

**NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS**



**NEWS RELEASE**

**Freestyle Turn Position Clarified in High School Swimming and Diving**

**FOR IMMEDIATE RELEASE**

Contact: Sandy Searcy

INDIANAPOLIS, IN (April 19, 2016) — At its March 21-23 meeting in Indianapolis, the National Federation of State High School Associations (NFHS) Swimming and Diving Rules Committee approved a change to the freestyle portion of the individual medley and medley relay as it relates to body position. An addition to Rule 8-2-4c will read as follows: “The final leg of the individual medley and the medley relay requires the swimmer to be at or past vertical toward the breast before any stroke, kick or propulsive motion.”

This revision was one of several changes recommended by the Swimming and Diving Rules Committee and subsequently approved by the NFHS Board of Directors.

The committee also approved a change in the current practice of determining a final time when a touch pad malfunctions in a lane. Searcy said that research has shown that the current practice of calculating the average difference between the primary and backup timing systems, and adjusting the backup time in the malfunctioning lane(s), does not improve the accuracy of the times.

“Using the backup time without adjustment results in a final time that is just as accurate and avoids a mathematical exercise which is both time-consuming and difficult to perform during a meet,” Searcy said.

In addition, the committee defined a deck change as “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes.” Beginning with the 2016-17 season, any team personnel/competitor involved in “deck changing” will be assessed a penalty for unsporting conduct, which would disqualify an individual from further participation in a meet.

In diving, the committee approved two rules changes and made three revisions in the

official diving chart. In an effort to minimize risk, the committee ruled that a dive is failed if, in the diving referee's opinion, the diver "performs an additional bounce(s) on the end of the board after the culminating hurdle."

"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," Searcy said. "The diver should not be permitted to perform an additional bounce just prior to the takeoff."

In Rule 9-5-5, the committee added clarity and consistency to the balk call, requiring a diver to actually commence, then stop the dive.

In the official listing of approved dives, the committee eliminated the Flying Back 1 SS (212) and the Flying Reverse SS (312), and added a new dive – the Forward 2 SS 1 Twist – with degrees of difficulty of 2.6 (tuck) and 2.7 (pike).

Swimming and diving ranks No. 8 in popularity among girls with 166,838 participants and No. 10 among boys with 137,087 participants, according to the 2014-15 NFHS Athletics Participation Survey.