798 ounces force].
4. *Thickness*: The material used shall have a maximum thickness of .8 mm. The measurement method is in accordance with ISO Standard 5084 for textiles.
5. *Ergogenic Aids*: The material shall not provide external stimulation or influence of any form (e.g. pain reduction, chemical/medical substance release, electro-stimulation, compression for core stabilization, or other performance-enhancing properties).

b. Design:

1. When used, the material shall follow the body shape.
2. The design shall not create air trapping effects.
3. For men, the swimsuit shall not extend above the waist nor below the top of the kneecap.
4. For women, the swimsuit shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

c. Construction:

5. Any system providing external stimulation or influence of any form (e.g. pain reduction, chemical/medical substance release, electro-stimulation, performance-enhancing compression, or other performance-enhancing properties) is prohibited.
6. The swimsuit shall not have any zippers or fasteners other than a waist tie for a brief or a jammer. The tie shall have a maximum width of  $\frac{1}{4}$  inch.
7. The swimsuit shall comprise no more than two layers, the sum of which shall not exceed 1 mm in total thickness (excepting the casing/ribbing at the terminal ends of the material).
8. Elastic material may be contained within the casing/ribbing terminal ends of the swimsuit (e.g. shoulder straps, waist opening, leg openings).

d. CUSTOMIZATION:

1. All swimsuits must be constructed in an identical fashion with no variation/modification for individual swimmers.
2. Any modification or alteration artificially improving core stabilization (e.g. water resistant sprays, tape, etc.) is prohibited.
3. One post-construction impermeable institutional marking or logo that does not exceed 9 square inches may be applied to the swimsuit. Additional or alternate logos (i.e., national flags, national team emblems) are not permitted.
4. The suit should contain the International Certification Trademark and said logo is exempt from the above logo restriction.
5. Swimmers with physical disabilities may request a waiver for customization from the NCAA swimming and diving secretary-rules editor at least one week before the individual's first competition.

e. USE: The swimmer shall be limited to one swimsuit. A diver shall not be limited to a number of suits during diving events.

f. CONTROL: The NCAA may establish and/or use independent sources for testing/control.

g. In accordance with NCAA Bylaw 12.5.4, an institution's uniforms or swimsuits or any item of apparel (e.g., T-shirts and warm-ups) that is worn by a student-athlete while representing the institution in intercollegiate competition shall contain only a single manufacturer's or distributor's logo or trademark on the outside of the apparel (regardless of the visibility of the logo or trademark). The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram) that does not exceed 2 $\frac{1}{4}$  square inches. Such an item of apparel may contain more than one manufacturer's or distributor's logo or trademark on the inside of the apparel provided the logo or trademark is not visible.

h. If an institution's uniform or swimsuit or any item of apparel worn by a student-athlete in competition contains washing instructions on the outside of the apparel or on a patch that also includes the manufacturer's or distributor's logo or trademark, the entire patch must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram) that does not exceed 2 $\frac{1}{4}$  square inches.

i. The restriction of the size of a manufacturer's or distributor's logo is applicable to all apparel worn by student-athletes during the conduct of the institution's competition, which includes any pregame or postgame activities (e.g., postgame celebrations or pre- or postgame media conferences) involving student-athletes.

j. UNIFORM/SWIMSUIT DEFINITIONS:

1. Propriety – conformity to established standards of good or proper behavior or manners. Decency, modesty.
2. Coverage – the amount of body surface covered by the swimsuit. The greater the surface area covered, the greater the effect of the suit on performance.

3. Compress – to press together; force into less space. Causes the reduction of water displacement (reduces buoyancy), and drag (i.e. form, etc.). Creates discriminating effects based on body type.
4. Ergogenic properties – increasing capacity for bodily or mental labor especially by eliminating fatigue symptoms. Materials and designs that enhance stability, circulation and movement (torso and limb), or eliminate or reduce performance-limiting factors such as pain.
5. Design – to plan or fashion.
6. Material – a textile fabric.

k. **VIOLATIONS:** If a student-athlete competes in an illegal swimsuit, that student-athlete shall be disqualified from that event. In the event of a relay, the rule shall apply to the disqualification of the relay.

### **Artificial Aids**

ARTICLE 2. No swimmer is permitted to wear or use any device or foreign substances to help his or her speed, pace, buoyancy or body compression in competition. Temporarily applied adhesives shall not be used; however, host institutions are encouraged to have all end walls and touch pads finished with a permanent or semipermanent nonslip surface. Goggles may be worn and rubdown oil may be applied if not considered excessive by the referee. The use of tape is permitted to treat a documented medical condition which allows a student-athlete to compete, but not gain an advantage over the remainder of the field. The Referee must be presented with documentation from a designated health official before certifying the student-athlete eligible to compete with tape. Tape may be used by divers to support the wrists in a preventative manner without medical documentation.

### **New Equipment**

ARTICLE 3. The NCAA Men's and Women's Swimming and Diving Committee is responsible for formulating the official playing rules for the sport. The committee may establish and/or use independent sources for testing/control.

Equipment or swimsuit manufacturers have undertaken the responsibility for the development of playing equipment that meets specifications established by the committee. The NCAA urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NCAA nor the NCAA Men's and Women's Swimming and Diving Committee certifies the safety of any swimming equipment. Only equipment or swimsuits that meet the specifications stated in the NCAA Men's and Women's Swimming and Diving Rules may be used in intercollegiate competition.

While the committee does not regulate the development of new equipment or swimsuits, the committee may provide manufacturers with informal guidelines as to the equipment-performance levels it considers consistent with the integrity of the sport. The committee reserves the right to intercede in order to protect and maintain that integrity.

The NCAA Men's and Women's Swimming and Diving Committee suggests that manufacturers planning innovative changes in swimming equipment or swimsuits submit the equipment or swimsuit to the NCAA Men's and Women's Swimming and Diving Committee for review before production.

### **Required Participation of Entrants**

ARTICLE 4. a. A competitor, once officially entered in an event in any championships meet, must complete that event, including any heats, swim-offs, trials (diving) and finals for which the competitor qualifies. This applies to all competitors designated by their coaches to participate in the heats, swim-offs and/or finals of relay events, and to all competitors in individual events. Failure to compete for any reason other than medical cause, disqualification under the false-start rule, declared false start, or disqualification under Rule 6-3-2-c shall disqualify the competitor(s) from that event and shall prohibit further competition in the meet.

In a nonchampionships meet, a competitor who has been officially entered in an event but who does not compete shall be disqualified from that event only and charged with participation in that event.

- b. Names of relay competitors must be submitted to the appropriate official at a designated time before the start of the race. Changes in names of participants are permitted up until the start of the event (the start is considered to be when the referee calls the first heat of the event to the starting blocks). When the actual contestants in a relay are different from those listed on the official relay entry form, the competing relay shall be disqualified and all athletes involved (competing and listed) shall be charged with participation in an event. No further penalty will be assessed. Order change for swimmers two, three and four are permitted at any time without penalty. Please inform the meet administration of said changes for the accuracy of results.
- c. A swimmer must swim in the lane and/or heat assigned. Failure to do so shall result in disqualification for that event.
- d. If a designated health official certifies in writing that a contestant should not compete because of an illness or injury, the referee shall permit that contestant to be withdrawn from one or more officially entered events without penalty. If the contestant recovers before the end of the meet, he or she may be reinstated for participation in later events upon similar written certification.

Withdrawal from an officially entered event for medical reasons shall count as participation in that event.

If, in a national championships meet, a contestant is withdrawn because of medical reasons from an officially entered event for which he or she has achieved the time standard, that event may satisfy the requirement that a swimmer who participates in one or more events on an optional-entry basis must compete in at least one individual event for which he or she has achieved the time standard.

- e. An honest effort in all competition is required. Failure to make an honest effort shall result in disqualification from the event. The determination of an honest-effort performance will be made by the meet committee or the referee.

### **HIV and HBV Precautions**

ARTICLE 5. Aggressive treatment of open wounds or skin lesions shall be followed. In particular, whenever a swimmer or diver suffers a laceration or wound where oozing or bleeding occurs, the practice or competition shall be stopped at the earliest possible time, and the swimmer or diver shall leave the pool and be given appropriate medical treatment. The meet referee or meet

committee shall have the authority to suspend the competition until medical personnel have had an appropriate amount of time to treat the injury on site. The student-athlete shall not return to the pool without approval of medical personnel.

### **Guidelines for Outdoor Competition for Meet Officials and Meet Management to Use Regarding Lightning**

ARTICLE 6. The current recommendation of the National Severe Storms Laboratory (NSSL) is to consider terminating competition when the lightning is six miles away (flash-to-bang time of 30 seconds or less). This recommendation was developed as a practical way to make a judgment in situations in which other resources such as technology and instrumentation are not available.

As a minimum, NSSL staff strongly recommends that by the time the flash-to-bang count is 30 seconds, all individuals should have left the meet site and reached a safe structure or location.

In addition, a smaller, but still real, risk exists with the presence of lightning at greater distances. Unfortunately, current science cannot predict where within the radius the next strike will occur.

The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike.

The flash-to-bang method is the easiest and most convenient way to estimate how far away lightning is occurring. Thunder always accompanies lightning, even though its audible range can be diminished because of background noise in the immediate environment and its distance to the observer. To use the flash-to-bang method, count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide this number by five to determine how many miles away the lightning is occurring.

When considering resumption of a meet, NSSL staff recommends that everyone ideally should wait at least 30 minutes after the last flash of lightning or sound of thunder before returning to the pool area.

If available, electronic detection devices should be used as additional tools to determine the severity of the weather. However, such devices should not be used as the sole source when considering terminating competition.

*(Information taken from the NCAA Sports Medicine Handbook and NCAA Championships Severe Weather Policy.)*

## **SECTION 2. Number of Entries**

### **Number of Entries in Nonchampionships Meets**

ARTICLE 1. a. Each institution shall be allowed the following number of individual entries (swimming or diving) and relay entries in a dual meet with one heat:

- two individual entries/team in a racing course of five or fewer lanes
- three individual entries/team in a racing course of six or seven lanes
- four individual entries/team in a racing course of eight or nine lanes
- five individual entries/team in a racing course of 10 or more lanes
- two relay entries/team in a racing course of five or fewer lanes
- three relay entries/team in a racing course of six or seven lanes
- four relay entries/team in a racing course of eight or nine lanes
- five relay entries/team in a racing course of 10 or more lanes

By mutual consent of all participating coaches, more than one heat may be swum. Thus, the number of entries per team may be increased to reflect the number of heats.

- b. In double-dual, triangular and quadrangular meets, each institution shall be allowed two entries per individual event (swimming or diving) and two entries per relay event. By mutual consent of all participating head coaches and when facilities permit, more than two entries per team per event may be allowed. (See Rule 7-2-2.)
- c. In relay meets, it is recommended that each participating institution enter only one team entry per event.
- d. For invitational meets, the host institution shall establish and publish in advance limits on the numbers of entries that are allowed each participating institution in individual and relay events.

### **Championships Meets**

*Detailed administrative procedures, such as entry and qualifying procedures, for conducting NCAA championships are contained in the current Men's and Women's Swimming and Diving Championships Handbook.*

ARTICLE 2. In championships meets, an institution may enter an unlimited number of contestants in each individual event; however, it is recommended that no institution shall be allowed a total of more than 18 competitors. An entrant who swims or an entrant who swims and dives shall be counted as one competitor in the total of 18 allowed each institution. For championships meets in which platform diving is not conducted, an entrant who only dives shall be counted as one-third of a competitor. For championships meets in which platform diving is conducted, an entrant who only dives shall be counted as one-half of a competitor.

In championships meets, it is recommended that each institution enter one team entry per relay event. Once an institution has been entered in a relay event, any eligible competitor from that institution may be designated by his or her coach to participate in the preliminary heats, swim-offs and/or finals of that event as a member of the institution's relay team. For relays, only actual participation in the preliminary heats, swim-offs and/or finals of an event shall be counted against the 18 competitors allowed each institution or against the maximum number of events in which a contestant is permitted to compete. (See Rule 3-3-2.) The names of designated relay participants must be submitted to the appropriate official at a specified time before the start of the race (preliminary or final).

## **SECTION 3. Number of Events**

### **Nonchampionships Meets**

ARTICLE 1. a. A contestant is permitted to compete in a maximum of three events (in any combination of individual and/or relay events) during a men's or women's 13- or 15-event dual, double-dual, triangular or quadrangular meet. This limit also applies during a concurrent men's and women's 26- or 30-event dual, double-dual, triangular or quadrangular meet.

b. A contestant is permitted to compete in a maximum of four events including relays, of which not more than three may be individual events, during a men's or women's 16-event dual, double-dual, triangular or quadrangular meet. This

limit also applies during a concurrent men's and women's 32-event dual, double-dual, triangular or quadrangular meet.

- c. A contestant is permitted to compete in an unlimited number of events during a relay meet.
- d. For invitational meets, the host institution shall establish and publish in advance limits on the numbers of individual, relay and/or total events in which each contestant is allowed to compete.

## **Championships Meets**

*Detailed administrative procedures, such as entry and qualifying procedures, for conducting NCAA championships are contained in the current Men's and Women's Swimming and Diving Championships Handbook.*

ARTICLE 2. a. In a three-day championships meet, a competitor is permitted to participate in a maximum of seven events, of which not more than three may be individual events.

b. In a standard four-day common-site meet, it is recommended a competitor is permitted to participate in a maximum of seven events, of which not more than four may be individual events.

c. In an alternate three-day common-site meet, a competitor is permitted to participate in a maximum of seven events, of which not more than three may be individual events.

## **Penalties**

ARTICLE 3. a. In nonchampionships competition, a competitor who participates in more than the allowable number of individual or total events must be disqualified from any excess event(s) and shall be prohibited from participating in the remainder of the meet.

b. In championships competition, a competitor shall be required to participate in all individual events in which he or she has been entered but not scratched, until the allowable limit for individual events has been reached. When determining the order of the events from which a competitor has not been scratched, chronological order (the order in which a competitor would actually participate in the events) shall be considered, not necessarily the numerical order of events.

For example, assume that a competitor in a championships meet is entered in the 100-yard freestyle and the 1,650-yard freestyle, and that participation in both events would exceed, by one, the allowable individual events for the competitor. The competitor shall be scratched from the 1,650-yard freestyle, which has a lower event number but chronologically appears later in the overall program.

A competitor who participates in more than the allowable number of individual or total events in a championships meet must be disqualified from any excess event(s) and shall be prohibited from participating in the remainder of the meet.

## **Scratches**

ARTICLE 4. Competitors may scratch from an event in which they are entered by following the procedures set forth in the meet information. In non-NCAA championships, invitational meets and NCAA championships, a competitor

remains officially entered in all events that he or she is officially entered in unless scratched by the official scratch deadline for that event. A declared false start may be taken during the preliminary heat, and that swimmer(s) will be charged for an event. A swimmer or relay team that does not want to participate in a final based upon results of the preliminaries must complete a scratch card signed by a coach and submit it to the designated official within thirty (30) minutes after the announcement of qualifiers for that event. The swimmer or relay team will be allowed to withdraw without penalty, and the event shall be reseeded with the first available alternate swimmer or relay team being moved up into the appropriate finals.

## **SECTION 4. Time of Official Entry**

### **Nonchampionships Meets**

*Detailed administrative procedures, such as entry and qualifying procedures, for conducting NCAA championships are contained in the current Men's and Women's Swimming and Diving Championships Handbook.*

ARTICLE 1. The official entry or diving scoresheet (either manual or electronic) is to be handed to the referee or an official designated by the referee at a predetermined place and communicated to all coaches. For the entry to become official, the entry or diving scoresheet must be delivered to the referee (or his/her designee) before the competitors for that event are called to step up/in (swimming) or the first dive is called. The entry should include the first and last name and the lane assignment or diving order of each competitor.

### **Non-NCAA Championships and NCAA Championships Meets**

*Detailed administrative procedures, such as entry and qualifying procedures, for conducting NCAA championships are contained in the current Men's and Women's Swimming and Diving Championships Handbook.*

ARTICLE 2. See Rule 8-4-8.

## **SECTION 5. Nonscoring Competitors**

### **Exhibition Performances**

ARTICLE 1. An exhibition performance is one for time or score that is performed by a competitor who has been designated by his or her coach to be a nonscoring contestant in a regularly scheduled and scored event that is an accepted part of a bona fide NCAA nonchampionships meet. Exhibition competitors may be used only by mutual consent (unanimous consent) of the head coaches of all teams involved in the meet being contested. NCAA conduct rules and NCAA-approved starting, judging and timing procedures must be applied to each exhibition performance.

An exhibition performance shall not be counted either in the number of entries per event allowed each team or in the number of events per meet allowed each competitor. An exhibition competitor must be eligible under NCAA rules to compete in the meet being contested. Exhibition performances are not allowed in national championships meets.

### **Time-Standard Trials**

ARTICLE 2. A time-standard trial is a special race that is conducted to provide an opportunity for swimmers to achieve the time standards required to enter

later championships meets. A time-standard trial may only be scheduled: (a) in conjunction with (usually immediately after) a bona fide NCAA nonchampionships or relay meet; (b) in conjunction with (usually immediately after a session of) a bona fide non-NCAA championships (e.g., conference) meet; or (c) at a USA Swimming-sanctioned meet. Time-standard trials are not allowed in conjunction with national championships meets.

Whenever a time-standard trial is conducted, it shall be considered to be a non-scored addition to, and thus a part of, the meet or meet session being contested. When a time-standard trial is added to the program of a meet or meet session, all appropriate officials of that meet or meet session shall be used to officiate the time-standard trial. NCAA conduct rules and NCAA-approved starting, judging and timing procedures must be applied to each time-standard trial.

Each competitor, or institution in the case of a relay event, is limited to one time-standard trial per event per meet. The execution of the one time-standard trial can take place during any day of the meet if the meet is a multiple-day meet. A time-standard trial shall not be counted in the number of entries per event allowed each institution or in the number of events per meet allowed each competitor. All participants in a time-standard trial must be eligible under NCAA rules to compete in the meet being contested.

Time standards, consideration standards, optional-entry standards and collegiate records may not be achieved over initial distances or on relay leadoff legs in time-standard trials.

### **Exhibition Performances and Time-Standard Trials**

ARTICLE 3. Exhibition performances are not time-standard trials. In meets that offer a preliminary round, a consolation final, a final and a nonscoring bonus exhibition, an exhibition swimmer who swims the preliminaries and qualifies for the bonus exhibition that night still may swim a time-standard trial. In meets that offer only preliminaries, a consolation final and final, participants designated as exhibition competitors may swim only the preliminaries and a time-standard trial.

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# **RULE 4**

## **Officials and Their Duties**

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### **SECTION 1. Number of Officials**

For each meet, there shall be a sufficient number of officials to properly conduct the meet. More than one duty may be assigned to an individual, and two or more individuals may share a duty. Duties may include, but shall not necessarily be limited to, those of the meet committee (championships meets), meet coordinator (championships meets), awards chair (championships meets), meet manager, referee, assistant referee, starter, recall starter, stroke judges, head stroke judge, turn judges, head turn judge, takeoff judges, head takeoff judge, finish judges, head finish judge, timers, principal lane timers, head timer, officials coordinator, assistant officials coordinator, head judge, recorders, head recorder, scorers, records keeper, officiating machine operators, computer operators, announcer, marshals, head marshal, clerks of course, meet physician and diving officials.

In neither a championships nor a nonchampionships meet may a swimming official be a member of the coaching staff of any of the competing institutions, unless that person is approved by all of the head coaches involved in the meet. This restriction does not apply to diving officials.

### **SECTION 2. Meet Committee**

A meet committee shall be designated for each championships meet. This committee shall be responsible for the conduct of the meet, shall have authority to act in any situation not specifically covered by the rules of procedure and shall have discretionary power to set aside the application of a rule when there is apparent unfairness. An appeal before, during or immediately after a race should be resolved at the earliest opportunity, but not later than immediately following the current session; and the decision of the meet committee shall be final.

### **SECTION 3. Meet Coordinator**

For a championships meet, a meet coordinator may be appointed to implement established policies related to the conduct of the meet.

### **SECTION 4. Awards Chair**

For a championships meet, an awards chair may be appointed to obtain appropriate awards and to supervise the distribution of those awards.

### **SECTION 5. Meet Manager**

A meet manager should be designated for each meet. The meet manager shall be responsible for conducting the business details of the meet according to approved

administrative policies and procedures, and for making all local arrangements necessary for the efficient conduct of the meet.

## **SECTION 6. Referee**

### **Jurisdiction**

ARTICLE 1. The referee shall have full jurisdiction over the meet and shall see that all rules are enforced. In other than championships meets, the referee shall decide all questions arising during the conduct of the meet.

In all meets, judgment decisions of other officials may be reconsidered only by the referee, who shall have final authority to overrule any decision pertaining to an action that he or she personally has observed.

The referee shall:

- a. See that all required equipment for the proper conduct of the meet is in place.
- b. Prohibit the use of any bells, sirens, horns or other artificial noisemakers during the meet.
- c. Be given a list of the officials and their assigned duties. The referee shall make sure appropriate procedures are followed to ensure that all officials understand their responsibilities as indicated by the rules. The referee shall have authority to change any assignment of duty at any time.
- d. Signal by whistle that all officials and competitors should be ready, give any appropriate instructions and turn control of the competitors over to the starter.
- e. In the case of a rules infraction resulting in disqualification, make every reasonable effort to ensure that notification of the infraction is given to the disqualified swimmer(s) and/or to the coach of the swimmer(s) as soon as possible after the race in question. The referee shall report the disqualification and the nature of the infraction to the head judge and/or to the head recorder and have the public address announcer announce the disqualification.
- f. Have authority to allow a swimmer to repeat a race (foul occurring during a heat) or to order a race swum over (foul occurring during a final) if sufficient unfairness prevailed. (See Rule 2-5-1-a.)
- g. In the case of a stalling delay, order the event to start without waiting further for any competitors who have not reported and impose the penalties provided for in Rule 3-1-4.
- h. After the conclusion of the last event of a meet, verify the scorer's tabulation of the results of each event and, if the tabulation is found to be correct, sign such tabulation thus establishing the official score. A meet score is subject to review and may be corrected by the meet committee within 30 subsequent days for championships competition or by the meet referee within seven subsequent days for other competition.
- i. Make every reasonable effort to accommodate disabled competitors and to apply the recognized procedures (which can be found in the current USA Swimming Rules and Regulations book, Article 105) when such procedures are appropriate.
- j. Inspect the start system installation in order to ensure that the correct circuitry is connected for the type of timing console being used at a given meet. A designee can be appointed by the referee.

