

Relays (July 27, 2017)

10 & under girls 200 yards/meters freestyle 10 & under boys 200 yards/meters freestyle
14 & under girls 200 yards/meters freestyle 14 & under boys 200 yards/meters freestyle
18 & under coed freestyle relay - 2 males & 2 females

- **FALSE START RULE:** Each swimmer is allowed one false start. (March 27, 2007; May 17, 2011; July 27, 2017)
- **DUAL MEET PROTEST COMMITTEE:** shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during a meet. Judgment calls are not subject to review. The decision of the meet committee is final. *Committee Members:* 1 Coach per team, 1 Team Representative and the Meet Official. (January 18, 2001)

C. Dives – required/optional & rules

- A 101A, 101B or 101C dive will be the required dive for all contestants and must be done as the first dive of the event in Dual Meets/Champs/All Stars. (July 26, 2007)
- Each contestant may select three optional dives; however, of the total of four dives by each contestant, three groups must be represented.
- The required dive may not be used as one of the optional dives.
- An optional dive group may be repeated, but not the optional dive.
- All optional dives must be listed in the official NFHS Handbook.
- Once a diver is on the board, coaches cannot say anything to the diver, or the diver will be disqualified. (July 28, 2005)
- A diver shall make a sincere attempt to perform a dive. Penalty: disqualification.
- A diver is DQ'd and shall perform no further dives if he/she fails 2 dives.

D. Diving Entries/Sheets

- A team may enter up to 3 divers per age group to correspond with the number of lanes the pool has. (July 29, 2004). TO CLARIFY: a 4 lane pool may only enter 2 divers per gender, per age group, yet a 6 lane pool can dive 3 divers per gender, per age group.
- When both teams have a diving program/divers, diving is considered an event in dual meets.
- If a team does not have a diving program and the opposing team does, diving is allowed (provided there is a diving board). DIVING DOES NOT COUNT AS AN EVENT AND POINTS ARE NOT SCORED. (July 27, 2017) Divers are therefore eligible to compete in 3 individual and 1 relays swim events.
- Diving Sheets must be handed to the official 15 minutes before the start of the meet. (July 28, 2005). Exhibition divers MUST be determined at this time.
- A diver may participate in a max of 4 events, (diving and/or swimming) one of which must be a relay. {3 individual events and one relay OR 2 individual events and 2 relays}. (July 28, 2005)