- k. When bulkheads are used at either the start or turning end, the referee shall verify that the competition course measures to the correct distance both before and after each day of competition. Such measurements shall be done by laser with a device provided by the host institution or host facility. Failure to adhere to this requirement shall render any times recorded or records achieved null and void.
- l. The referee shall apply the logo restrictions of the swimsuit rule (Rule 3-1-1-d-3) as it pertains to one institutional logo or marking. If found to be in violation, the competitor shall be disqualified as outlined in Rule 3-1-k.

### **Optional Instructions and Signals**

ARTICLE 2. a. Before turning control of the competitors over to the starter, the referee may give brief instructions concerning, but not limited to, the following topics:

1. Spectator control (e.g., “May we have quiet for the start, please.”). This type of instruction is needed only if the background noise is such that one or more competitors may have difficulty hearing the starter’s commands.
2. Clearing of watches (e.g., “Timers, please clear your watches.”). This type of instruction usually is needed only at the start of a session, after an intermission, or when the starting sound has been given and the swimmers have been recalled.
3. Lap counters (e.g., “May we please have a counter for lane one.”). This type of instruction is needed only before individual freestyle races of 400 meters or 500 yards and longer when a lap counter is not present by the time the referee’s preliminary signal by whistle is given. The problem often is addressed before the referee’s preliminary signal by whistle.
4. False starts (e.g., “There are no false starts.”). This type of instruction is needed only when a situation that might result in a false start has occurred, but no false start is charged.
5. Clearing the starting area or the racing course (e.g., “Please clear the starting area,” or “Please clear the pool.”). This type of instruction is needed only when there is an unusual delay between races in clearing the starting area or the racing course. Such problems often are addressed before the referee’s preliminary signal by whistle.
6. Time or record attempts at initial distances (e.g., “Please be aware that the swimmer in lane one is attempting to achieve a time over the first 100 yards of this race.”). This information usually is communicated individually to each of the other swimmers in the race before the referee’s preliminary signal by whistle.
7. Turning control of the competitors over to the starter (e.g., “Mr. starter”; “Madam starter”; “All ready for the start”). A hand signal or a signal by whistle may be used in place of a verbal signal. In some dual meets, one person may serve as both the referee and starter. In such cases, no signal is needed; the official simply assumes the roles of the referee and starter in succession.

b. Before the command “Take your mark,” the starter may give brief instructions concerning, but not limited to, the following topics. Within any given meet,

the wording of optional instructions given by the starter(s) should remain consistent in all similar situations.

1. Event (e.g., “200-yard individual medley”). This type of instruction sometimes is used to help establish and maintain a starting rhythm and to alert the swimmers to the sound of the starter’s voice.
2. Gun lap (e.g., “A gun, bell or air horn will be sounded when the leading competitor has two lengths plus five yards to swim,” or “This is a gun-lap event.”).
3. Failure of the swimmers to rapidly assume a stationary starting position after the command “Take your mark” (e.g., “All swimmers must hold a stationary position promptly on command.”). This type of instruction is needed only if the swimmers have been released from the starting position because of a delayed response on the part of one or more swimmers and/or because of general movement along the starting line.
4. Excessive noise or movement by one or more swimmers after the starter takes control (e.g., “There can be no unnecessary noise or movement while on the starting blocks.”). This type of instruction is needed only if there is behavior (noise or movement) that is designed or likely to startle, intimidate, disturb or cause concern to other competitors, and thus may tend to hinder the achievement of a fair start. The phrase “excessive noise or movement” usually is interpreted to include actions such as hand claps, yells, taunts between competitors, major body movements and deliberate feints toward the water. It should not be interpreted to include actions such as deep breathing, positioning goggles, adjusting caps or suits, or mild shaking of the head, arms or legs.
5. May verbally direct the swimmers to “Step up,” onto their starting platform. This type of instruction is needed only if the competitors fail to mount the starting platform on the whistle.
6. May verbally direct the swimmers to “Place your feet,” onto the wall for the backstroke start. This is only necessary if the competitors fail to assume the position on the second whistle.

## **SECTION 7. Assistant Referee**

An assistant referee may be appointed to assist the referee in all duties designated by the referee.

## **SECTION 8. Starter**

The starter shall have control over the competitors after they have been assigned to the starter by the referee and until a fair start has been achieved.

The starter shall:

- a. Be responsible for carrying out the provisions of Rule 2-1.
- b. Discharge a sound device such as a gun, bell or air horn when the leading swimmer has two lengths plus five yards or meters to swim in freestyle events of 400 meters or 500 yards and longer.
- c. When using automatic judging and timing equipment, immediately discharge a pistol and/or activate a sound device if the automatic equipment does not function properly at the start of a race.

## **SECTION 9. Recall Starter**

A recall starter may be appointed to assist the starter in all duties designated by the starter.

## **SECTION 10. Stroke Judges**

Within the limits of the responsibilities assigned to the stroke judges by the referee, each stroke judge shall report to the head stroke judge, or directly to the referee or assistant referee, any violation of Rule 2. To indicate a rules infraction, a stroke judge must raise a hand overhead with open palm immediately after the infraction.

## **SECTION 11. Head Stroke Judge**

A head stroke judge may be appointed to instruct and supervise the stroke judges. Rules infractions reported by the stroke judges to the head stroke judge shall, in turn, be reported immediately by the head stroke judge to the referee or assistant referee.

## **SECTION 12. Turn Judges**

Within the limits of the responsibilities assigned to the turn judges by the referee, each turn judge shall report to the head turn judge, or directly to the referee or assistant referee, any violation of Rule 2. To indicate a rules infraction, a turn judge must raise a hand overhead with open palm immediately after the infraction.

## **SECTION 13. Head Turn Judge**

A head turn judge may be appointed to instruct and supervise the turn judges. Rules infractions reported by the turn judges to the head turn judge shall, in turn, be reported immediately by the head turn judge to the referee or assistant referee.

## **SECTION 14. Takeoff Judges**

### **Responsibilities**

ARTICLE 1. Within the limits of the responsibilities assigned to the takeoff judges by the referee, each takeoff judge shall report to the head takeoff judge, or directly to the referee or assistant referee, any violation of the takeoff rule.

For all relay events there should be at least one judge assigned to observe the relay takeoffs in each lane. The takeoff judge's attention should be focused on the front edge of the starting platform, not on the swimmer in the water.

### **Lane Takeoff Judges**

ARTICLE 2. Each lane takeoff judge shall assume a position, adjacent to the starting platform in the lane to which he or she has been assigned, that will afford a simultaneous view of the front edge of the starting platform and the end of the racing course below.

### **Side Takeoff Judges**

ARTICLE 3. Each side takeoff judge shall assume a position, on the side of the racing course, that will afford a clear view of the relay exchanges in the lane(s) to which he or she has been assigned.

When side takeoff judges are used in non-NCAA and NCAA championships meets, there shall be a sufficient number of such judges so that no side takeoff judge shall be assigned to observe relay exchanges in more than four lanes, with three or fewer preferred. For example, if four side takeoff judges are used with eight lanes, the side takeoff judges shall be stationed and assigned lanes as follows: Judge A on lane one side of the pool shall observe lanes one and two; Judge B on lane one side of the pool shall observe lanes three and four; Judge C on lane eight side of the pool shall observe lanes five and six; and Judge D on lane eight side of the pool shall observe lanes seven and eight; OR Judge A on lane one side of the pool shall observe lanes one through four; Judge B stationed between lanes four and five shall also observe lanes one through four; Judge C stationed between lanes four and five shall observe lanes five through eight; and Judge D on lane eight side of the pool shall also observe lanes five through eight.

While the two above scenarios are the preferred method, it is also permissible to have two takeoff judges stationed on the lane-one side of the pool observing lanes one through four and two takeoff judges on the lane-eight side of the pool observing lanes five through eight and, independent of one another, providing dual confirmation of relay takeoffs.

### **Single Confirmation**

ARTICLE 4. To indicate an infraction of the takeoff rule when only one takeoff judge is used for each lane, a takeoff judge shall wait until the last competitor is on the last length of the race and then shall raise a hand overhead with open palm.

### **Dual Human Confirmation**

ARTICLE 5. When two or more human confirmations are required for a relay takeoff disqualification, an infraction of the takeoff rule that is observed by a lane takeoff judge shall be recorded immediately in writing, but no indication by hand shall be given. An infraction that is observed by a side takeoff judge also shall be recorded immediately in writing; however, the side takeoff judge shall wait until the last competitor is on the last length of the race and then shall raise a hand overhead with open palm.

When both lane and side takeoff judges are used, a disqualification will result only if there is dual confirmation of an infraction of the takeoff rule by both a lane takeoff judge and a side takeoff judge.

When only side takeoff judges are used, a disqualification will result only if there is a dual confirmation of an infraction of the takeoff rule by two side takeoff judges.

### **Electronic Takeoff Equipment**

ARTICLE 6. When electronic relay judging equipment is used:

- a. In nonchampionships meets, at least one human takeoff judge must be assigned to observe the relay exchange in all lanes. In championships meets, two human takeoff judges must be assigned this responsibility.
- b. A person who is positioned as a lane takeoff judge may be assigned to observe relay exchanges in no more than one lane. A side judge may be assigned to observe relay exchanges in not more than four lanes, with three or less preferred.
- c. If the electronic relay takeoff equipment detects an exchange differential (takeoff pad time minus finish pad time) of  $-0.09$  through  $+0.09$  second

inclusive from the manufacturer's starting point, the decision(s) of the human judge(s) shall not be considered. The determination of the electronic relay takeoff equipment shall be official, with exchange differential of -0.09 through -0.01 second from the manufacturer's starting point indicating a rules violation and values of 0.00 through +0.09 second indicating a legitimate relay exchange.

- d. If the electronic relay takeoff equipment records an exchange differential outside of the range -0.09 through +0.09 second from the manufacturer's starting point, a disqualification shall occur if there is dual confirmation of a rules violation: by the electronic relay takeoff equipment and either a lane takeoff judge or a side takeoff judge; by a lane takeoff judge and a side takeoff judge; or by two side takeoff judges.
- e. An alleged rules infraction that is observed by either a lane takeoff judge or a side takeoff judge shall be recorded immediately in writing. Each human takeoff judge who observes an alleged rules violation shall wait until the last competitor is on the last length of the race and then shall raise a hand overhead with open palm.
- f. An alleged rules infraction that is recorded by the electronic relay takeoff equipment shall be made public only after the race is completed and then only if there is a resulting disqualification. A coach may have access to all electronic relay takeoff equipment records that have been generated by his or her team.

### **Electronic Equipment Video Review**

ARTICLE 7. Video replay may be used at competitions governed by a meet or games committee composed of representatives of multiple institutions to determine if the electronic judging equipment has failed. Such equipment can be used if the relay judging equipment detects an exchange from +0.09 to -0.09, both relay judges independently recorded opposite of the equipment and the referee feels it is warranted to investigate the accuracy of the electronic judging equipment. Challenges by coaches are not permitted as part of this rule. To use such equipment, the meet committee (in consultation with the meet referee) must set up a system before the event aligned with a direct side view(s) of the exchange end and maintain a speed of at least 25 frames/second. Video of this speed allows for two frames in each direction of what should have been 0.0, allowing for sufficient evidence to be indisputable and clear. Exact framing is not necessary, nor is time synching with the electronic timing system. **The result of the video is merely to determine if the electronic judging equipment has failed. The video shall not be used to detect early takeoffs or any other rule infractions.** If conclusive video evidence exists that the electronic equipment failed, the result of the electronic judging equipment is voided, no electronic result is recorded and the referee may overturn the disqualification for that heat. Any obstruction to the view of the exchange is sufficient to void the video from evidence. The video clip must be saved and submitted to the NCAA or conference, along with a statement from the referee detailing the reason for the overturned call, for archiving and review; and the equipment must then be tested to determine if the equipment is in fact faulty or if some other glitch occurred. Should the NCAA or conference disagree with the video evidence, the NCAA or conference retains the right to overturn the meet referee's decision.

## **SECTION 15. Head Takeoff Judge**

A head takeoff judge may be appointed to instruct and supervise the takeoff judges. Rules infractions reported by the takeoff judges to the head takeoff judge shall, in turn, be reported immediately by the head takeoff judge to the referee or assistant referee.

## **SECTION 16. Timers**

### **Number, Duties**

ARTICLE 1. It is recommended that one to three designated timers be assigned to each lane for nonchampionships and non-NCAA championships meets. At NCAA championships meets, three timers shall be assigned to each lane. If a full complement of three timers per lane cannot be obtained, first-place timers may be designated to time the winner of each race. Alternate timers also may be named. Alternate timers shall be called upon to replace designated timers whenever circumstances require. In such cases, alternate timers become designated timers.

When semiautomatic judging and timing equipment is used, an official may serve both as a finish judge and as a timer on a given lane. However, such simultaneous dual assignments should be avoided and are acceptable only when a full complement of officials cannot be obtained.

At the beginning of each race, all timers shall start their watches instantly at the flash of the starter's gun or at the flash and/or sound of the electronic starting device. At the conclusion of each race, the timers shall individually stop their watches simultaneously with the finishes of the swimmers they are timing.

### **Requiring Watch Times**

ARTICLE 2. Regardless of the availability of automatic and/or semiautomatic timing equipment, a minimum of one human timer per lane and one manual watch per lane is required for all non-NCAA championships meets and is recommended for all nonchampionships meets. In addition, for an NCAA championship qualification standard, three human timers, each with a manual watch, are required if there is a malfunction with priority level one or two equipment. (See Rules 4-21-2-a, b, c and d.)

### **Recording for Semiautomatic and Watch Times**

ARTICLE 3. All watch times shall be recorded to a hundredth of a second.

- a. If only dial watches are used across all lanes, a zero shall be added after the tenths (e.g., 21.1 becomes 21.10).

### **Determining Composite Times for Semiautomatic and Watch Times**

ARTICLE 4. If the times of two or more designated timers agree for a given lane or place, their time shall be the composite time for that lane or place. If three times disagree, the intermediate time shall be the composite time.

If two times are available for a given lane or place, the composite time for that lane or place shall be the average of the two times to a hundredth of a second. When this calculation results in a value that is expressed in thousandths of a second, the final digit will be dropped without rounding (e.g., 53.175 becomes 53.17).

If only one time is available for a given lane or place, that time shall be the composite time for the lane or place. Secondary and tertiary times must not be mixed.

## **SECTION 17. Principal Lane Timers**

A principal timer shall be designated for each lane. In conjunction with each race, the principal timer shall:

- a. Ascertain that the proper contestant is in the lane.
- b. Ensure that appropriate split times are taken and recorded.
- c. Report a possible discrepancy with the swimmer touching the finish pad at the end of the race (when automatic judging and timing equipment is used).
- d. Verify and record the final times of all watches assigned to the lane. (See Rule 4-16-2.)
- e. Determine and record the swimmer's composite watch time. (See Rules 4-16-3 and 4-16-4.)

## **SECTION 18. Head Timer**

A head timer may be appointed to instruct and supervise the timers and the principal lane timers, and to start an additional back-up watch when necessary.

## **SECTION 19. Officials Coordinator**

An officials coordinator may be appointed to assume the combined duties of the head takeoff judge, the head finish judge and the head timer. The appointment of an officials coordinator is recommended especially for championships meets in which secondary information is provided by semiautomatic judging and timing equipment, and tertiary information is provided by watches.

## **SECTION 20. Assistant Officials Coordinator**

An assistant officials coordinator may be appointed to assist the officials coordinator in all duties designated by the officials coordinator.

## **SECTION 21. Head Judge**

### **Responsibilities**

ARTICLE 1. The head judge shall coordinate all timing and judging systems, and ultimately shall be responsible for ensuring that each swimming event is timed and judged in as honest and unbiased a manner as possible. The following principles and procedures shall apply to the duties of the head judge.

### **Priority of Judging and Timing Equipment**

ARTICLE 2. a. Three levels of judging and timing equipment (primary, secondary and tertiary) are required for all championships meets. A minimum of two levels of judging and timing equipment should be used for all nonchampionships meets.

- b. For clarification: primary = automatic equipment; secondary = semiautomatic equipment; tertiary = manual watch.
- c. The following priority list shall be used to designate levels of judging and timing equipment:

1. Automatic equipment.
2. Three-button semiautomatic equipment.
3. Three manual watches per lane.
4. Two-button semiautomatic equipment.
5. Two manual watches per lane.
6. One-button semiautomatic equipment.
7. One manual watch per lane.
8. One or more alternate watches for the field, except in championships meets in which at least one watch per lane is required.

d. For a time to be considered for entry into an NCAA championship it must have been achieved using priority level one equipment (automatic equipment).

If a malfunction is confirmed by the head judge with priority level one equipment, then priority level two equipment (three-button semiautomatic equipment) is acceptable.

If a malfunction is confirmed by the head judge with priority level two equipment, then priority level three equipment (three manual watches per lane) is acceptable. (See Rule 4-16-4.)

No other priority level is acceptable for NCAA championships time qualification.

For a time to be considered for entry into a non-NCAA championships or nonchampionships meet, any priority level equipment is acceptable provided the conference rules accept all levels of equipment.

*Note: In all non-NCAA championships and nonchampionships meets, the highest priority level timing equipment should be used. Priority levels two through eight timing should be used as backup only in case of a malfunction. For levels two or three times to be accepted for NCAA championships qualification, proof of a malfunction in the manner described in Article 3 (for level two, a computer printout showing all three computer times; for level three, a contemporaneous completed timing card showing three separate stopwatch times) must accompany the qualification time and will be reviewed by the NCAA Men's and Women's Swimming and Diving Committee for acceptance. Priority levels four through eight timings are not acceptable for NCAA championships qualification.*

### **Confirmation of Malfunctions**

ARTICLE 3. The head judge is responsible for confirming a malfunction at any priority level of judging and timing equipment. Any discrepancy of 0.3 second or more between or within primary, secondary and/or tertiary information warrants investigation by the head judge to attempt to determine the cause of the discrepancy. If the problem is found to be the result of equipment failure or officials' error, any affected information must be declared invalid. Immediate action then must be taken to avoid the problem in subsequent races. Nonaffected information must be certified as valid and must be retained. All invalid information as a result of a timing malfunction in any priority level must be retained for one academic year by the institution hosting the meet.

### **Integration of Official Results**

ARTICLE 4. When the referee confirms that there is a malfunction of the primary (automatic) timing system, the backup time(s) shall be adjusted for the timing

system difference before integrating them with the accurate primary times in establishing the integrated official times and determining the order of finish. The adjustment shall be determined by calculating the consistent average difference between the primary system and the backup system used in that heat.

a. *Malfunction on a Lane.* When a malfunction is confirmed on a lane, the backup times for that lane shall be adjusted by calculating the average difference between valid primary and valid backup times of the other lanes in that heat. This shall be done by adding, or subtracting when appropriate, that average difference to the valid backup time of the lane in which the malfunction occurred. (See table that follows.) In doing the calculations, any backup time with a discrepancy of greater than 0.3 shall be dropped.

Lane	Primary Pad Time	Backup Time	Pad Minus Backup	Adjusted Backup Time	Integrated Official Time
1	52.21	52.12	.09	52.23	52.21
2	52.18	52.01	.17	52.12	52.18
3	51.05	51.00	.05	51.11	51.05
4	51.04	50.88	.16	50.99	51.04
5	—	51.35	—	51.46	51.46*
6	51.65	51.57	.08	51.68	51.65
7	52.27	52.13	.14	52.24	52.27
8	57.87	57.75	.12	57.86	57.87
			.81 Total		

.11 Average\*

**Calculations:** (1) Add the differences between the pad and backup times (total equals .81); (2) Divide .81 by the number of valid lanes to determine the average (.81 divided by 7 equals .11571); (3) Drop the digits after hundredths, leaving a timing difference of .11; (4) Add the difference to the valid backup times for lanes (51.35 plus .11 equals 51.46).

b. *Malfunction for a Heat.* When, because of an early or late start or other equipment or operator malfunction, the time of the automatic or semiautomatic system is equally incorrect for all lanes in a heat, but the order of finish and thus the absolute difference of time between the swimmers is accurate, the times of the primary system shall be adjusted by calculating the average difference between the primary times and the valid backup times and adding, or subtracting when appropriate, that difference to the primary times of every lane in that heat. (See table that follows.)

Lane	Primary Pad Time	Backup Time	Backup Minus Pad Time	Heat Adj.	Integrated Official Time
1	52.12	55.14	3.02	+3.06	55.18
2	51.56	54.61	3.05	+3.06	54.62
3	51.09	54.18	3.09	+3.06	54.15
4	50.12	53.18	3.06	+3.06	53.18
5	49.78	52.90	3.12	+3.06	52.84
6	49.06	52.06	3.00	+3.06	52.12

7	52.21	55.30	3.09	+3.06	55.27
8	52.92	55.99	3.07	+3.06	55.98
<hr/>			24.50 Total	<hr/>	
+3.06 Average			<hr/>		

**Calculations:** (1) Add the differences between the pad and backup times (total equals 24.50); (2) Divide 24.50 by the number of lanes to determine the average (24.50 divided by 8 equals 3.0625); (3) Drop the digits after hundredths, leaving a heat adjustment of 3.06; (4) Add the adjustment of 3.06 to the primary pad time to obtain an integrated official time.

## **SECTION 22. Scorers**

One or more scorers shall be appointed to keep an accurate record of the cumulative point score of the meet.

## **SECTION 23. Records Keeper**

A records keeper may be appointed to register all records and to process all record applications.

## **SECTION 24. Officiating Machine Operators**

When automatic or semiautomatic judging and timing equipment is used and/or automatic relay takeoff judging equipment is used, one or more officiating machine operators shall be appointed to maintain and operate the equipment in conformity with all pertinent rules. It is recommended that technicians be hired as backup at championship meets.

## **SECTION 25. Computer Operators**

One or more computer operators may be appointed to help conduct the meet in conformity with all pertinent rules. A well-designed computer program may be of value in performing various tasks related to entries, scratches, seeding, heat sheets, preliminary results, qualifiers, final programs, final results, meet summaries and records. To be of value, a computer program must be flexible enough to accommodate disqualifications and judges' decisions.

## **SECTION 26. Announcer**

The announcer shall keep the audience and the participants appropriately informed about the conduct and the progress of the meet. In conjunction with the referee, the announcer shall control the overall pace of the meet.

## **SECTION 27. Marshals**

Marshals may be appointed to maintain order and to control all deck traffic.

## **SECTION 28. Head Marshal**

A head marshal may be appointed to instruct and supervise the marshals.

## **SECTION 29. Clerks of Course**

One or more clerks of course may be appointed to ensure that the contestants report to their assigned lanes when their events are announced.

## **SECTION 30. Designated Health Official**

A designated health official, which refers to a meet physician or certified athletic trainer, must be in attendance at all sessions of championships meets. It shall be the duty of this person to determine the fitness for competition of competitors in case of illness or injury and to provide emergency medical care as needed during the meet.

## **SECTION 31. Diving Officials**

Diving officials and their duties are described in Rule 6.

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# **RULE 5**

## **Lanes, Seeding and Qualifying Procedures**

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### **SECTION 1. Lane Assignment**

#### **Dual Meets**

ARTICLE 1. For dual meets, the visiting team shall have its choice of odd or even lanes. Once made, this choice applies to all swimming events on the program.

#### **Double-Dual, Triangular and Quadrangular Meets**

ARTICLE 2. a. For double-dual and triangular meets, lane assignments in six-lane racing courses shall be by lot with teams swimming in lanes one and four, two and five, and three and six. In eight-lane racing courses, the lane assignments shall be two and five, three and six, and four and seven. Once this assignment is made, it shall apply to all swimming events on the program.

b. For quadrangular meets, lane assignments in eight-lane racing courses shall be by lot with teams swimming in lanes one and five, two and six, three and seven, and four and eight. Once this assignment is made, it shall apply to all swimming events on the program.

#### **Relay Meets**

ARTICLE 3. For relay meets, lane assignments shall be by lot. Once this assignment is made, it shall apply to all swimming events on the program.

#### **Invitational Meets**

ARTICLE 4. For NCAA qualifying times to be accepted, seeding must follow the accepted seeding procedures of seeding the finals first, then the consolation final and finally any bonus heats. A full complement of entries shall be placed in all heats starting with the fastest heat. Whenever this results in fewer than three entries in the slowest heat, the slowest seeded entries in the second heat shall be moved into the slowest heat so no heat has fewer than three entries.

#### **Championships Meets**

ARTICLE 5. For championships meets, swimmers and relay teams shall be assigned to lanes from fastest to slowest in order of their submitted times. For a six-lane racing course, the lanes within each heat or final shall be filled in the following order: lanes three, four, two, five, one, six. For a seven-lane racing course, the lanes within each heat or final shall be filled in the following order: lanes four, five, three, six, two, seven, one. For an eight-lane racing course, the lanes within each heat or final shall be filled in the following order: lanes four, five, three, six, two, seven, one, eight. An appropriate similar pattern should be established for any racing course having other than six, seven or eight lanes. In preliminary heats or in finals for which there are no preliminaries, the times to

be considered are those submitted on the official entry forms. In other finals, the times are those made in preliminary heats. Swimmers or relay teams with identical times shall be assigned to lanes by lot. There shall be no trading of lanes. For NCAA qualifying times to be accepted, seeding must follow the accepted seeding procedures of seeding the finals first, then the consolation final and finally any bonus heats. A full complement of entries shall be placed in all heats starting with the fastest heat. Whenever this results in fewer than three entries in the slowest heat, the slowest seeded entries in the second heat shall be moved into the slowest heat so no heat has fewer than three entries.

*Note: When eight lanes are available, all eight lanes should be used in seeding preliminary heats and finals. When seeding the swimmers, intentionally leaving empty lanes between them is not permitted.*

## **SECTION 2. Seeding**

### **Entry Times**

ARTICLE 1. In any meet in which swimmers are to be assigned to lanes by the process of seeding, seeded positions shall be based upon the entry times submitted on the official entry forms for the meet. As described in the following items, the fastest bona fide time of each entry must be submitted.

- a. Whenever a qualifying period is established for a meet, all entry times must be achieved during the specified qualifying period. Times achieved either before or after the qualifying period may not be submitted.
- b. Each contestant must be eligible to represent his or her institution in NCAA competition when an entry time is achieved.
- c. An entry time may be either a time achieved during a performance in a racing course measured in yards or a time converted from a performance in a racing course measured in meters, whichever is faster.

*Note 1: See the Conversion Tables at the end of these rules for instructions on how to convert 25-meter and 50-meter times to equivalent 25-yard times.*

*Note 2: Entry times for the NCAA Divisions I, II and III Men's and Women's Swimming and Diving Championships may be achieved only in 25-yard, 25-meter or 50-meter racing courses.*

- d. For championships meets in which time standards are not imposed (e.g., conference meets), swimmers with no established entry time for a given event may enter that event without submitting a time. Such swimmers shall be seeded in random order behind all other swimmers who have submitted entry times.
- e. In the case of relay events, all entries are submitted as team entries by institutions. Therefore, the fastest actual 25-yard time or converted metric time that has been achieved in bona fide competition by each institution during the specified qualifying period must be submitted. An institution may use an aggregate time to enter a relay if this time is faster than its best actual relay performance.
- f. For meets in which time standards are not imposed and an institution does not have an actual time for a relay event nor can aggregate a time for the event, the institution may enter that event without submitting a time. Such relay teams

shall be seeded in random order behind all other teams that have submitted entry times.

An aggregate relay time for an institution is obtained by adding the best times achieved by that institution's four fastest, eligible swimmers in four appropriate gun-start swims. Times achieved during performances in 25-yard racing courses and/or times converted from performances in 25-meter or 50-meter racing courses may be used in any combination. Times achieved by competitors and exhibition competitors over initial distances in regularly scheduled and scored individual or relay events may be used; however, times may not be used that are achieved over initial distances in time-standard trials or over initial distances in nonstandard events in invitational meets. (See Rule 8-3.)

- g. Once an institution has been entered in a relay event, any eligible competitor from the institution may be designated by his or her head coach to participate in the heats, swim-offs and/or finals of that event.

### **Entry Lists**

ARTICLE 2. All actual 25-yard times, converted metric times and aggregate times that are submitted for each event shall be integrated and listed by the meet committee with the fastest person or relay team first and the slowest person or relay team last. Entries with identical submitted times shall be assigned places in the list by lot.

### **Preliminary Heats**

ARTICLE 3. Swimmers and relay teams shall be placed in heats according to submitted times in the following manner:

- a. Three Heats or Fewer. The fastest person or relay team shall be placed in the third heat, the second fastest in the second heat, the third fastest in the first heat. The fourth fastest person or relay team shall be placed in the third heat, the fifth fastest in the second heat, the sixth fastest in the first heat, the seventh fastest in the third heat, etc. With 16 or fewer swimmers or relay teams in an eight-lane racing course (12 or fewer swimmers or relay teams in a six-lane racing course), there will be two seeded heats. With eight or fewer swimmers or relay teams (six or fewer in a six-lane course), there will be one seeded heat.
- b. Four Heats or More. The last three heats of an event shall be seeded in accordance with Rule 5-2-3-a. The heat before the last three heats shall consist of the next fastest swimmers; the heat before the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in accordance with the pattern outlined in Rule 5-1-5.
- c. Exception. There shall be a minimum of three swimmers or relay teams seeded into any heat.
- d. If a student-athlete is injured or sick, there is no reseeding during preliminaries. The lane remains empty.

*Note: It is recommended that the 1,650-yard [1,500 m] freestyle in meets other than the NCAA championships be seeded on the basis of 1,000-yard freestyle performances.*

### **Time Final Events**

ARTICLE 4. a. A time final event is one in which only heats are contested and final places are determined by the times achieved in those heats. All competitors in all heats are eligible for all places.

b. It is recommended in all time final events that the final heat be composed of the entries with the fastest seeded times. It is recommended that the entries with the next fastest group of times compose the next-to-the-last heat, etc. Lane assignments shall be made as in all other final events. A full complement of entries shall be placed in all heats starting with the fastest heat. Whenever this results in fewer than three entries in the slowest heat, the slowest seeded entries in the second heat shall be moved into the slowest heat so no heat has fewer than three entries.

c. If a swimmer who is entered in a time final event is certified at any time before the start of the first heat of that event as being ill or injured, the event shall be reseeded. If a swimmer who is entered in a time final event is certified at any time after the start of the first heat of that event as being ill or injured, the event shall proceed with an empty lane and without reseeding.

## **SECTION 3. Qualifying Procedures for Finals**

### **Placements**

ARTICLE 1. When timing information in non-NCAA championships meets is derived from priority levels one, two, four or six judging and timing equipment, qualifiers for the finals of all swimming events shall be determined strictly by the integration of official times achieved in the preliminary heats. (See Rule 4-21-4.)

### **Disputed Qualifications**

ARTICLE 2. If ties in the preliminaries of an event result in disputed qualifications involving the last qualifier in either the consolation or the championships finals of that event, all swimmers or relay teams involved in such ties shall participate in a swim-off for the unfilled positions. Swim-off heats and lanes shall be decided by lot.

### **Swim-Offs**

ARTICLE 3. A swim-off is considered to be part of the preliminary process of qualifying for the two finals.

**Exception**—In the case of a disqualification in a swim-off, the disqualified competitor or relay team shall be relegated to the lowest position being contested. In the case of a swim-off for the last place in the consolation final, the disqualified competitor or relay team shall be eliminated from the consolation final. If disqualifications leave a vacancy for the full complement of finalists, swim-offs shall continue among those disqualified to ensure a full complement of finalists. If false starts in a swim-off result in a single competitor or relay team remaining in the swim-off, that competitor or relay team shall be awarded the highest position being contested and shall not be required to complete the swim-off.

Swim-offs may be held at a mutually agreed upon time by the teams involved. If a mutual time cannot be agreed upon, the meet referee will have the authority to set a time, which may be no sooner than 30 minutes following the last event of that session.

**Alternate Qualifiers**

ARTICLE 4. In non-NCAA championships and NCAA championships competition, two alternate qualifiers will be specified and listed on the program to help ensure a full complement of finalists in the event of illness or injury (certified by a physician or designated health official) to a qualified swimmer or in the case of permitted scratches (see 3-3-4). In the case of tied times, the outlined swim-off procedure will be followed.

If a swimmer who is qualified for the consolation final of a swimming event is certified at any time before the start of that consolation final as being ill or injured, the highest-ranking available alternate qualifier for the event shall be moved into the consolation final, and the consolation final shall be reseeded.

If a swimmer who is qualified for the championships final of a swimming event is certified at any time before the start of the consolation final in that event as being ill or injured, the highest-ranking available alternate qualifier for the event shall be moved into the consolation final, and both the consolation and championships finals shall be reseeded.

If a swimmer who is qualified for the championships final of a swimming event is certified at any time after the start of the consolation final in that event as being ill or injured, the championships final shall proceed with an empty lane and without reseeding. The points involved shall be lost from the meet.

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# **RULE 6**

## **Diving Competition**

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### **SECTION 1. Nonchampionships Meets**

#### **Description of Events**

ARTICLE 1. In dual, double-dual, triangular, quadrangular and relay meets, there shall be finals only, for both one- and three-meter. The default program is six dives with true degree of difficulty (representing all five diving categories). With mutual consent by all coaches, one voluntary and five optional dives may be contested.

When the voluntary plus five optional is used, the voluntary dive shall be done first; shall be the choice of the diver; and shall be assigned a standard 2.0 degree of difficulty, regardless of the degree of difficulty normally listed for that dive.

Regardless of the program, the optional dives shall be chosen so as to include one dive from each of the five diving groups. The optional dives may be performed in any order.

#### **Absence of Three-Meter Equipment**

ARTICLE 2. a. When three-meter diving equipment is not available at one or more institutions, two one-meter events may be conducted. (See Rules 6-1-2-c and d.) The first of these one-meter events (i.e., that which replaces event six in the Men's or Women's 13-Event Program) shall consist of five voluntary dives, including one from each of five groups, in any order, with total degree of difficulty not to exceed 9.0. The second one-meter event (i.e., that which replaces event 11 in the Men's or Women's 13-Event Program) shall consist of six optional dives, including one from each of five groups, in any order, without limit on degree of difficulty. None of the five previous dives may be used in the second, one-meter event. These two, one-meter events are to be considered two separate scoring events in the nonchampionships meet program.

- b. If an institution not having three-meter equipment does not wish to compete in three-meter events at away meets, it must notify each host institution at the time of contract or not later than Sept. 1 of that academic year. In this case, two, one-meter events shall be held as prescribed in Rule 6-1-2-a. If a visiting team fails to notify the host institution as prescribed, the three-meter event shall be held, and points will be awarded.
- c. If a host institution has no three-meter equipment available, it must notify all opponents of the facility limitations at the contracted time of agreement or not later than Sept. 1 of that academic year. In this case, two, one-meter events shall be held as prescribed in Rule 6-1-2-a. If a host institution fails to notify a visiting team as prescribed, the standard one-meter event shall be conducted, and the three-meter event shall be forfeited by the host institution with the visiting team being awarded the maximum number of points any one

team could score in an individual event. The host institution shall receive no points in the three-meter event.

d. If the host institution fails to notify the visiting team as prescribed (by Sept. 1) that it does not have a one- and/or three-meter facility, then the events shall be forfeited by the host institution with the visiting team being awarded the maximum number of points any one team could score in both events had both events been held. The host institution shall receive no points for either the one-meter or three-meter events.

### **Required Events**

ARTICLE 3. a. If a host institution with diving equipment of adequate depth (see Rule 6-1-3-b) fails to conduct diving events, each visiting team shall be awarded the maximum number of points any one team could score in an individual event for each diving event. No points shall be awarded to the host team.

b. For all nonchampionships competition, the water depths at the plummet shall be not less than the minimum standards specified in the table on Page 13.

c. Should an institution be required to eliminate diving at home meets because of a facility that does not conform to minimum depth standards, opponents must be notified by Sept. 1 Under these circumstances, diving must be eliminated from all home competition during the current academic year, and no points will be awarded for diving events.

An institution that is required to eliminate diving from all home competition under the provisions of this rule may decide either to eliminate it, or to include diving at meets it hosts in neutral facilities where minimum depth standards are satisfied. Once a decision has been made regarding a given neutral facility, that decision shall apply to all nonchampionships meets hosted by the institution in that facility during the current academic year.

### **Equipment Failure**

ARTICLE 4. If a diving board breaks or is unusable, the home team must provide another, or each visiting team shall be awarded the maximum number of points any one team could score in an individual event for each affected diving event. In a triangular, quadrangular or invitational meet, the total points in each event shall be divided equally among the number of visiting teams. No points shall be awarded to the home team.

### **Championships Meet Point Standard**

ARTICLE 5. In the absence of a three-meter board, the championships meet point standard for one-meter diving may be achieved in a nonchampionships meet that includes two, one-meter events (see Rule 6-1-2-a) if the diver's total award for both one-meter events equals or exceeds the point standard. In the absence of a one-meter board, the championships meet point standard for three-meter diving may be achieved in a nonchampionships meet that includes two, three-meter events if the divers total award for both three-meter events equals or exceeds the point standard. If both one and three- meter boards are available, the competition shall take place on both boards with the option of performing six or 11 dives on each board.

## **SECTION 2. Championships Meets**

*Detailed administrative procedures, such as entry and qualifying procedures, for conducting NCAA championships are contained in the current Men's and Women's Swimming and Diving Championships Handbook and may be obtained by writing to NCAA Championships, P.O. Box 6222, Indianapolis, Indiana, 46206-6222 or by visiting [NCAA.org](http://NCAA.org).*

### **Diving Facilities**

ARTICLE 1. a. For all championships springboard and platform diving competition, the water depths at the plummet shall be not less than the minimum standards specified in the table on Page 13.

b. All diving boards shall be made available for use not less than one day before the competition starts and should not be altered thereafter until the competition is completed.

### **Voluntary Dives With Degree of Difficulty Limit and Optional Dives**

ARTICLE 2. a. In championships meets, diving competition in the one-meter event(s) shall follow one of the following formats.

1. *Trials:*

- a) In championships meets **with platform** as an event, each diver will do six optional dives (men) and five optional dives (women), including one from each of five groups, in any order, without limit on degree of difficulty.
- b) In championships meets **without platform** as an event, each diver will do one of the following formats: (1) six optional dives including one from each of five groups, in any order, without limit on degree of difficulty; or (2) six optional dives including one from each of five groups, in any order, without limit on degree of difficulty, followed by five voluntary dives, including one from each of five groups, in any order, with total degree of difficulty not to exceed 9.0.

2. *Trials Placing:* Scores on all dives performed by each diver in the trials shall be used to determine placing at the conclusion of the trials. In championships meets with finals, the number of finalists shall be consistent with the number of lanes contested. For example, if eight lanes are being contested in the swimming portion, then the top eight divers will continue into the finals. Consolation finalists shall be determined at the end of the trials. However, if the facility and time permit, consolation finalists will be given the opportunity to compete for consolation placing.

3. *Finals and Finals Placing:*

- a) In championships meets **without voluntary dives**, the finalists will start with a score of zero. The finals shall consist of six optional dives including one from each of five groups, in any order, without limit on degree of difficulty. Scores on all dives performed by each of the divers in the finals shall be used to determine finals placing.
- b) In championships meets **with voluntary dives**, the finalists will start with their voluntary (dives with limit) score from the trials and will do the following format: The finals shall consist of six optional dives in any order, without limit on degree of difficulty. Scores on all dives per-

formed by each of the divers in finals, plus the voluntary (dives with limit) score from the trials, shall be used to determine finals placing.

b. In championship meets, diving competition in the three-meter event(s) shall follow one of the following formats.

1. *Trials:*

a) In championships meets **with platform** as an event, each diver will do six optional dives (men) and five optional dives (women), including one from each of five groups, in any order, without limit on degree of difficulty.

b) In championships meets **without platform** as an event, each diver will do one of the following formats: (1) six optional dives including one from each of five groups, in any order, without limit on degree of difficulty; or (2) six optional dives including one from each of five groups, in any order, without limit on degree of difficulty, followed by five voluntary dives, including one from each of five groups, in any order, with total degree of difficulty not to exceed 9.5.

2. *Trials Placing:* Scores on all dives performed by each diver in the trials shall be used to determine placing at the conclusion of the trials. In championships meets with finals, the number of finalists shall be consistent with the number of lanes contested. For example, if eight lanes are being contested in the swimming portion, then the top eight divers will continue into the finals. Consolation finalists shall be determined at the end of the trials. However, if the facility and time permit, consolation finalists will be given the opportunity to compete for consolation placing.

3. *Finals and Finals Placing:*

a) If divers competed in trials with six optional dives only, the finals shall consist of six optional dives, including one from each of five groups, in any order, without limit on degree of difficulty. Scores on all dives performed by each of the divers in finals shall be used to determine finals placing.

b) If divers competed in voluntaries in trials, the finalists will start with their voluntary (dives with limit) score from the trials. The finals shall consist of six optional dives, including one from each of five groups, in any order, without limit on degree of difficulty. Scores on all dives performed by each of the divers in finals, plus the voluntary (dives with limit) score from the trials, shall be used to determine finals placing.

c. In championships meets, diving competition in the platform event(s) shall follow one of the following formats.

1. *Trials:*

a) Each diver will do six optional dives (men), including one from each of six groups, or five optional dives (women), including one from each of five groups, from any platform level, in any order, without limit on degree of difficulty; or

b) Each diver will do (1) six optional dives (men), including one from each of six groups, or five optional dives (women), including one from each of five groups, from any platform level, in any order, without

limit on degree of difficulty, followed by (2) four voluntary dives, including one from each of four groups, from any platform level, in any order, with total degree of difficulty not to exceed 7.6.

2. *Trials Placing:* Scores on all dives performed by each diver in the trials shall be used to determine placing at the conclusion of the trials. In championships meets with finals, the number of finalists shall be consistent with the number of lanes contested. For example, if eight lanes are being contested in the swimming portion, then the top eight divers will continue into the finals. Consolation finalists shall be determined at the end of the trials. However, if the facility and time permit, consolation finalists will be given the opportunity to compete for consolation placing.
3. *Finals and Finals Placing:*
  - a) If divers competed in trials optional dives only, the finals shall consist of six optional dives (men), including one from each of five groups, or five optional dives (women), including one from each of five groups, from any platform, in any order, without limit on degree of difficulty. Scores on all dives performed by each of the divers in the finals shall be used to determine finals placing.
  - b) If divers competed in voluntaries in trials, the finalists will start with their voluntary (dives with limit) score from the trials. Finals shall consist of six optional dives (men), including one from each of five groups, or five optional dives (women), including one from each of five groups, from any platform level, in any order, without limit on degree of difficulty. Scores on all dives performed by each of the divers in the finals, plus the voluntary (dives with limit) score from the trials, shall be used to determine finals placing.

*Note 1: If there are more than 36 divers in the trials, there shall be a cut to the top 32 divers after the optional dives. The top 32 divers shall then perform their voluntary dives with limit. (This rule does not apply to the NCAA zone or NCAA championships meets. Please see the current Men's and Women's Swimming and Diving Championships Handbook for the format of these two meets.)*

*Note 2: Where the facility permits, if the diving finals are not concluded after 40 minutes of diving, the swimming events will resume with the consolation heat of the relay while the diving continues.*

## **Ties**

ARTICLE 3. In the event of a tie in non-NCAA championship meets for the last qualifying position in the finals at the conclusion of the trials, all such tied divers shall continue into the finals, during which an appropriate number of places shall be contested. All divers in the finals shall compete for all places being contested.

## **III or Injured Qualifier**

ARTICLE 4. a. *Championships Final Contested.* In the event that a person who has qualified for the finals in a diving event is certified as being ill or injured by a designated health official before the start of the finals and thus is unable to participate in those finals, the ill or injured diver shall be awarded the place one lower than the number of finalists (see Rules 6-2-2-a-2, 6-2-2-b-2 and 6-2-2-c-2); and the diver occupying that place after the trials shall be given the chance to dive in the finals and advance in place. If a diver is certified as

being ill or injured after the start of the finals, the finals will be conducted with less than a full complement of divers, and the points involved shall be lost from the meet.

b. *Championships Final and Consolation Final Contested.*

1. If a diver who is qualified for the consolation final of a diving event is certified as being ill or injured by a designated health official before the start of that consolation final and thus is unable to compete, the highest-ranking available alternate qualifier for the event shall be moved into the consolation final. The consolation final shall be reseeded.
2. If a diver who is qualified for the championships final of a diving event is certified as being ill or injured by a designated health official before the start of the consolation final and thus is unable to compete, the highest-ranking available alternate qualifier for the event shall be moved into the consolation final, and the highest-ranking consolation finalist shall be moved into the championships final. Both the consolation and championships finals shall be reseeded.
3. If a diver who is qualified for the championships final of a diving event is certified as being ill or injured by a designated health official after the start of the consolation final and thus is unable to compete, the championships final shall proceed with an empty spot and without reseeding. The points involved shall be lost from the meet.
- c. If, during a championships final or consolation final, an injury occurs during or after the next-to-last round of competition and the diver has not failed any previous dives, including the next-to-last round, a failed dive may be declared for the final round. A designated health official must certify the illness or injury. The diver may use the total score of all previously completed dives as his or her final total.

### **Equipment Failure**

ARTICLE 5. If a diving board breaks or is unusable, the host institution must provide another immediately. See Rule 1-4 if the board cannot be replaced immediately.

## **SECTION 3. Conduct of Diving Events**

### **Official Entry**

ARTICLE 1. a. Entry into diving events shall be the same as for swimming events, except in dual meets. (See Rule 6-3-2-d.)

b. Once officially entered, a diver must dive in all trials and finals events for which the diver qualifies. Failure to compete for any reason, except illness or injury certified by the designated health official, shall prohibit any further competition in the meet.

c. In a championships meet, a diver may withdraw from a preliminary diving event by electing to take a declared scratch. A diver who elects to take a declared scratch shall have his or her coach notify the referee before the start of the preliminary diving event. A declared scratch in a given event shall count as participation in that event.

d. All entries and meet information shall specify the method for entering, the time for submitting diving lists, and should provide the type of boards to be

used in the meet, the water depth, the type of platform surface and the platform levels.

- e. It is permissible during finals of all diving events at NCAA and non-NCAA championship meets for the following rule to be used. The dive shall be executed only after an auditory signal given by the referee. The signal shall not be given before the diver has assumed a ready position on the board or platform and the referee has checked the master sheet and indicator board. For backward and inward takeoffs, the diver shall not proceed to the end of the springboard or platform until the signal has been given to the referee.

### **Diving List**

ARTICLE 2. a. Official certified diving entry software or scoresheets shall be used for all diving contests. The software or scoresheet shall provide columns for international dive numbers and position letters (A, B, C, D), degree of difficulty, space for up to nine judges' awards, judges' sum total and cumulative awards for the dives. The software or scoresheet also will include areas for divers' and coaches' names, the referee's name, address and telephone number, and a certification statement.

- b. Competitors shall submit a list of their dives by the scratch deadline. This list of dives shall be signed by both the competitor and his or her coach. Each dive shall include the international dive number, position letter and degree of difficulty. The meet referee may request that the written description be added to the sheet to aid the announcer during the diving competition.
- c. If a diver has not been officially scratched but fails to deposit his or her sheet in the diving box by the deadline, the diver will not be disqualified from the contest. The diver's sheet will be accepted up to one hour before the start of the contest. Divers who submit scoresheets less than one hour before the start of a contest shall be disqualified from the event, but any performance in a previous or subsequent event shall not be affected.
- d. In dual meets, the diving scoresheet shall take the place of the swimming entry card and shall be submitted to the referee any time before the start of the event. Declaration of participants and the diving order do not have to be indicated until the announcement of the results of the previous event.
- e. Each diver must execute the dive number as written or have that dive declared failed. If the announced dive is not performed and the dive performed is properly listed on the diver's sheet, it will be considered an announcer's error and judged as performed. If the diver executes a dive as announced and it is determined that the announcer was in error, then the diver will be permitted to immediately perform the correct dive. However, the diver may elect to keep the scores for the incorrectly announced dive, with the referee making an immediate correction on the diving sheet.
- f. If a dive is listed out of order and the error is discovered before the execution of the dive, the diver will instruct the secretary to correct the list. If the error is discovered after the execution of the "out-of-order" dive, then the dive that should have been performed shall be declared failed. The performed dive, in its proper place on the diving list as directed by the diver, must be performed a second time and must be judged and scored at its proper time.
- g. If a diver exceeds the total degree of difficulty allowed when listing his or her voluntary dives (i.e., 9.0 in the one-meter event, 9.5 in the three-meter event

or 7.6 in the platform event), the error shall be corrected. If the error goes undetected, then the final voluntary dive (that causes the list to exceed the voluntary DD total) shall be failed.

- h. A diver may change the number, letter and/or platform level of a dive at any time before the execution of the dive without penalty.
- i. All the dives listed in the NCAA diving table may be listed on the diving form. A degree of difficulty may be calculated for any other dive not listed by using the FINA degree of difficulty formula.
- j. No voluntary dive shall be repeated as an optional dive. All dives of the same number, whether straight, pike, tuck or free, shall be considered the same dive.
- k. In the case of an error on the diving sheet, the official description of a dive shall be the international dive number and position letter.
- l. In the event that a submitted and checked diving sheet does not have the proper number of dives listed, a failed dive shall be assessed for each dive not listed.

### **Diving Order**

ARTICLE 3. a. In championships meets and other meets with more than two teams competing, the order of diving shall be drawn by lot. The diving order for the finalists shall be in the reverse order of the diver's respective qualifying position. There shall be only one flight of diving in the trials and finals. When a consolation final is contested, the diving order for the consolation finalists shall be in the reverse order of the diver's respective qualifying position.

b. In dual meets, the visiting team shall have the choice of alternate positions (either one, three, five or two, four, six) for one diving event (either one-meter or three-meter). The home team then will have its choice in the other diving event. If the visiting team has only one or two divers, those competitors shall have the choice of any visitor's positions in the diving order. If the home team has only one or two divers, those competitors have the choice of any of the home team's positions in the diving order. The number of official divers entered in the competition shall be the same as the amount of official entries allowed in swimming events. Exhibition competitors, if allowed, must be declared prior to the beginning of the event.

*Note: Exhibition divers must dive first.*

### **Practice**

ARTICLE 4. a. All practice diving must be completed before the start of the swimming meet. Exception: In facilities with separate diving wells, diving practice may continue during swimming events.

b. The divers shall be allowed at least one practice forward approach and one back takeoff approach before the start of the diving competition. The diving referee also may allow a water entry. In NCAA and non-NCAA championship events, there must be sufficient time allotted for a normal warm-up for divers prior to the commencement of the event.

## **Assistance**

ARTICLE 5. a. All dives must be performed by the divers themselves, without assistance from any other person, except for the purpose of water agitation. The use of any temporary visual aid shall be considered assistance.

b. A violation of this rule must result in the diving referee declaring a failed dive.

c. Assistance between dives shall be permitted.

## **SECTION 4. Description of Diving**

### **Starting Position**

ARTICLE 1. a. All dives with a forward takeoff shall be performed either standing or with an approach, at the option of the diver. A prior declaration of a forward standing takeoff is required on springboard only.

b. The starting position for a dive with an approach shall be assumed when the competitor is ready to take the first step of the approach. The body shall be straight, head erect, with the arms straight and in a position of the diver's choice.

c. After assuming the starting position for a standing dive or a dive with an approach, if the diver makes an obvious attempt to start the approach or press and stops, a balk will be declared, and the announcer will deduct two points from each score. In standing dives, the diver has the option of moving the arms to various preparatory positions without a balk being declared, so long as there is no obvious attempt to start the press.

### **Approach and Takeoff**

ARTICLE 2. a. The forward approach shall begin with not less than three steps and finish with a hurdle, defined as a jump off one foot to a landing on both feet at the end of the board. The diver may use additional steps, hops, leaps and/or jumps during the initial steps and the culminating hurdle. The forward takeoff shall be from both feet simultaneously to an adequate height to perform the dive.

b. The takeoff shall be from both feet simultaneously. It shall be forceful, reasonably high and immediately after the hurdle.

c. While executing the standing takeoff, divers must not rock the board excessively or lift their feet from the board before the takeoff.

d. After the approach or standing takeoff has been started, the competitor may not balk or false start. If a diver balks a second time, no further attempt shall be permitted, and the dive shall be considered failed with zero points being awarded.

### **Flight**

ARTICLE 3. a. *Positions.* During the passage through the air, the body may be carried in a straight, pike, tuck or free position.

1. *Straight Position*—In the straight position, the body shall not be bent either at the knees or at the hips; the legs and feet must be together and the toes pointed.
2. *Pike Position*—In the pike position, the body shall be bent at the hips, but the legs must be kept straight at the knees, with knees and feet together and the toes pointed. The pike shall be as compact as possible.

3. *Tuck Position*—In the tuck position, the body shall be bent at both the hips and the knees. The legs, knees and feet should be together with the toes pointed. The body should be as compact as possible.
4. *Free Position*—The free position may incorporate any or all of the straight, pike and tuck positions within the dive. Use of the free position is mandatory in all twisting dives with one-and-one-half somersaults or less except 5111, 5112, 5121, 5131, 5211, 5212, 5311, 5312, 5411, 5412, 5421 and 5431. In calculating the degree of difficulty (using the FINA table), for twisting dives with more than one-and-one-half somersaults when position A, B or C is clearly performed for at least one complete somersault during the dive, that position shall be used in the calculation.
- b. *Twist Dives*. In dives with twists, the twist may be performed at any time during the dive at the option of the diver, except in dives numbered 5111 pike, 5211 pike, 5311 pike and 5411 pike. In these dives, the pike is to be executed before the twist. If the pike is executed after the twist, the dive will be considered deficient, and a score of not more than 4.5 may be awarded.  
It is a failed dive if the amount of the twist is greater or less than that written by more than 90 degrees. The decision will be based on the last part of the body to enter the water.
- c. *Somersaults*. In somersaults (other than flying somersaults), the turn should commence as soon as the diver leaves the board.

In flying somersaults, the straight position must be maintained from the takeoff until the body has rotated for approximately half a somersault. If the event referee determines that the position was not held at least one half of the somersault, the referee will declare the dive as deficient and notify all the judges. A score of not more than 4.5 may be awarded.

## **Entry**

ARTICLE 4. a. In all cases, the entry into the water should be vertical or nearly vertical. The body should be straight, with the legs and feet together and the toes pointed.

- b. If a dive is head first, the hands should be together, and the arms should be straight and extended in line with the body.
- c. In feet-first entries, the arms should be straight and remain close to the body with no bending of the elbows.

## **SECTION 5. Officials**

### **Championships**

ARTICLE 1. a. For championships meets, there shall be a diving referee, who may serve as a judge; a judging panel consisting of five, seven or nine judges; an announcer; and sufficient table workers to properly conduct the meet. (See Article 6 in this section.)

- b. Alternating judging panels and/or the reserve judge system may be used for championships. Alternating judging panels are especially desirable when there are many entries in a contest.
  1. *Alternating Judging Panels*—When the same judging panels are used for the preliminaries and the finals of an event, the panel shall alternate the rounds it judges from the preliminaries to the finals. For example, if Panel

A judges rounds 1, 2 and 5 in the preliminaries, Panel A would judge rounds 3, 4 and 6 in the finals.

2. Reserve Judge System—When using the reserve judge system, six, eight or 10 judges are used as a single panel throughout the entire contest. If a judge is the coach of a diver in the contest, then that judge's score shall be administratively deleted before the start of the event. If a diver does not have a coach on the judging panel, each judge shall have his or her score deleted in a random manner before the start of the contest. For example, judge No. 1 shall have his or her score deleted for dive No. 4; judge No. 2 shall have his or her score deleted for dive No. 1, and so on until each judge's score has been deleted once. The procedure is repeated until the diver's scoresheet has one deleted score for each of his or her dives. Divers must include their coach's name on their scoresheet when it is submitted.

### **Dual Meets**

ARTICLE 2. a. In dual-meet competition, there shall be a diving referee, who may serve as a judge; a judging panel consisting of two, three or five judges; an announcer; and a set of table officials.

- b. The visiting team has the prerogative of supplying one judge on a two- or three-judge panel and two judges on a five-judge panel.
- c. The home team coach has the prerogative of designating one judge on a two-judge panel, two judges on a three-judge panel and three judges on a five-judge panel; and these may be other than the paid officials.
- d. When the opposing coaches cannot mutually agree on the number of judges, a two-judge panel will be used.
- e. No eligible team member, swimmer or diver may serve in a judging capacity.
- f. The home team should be able to supply three judges if the visiting team does not wish to exercise its option to judge.

### **Diving Referee**

ARTICLE 3. The diving referee shall have jurisdiction over the diving events and shall see that all rules are enforced. In nonchampionships meets, the diving referee shall make final decisions concerning all questions arising from conduct of the diving events, the final settlement of which is not covered by the rules, and shall have discretionary power to set aside the application of a procedure or rule when there is apparent unfairness. In championships meets, the diving referee shall consult with the meet committee on major issues. The diving referee shall complete the following duties:

- a. *Before the diving event(s)*—
  1. Check the diving scoresheets for:
    - a) Proper listing of dives, positions and degrees of difficulty according to the tables.
    - b) Signature of the diver.
    - c) Signature of the coach in championships meets.
  2. Determine the order of diving as described in Rule 6-3-3.
  3. Confirm that all required equipment necessary to the proper conduct of the event is in place.

4. Be sure a full complement of officials is present.
5. Conduct a short officials meeting to be sure each person assigned a duty understands his or her responsibility according to the rules.
6. Position and assign the diving judges on both sides of the diving board or platform, where practical, so they may have a profile view. If it is not possible to use both sides, they shall be positioned together on one side.
7. Allow each diver to practice immediately before the start of the diving competition as described in Rule 6-3-4.
8. In championships meets, appoint a member of the judging panel to serve as assistant referee in calling failed dives in accordance with Rules 6-5-3-b-2-d and f. Both the referee and the assistant must agree that the diver has committed the rules infraction before the dive is declared failed. The referee and the assistant should be positioned so as to be in direct profile to the line of flight of the divers and on opposite sides of the board or platform. Upon observing an infraction, the assistant should raise an arm to signify a failed dive. If the referee agrees, the dive will be judged a failed dive.

b. *During the event*—

1. Disqualify a diver who does not make an honest attempt to complete each dive as written on the diver's scoresheet.
2. Call for a failed dive for the following reasons:
  - a) If the diver falls into the water before assuming the starting position.
  - b) If the diver receives assistance during a dive or uses a visual aid during the dive.
  - c) If the diver executes a dive of a different number than that written on the scoresheet.
  - d) If the amount of twist is greater or less by more than 90 degrees of that written on the scoresheet. The decision will be based on the last part of the body to enter the water.
  - e) If, after a balk, the second attempt to obtain balance or a takeoff is unsuccessful.
  - f) If, on a head-first entry, the feet touch the water first; or on a feet-first entry, the head or hands touch the water first.
  - g) If a diver is not present to perform the dive when announced and it is ascertained that the diver is not in the pool area, after three minutes the referee shall declare a failed dive.
  - h) Under normal circumstances, divers should not unduly delay a contest. If, in the opinion of the referee, a diver is unduly delaying a contest, the referee shall instruct the diver that he or she will have one minute in which to complete his or her dive. In the event the diver does not proceed within the one-minute time limit, the referee shall declare a failed dive.
3. Disqualify a diver who fails two dives in any event in any competition.
4. *Unsatisfactory Dive*—Instruct the judges to consider a dive unsatisfactory and award not more than two points if a dive is performed in a position

other than written or if a tuck is used in a twisting dive other than 5152, 5154, 5221, 5231, 5251, 5321, 5331 or 5351.

5. *Two-Step Approach or Two-Foot Hurdle*—Instruct the announcer to deduct two points from each judge's award if a diver takes fewer than three steps before the hurdle or takes a two-foot hurdle.
6. *Balk*—Instruct the announcer to reduce each judge's award by two points in the event of a competitor making a balk or false start and not completing a dive. If the second attempt to obtain balance or a takeoff is unsuccessful, it shall be considered a failed dive. No further attempt shall be permitted.
7. *Repeated Dive*—Upon request, decide whether a dive may be repeated. The referee is authorized to have a dive repeated when, in the referee's opinion, the execution of the dive was influenced by exceptional circumstances. The request for such repetition must be made by the diver immediately after the execution of the dive. Exceptional circumstances include only the most unusual happenings.
8. *Incorrect Platform*—Instruct the announcer to reduce each judge's award by two points in the event a competitor does the listed dive on the incorrect platform level.
9. Signal for or have the announcer call for the judges' awards at the completion of each dive.
10. Replace a judge when it becomes necessary because of unavoidable circumstances.

c. *After the event*—

1. Audit the scoresheets and confirm the results by signature.
2. See that the results are announced as quickly as possible at the completion of the event so that the next event can start promptly.

## Diving Judges

ARTICLE 4. a. The judges shall sit where the diving referee directs them.

b. Each judge shall assess each dive independently and shall give scores for each dive from 10 to zero in accordance with the following table:

Excellent.....	8.5	9.0	9.5	10.0
Good .....		7.0	7.5	8.0
Satisfactory .....	5.0	5.5	6.0	6.5
Deficient .....	2.5	3.0	3.5	4.0
Unsatisfactory .....	0.5	1.0	1.5	2.0
Completely Failed.....				0

c. After each dive, on the signal from the diving referee or the call from the announcer, each judge, without communicating with any other judge, shall immediately and simultaneously with the other judges flash his or her award.

d. *Each judge shall judge the dive on the following principles:*

1. The dive shall be considered without regarding the approach to the starting position.
2. *The dive shall be evaluated on—*
  - a) The forward approach when used.
  - b) The takeoff.

- c) The technique and grace of the diver during the flight through the air.
- d) The height of the dive.
- e) The entry into the water, without regard to movements underwater.

3. *Excessive Rocking or Crow-Hop*—When executing the standing takeoff, the diver must not rock excessively or lift his or her feet from the board or platform before takeoff. For violation of either condition, each judge may deduct from zero to 1.5 points from the diver's award, according to the judge's individual opinion.
4. *Diving Safety*—If the diver touches the end of the board or platform, or dives to the side of the direct line of flight, each judge shall exercise personal opinion regarding the deduction to be made. Properly executed dives should be a safe distance from the board or platform and should enter the water directly in front of the board or platform.
5. *Split Tuck*—If the diver's knees are spread while in the tuck position, the judges shall deduct one to two points.
6. *Deficient Dive*—Consider a dive deficient and award not more than 4.5 points if the dive position is partially altered or broken during the flight.
7. *Unsatisfactory Dive*—Consider the dive unsatisfactory if the dive position is completely broken and award not more than two points.
8. *Arm Position on Water Entry*—Deduct from one to three points from the award if the arms are not in the correct prescribed position on entry into the water.
9. *Armstands*—The starting position in an armstand dive shall be assumed when both hands are on the front edge of the platform and both feet leave the platform. When a steady balance in the straight vertical position is not shown, each judge shall deduct  $\frac{1}{2}$  to 2 points. A re-start shall be allowed when a diver loses his/her balance, one or both feet return to the platform or any other body part other than his/her hands touches the platform. When a diver moves one or both hands from the original starting position, a balk shall be declared, and continuation of the dive shall be considered a re-start.

### **Announcer**

ARTICLE 5. a. Before the diving event starts, the announcer shall announce the diving order by reading the name and affiliation of each diver entered. In championships meets, the diving order also shall be distributed to the divers and posted in the diving area.

- b. Before each dive, the announcer shall announce the name of the competitor, the dive number, the position of the dive and the degree of difficulty. If the diver is doing a standing forward takeoff, this also shall be announced (on springboard only).
- c. During the contest, the announcer shall not announce any affiliation or individual titles relating to the competitor.
- d. After each dive, the announcer shall call for the judges' awards, if instructed to do so by the referee, and shall announce the awards in the same consecutive order each time. In a championships event in which a scoreboard is available that shows individual judge's scores and total points, only the total points should be announced after each dive.

- e. When instructed by the referee, the announcer shall reduce each judge's award by two points when the awards are announced.
- f. At the completion of the event or championships session, and after verification and approval of the results by the referee, the announcer shall announce the results, giving competitors' order of finish, names, affiliation and total scores.

### **Table Officials**

ARTICLE 6. a. When there is no electronic scoring system (computer) used, it is recommended that three sets of scoresheets be made available to the table officials for each of the competitors. One set may be used by the announcer, and two sets may be used for simultaneous computation of scores.

- 1. In championships meets, there shall be one master scorer, two people recording judges' awards, two people operating calculators, one person comparing the two sets of sheets, and one person for correcting errors.
- 2. The recorders shall place the judges' awards on the dive scoresheet in the same consecutive order as announced each time. When seven judges are used, the recorder shall then cross off the two high and two low scores and add the remaining three scores. When five judges are used, only one high and one low score is crossed off.
- 3. The people calculating scores shall multiply the degree of difficulty by the total judges' award and add this number to the running total.
- 4. The person comparing the two sheets shall do so for each dive each time. When a difference occurs, the person in charge of correcting errors shall be called. Every effort must be made to make corrections without interruption to the normal progress of the contest. After making corrections, care must be taken to keep the scoresheets in their proper order.
- 5. The master scoring may be done on the announcer's set of sheets or on a separate "master scoring sheet." No computation should be done on the announcer's set of sheets.

b. When an electronic scoring system is used but the judges' awards must be entered manually into the computer, at least two sets of scoresheets should be made available to the table officials for each of the competitors. One set, which can be computer generated, should be used by the announcer, and one set should be used for manual computation of the scores.

- 1. In championships meets, there shall be one master scorer, one person entering judges' awards into the computer, one person recording judges' awards on the scoresheet, one person operating a calculator, one person comparing the scoresheet with the computer, and one person for correcting errors.
- 2. The person entering the judges' awards into the computer shall do so in the same consecutive order as announced each time.
- 3. The recorder shall place the judges' awards on the dive scoresheet in the same consecutive order as announced each time. When seven judges are used, the recorder shall then cross off the two high and two low scores and add the remaining three scores. When five judges are used, only one high and one low score is crossed off.

4. The people calculating scores shall multiply the degree of difficulty by the total judges' award and add this number to the running total.
5. The person comparing the scoresheet with the computer shall do so for each dive each time. When a difference occurs, the person in charge of correcting errors shall be called. Every effort must be made to make corrections without interruption to the normal progress of the contest. After making corrections, care must be taken to keep the scoresheets in their proper order.
6. The master scoring may be done on the announcer's set of sheets or on a separate "master scoring sheet." No computation should be done on the announcer's set of sheets.
- c. When an electronic scoring system is used in which the judges' awards are automatically entered into the computer via judging terminals, at least two sets of scoresheets should be made available to the table officials for each of the competitors. One set, which may be computer generated, should be used by the announcer, and one set should be used to record the computer information for backup.

In championships meets, there shall be at least one person to record the judges' awards and running total from the computer. This scoresheet will serve as a backup in case of computer failure. The judges' total and the dive award can be recorded if the timing of the meet allows.

## **SECTION 6. Computation of Diving Scores**

ARTICLE 1. The individual judges' awards shall be recorded in the same column each time.

### **Cancellation of Awards**

ARTICLE 2. a. When there are two judges, both scores shall be added. None shall be canceled.

b. When there are three judges, all three awards shall be added. None shall be canceled.

c. When there are five judges, the highest and lowest awards shall be canceled, and the remaining awards shall be added. If there are identical awards, any may be canceled.

d. When there are seven or nine judges, the two highest and two lowest awards shall be canceled, and the remaining awards shall be added.

### **Multiplication**

ARTICLE 3. a. The score for each dive is determined by multiplying the sum of the remaining judges' awards by the degree of difficulty.

b. When there are nine judges, the sum of the remaining judges' awards must be multiplied by 0.6 or three-fifths and by the degree of difficulty.

### **Final Score**

ARTICLE 4. The diver's final score is the sum of the scores for each dive; except that, when two judges are used, the final total is multiplied by 1.5.

**Winner**

ARTICLE 5. The winner of the event is the diver with the highest total accumulated score. If two or more divers have equal scores, they shall be declared tied.

## **FINA DEGREE OF DIFFICULTY**

**The NCAA no longer publishes the FINA Degree of Difficulties in the rules book due to their changing nature. Coaches and officials should access the latest version of the FINA Degree of Difficulties on the NCAA website ([www.NCAA.org](http://www.NCAA.org)). Coaches and officials are reminded to check the website frequently for updates.**

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# **RULE 7**

## **Scoring**

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### **SECTION 1. Dual Meets**

#### **Six Lanes or More**

ARTICLE 1. When using six lanes or more, the scoring of place values in dual meets shall be: relays, 11-4-2-0, with only the best two relays from each team scoring; individual events, 9-4-3-2-1-0, with only the best three contestants from each team scoring.

#### **Five Lanes or Fewer**

ARTICLE 2. When using five lanes or fewer, the scoring of place values in dual meets shall be: relays, 7-0; individual events, 5-3-1-0, with only the best two contestants from each team scoring.

#### **No Contest/Forfeit**

ARTICLE 3. No contest is recorded if a team fails to contact the host institution or arrive at the site within 30 minutes after the scheduled start time of the meet. There is no resulting score. If a coach removes his or her team from competition for any reason, a forfeit shall be declared. The numerical score to be recorded for a dual meet that is forfeited is 11-0.

### **SECTION 2. Double-Dual Meets**

#### **Nine Lanes or More**

ARTICLE 1. When using nine lanes or more in a heat, the scoring of place values in double-dual meets shall be: relays, 11-4-2-0, with only the best two relays from each team scoring; individual events, 9-4-3-2-1-0, with only the best three contestants from each team scoring.

#### **Eight Lanes or Fewer**

ARTICLE 2. When using eight lanes or fewer in a heat, the scoring of place values in double-dual meets shall be: relays, 7-0; individual events, 5-3-1-0, with only the best two contestants from each team scoring.

### **SECTION 3. Triangular Meets**

The scoring of place values in triangular meets shall be: relays, 11-4-0, with only the best relay from each team scoring; individual events, 9-4-3-2-1-0, with only the best two contestants from each team scoring.

### **SECTION 4. Quadrangular Meets**

The scoring of place values in quadrangular meets shall be: relays, 11-4-2-0, with only the best relay from each team scoring; individual events, 9-4-3-2-1-0, with only the best two contestants from each team scoring.

## **SECTION 5. Relay Meets**

The scoring of place values in relay meets shall be 14-10-8-6-4-2 for all events.

## **SECTION 6. Invitational Meets**

The scoring of place values in invitational meets shall be established and published in advance by the host institution.

## **SECTION 7. Concurrent Men's and Women's**

When a concurrent men's and women's nonchampionships or relay meet is conducted, separate team scores shall be maintained for the men's and women's events.

## **SECTION 8. Championships Meets**

### **Six Competitors Qualify**

ARTICLE 1. When six competitors qualify for the finals of a championships meet, the scoring of place values shall be: relays, 14-10-8-6-4-2; individual events, 7-5-4-3-2-1.

### **Eight Competitors Qualify**

ARTICLE 2. When eight competitors qualify for the finals of a championships meet, the scoring of place values shall be: relays, 18-14-12-10-8-6-4-2; individual events, 9-7-6-5-4-3-2-1.

### **Twelve Competitors Qualify**

ARTICLE 3. When 12 competitors qualify for the finals of a championships meet, the scoring of place values shall be: relays, 32-26-24-22-20-18-14-10-8-6-4-2; individual events, 16-13-12-11-10-9-7-5-4-3-2-1.

Except in time final events (see Rule 5-2-4-a), points for first through sixth place shall be awarded solely on the basis of a championships final. Points for seventh through 12th place shall be awarded solely on the basis of a consolation final.

### **Sixteen Competitors Qualify**

ARTICLE 4. When 16 competitors qualify for the finals of a championships meet, the scoring of place values shall be: relays, 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2; individual events, 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

Except in time final events (see Rule 5-2-4-a), points for first through eighth place shall be awarded solely on the basis of a championships final. Points for ninth through 16th place shall be awarded solely on the basis of a consolation final.

### **Eighteen Competitors Qualify**

ARTICLE 5. When 18 competitors qualify for the finals of a championships meet, the scoring of place values shall be: relays, 52-44-42-40-38-36-32-26-24-22-20-18-14-10-8-6-4-2; individual events, 26-22-21-20-19-18-16-13-12-11-10-9-7-5-4-3-2-1.

### **Twenty-Four Competitors Qualify**

ARTICLE 6. When 24 competitors qualify for the finals of a championships meet, the scoring of place values shall be: relays, 64-56-54-52-50-48-46-44-40-34-32-

30-28-26-24-22-18-14-12-10-8-6-4-2; individual events, 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

### **More Than 24 Competitors Qualify**

ARTICLE 7. If more than 24 competitors qualify for the finals of a championships meet, the scoring of place values shall model the pattern reflected in Rules 7-8-3, 7-8-4, 7-8-5 and 7-8-6.

### **Consolation Limits**

ARTICLE 8. A competitor in a consolation final cannot advance, either by time or by disqualification in the championships final, to any place higher than the highest place being contested in the consolation final.

### **Common-Site Meets**

ARTICLE 9. When a four-day-format, common-site championships meet is conducted, separate team scores shall be maintained for the men's and women's events.

## **SECTION 9. Disqualifications**

### **Nonchampionships Meets**

ARTICLE 1. If one or more disqualifications occur during an event in a nonchampionships meet, the disqualified competitor(s) shall not score in that event. All other competitors may advance in position and shall score according to the places they achieve with the disqualified competitor(s) removed from consideration. Any remaining places and points shall be lost from the meet.

### **Championships Meets**

ARTICLE 2. If one or more disqualifications occur during either the consolation final or the championships final of an event in a championships meet, the disqualified competitor(s) shall not score in that event. All other competitors may advance in position (but not higher than the highest place being contested in that final) and shall score according to the places they achieve with the disqualified competitor(s) removed from consideration. The remaining places and points shall be lost from the meet.

## **SECTION 10. Ties**

In the case of ties within an event, the points involved shall be equally divided among the tied competitors.

## **SECTION 11. Failure to Compete**

If a team's individual or relay entries are unopposed, they still must complete the event, except when false starts in a swim-off result in a single swimmer or relay team remaining in the swim-off. (See Rule 5-3-3.)

No competitor may score points in an event in which the competitor does not compete or in which he or she is disqualified, except as in Rules 5-3-3, 6-1-2-c, 6-1-2-d, 6-1-3-a and 6-2-4.

## **SECTION 12. Nonscoring Competition**

### **Exhibition Swims**

ARTICLE 1. Exhibition swims shall not be scored in any event. All competitors who are not designated by their coaches to be exhibition swimmers shall score according to the places they achieve with the exhibition swimmers removed from consideration.

### **Time-Standard Trials**

ARTICLE 2. Time-standard trials shall not be scored in any meet.

## **SECTION 13. Winning Team**

The team accumulating the greatest number of points shall be declared the winner of the swimming meet. If the final total number of points for each team is the same, the meet is declared a tie.

A meet score is subject to review and may be corrected by the meet committee within 30 subsequent days for NCAA championships and non-NCAA championships meets, or by that meet's referee within seven days for nonchampionships competition.

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# RULE 8

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## Conduct of Competition

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### SECTION 1. Dual, Double-Dual, Triangular and Quadrangular Meets

#### Established Programs

ARTICLE 1. Men's and/or women's dual, double-dual, triangular and quadrangular meets may be conducted in racing courses measured in either yards or meters. There are six recommended programs.

a. *Men's or Women's 13-Event Program.* The program for a men's or women's 13-event meet, conducted in a 25-yard racing course, is as follows:

1. 200/400* medley relay	8. 100 freestyle
2. 1,000*/1,650 freestyle	9. 100/200* backstroke
3. 200 freestyle	10. 500 freestyle
4. 50 freestyle	11. 6*/11 three-meter diving
5. 200*/400 individual medley	12. 100/200* breaststroke
6. 6*/11 one-meter diving	13. 200/400*/800 freestyle relay
7. 100/200* butterfly	

*Note: \*Refer to Default Programs and Events. (See Rule 8-6-e., j.)*

b. *Men's or Women's 15-Event Program.* The program for a men's or women's 15-event meet, conducted in a 25-yard racing course, is as follows:

1. 100 backstroke	9. 200 butterfly
2. 100 breaststroke	10. 100 freestyle
3. 100 butterfly	11. 200 backstroke
4. 1,000*/1,650 freestyle	12. 500 freestyle
5. 200 freestyle	13. 6*/11 three-meter diving
6. 50 freestyle	14. 200 breaststroke
7. 200*/400 individual medley	15. 200/400*/800 freestyle relay
8. 6*/11 one-meter diving	

*Note 1: When a 15-event meet is conducted, there shall be no aggregate medley relay. The first three events shall be scored as individual events and shall be counted against the maximum number of events in which a contestant is permitted to compete. (See Rule 3-3-1-a.)*

*Note 2: \*Refer to Default Programs and Events. (See Rule 8-6-e., j.)*

c. *Men's or Women's 16-Event Program.* The program for a men's or women's 16-event meet, conducted in a 25-yard racing course, is as follows:

1. 200*/400 medley relay	9. 100 freestyle
2. 1,000*/1,650 freestyle	10. 100/200* backstroke
3. 200 freestyle	11. 100/200* breaststroke
4. 50/100* backstroke	12. 500 freestyle
5. 50/100* breaststroke	13. 50/100* butterfly
6. 100/200* butterfly	14. 6*/11 three-meter diving
7. 50 freestyle	15. 100/200*/400 individual medley
8. 6*/11 one-meter diving	16. 200/400*/800 freestyle relay

*Note: \*Refer to Default Programs and Events. (See Rule 8-6-e., j.)*

- d. *Concurrent Men's and Women's 26-Event Program.* The program for a concurrent men's and women's 26-event meet consists of alternated women's and men's events using the 13-event format. (See Rule 8-1-1-a.) In each case, the women's event shall precede the corresponding men's event. The men's one-meter and three-meter diving events shall be interchanged.
- e. *Concurrent Men's and Women's 30-Event Program.* The program for a concurrent men's and women's 30-event meet consists of alternated women's and men's events using the 15-event format. (See Rule 8-1-1-b.) In each case, the women's event shall precede the corresponding men's event. The men's one-meter and three-meter diving events shall be interchanged.
- f. *Concurrent Men's and Women's 32-Event Program.* The program for a concurrent men's and women's 32-event meet consists of alternated women's and men's events using the 16-event format. (See Rule 8-1-1-c.) In each case, the women's event shall precede the corresponding men's event. The men's one-meter and three-meter diving events shall be interchanged.

### **Alternative Programs for Separate Diving Facilities**

ARTICLE 2. Whenever a separate diving facility is available (e.g., a diving well in a T-shaped pool), one of the following alternative schedules for the one-meter and three-meter diving events may be adopted upon mutual consent of the head coaches of all participating institutions.

- a. In a dual meet, the one-meter diving shall begin immediately after the conclusion of the medley relay (in a 13-event or a 16-event meet) or immediately after the 100-yard butterfly (in a 15-event meet). Two rounds of diving shall be completed after which a brief pause in the diving shall be taken to start the 1,000/1,650-yard freestyle. The one-meter diving and the 1,000/1,650-yard freestyle events then shall proceed concurrently and should conclude at approximately the same time. The 200-yard freestyle shall not begin until after the one-meter diving has been concluded. The three-meter diving shall be moved to the listed position of the one-meter diving. There shall be a 10-minute intermission at the listed position of the three-meter diving.
- b. In any dual meet and non-NCAA championships, but especially one involving more than two teams of the same gender (i.e., a double-dual, triangular or quadrangular meet of one gender) or any concurrent men's and women's meet, there shall be a 15-minute intermission between the swimming events at the listed position of the first diving event(s) (e.g., the one-meter diving in a 13-event meet). There shall be a 10-minute intermission between the swimming events at the listed position of the second diving event(s) (e.g., the three-meter diving in a 13-event meet).

Depending upon the number of dives to be performed and the number of swimming events to be conducted, the beginning of the first diving event(s) shall be scheduled so as to have the first diving event(s) conclude, as closely as possible, at the end of the 15-minute swimming intermission. Similarly, the beginning of the second diving event(s) shall be scheduled so as to have the second diving event(s) conclude, as closely as possible, at the end of the 10-minute swimming intermission. In each case, the next swimming event shall not start before the diving event in progress is completed or before the designated length of the swimming intermission has elapsed, whichever is later.

### **Alternative Program for Dual, Double-Dual, Triangular and Quadrangular Meets**

ARTICLE 3. Multiple heats per event may be competed in any of the event programs found in Rule 8-1-1-a, b, c, d, e and f.

### **Other Racing Courses**

ARTICLE 4. a. When a 25- or 50-meter racing course is used, the 1,000-yard freestyle shall become the 800-meter freestyle; the 1,650-yard freestyle shall become the 1,500-meter freestyle; and the 500-yard freestyle shall become the 400-meter freestyle.

b. When a 20-yard racing course is used, the 1,650-yard freestyle shall become the 1,640-yard freestyle; the 50-yard freestyle shall become the 60-yard freestyle; and the 200-yard individual medley shall become the 160-yard individual medley.

c. When a racing course of other than 20 yards, 25 yards, 25 meters or 50 meters is used, all races shall have wall finishes at distances that approximate the listed events.

## **SECTION 2. Relay Meets**

### **Established Programs**

ARTICLE 1. The established program and order of events for relay meets shall be in either yards or meters and shall be as follows:

1. 300 butterfly relay (3x100)
2. 300 backstroke relay (3x100)
3. 300 breaststroke relay (3x100)
4. 800 freestyle relay (4x200)
5. One-meter diving relay (two divers—six dives each per Rule 6-1-1)
6. 500 freestyle relay (50, 100, 150, 200)
7. 400 medley relay (4x100)
8. 200 freestyle relay (4x50)
9. 1,500-yard freestyle relay (3x500)  
1,200-meter freestyle relay (3x400)
10. Three-meter diving relay (two divers—six dives each per Rule 6-1-1)
11. 400 individual medley relay (4x100)
12. 400 freestyle relay (4x100)

## **Concurrent Men's and Women's Relay Meet**

ARTICLE 2. The established program for a concurrent men's and women's relay meet consists of alternated women's and men's relay events. (See Rule 8-2-1.) In each case, the women's event shall precede the corresponding men's event. The men's one-meter and three-meter diving events shall be interchanged.

## **SECTION 3. Invitational Meets**

The established program for an invitational meet shall be established and published in advance by the host institution. No event may be contested more than once. Nonstandard events (i.e., events not listed in Rules 8-1-1, 8-1-4 or 8-2) may be contested, but collegiate records, time standards, consideration standards and optional-entry standards may not be achieved over initial distances in such events. (Also see Rules 3-2-1-d, 3-3-1-d, 5-1-4 and 7-6.)

## **SECTION 4. Championships Meets**

### **Established Programs**

ARTICLE 1. Championships meets usually are held in 25-yard pools but may be held in metric pools with the same schedule and order of events. When metric distances are used, the 500-yard freestyle shall become the 400-meter freestyle; and the 1,650-yard freestyle shall become the 1,500-meter freestyle.

A consolation final shall immediately precede the championships final in each event except the diving events, the 1,650-yard [1,500 m] freestyle and the 800-yard [800 m] freestyle relay. The 1,650-yard [1,500 m] freestyle always is contested as a time final event. The 800-yard [800 m] freestyle relay also is contested as a time final event. When there are four or more heats, the fastest two heats shall be contested during the finals session, and the remaining heats shall be contested during the preliminaries session.

During the trials on the final day of competition in each of the following championships programs, the 1,650-yard [1,500 m] freestyle event (all but the last heat of time finals) may be scheduled after, rather than before, diving. The final heat in the trials must be completed at least one hour before the finals are scheduled to begin.

### **Three-Day Programs Without Platform Diving**

ARTICLE 2. The following are the recommended programs and order of events for three-day championships meets in which platform diving is not included:

#### **OPTION 1**

##### **DAY 1 TRIALS**

###### *Event No.*

1. 200-yard [200 m] freestyle relay  
10-minute intermission (optional)
2. 500-yard [400 m] freestyle
3. 200-yard [200 m] individual medley
4. 50-yard [50 m] freestyle  
20-minute intermission
6. 400-yard [400 m] medley relay

**OPTION 1**

## 5. One-meter diving—Trials\*

## DAY 1 FINALS

1. 200-yard [200 m] freestyle relay  
10-minute intermission (optional)
2. 500-yard [400 m] freestyle
3. 200-yard [200 m] individual medley
4. 50-yard [50 m] freestyle
5. One-meter diving—Finals\*
6. 400-yard [400 m] medley relay

## DAY 2 TRIALS

7. 200-yard [200 m] medley relay  
10-minute intermission (optional)
8. 400-yard [400 m] individual medley
9. 100-yard [100 m] butterfly
10. 200-yard [200 m] freestyle
11. 100-yard [100 m] breaststroke
12. 100-yard [100 m] backstroke  
20-minute intermission
13. 800-yard [800 m] freestyle relay—Four or more heats
19. Three-meter diving—Trials\*

## DAY 2 FINALS

7. 200-yard [200 m] medley relay  
10-minute intermission (optional)
8. 400-yard [400 m] individual medley
9. 100-yard [100 m] butterfly
10. 200-yard [200 m] freestyle
11. 100-yard [100 m] breaststroke
12. 100-yard [100 m] backstroke  
20-minute intermission

13. 800-yard [800 m] freestyle relay—Finals or time finals

## DAY 3 TRIALS

15. 200-yard [200 m] backstroke
16. 100-yard [100 m] freestyle
17. 200-yard [200 m] breaststroke
18. 200-yard [200 m] butterfly  
20-minute intermission
20. 400-yard [400 m] freestyle relay
14. 1,650-yard [1,500 m] freestyle—All but last heat of time finals

## DAY 3 FINALS

14. 1,650-yard [1,500 m] freestyle—Last heat of time finals
15. 200-yard [200 m] backstroke
16. 100-yard [100 m] freestyle

**OPTION 1**

17. 200-yard [200 m] breaststroke
18. 200-yard [200 m] butterfly
19. Three-meter diving—Finals\*
20. 400-yard [400 m] freestyle relay

\*Note: For a detailed schedule of diving, refer to Rule 6-2-2.

**OPTION 2****DAY 1 TRIALS**

*Event No.*

1. 200-yard [200 m] medley relay  
10-minute intermission (optional)
2. 400-yard [400 m] individual medley
3. 200-yard [200 m] freestyle
4. 100-yard [100 m] breaststroke
5. 200-yard [200 m] backstroke  
20-minute intermission
7. 400-yard [400 m] freestyle relay
6. One-meter diving—Trials\*

**DAY 1 FINALS**

1. 200-yard [200 m] medley relay  
10-minute intermission (optional)
2. 400-yard [400 m] individual medley
3. 200-yard [200 m] freestyle
4. 100-yard [100 m] breaststroke
5. 200-yard [200 m] backstroke
6. One-meter diving—Finals\*
7. 400-yard [400 m] freestyle relay

**DAY 2 TRIALS**

8. 200-yard [200 m] freestyle relay  
10-minute intermission (optional)
9. 100-yard [100 m] butterfly
10. 500-yard [400 m] freestyle
11. 50-yard [50 m] freestyle
12. 200-yard [200 m] breaststroke
13. 100-yard [100 m] backstroke  
20-minute intermission
14. 800-yard [800 m] freestyle relay—Four or more heats

**DAY 2 FINALS**

8. 200-yard [200 m] freestyle relay
9. 100-yard [100 m] butterfly
10. 500-yard [400 m] freestyle

**OPTION 2**

11. 50-yard [50 m] freestyle
12. 200-yard [200 m] breaststroke
13. 100-yard [100 m] backstroke
- 20-minute intermission
14. 800-yard [800 m] freestyle relay—Finals or time finals
- DAY 3 TRIALS**
15. 100-yard [100 m] freestyle
17. 200-yard [200 m] butterfly
18. 200-yard [200 m] individual medley
- 20-minute intermission
20. 400-yard [400 m] medley relay
19. Three-meter diving—Trials\*
16. 1,650-yard [1,500 m] freestyle—All but last heat of time finals
- DAY 3 FINALS**
15. 100-yard [100 m] freestyle
16. 1,650-yard [1,500 m] freestyle—Last heat of time finals
17. 200-yard [200 m] butterfly
18. 200-yard [200 m] individual medley
19. Three-meter diving—Finals\*
20. 400-yard [400 m] medley relay

*\*Note: For a detailed schedule of diving, refer to Rule 6-2-2.*

**Three-Day Program With Platform Diving**

ARTICLE 3. The following are the recommended programs and order of events for three-day championships meets in which platform diving is included:

**OPTION 1****DAY 1 TRIALS**

*Event No.*

1. 200-yard [200 m] freestyle relay
- 10-minute intermission (optional)
2. 500-yard [400 m] freestyle
3. 200-yard [200 m] individual medley
4. 50-yard [50 m] freestyle
- 20-minute intermission
6. 400-yard [400 m] medley relay
5. One-meter diving—Trials\*

**DAY 1 FINALS**

1. 200-yard [200 m] freestyle relay
- 10-minute intermission (optional)
2. 500-yard [400 m] freestyle
3. 200-yard [200 m] individual medley

**OPTION 1**

4. 50-yard [50 m] freestyle

5. One-meter diving—Finals\*

6. 400-yard [400 m] medley relay

**DAY 2 TRIALS**

7. 200-yard [200 m] medley relay

10-minute intermission (optional)

8. 400-yard [400 m] individual medley

9. 100-yard [100 m] butterfly

10. 200-yard [200 m] freestyle

11. 100-yard [100 m] breaststroke

12. 100-yard [100 m] backstroke

20-minute intermission

14. 800-yard [800 m] freestyle relay—Four or more heats

13. Three-meter diving—Trials\*

**DAY 2 FINALS**

7. 200-yard [200 m] medley relay

10-minute intermission (optional)

8. 400-yard [400 m] individual medley

9. 100-yard [100 m] butterfly

10. 200-yard [200 m] freestyle

11. 100-yard [100 m] breaststroke

12. 100-yard [100 m] backstroke

13. Three-meter diving—Finals\*

14. 800-yard [800 m] freestyle relay—Finals or time finals

**DAY 3 TRIALS**

16. 200-yard [200 m] backstroke

17. 100-yard [100 m] freestyle

18. 200-yard [200 m] breaststroke

19. 200-yard [200 m] butterfly

20-minute intermission

21. 400-yard [400 m] freestyle relay

15. 1,650-yard [1,500 m] freestyle—All but last heat of time finals

20. Platform diving—Trials\*

**DAY 3 FINALS**

15. 1,650-yard [1,500 m] freestyle—Last heat of time finals

16. 200-yard [200 m] backstroke

17. 100-yard [100 m] freestyle

18. 200-yard [200 m] breaststroke

19. 200-yard [200 m] butterfly

20. Platform diving—Finals\*

21. 400-yard [400 m] freestyle relay

*\*Note: For a detailed schedule of diving, refer to Rule 6-2-2.*

**OPTION 2****DAY 1 TRIALS***Event No.*

1. 200-yard [200 m] medley relay  
10-minute intermission (optional)
2. 400-yard [400 m] individual medley
3. 200-yard [200 m] freestyle
4. 100-yard [100 m] breaststroke
5. 200-yard [200 m] backstroke  
20-minute intermission
7. 400-yard [400 m] freestyle relay
6. One-meter diving—Trials\*

**DAY 1 FINALS**

1. 200-yard [200 m] medley relay  
10-minute intermission (optional)
2. 400-yard [400 m] individual medley
3. 200-yard [200 m] freestyle
4. 100-yard [100 m] breaststroke
5. 200-yard [200 m] backstroke
6. One-meter diving—Finals\*
7. 400-yard [400 m] freestyle relay

**DAY 2 TRIALS**

8. 200-yard [200 m] freestyle relay  
10-minute intermission (optional)
10. 100-yard [100 m] butterfly
11. 500-yard [400 m] freestyle
12. 50-yard [50 m] freestyle
13. 200-yard [200 m] breaststroke
14. 100-yard [100 m] backstroke  
20-minute intermission
15. 800-yard [800 m] freestyle relay—Four or more heats
9. Three-meter diving—Trials\*

**DAY 2 FINALS**

8. 200-yard [200 m] freestyle relay
9. Three-meter diving—Finals\*
10. 100-yard [100 m] butterfly
11. 500-yard [400 m] freestyle
12. 50-yard [50 m] freestyle
13. 200-yard [200 m] breaststroke
14. 100-yard [100 m] backstroke  
20-minute intermission
15. 800-yard [800 m] freestyle relay—Finals or time finals

**OPTION 2**

## DAY 3 TRIALS

16. 100-yard [100 m] freestyle
18. 200-yard [200 m] butterfly
19. 200-yard [200 m] individual medley
- 20-minute intermission
21. 400-yard [400 m] medley relay
20. Platform diving—Trials\*
17. 1,650-yard [1,500 m] freestyle—All but last heat of time finals

## DAY 3 FINALS

16. 100-yard [100 m] freestyle
17. 1,650-yard [1,500 m] freestyle—Last heat of time finals
18. 200-yard [200 m] butterfly
19. 200-yard [200 m] individual medley
20. Platform diving—Finals\*
21. 400-yard [400 m] medley relay

*\*Note: For a detailed schedule of diving, refer to Rule 6-2-2.*

**Three-Day Program With 1,000-Yard Freestyle**

ARTICLE 4. The following are the recommended programs and order of events for three-day championships meets in which the 1,000-yard freestyle is included. If following the three-day established program with platform diving, the 1,000-yard freestyle still falls on day two as shown:

**OPTION 1**

## DAY 1 TRIALS

*Event No.*

1. 200-yard [200 m] freestyle relay
- 10-minute intermission (optional)
2. 500-yard [400 m] freestyle
3. 200-yard [200 m] individual medley
4. 50-yard [50 m] freestyle
- 20-minute intermission
6. 400-yard [400 m] medley relay
5. One-meter diving—Trials\*

## DAY 1 FINALS

1. 200-yard [200 m] freestyle relay
- 10-minute intermission (optional)
2. 500-yard [400 m] freestyle
3. 200-yard [200 m] individual medley
4. 50-yard [50 m] freestyle
5. One-meter diving—Finals\*
6. 400-yard [400 m] medley relay

**OPTION 1****DAY 2 TRIALS**

7. 200-yard [200 m] medley relay  
10-minute intermission (optional)
9. 400-yard [400 m] individual medley
10. 100-yard [100 m] butterfly
11. 200-yard [200 m] freestyle
12. 100-yard [100 m] breaststroke
13. 100-yard [100 m] backstroke  
20-minute intermission (optional)
8. 1,000-yard [800 m] freestyle (all except the fastest heat)
14. 800-yard [800 m] freestyle relay—Four or more heats
19. Three-meter diving—Trials\*

**DAY 2 FINALS**

7. 200-yard [200 m] medley relay  
10-minute intermission (optional)
8. 1,000-yard [800 m] freestyle (fastest heat)
9. 400-yard [400 m] individual medley
10. 100-yard [100 m] butterfly
11. 200-yard [200 m] freestyle
12. 100-yard [100 m] breaststroke
13. 100-yard [100 m] backstroke  
20-minute intermission
14. 800-yard [800 m] freestyle relay—Finals or time finals

**DAY 3 TRIALS**

15. 200-yard [200 m] backstroke
16. 100-yard [100 m] freestyle
17. 200-yard [200 m] breaststroke
18. 200-yard [200 m] butterfly  
20-minute intermission
20. 400-yard [400 m] freestyle relay
14. 1,650-yard [1,500 m] freestyle—All but last heat of time finals

**DAY 3 FINALS**

14. 1,650-yard [1,500 m] freestyle—Last heat of time finals
15. 200-yard [200 m] backstroke
16. 100-yard [100 m] freestyle
17. 200-yard [200 m] breaststroke
18. 200-yard [200 m] butterfly
19. Three-meter diving—Finals\*
20. 400-yard [400 m] freestyle relay

*Note: For a detailed schedule of diving, refer to Rule 6-2-2.*

**OPTION 2****DAY 1 TRIALS***Event No.*

1. 200-yard [200 m] medley relay  
10-minute intermission (optional)
2. 400-yard [400 m] individual medley
3. 200-yard [200 m] freestyle
4. 100-yard [100 m] breaststroke
5. 200-yard [200 m] backstroke
6. 1,000-yard [800 m] freestyle—all but last heat of timed finals  
20-minute intermission
8. 400-yard [400 m] freestyle relay
7. One-meter diving—Trials\*

**DAY 1 FINALS**

1. 200-yard [200 m] medley relay  
10-minute intermission (optional)
2. 400-yard [400 m] individual medley
3. 200-yard [200 m] freestyle
4. 100-yard [100 m] breaststroke
5. 200-yard [200 m] backstroke
6. 1,000-yard [800 m] freestyle—all but last heat of timed finals
7. One-meter diving—Finals\*
8. 400-yard [400 m] freestyle relay

**DAY 2 TRIALS**

9. 200-yard [200 m] freestyle relay  
10-minute intermission (optional)
10. 100-yard [100 m] butterfly
11. 500-yard [400 m] freestyle
12. 50-yard [50 m] freestyle
13. 200-yard [200 m] breaststroke
14. 100-yard [100 m] backstroke  
20-minute intermission
15. 800-yard [800 m] freestyle relay—Four or more heats

**DAY 2 FINALS**

9. 200-yard [200 m] freestyle relay
10. 100-yard [100 m] butterfly
11. 500-yard [400 m] freestyle
12. 50-yard [50 m] freestyle
13. 200-yard [200 m] breaststroke
14. 100-yard [100 m] backstroke  
20-minute intermission
15. 800-yard [800 m] freestyle relay—Finals or time finals

**OPTION 2****DAY 3 TRIALS**

16. 100-yard [100 m] freestyle
18. 200-yard [200 m] butterfly
19. 200-yard [200 m] individual medley  
20-minute intermission
21. 400-yard [400 m] medley relay
20. Three-meter diving—Trials\*
17. 1,650-yard [1,500 m] freestyle—All but last heat of time finals

**DAY 3 FINALS**

16. 100-yard [100 m] freestyle
17. 1,650-yard [1,500 m] freestyle—Last heat of time finals
18. 200-yard [200 m] butterfly
19. 200-yard [200 m] individual medley
20. Three-meter diving—Finals\*
21. 400-yard [400 m] medley relay

*\*Note: For a detailed schedule of diving, refer to Rule 6-2-2.*

**OPTION 3***Event No.*

1. 200-yard [200 m] medley relay  
10-minute intermission (optional)
2. 400-yard [400 m] individual medley
3. 200-yard [200 m] freestyle
4. 100-yard [100 m] breaststroke
5. 200-yard [200 m] backstroke
6. 1,000-yard [800 m] freestyle—all but last heat of timed finals  
20-minute intermission
8. 400-yard [400 m] freestyle relay
7. One-meter diving—Trials\*

**DAY 1 FINALS**

1. 200-yard [200 m] medley relay  
10-minute intermission (optional)
2. 400-yard [400 m] individual medley
3. 200-yard [200 m] freestyle
4. 100-yard [100 m] breaststroke
5. 200-yard [200 m] backstroke
6. 1,000-yard [800 m] freestyle—last heat of timed finals
7. One-meter diving—Finals\*
8. 400-yard [400 m] freestyle relay

**DAY 2 TRIALS**

9. 200-yard [200 m] freestyle relay

**OPTION 3**

10-minute intermission (optional)

11. 100-yard [100 m] butterfly
12. 500-yard [400 m] freestyle
13. 50-yard [50 m] freestyle
14. 200-yard [200 m] breaststroke
15. 100-yard [100 m] backstroke

20-minute intermission

16. 800-yard [800 m] freestyle relay—Four or more heats
10. Three-meter diving—Trials\*

**DAY 2 FINALS**

9. 200-yard [200 m] freestyle relay
10. Three-meter diving—Finals\*
11. 100-yard [100 m] butterfly
12. 500-yard [400 m] freestyle
13. 50-yard [50 m] freestyle
14. 200-yard [200 m] breaststroke
15. 100-yard [100 m] backstroke

20-minute intermission

16. 800-yard [800 m] freestyle relay—Finals or time finals

**DAY 3 TRIALS**

17. 100-yard [100 m] freestyle
19. 200-yard [200 m] butterfly
20. 200-yard [200 m] individual medley

20-minute intermission

22. 400-yard [400 m] medley relay
21. Platform diving—Trials\*
18. 1,650-yard [1,500 m] freestyle—All but last heat of time finals

**DAY 3 FINALS**

17. 100-yard [100 m] freestyle
18. 1,650-yard [1,500 m] freestyle—Last heat of time finals
19. 200-yard [200 m] butterfly
20. 200-yard [200 m] individual medley
21. Platform diving—Finals\*
22. 400-yard [400 m] medley relay

*\*Note: For a detailed schedule of diving, refer to Rule 6-2-2.*

**Alternate Three-Day, Common-Site Established Program**

ARTICLE 5. The following is an alternate established program and order of events for a three-day, common-site (men's and women's) championships meet. This established program is recommended for use when a separate diving facility is not available or when a three-day format accommodates the 1,000-yard freestyle on the day before Day 1 trials. The order shown for men (M) and women (W) in corresponding events should be alternated from year to year.

## BEFORE DAY 1 TRIALS

*Event No.*

1. One-meter diving (W)—Trials\*
2. Three-meter diving (M)—Trials\*
3. 1,000-yard [1,000 m] freestyle (W)—All but last heat of time finals
4. 1,000-yard [1,000 m] freestyle (M)—All but last heat of time finals

## BEFORE DAY 1 FINALS

1. One-meter diving (W)—Finals\*
2. Three-meter diving (M)—Finals\*
3. 1,000-yard [1,000 m] freestyle (W)—Last heat of time finals
4. 1,000-yard [1,000 m] freestyle (M)—Last heat of time finals

## DAY 1 TRIALS

5. 200-yard [200 m] freestyle relay (W)
6. 200-yard [200 m] freestyle relay (M)
- 10-minute intermission (optional)
7. 500-yard [400 m] freestyle (W)
8. 500-yard [400 m] freestyle (M)
9. 200-yard [200 m] individual medley (W)
10. 200-yard [200 m] individual medley (M)
11. 50-yard [50 m] freestyle (W)
12. 50-yard [50 m] freestyle (M)

20-minute intermission

13. 400-yard [400 m] medley relay (W)
14. 400-yard [400 m] medley relay (M)

## DAY 1 FINALS

5. 200-yard [200 m] freestyle relay (W)
6. 200-yard [200 m] freestyle relay (M)
- 10-minute intermission (optional)
7. 500-yard [400 m] freestyle (W)
8. 500-yard [400 m] freestyle (M)
9. 200-yard [200 m] individual medley (W)
10. 200-yard [200 m] individual medley (M)
11. 50-yard [50 m] freestyle (W)
12. 50-yard [50 m] freestyle (M)

20-minute intermission

13. 400-yard [400 m] medley relay (W)
14. 400-yard [400 m] medley relay (M)

## DAY 2 TRIALS

15. 200-yard [200 m] medley relay (W)
16. 200-yard [200 m] medley relay (M)
- 10-minute intermission (optional)
17. 400-yard [400 m] individual medley (W)
18. 400-yard [400 m] individual medley (M)
19. 100-yard [100 m] butterfly (W)
20. 100-yard [100 m] butterfly (M)

21. 200-yard [200 m] freestyle (W)
22. 200-yard [200 m] freestyle (M)
23. 100-yard [100 m] breaststroke (W)
24. 100-yard [100 m] breaststroke (M)
25. 100-yard [100 m] backstroke (W)
26. 100-yard [100 m] backstroke (M)
- 20-minute intermission
28. 800-yard [800 m] freestyle relay (W)—Four or more heats
29. 800-yard [800 m] freestyle relay (M)—Four or more heats
27. One-meter diving (M)—Trials\*

#### DAY 2 FINALS

15. 200-yard [200 m] medley relay (W)
16. 200-yard [200 m] medley relay (M)
- 10-minute intermission (optional)
17. 400-yard [400 m] individual medley (W)
18. 400-yard [400 m] individual medley (M)
19. 100-yard [100 m] butterfly (W)
20. 100-yard [100 m] butterfly (M)
21. 200-yard [200 m] freestyle (W)
22. 200-yard [200 m] freestyle (M)
23. 100-yard [100 m] breaststroke (W)
24. 100-yard [100 m] breaststroke (M)
25. 100-yard [100 m] backstroke (W)
26. 100-yard [100 m] backstroke (M)
27. One-meter diving (M)—Finals\*
28. 800-yard [800 m] freestyle relay (W)—Finals or time finals
29. 800-yard [800 m] freestyle relay (M)—Finals or time finals

#### DAY 3 TRIALS

32. 200-yard [200 m] backstroke (W)
33. 200-yard [200 m] backstroke (M)
34. 100-yard [100 m] freestyle (W)
35. 100-yard [100 m] freestyle (M)
36. 200-yard [200 m] breaststroke (W)
37. 200-yard [200 m] breaststroke (M)
38. 200-yard [200 m] butterfly (W)
39. 200-yard [200 m] butterfly (M)
- 20-minute intermission
41. 400-yard [400 m] freestyle relay (W)
42. 400-yard [400 m] freestyle relay (M)
30. 1,650-yard [1,500 m] freestyle (W)—All but last heat of time finals
31. 1,650-yard [1,500 m] freestyle (M)—All but last heat of time finals
40. Three-meter diving (W)—Trials\*

#### DAY 3 FINALS

30. 1,650-yard [1,500 m] freestyle (W)—Last heat of time finals

31. 1,650-yard [1,500 m] freestyle (M)—Last heat of time finals
32. 200-yard [200 m] backstroke (W)
33. 200-yard [200 m] backstroke (M)
34. 100-yard [100 m] freestyle (W)
35. 100-yard [100 m] freestyle (M)
36. 200-yard [200 m] breaststroke (W)
37. 200-yard [200 m] breaststroke (M)
38. 200-yard [200 m] butterfly (W)
39. 200-yard [200 m] butterfly (M)
40. Three-meter diving (W)—Finals\*
41. 400-yard [400 m] freestyle relay (W)
42. 400-yard [400 m] freestyle relay (M)

*\*Note: For a detailed schedule of diving, refer to Rule 6-2-2.*

### **Standard Four-Day, Common-Site Established Program**

ARTICLE 6. The following is the recommended established program and order of events for a four-day, common-site (men's and women's) championships meet. The order shown for men (M) and women (W) in corresponding events applies to meets conducted during even-numbered years. In odd-numbered years, the order is reversed.

#### **DAY 1 TRIALS**

##### *Event No.*

1. 500-yard [400 m] freestyle (M)
2. 500-yard [400 m] freestyle (W)
3. 200-yard [200 m] individual medley (M)
4. 200-yard [200 m] individual medley (W)
5. 50-yard [50 m] freestyle (M)
6. 50-yard [50 m] freestyle (W)

20-minute intermission

8. 200-yard [200 m] medley relay (M)
9. 200-yard [200 m] medley relay (W)
7. Three-meter diving (M)—Trials\*

#### **DAY 1 FINALS**

1. 500-yard [400 m] freestyle (M)
2. 500-yard [400 m] freestyle (W)
3. 200-yard [200 m] individual medley (M)
4. 200-yard [200 m] individual medley (W)
5. 50-yard [50 m] freestyle (M)
6. 50-yard [50 m] freestyle (W)
7. Three-meter diving (M)—Finals\*
8. 200-yard [200 m] medley relay (M)
9. 200-yard [200 m] medley relay (W)

#### **DAY 2 TRIALS**

10. 200-yard [200 m] freestyle relay (M)

11. 200-yard [200 m] freestyle relay (W)  
10-minute intermission (optional)
12. 400-yard [400 m] individual medley (M)
13. 400-yard [400 m] individual medley (W)
14. 100-yard [100 m] butterfly (M)
15. 100-yard [100 m] butterfly (W)
16. 200-yard [200 m] freestyle (M)
17. 200-yard [200 m] freestyle (W)  
20-minute intermission
19. 400-yard [400 m] medley relay (M)
20. 400-yard [400 m] medley relay (W)
18. One-meter diving (W)—Trials\*

#### DAY 2 FINALS

10. 200-yard [200 m] freestyle relay (M)
11. 200-yard [200 m] freestyle relay (W)  
10-minute intermission (optional)
12. 400-yard [400 m] individual medley (M)
13. 400-yard [400 m] individual medley (W)
14. 100-yard [100 m] butterfly (M)
15. 100-yard [100 m] butterfly (W)
16. 200-yard [200 m] freestyle (M)
17. 200-yard [200 m] freestyle (W)
18. One-meter diving (W)—Finals\*
19. 400-yard [400 m] medley relay (M)
20. 400-yard [400 m] medley relay (W)

#### DAY 3 TRIALS

21. 200-yard [200 m] butterfly (M)
22. 200-yard [200 m] butterfly (W)
23. 100-yard [100 m] backstroke (M)
24. 100-yard [100 m] backstroke (W)
25. 100-yard [100 m] breaststroke (M)
26. 100-yard [100 m] breaststroke (W)  
20-minute intermission
28. 800-yard [800 m] freestyle relay (M)—Four or more heats
29. 800-yard [800 m] freestyle relay (W)—Four or more heats
27. One-meter diving (M)—Trials\*

#### DAY 3 FINALS

21. 200-yard [200 m] butterfly (M)
22. 200-yard [200 m] butterfly (W)
23. 100-yard [100 m] backstroke (M)
24. 100-yard [100 m] backstroke (W)
25. 100-yard [100 m] breaststroke (M)
26. 100-yard [100 m] breaststroke (W)
27. One-meter diving (M)—Finals\*
28. 800-yard [800 m] freestyle relay (M)—Finals or time finals

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- 29. 800-yard [800 m] freestyle relay (W)—Finals or time finals

DAY 4 TRIALS

- 32. 100-yard [100 m] freestyle (M)
- 33. 100-yard [100 m] freestyle (W)
- 34. 200-yard [200 m] backstroke (M)
- 35. 200-yard [200 m] backstroke (W)
- 36. 200-yard [200 m] breaststroke (M)
- 37. 200-yard [200 m] breaststroke (W)

20-minute intermission

- 39. 400-yard [400 m] freestyle relay (M)

- 40. 400-yard [400 m] freestyle relay (W)

- 30. 1,650-yard [1,500 m] freestyle (M)—All but last heat of time finals

- 31. 1,650-yard [1,500 m] freestyle (W)—All but last heat of time finals

- 38. Three-meter diving (W)—Trials\*

DAY 4 FINALS

- 30. 1,650-yard [1,500 m] freestyle (M)—Last heat of time finals

- 31. 1,650-yard [1,500 m] freestyle (W)—Last heat of time finals

- 32. 100-yard [100 m] freestyle (M)

- 33. 100-yard [100 m] freestyle (W)

- 34. 200-yard [200 m] backstroke (M)

- 35. 200-yard [200 m] backstroke (W)

- 36. 200-yard [200 m] breaststroke (M)

- 37. 200-yard [200 m] breaststroke (W)

- 38. Three-meter diving (W)—Finals\*

- 39. 400-yard [400 m] freestyle relay (M)

- 40. 400-yard [400 m] freestyle relay (W)

*\*Note: For a detailed schedule of diving, refer to Rule 6-2-2.*

**Four-Day Established Program, Common Site With 1,000-Yard Freestyle**

ARTICLE 7. Following is the recommended established program for either the standard or optional four-day, common-site championships meet. The order shown for men (M) and women (W) in corresponding events should be alternated from year to year.

DAY 1 TRIALS

*Event No.*

- 3. 200-yard [200 m] individual medley (M)

- 4. 200-yard [200 m] individual medley (W)

- 5. 50-yard [50 m] freestyle (M)

- 6. 50-yard [50 m] freestyle (W)

20-minute intermission

- 8. 200-yard [200 m] medley relay (M)

- 9. 200-yard [200 m] medley relay (W)

- 1. 1,000-yard [1,000 m] freestyle (M)—All but last heat of time finals

2. 1,000-yard [1,000 m] freestyle (W)—All but last heat of time finals
7. Three-meter diving (M)—Trials\*

DAY 1 FINALS

1. 1,000-yard [1,000 m] freestyle (M)—Last heat of time finals
2. 1,000-yard [1,000 m] freestyle (W)—Last heat of time finals
3. 200-yard [200 m] individual medley (M)
4. 200-yard [200 m] individual medley (W)
5. 50-yard [50 m] freestyle (M)
6. 50-yard [50 m] freestyle (W)
7. Three-meter diving (M)—Finals\*
8. 200-yard [200 m] medley relay (M)
9. 200-yard [200 m] medley relay (W)

DAY 2 TRIALS

10. 200-yard [200 m] freestyle relay (M)
11. 200-yard [200 m] freestyle relay (W)  
10-minute intermission (optional)
12. 400-yard [400 m] individual medley (M)
13. 400-yard [400 m] individual medley (W)
14. 100-yard [100 m] butterfly (M)
15. 100-yard [100 m] butterfly (W)
16. 200-yard [200 m] freestyle (M)
17. 200-yard [200 m] freestyle (W)  
20-minute intermission
19. 400-yard [400 m] medley relay (M)
20. 400-yard [400 m] medley relay (W)
18. One-meter diving (W)—Trials\*

DAY 2 FINALS

10. 200-yard [200 m] freestyle relay (M)
11. 200-yard [200 m] freestyle relay (W)  
10-minute intermission (optional)
12. 400-yard [400 m] individual medley (M)
13. 400-yard [400 m] individual medley (W)
14. 100-yard [100 m] butterfly (M)
15. 100-yard [100 m] butterfly (W)
16. 200-yard [200 m] freestyle (M)
17. 200-yard [200 m] freestyle (W)
18. One-meter diving (W)—Finals\*
19. 400-yard [400 m] medley relay (M)
20. 400-yard [400 m] medley relay (W)

DAY 3 TRIALS

21. 500-yard [500 m] freestyle (M)
22. 500-yard [500 m] freestyle (W)
23. 100-yard [100 m] backstroke (M)
24. 100-yard [100 m] backstroke (W)

25. 100-yard [100 m] breaststroke (M)
26. 100-yard [100 m] breaststroke (W)
27. 200-yard [100 m] butterfly (M)
28. 200-yard [100 m] butterfly (W)

20-minute intermission

30. 800-yard [800 m] freestyle relay (M)—All but last heat of time finals
31. 800-yard [800 m] freestyle relay (W)—All but last heat of time finals
29. One-meter diving (M)—Trials\*

**DAY 3 FINALS**

21. 500-yard [500 m] freestyle (M)
22. 500-yard [500 m] freestyle (W)
23. 100-yard [100 m] backstroke (M)
24. 100-yard [100 m] backstroke (W)
25. 100-yard [100 m] breaststroke (M)
26. 100-yard [100 m] breaststroke (W)
27. 200-yard [200 m] butterfly (M)
28. 200-yard [200 m] butterfly (W)
29. One-meter diving (M)—Finals\*

30. 800-yard [800 m] freestyle relay (M)—Last heat of time finals
31. 800-yard [800 m] freestyle relay (W)—Last heat of time finals

**DAY 4 TRIALS**

34. 100-yard [100 m] freestyle (M)
35. 100-yard [100 m] freestyle (W)
36. 200-yard [200 m] backstroke (M)
37. 200-yard [200 m] backstroke (W)
38. 200-yard [200 m] breaststroke (M)
39. 200-yard [200 m] breaststroke (W)

20-minute intermission

41. 400-yard [400 m] freestyle relay (M)
42. 400-yard [400 m] freestyle relay (W)

32. 1,650-yard [1,500 m] freestyle (M)—All but last heat of time finals
33. 1,650-yard [1,500 m] freestyle (W)—All but last heat of time finals

40. Three-meter diving (W)—Trials\*

**DAY 4 FINALS**

32. 1,650-yard [1,500 m] freestyle (M)—Last heat of time finals
33. 1,650-yard [1,500 m] freestyle (W)—Last heat of time finals
34. 100-yard [100 m] freestyle (M)
35. 100-yard [100 m] freestyle (W)
36. 200-yard [200 m] backstroke (M)
37. 200-yard [200 m] backstroke (W)
38. 200-yard [200 m] breaststroke (M)

39. 200-yard [200 m] breaststroke (W)
40. Three-meter diving (W)—Finals\*
41. 400-yard [400 m] freestyle relay (M)
42. 400-yard [400 m] freestyle relay (W)

*\*Note: For a detailed schedule of diving, refer to Rule 6-2-2.*

### **Entry Procedure**

*Note: Information regarding qualification and entry into the NCAA championships (all divisions) will be provided in the NCAA Men's and Women's Swimming and Diving Championships Handbook. The NCAA championships handbook shall govern all administrative procedures and protocols for the NCAA championships.*

ARTICLE 8. a. When not entering online, entries for non-NCAA championships must follow the procedures on the entry form as stipulated by the meet host. A non-NCAA championships meet entry form or online entry must be received by the meet manager by the date indicated on the entry form.

*Note: When not entering online, to ensure entries are received by the deadline, it is recommended that priority overnight delivery service be used.*

- b. When entering online for a non-NCAA championship, the procedures written regarding online entry will be followed.
- c. Each entry in an individual or relay swimming event must be accompanied by an entry time that is certified to be the fastest time achieved in bona fide competition by the competitor, or by the institution in the case of a relay entry, during the specified qualifying period as defined in the meet entry information. If a metric time is submitted, the length of the racing course (e.g., 50 meters, 25 meters) must be given. (See Rule 5-2-1-e to determine when an aggregate relay time may be submitted.)
- d. Scratches are to be made by the coach or official representative by depositing scratch cards in the designated scratch box. A scratch verification must be used. All entries not scratched will become official entries. Location and timetable for the scratch boxes must be published.
- e. Each coach or official representative must submit by the scratch deadline a signed list of preliminary dives for each diving entry. The list must have signatures of both the student-athlete and the coach. In the event the student-athlete qualifies for the consolation finals or the championships finals, a list of dives to be performed during those events must be resubmitted.

### **Appeal Procedure**

ARTICLE 9. a. Appeal forms can be obtained from the referee.

- b. The written statement made on the appeal must be submitted to the referee not later than 15 minutes after the finish of the final heat of the event in which the appeal is applicable.
- c. Appeals must be acted upon by the appropriate meet committee. The decision of this committee is final. Any appeal before, during or immediately after a race should be resolved at the earliest opportunity, but not later than immediately following the current session. (See Rule 4-2.)
- d. Appeals may only be lodged for errors in the recording of data, scoring and nonjudgment errors in the application of rules.

## **Challenges**

ARTICLE 10. Challenges to entered times at a championships meet must be made in accordance with the procedure defined in the meet entry information.

## **SECTION 5. Established Program Changes**

A change in an established program (i.e., a change of events or a change in the order of events) may be made if the request (verbal or written) is approved by all participating head coaches at least 10 days before the start of competition.

## **SECTION 6. Default Programs and Events**

Contact between head coaches shall be made at least 10 days before the start of competition to determine the program that is to be used and the distances that are to be contested in all events with multiple distances listed. If contact is not made by the deadline, or if all participating head coaches cannot agree:

- a. The 16-event program shall be used for a men's meet.
- b. The 16-event program shall be used for a women's meet.
- c. A concurrent men's and women's meet shall be conducted rather than separate men's and women's meets.
- d. The 32-event program shall be used for a concurrent men's and women's meet.
- e. The distances marked with an asterisk (\*) shall be contested.
- f. The appropriate established schedule for one-meter and three-meter diving events shall be conducted when a separate diving facility is available. (See Rule 8-1-2.)
- g. If there is a separate diving facility, but there is not mutual consent of the competing coaches (see Rule 8-1-2), the diving competition shall be contested in the agreed-upon established program. (See Rule 8-1-1.)
- h. One heat per event shall be used for a dual, double-dual, triangular and quadrangular meet.
- i. In nonchampionships, the one-meter and three-meter events shall consist of six dives with true degree of difficulty (representing all five diving categories).
- j. In nonchampionships, six dives shall be used in one- and three-meter competition.
- k. In championships without platform competition, the one-meter competition shall consist of six optional dives (both men and women), followed by five voluntary dives. (See Rules 6-2-2-a-1-b, 6-2-2-a-2 and 6-2-2-a-3-b.)
- l. In championships without platform competition, the three-meter competition shall consist of six optional dives (both men and women), followed by five voluntary dives. (See Rules 6-2-2-b-1-b, 6-2-2-b-2 and 6-2-2-b-3.)
- m. In championships with platform competition, the platform competition shall consist of six optional dives (men) and five optional dives (women) and no voluntary dives. (See Rules 6-2-2-c-1-a, 6-2-2-c-2 and 6-2-2-c-3.)

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# **RULE 9**

## **Bona Fide Competition**

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### **Bona Fide Competition**

*Detailed administrative procedures, such as entry and qualifying procedures, for conducting NCAA championships are contained in the current Men's and Women's Swimming and Diving Championships Handbook.*

*Time standards, consideration standards and optional-entry standards for swimming (individual and relay) events and diving events must be achieved in bona fide competition.*

*Bona fide competition is defined as an event that conforms to all NCAA rules relevant to swimming and diving performances. They include the following:*

- Meet is open to the public (spectators);
- Competition is between two or more teams of the same gender at the same time and site, from different collegiate institutions;
- All NCAA competitors must be eligible by NCAA standards;
- Meets must be in institutions' approved competition schedule;
- Meets must have published results; and
- Depending on the governing body, meet official(s) must be qualified and/or certified.

Or

Any bona fide meet that is sanctioned or approved by USA Swimming and USA Diving that follows NCAA rules and regulations.

*Any attempt to circumvent either the intent of a bona fide competition or the application of NCAA-approved starting, judging and timing procedures, is prohibited. Such an attempt may result in severe penalty to both the competitor(s) and the institution(s) involved. Violations of ethical conduct are subject to NCAA Bylaws 10.1, 11.1.1 and 11.1.2.*

*Note 1: Time standards, consideration standards and optional-entry standards may be achieved in exhibition performances that are conducted during bona fide NCAA nonchampionships and relay meets governed by Rule 8-1 through Rule 8-3 of this book (see Rules 3-5-1 and 3-5-3). Times achieved in time-standard trials that are conducted in conjunction with bona fide NCAA nonchampionships, relay and championship meets governed by Rule 8-1 through Rule 8-4 also are acceptable (see Rule 3-5-2). Each competitor or relay team is limited to one time-standard trial per event per meet.*

*Note 2: A time standard, consideration standard or an optional-entry standard may be achieved over an initial distance within any individual or relay race that is conducted according to the criteria established for bona fide competition. This rule applies to competitors who are eligible to score in regularly scheduled and scored events, and to exhibition competitors in such events (see Rule 3-5-1). This*

*rule does not apply to competitors in time-standard trials (see Rule 3-5-2) or to competitors in nonstandard events in invitational meets (see Rule 8-3). That is, time standards, consideration standards and optional-entry standards may not be achieved over initial distances in time-standard trials or over initial distances in nonstandard events in invitational meets. A time that has been achieved by a competitor over an initial distance within a regularly scheduled and scored race shall be nullified if that competitor subsequently is disqualified in that race; however, a time achieved by a competitor during the first leg of a relay race shall not be nullified by the subsequent disqualification of a different member of the same relay team.*

*Note 3: Primary times must be used to achieve time standards, consideration standards and optional-entry standards (see Rule 4-21-2-a, b, c and d). A secondary time may be used only if the primary timing equipment that is employed fails to record a valid primary time. A tertiary time may be used only if both the primary and secondary timing systems fail to provide valid times. Only times that are obtained with timing systems having priority levels of one through three in Rule 4-21-2-a, b, c and d may be used to achieve time standards, consideration standards and optional-entry standards for NCAA championships.*

*Note 4: Time standards, consideration standards and optional-entry standards may be achieved only in 25-yard and 25-meter racing courses. Diving standards must be met in competition on the one-meter and three-meter springboards or five-meter, 7.5-meter or 10-meter platforms.*

*Note 5: The time submitted with each entry must be the fastest time achieved in bona fide competition by the competitor or by the institution in the case of a relay entry during the specified qualifying period as defined in the meet entry information (see Rules 5-2-1 and 8-4-8). The entry time(s) for each institution must be certified to be accurate in a manner as dictated by the meet entry information. The meet entry information should contain details and procedures regarding protests of entry times, any allowable changes or modifications permitted and penalties for times submitted that are contrary to the published entry procedures.*

*Note 6: See the current NCAA Men's and Women's Swimming and Diving Championships Handbook for specified qualifying periods.*

*Note 7: Times achieved at an altitude of 3,000 feet or higher may be adjusted according to the following chart:*

	I 3,000-4,250 Ft. Elevation	II 4,251-6,500 Ft. Elevation	III Above 6,500 Ft. Elevation
100 Yards/Meters (Individual Events).....	.0	.10	.15
200 Yards/Meters (Individual Events).....	.5	1.2	1.6
500 Yards-400 Meters (Individual Events).....	2.5	5.0	7.0
1,000 Yards/800 Meters.....	6.3	11.4	18.5
1,650 Yards/1,500 Meters.....	11.0	20.0	32.5

*Subtract the time above from the actual time achieved. A relay team may use a conversion that is four times the appropriate figures listed above. This is the time to be used on the entry form.*

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# **2012 and 2013 Rules Interpretations**

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The NCAA Men's and Women's Swimming and Diving Rules Interpretations are an official supplement to the NCAA Men's and Women's Swimming and Diving Rules book. The interpretations contain approved rulings that are in accord with those rules.

The interpretations section follows precisely the order of presentation of the official rules and uses corresponding rule, section and article numbers.

All official rules interpretation questions for NCAA competition should be forwarded to the NCAA secretary-rules editor, Brian Gordon, at The College of Saint Rose, 432 Western Avenue, Albany, NY 12203; phone: 518/944-3941; email: [bgordon637@aol.com](mailto:bgordon637@aol.com).

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# **RULE 1**

## **Pool Dimensions and Equipment**

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**SITUATION:** Team A arrives at Team B's facility for a meet. The pool depth at the plummet for the three-meter diving event is 11 feet, 6 inches, which is less than the minimum standard.

**RULING:** If Team A was properly notified by Sept. 1 of the facility limitation, the three-meter diving event is eliminated. Two one-meter diving events can take place. Rule 6-1-2-c applies. If Team A was not properly notified, the second part of Rule 6-1-2-c applies.

**SITUATION:** The water depth at plummet is less than the minimum standards specified in the rules book.

**RULING:** Diving events will be canceled. Rule 1-2-4 applies.

**SITUATION:** An institution builds a new facility to host its swimming and diving team practice and competitions. The competition course is measured and found to be 1/16 inch short of the required 75 feet for a competitive course.

**RULING:** The facility is not acceptable for NCAA competition. While a facility can be +.03 meters greater than 75 feet, it cannot be short. Rule 1-1-3 applies.

**SITUATION:** While observing the start of races, the officials notice that the lane line markings to determine underwater starts are not even. The officials agree to use the marking on the furthest lane line as a default marker for all competitors.

**RULING:** Using lane line markings for the default mark is no longer acceptable. A fixed mark shall be placed on any wall adjacent to an outside lane to correctly align the 15-meter buoys for judging underwater starts/turn distances. The mark on the wall will be considered the default marking for officiating purposes. Rule 1-3-6 applies.

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## **RULE 2**

# **Description of Events and Procedures**

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**SITUATION:** Just before the start of the consolation finals, Swimmer A declares a false start. The referee moves the fastest alternate into the heat and reseeds before the start of the race.

**RULING:** Illegal; Rule 2-1-3-h applies. In a non-NCAA championships and NCAA championships meet, a swimmer may withdraw from a preliminary heat or swim-off by electing to take a declared false start. Declared false starts are not allowed in consolation finals or championships finals.

**SITUATION:** At a championship meet, a swimmer who is entered in the 1,650-yard freestyle, which is being conducted as a timed final event, wishes to take a declared false start just before that swimmer's heat. The referee approves the declared false start and allows the heat to continue with one less swimmer.

**RULING:** This is now legal for the first time with the 2012 and 2013 Rules Book. Rule 2-1-3-h also applies. The option of a declared false start is available for preliminaries, timed final events and swim-offs.

**SITUATION:** Swimmer A has been charged with a false start, but would like to swim the race just for the purpose of competition.

**RULING:** Illegal; Rule 2-1-3-i applies. Any swimmer charged with one false start must be disqualified and shall not swim the race.

**SITUATION:** In a dual meet between two institutions, with one official serving as both Referee and Starter, a swimmer in the 50 freestyle is observed moving slightly as the starting signal is given. The official disqualifies the swimmer after the conclusion of the race due to the false start that was observed.

**RULING:** Illegal. Rule 2-1-3-d states a minimum of two officials (i.e., starter and referee) designated to observe the start are needed for a "no recall false start." In this situation, the officials must recall the heat, apply the false start, disqualify the swimmer involved, and then restart the race.

**SITUATION:** After the start, a breaststroke swimmer in the streamlined position allows his or her hands to separate. At this point, the swimmer does a dolphin kick and then begins the underwater pull action with the arms.

**RULING:** Legal; Rule 2-2-2-b applies. After the start and after each turn, any lateral or downward movement of the hands or arms is considered to be the initiation of the first arm pull.

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# **RULE 3**

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## **Competitors**

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**SITUATION:** In the preliminaries an institution enters a C relay and designates it Exhibition. Swimmer No. 3 jumps, and the relay is disqualified. The coach enters the lead-off swimmer from the C relay into the A relay during the finals.

**RULING:** Illegal; Rule 3-5-1 applies. Exhibition swims are governed by all the rules of the book. The C relay was disqualified, thus no member of that relay can be put in the event or the finals.

**SITUATION:** In the championship final of a conference championship meet, a swimmer elects to swim in a national team swimsuit that carries two logos (a national team logo and a logo of the nation's flag). The suit carries the International Certification Trademark deeming the suit as acceptable under international rules. The officials allow use of the suit.

**RULING:** Illegal; Rule 3-1-1-d states one post-construction impermeable institutional marking or logo that does not exceed nine square inches may be applied to the swimsuit. Additional or alternate logos (i.e., flags, national team emblems) are not permitted.

**SITUATION:** During a dual meet or a championship meet, a competitor wears an illegal swimsuit. The Referee disqualifies the swimmer from the event, but allows the swimmer to compete in their next scheduled event with a new, legal swimsuit.

**RULING:** Rule 3-1-1-k states if a student-athlete competes in an illegal swimsuit, that student-athlete shall be disqualified from that event.

**SITUATION:** At an NCAA championships meet, the table announced several times for all coaches to turn in their 400-yard medley relay cards to the scorers' table. The announcer made a final call. The event was started. While the first heat of swimmers was in the water, Team A, which was scheduled to compete in heat No. 2, turned its relay card in to the scorers' table.

**RULING:** Team A would not be allowed to compete because the relay card was not submitted during the specified time before the start of the event. Rule 3-1-4-b applies. Changes in names of participants are permitted up until the start of the event (the start is considered to be when the referee calls the first heat of the event to the starting blocks).

**SITUATION:** Coach A submits entries for all events of a dual meet by computer. The meet starts, and at the conclusion of the 50-yard freestyle, Coach A decides to make a change in the 200-yard individual medley entry. Coach A turns in a card with the new names of the competitors whom he/she wants to compete in the 200-yard individual medley.

**RULING:** Legal; Rule 3-4-1 applies. This change becomes the official entry. Event changes can be made before the start of each event.

**SITUATION:** Coach B decides to use the card-entry system for a dual meet. Coach B fails to turn in the entry card for the 200-yard backstroke before the start of the event.

**RULING:** There was no official entry submitted, thus the swimmers shall not swim that event and additionally will not be charged with an event. Coach B's team will not receive points for that event.

**SITUATION:** After having failed to make the time standard for the 100-yard freestyle, Swimmer A wishes to attempt another try at the 100-yard time standard while swimming the 200-yard freestyle time-standard trial.

**RULING:** Illegal; Rule 3-5-2 applies. Time standards, consideration standards, optional-entry standards and collegiate records may not be achieved over initial distances in time-standard trials.

**SITUATION:** Following the announcement of qualifiers in the 200 butterfly at either an NCAA championship or a non-NCAA championship meet, a coach wishes to scratch a swimmer from the consolation final to rest the swimmer for the 400 free relay in the final.

**RULING:** Legal. Rule 3-3-4 applies and the swimmer may be scratched within 30 minutes of the announcement and the event is reseeded with the next available qualifier moving up into the consolation final.

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## **RULE 4**

### **Officials and Their Duties**

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**SITUATION:** A referee arrives at a facility and prior to the meet commencing notices that the competition will be taking place in a racing course that has a bulkhead at the turning end. The referee greets the head coaches and begins the meet.

**RULING:** The referee did not complete his required duties in a facility with a bulkhead. Rule 4-6-1-k states that when bulkheads are used at either the start or turning end, the referee shall verify that the competition course measures to the correct distance both before and after each day of competition. Such measurements shall be done by laser with a device provided by the host institution or host facility. Failure to adhere to this requirement shall render any times recorded or records achieved null and void.

**SITUATION:** At a non-NCAA championship event with a meet committee present, during a relay event both takeoff judges observe what they believe to be a slow takeoff with no takeoff violation. The relay judging platform reads -.04, which would require a disqualification and negate the human judges. The takeoff judges alert the referee, who also believes there was a slow takeoff. The referee elects to review videotape to verify the accuracy of the relay judging platforms and overrules the disqualification.

**RULING:** This is acceptable provided videotaping was set up for this express purpose before the meet began. Rule 4-14-7 states that video replay may be used at competitions governed by a meet or games committee composed of representatives of multiple institutions to determine if the electronic judging equipment has failed.

**SITUATION:** At a non-NCAA championship event, the referee chooses to use video to verify the accuracy of a call made by the relay judging platform during the 200 medley relay. The referee observes a swimmer in a different lane who finished his leg of the breaststroke with a one-hand touch finish, and the butterfly swimmer clearly left early. The referee disqualifies the relay team for two different infractions.

**RULING:** This is not permitted. Rule 4-14-7 specifically states that the result of the video is merely to determine if the electronic judging equipment has failed. The video shall not be used to detect early takeoffs or any other rule infractions.

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## **RULE 5**

# **Lanes, Seedings and Qualifying Procedures**

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**SITUATION:** After the preliminaries of the 400-yard freestyle relay, two teams have the same time and must swim off for eighth place. Team A uses the same swimmers from the preliminaries for the swim-off. Team B uses three of the same swimmers and changes the fourth swimmer for the swim-off. Team B wins the swim-off and is placed into the eighth spot, while Team A is placed into the ninth spot.

**RULING:** Legal to switch swimmers; Rule 5-2-1-g states, "... any eligible competitor from the institution may be designated ...."

**SITUATION:** In a swim-off for a full complement of swimmers in the finals of a championships meet, Relay Team B takes a declared false start, and the referee assigns it the lowest position being contested.

**RULING:** Legal; Rule 5-3-3 applies. In the case of disqualification, in this instance a declared false start, in a swim-off, the disqualified competitor or relay team shall be relegated to the lowest position being contested.

**SITUATION:** There is a swim-off for 16th place between two swimmers in the 400-yard individual medley. It is discovered after the swim-off that both swimmers swam in the wrong lane.

**RULING:** According to Rule 3-1-4-c, they both should be disqualified. This leaves 16th place still open. Thus, according to Rule 5-3-3, the two swimmers shall swim off again.

It needs to be remembered, though, that in a championships situation, the meet committee does have the ability to set aside the application of the rule.

**SITUATION:** At an in-season invitational meet involving several institutions, the host institution, in order to create fast swimming in the preliminaries, decides to swim only four swimmers in the championship final in an eight-lane pool. The host will swim eight swimmers in a consolation final and a bonus final at the same meet.

**RULING:** Illegal. Rule 5-1-4 states that for NCAA qualifying times to be accepted, seeding shall follow the accepted seeding procedures of seeding the finals first, then the consolation final and finally any bonus heats. A full complement of entries shall be placed in all heats starting with the fastest heat. Whenever this results in fewer than three entries in the slowest heat, the slowest-seeded entries in the second heat shall be moved into the slowest heat so no heat has fewer than three entries.

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## **RULE 6**

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# **Diving Competition**

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**SITUATION:** During a triangular meet, the diving board breaks and cannot be replaced or fixed.

**RULING:** Rule 6-1-4 applies. The points for the event would be added and divided by the two visiting schools.

**SITUATION:** Diver A places a towel at the end of the platform to use during the dive.

**RULING:** Illegal; Rule 6-3-5-a applies. The towel is not allowed as it is considered a temporary visual aid.

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# **RULE 8**

## **Conduct of Competition**

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**SITUATION:** Upon arriving at the swim site, the referee discovers a schedule change in events because of the limitations of facilities. Coaches have not been notified of these changes, and not all coaches agree on the requested changes.

**RULING:** Use default programs and events as described in Rule 8-6.

**SITUATION:** Three days before their dual meet, the coach of Team A calls the coach of team B and requests that they swim and score two heats per event. Team B's coach does not agree to do this and instead asks that they only swim and score one heat.

**RULING:** Rule 8-6 applies. Such requests and agreements must be made at least 10 days before a meet. Therefore, the original meet format — one heat swum and scored — would be used.

It is important to note that had the call been made 14 days before the meet and the coaches still disagreed on the format of the meet, the default program as found in Rule 8-6-h would be used.

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# Appendix A

## Records

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### SECTION 1. Collegiate Records

#### General

ARTICLE 1. The performance for which any record is claimed must be made in a race that is a regular part of a nonchampionships, relay, non-NCAA championships or NCAA championships meet. Only the performance of the first-place winner will be recognized as the record time. Record times will be recognized for performances by a competitor who swims the first leg of a relay race. A record established by a competitor during the first leg of a relay race shall not be nullified by the subsequent disqualification of a different member of the same relay team. No records will be recognized when achieved in events closed to one institution, or in time trials, time-standard trials, record trials, or special events that do not count in the scoring of the meet being conducted.

#### Automatic Timing Device

ARTICLE 2. Only times that are recorded by an automatic timing device will be used for record recognition. These times are to be recorded to one-hundredth of a second.

If recorded in thousandths of a second, the final digit will be dropped and there will be no rounding to hundredths for recording purposes (Example: 58:159 = 58.15 and 58:151 = 58:15).

#### National Collegiate Records

ARTICLE 3. National collegiate men's and women's records will be registered only when established by students who are members of a collegiate swimming team and who are representing their institutions in bona fide competition. These records must be made in a 25-yard, 25-meter or 50-meter racing course. Records will be recognized in short-course yards and in short- or long-course meters. Records will be recognized in the following events:

50-yard freestyle	100-yard freestyle	200-yard freestyle
50-meter freestyle	100-meter freestyle	200-meter freestyle
500-yard freestyle	100-meter breaststroke	200-yard freestyle relay
400-meter freestyle	200-yard breaststroke	200-meter freestyle relay
1,000-yard freestyle	200-meter breaststroke	400-yard freestyle relay
800-meter freestyle	100-yard butterfly	400-meter freestyle relay
1,650-yard freestyle	100-meter butterfly	800-yard freestyle relay
1,500-meter freestyle	200-yard butterfly	800-meter freestyle relay
100-yard backstroke	200-meter butterfly	200-yard medley relay

100-meter backstroke	200-yard individual medley	200-meter medley relay
200-yard backstroke	200-meter individual medley	400-yard medley relay
200-meter backstroke	400-yard individual medley	400-meter medley relay
100-yard breaststroke	400-meter individual medley	One-meter diving Three-meter diving Platform diving

*Note: Records may be set over an initial distance within any standard individual or relay race that is conducted in bona fide competition. (See Rule 9 for a description of bona fide competition.)*

## **SECTION 2. Application for Records**

### **Application Forms**

ARTICLE 1. Printed application forms may be obtained from the secretary-rules editor of the NCAA Men's and Women's Swimming and Diving Committee.

A reproduced form on paper 8½ by 11 inches in size will be acceptable, provided it presents the same information in the same way as the official forms.

### **Required Data**

ARTICLE 2. The application for record must bear the following information:

- a. Date of application.
- b. Full name of competitor.
- c. Nature of record (national collegiate, division, etc.).
- d. Institution competitor represents.
- e. Name of event and distance; time claimed.
- f. Nature of competition (nonchampionships or championships).
- g. Place where competition was held; date performance was achieved.
- h. Name of pool and actual measurement of racing course accompanied by a certificate of measurement signed by an engineer or surveyor indicating the length in feet, inches and fractions of the inch (or metric dimensions) of the racing course, together with a statement of the conditions under which the racing course was measured. Such certificates need to be filed only once, and need not accompany subsequent record applications for the same racing course, unless any structural change has been made affecting the length of the racing course, in which case a new certificate must be furnished.
- i. Signatures of the referee and the starter testifying it to be a record-breaking performance of the applicant and certifying that all of the rules as herein set forth were strictly adhered to.
- j. Where a movable bulkhead or bridge is used, course measurement by an official must be confirmed for each session of competition.
- k. Signature of the head judge or electronic timing system operator, certifying the time recorded by an automatic timing device.

### **Filing Directions**

ARTICLE 3. The official application form should be mailed to Brian Gordon, senior associate director of athletics, The College of Saint Rose, 432 Western Avenue, Albany, NY 12203.

## Time Standards

All time standards for Division I, II and III men and women may be found at [www.NCAA.org](http://www.NCAA.org) and in the NCAA championships handbook.

## All Conversion Tables

*Note: These conversions may not be the same as those conversions used for NCAA championships qualification. For those conversion tables, please refer to the NCAA championships handbook:*

To convert a metric time achieved in a 25-meter or 50-meter racing course to an equivalent time for a 25-yard racing course: (a) transform the achieved metric time into seconds; (b) carrying the calculation out to five decimal places, multiply the transformed time in seconds by the appropriate following conversion factor; (c) drop, without rounding, all units smaller than a hundredth of a second; and (d) finally, transform the resultant value in seconds back into minutes and seconds to obtain the converted time. For example, a men's 200-meter breaststroke time of 2:16.71, achieved in a 50-meter racing course, is converted to an equivalent time for a 25-yard racing course as follows:

$$\begin{aligned}
 2:16.71 &= 136.71 \text{ seconds} \\
 136.71 \times 0.858 &= 117.29718 \text{ seconds} \\
 117.29718 \text{ seconds} &= 117.29 \text{ seconds} \\
 117.29 \text{ seconds} &= 1:57.29
 \end{aligned}$$

### Short-Course Conversion Factors (Men and Women)

EVENT	FACTOR
400 meters to 500 yards	1.143
800 meters to 1,000 yards	1.143
1,500 meters to 1,650 yards	1.003
All other events	0.896

### Long-Course Conversion Factors (Men)

EVENT	FACTOR	EVENT	FACTOR
50-meter freestyle	0.860	100-meter breaststroke	0.856
100-meter freestyle	0.863	200-meter breaststroke	0.858
200-meter freestyle	0.865	200-meter individual medley	0.857
400-meter freestyle	1.105	400-meter individual medley	0.865
1,500-meter freestyle	0.965	200-meter freestyle relay	0.860
100-meter butterfly	0.868	400-meter freestyle relay	0.863
200-meter butterfly	0.866	800-meter freestyle relay	0.867
100-meter backstroke	0.835	200-meter medley relay	0.858
200-meter backstroke	0.849	400-meter medley relay	0.856

### Long-Course Conversion Factors (Women)

EVENT	FACTOR	EVENT	FACTOR
50-meter freestyle	0.871	100-meter breaststroke	0.870
100-meter freestyle	0.874	200-meter breaststroke	0.878
200-meter freestyle	0.874	200-meter individual medley	0.867
400-meter freestyle	1.112	400-meter individual medley	0.876
1,500-meter freestyle	0.975	200-meter freestyle relay	0.871

100-meter butterfly	0.877	400-meter freestyle relay	0.874
200-meter butterfly	0.881	800-meter freestyle relay	0.874
100-meter backstroke	0.853	200-meter medley relay	0.869
200-meter backstroke	0.857	400-meter medley relay	0.868
Men's 800 meters (LC) to 1,000 yards	1.105	Women's 800 meters (LC) to 1,000 yards	1.120

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# Appendix B

## Concussions

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A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. **Concussions can occur without loss of consciousness or other obvious signs.** A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

**Recognize and Refer:** To help recognize a concussion, watch for the following two events among your student-athletes during both meets and practices:

1. A forceful blow to the head or body that results in rapid movement of the head.

**-AND-**

2. Any change in the student-athlete’s behavior, thinking or physical functioning (see signs and symptoms).

### SIGNS AND SYMPTOMS

#### Signs Observed By Coaching Staff

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forgets plays.
- Is unsure of score or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows behavior or personality changes.
- Can’t recall events before hit or fall.
- Can’t recall events after hit or fall.

#### Symptoms Reported By Student-Athlete

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light.
- Sensitivity to noise.
- Feeling sluggish, hazy, foggy or groggy.
- Concentration or memory problems.
- Confusion.
- Does not “feel right.”

An athlete who exhibits signs, symptoms or behaviors consistent with a concussion, either at rest or during exertion, should be **removed immediately from practice or competition** and should not return until cleared by an appropriate health care professional. Sports have injury timeouts and player substitutions so that student-athletes can get checked.

#### IF A CONCUSSION IS SUSPECTED:

1. **Remove the student-athlete from play.** Look for the signs and symptoms of concussion if your student-athlete has experienced a blow to the head. Do not allow the student-athlete to just “shake it off.” Each individual athlete will respond to concussions differently.

2. **Ensure that the student-athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Immediately refer the student-athlete to the appropriate athletics medical staff, such as a certified athletic trainer, team physician or health care professional experienced in concussion evaluation and management.
3. **Allow the student-athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the athlete to establish the appropriate time to return to play. A return-to-play progression should occur in an individualized, step-wise fashion with gradual increments in physical exertion and risk of contact. Follow your institution's physician supervised concussion management protocol.
4. **Develop a game plan.** Student-athletes should not return to play until cleared by the appropriate athletics medical staff. In fact, as concussion management continues to evolve with new science, the care is becoming more conservative and return-to-play time frames are getting longer. Coaches should have a game plan that accounts for student-athletes to be out for at least the remainder of the day.

For further details please refer to the “NCAA Sports Medicine Handbook Guideline on Concussions” or online at [www.NCAA.org/health-safety](http://www.NCAA.org/health-safety) and [www.CDC.gov/Concussion](http://www.CDC.gov/Concussion).

*Reference to any commercial entity or product or service on this page should not be construed as an endorsement by the Government or its products or services.*

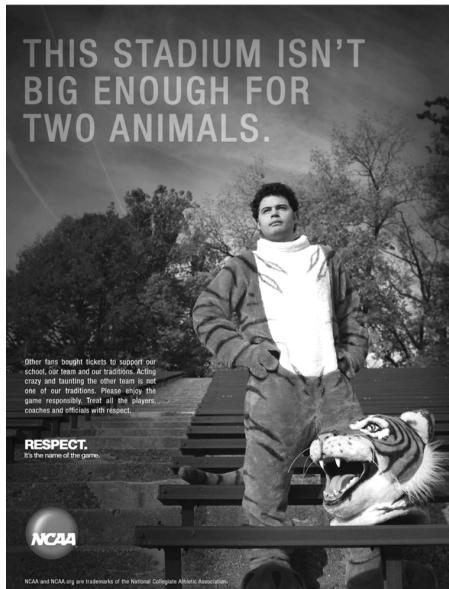
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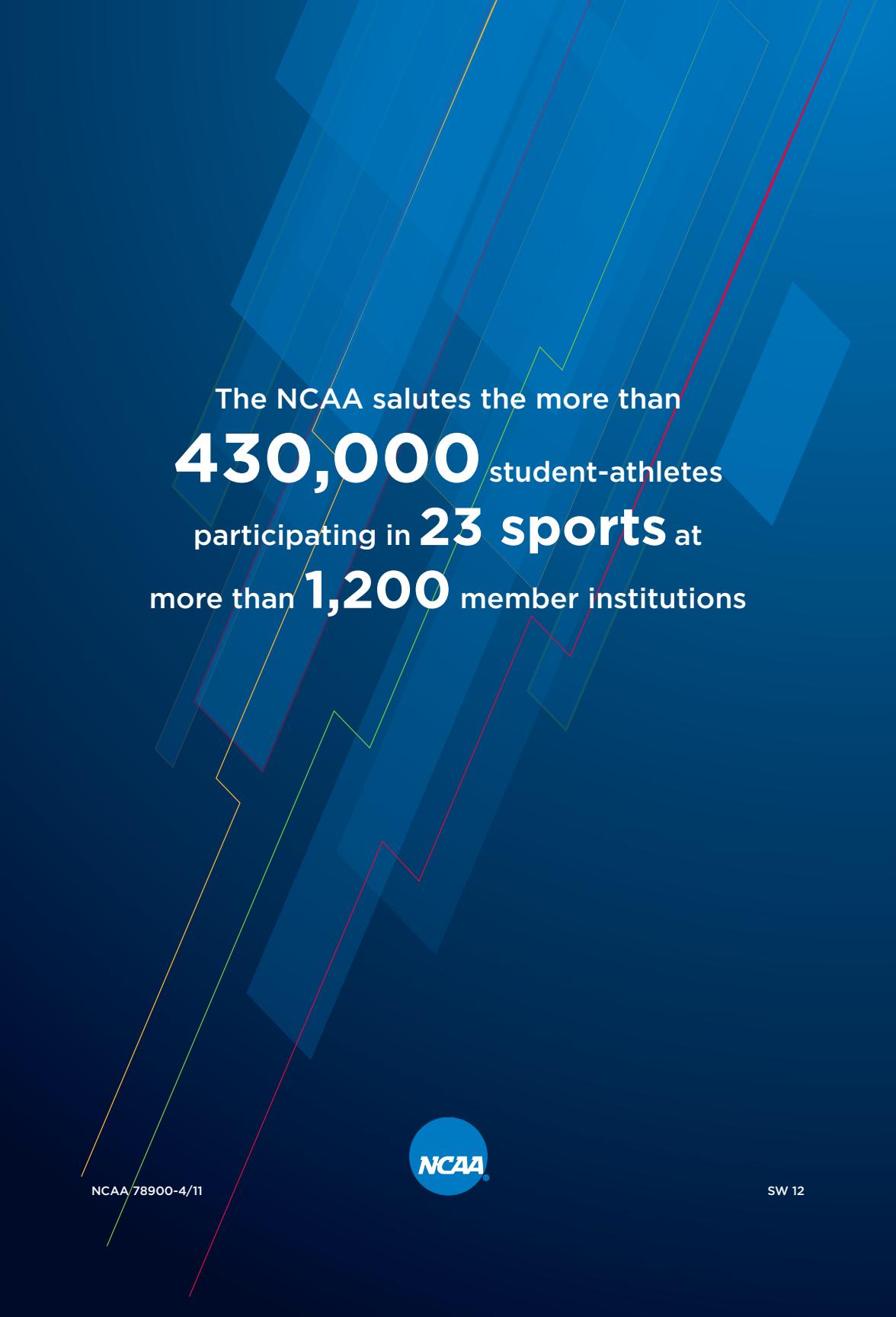




Sportsmanship is a core value of the NCAA. The NCAA Committee on Sportsmanship and Ethical Conduct has identified **respect** and **integrity** as two critical elements of sportsmanship and launched an awareness and action campaign at the NCAA Convention in January 2009.

Athletics administrators may download materials and view best practices ideas at the website below: **www.NCAA.org**, then click on “Student-Athlete Programs,” then “Sportsmanship” and select the “Resources/Best Practices” tab.





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**430,000** student-athletes  
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