

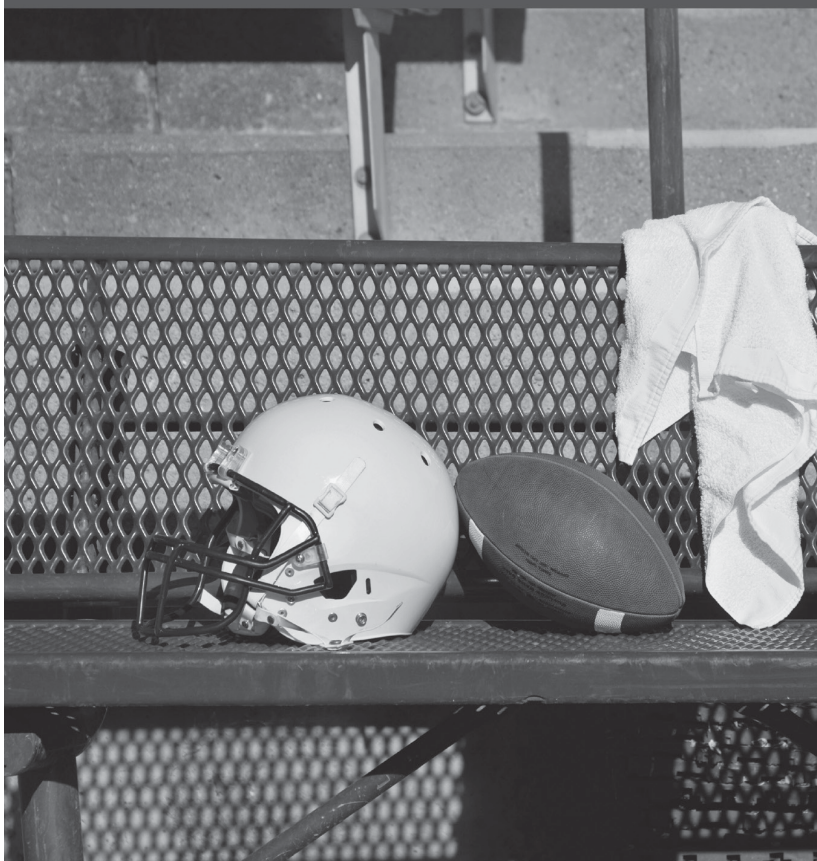


SWIMMING & DIVING

***2025-26 AND 2026-27
RULES BOOK***

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CONCUSSION

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2025-26 and 2026-27 NCAA MEN'S AND WOMEN'S SWIMMING AND DIVING RULES



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NCAA Men's and Women's Swimming and Diving Rules Committee

The chart below lists the members of the committee who voted on and approved the rules included in this edition of the book. This information is being included for historical purposes.

Name	Institution	Term Expiration
Susan Bromberg	University of Illinois Chicago	8-31-28
David Fritz	Grove City College	8-31-28
Eileen Hall	Saint Michael's College	8-31-25
Abigail Howard	U.S. Military Academy	8-31-27
Greg Lockard*	Secretary-Rules Editor	8-31-29
Brian Peresie	University of Akron	8-31-28
Gregory Spicka	Widener University	8-31-27
Chris Villa	Indiana University of Pennsylvania	8-31-26
John Young	Davidson College	8-31-26

*Non-voting member

**Eligible for reappointment.

The NCAA Men's and Women's Swimming and Diving Rules Committee roster is available online at [NCAA.org/ncaa-playing-rules](https://www.ncaa.org/ncaa-playing-rules).

Major Rules Changes for 2025-26 and 2026-27

The figures below refer to rule, section and article, respectively. Each changed or altered segment is identified in the rules by a shaded background.

2-2.9.b	Permissible Use of Underwater Cameras.....	25
4-2	Meet Committee.....	33
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Significant Editorial Changes for 2025-26 and 2026-27

These are additions/clarifications/deletions to the rules book. Some have been part of past interpretations and custom, while others are minor editorial changes to ensure clarity; and in some cases, to bring the language into alignment with World Aquatics and USA Swimming.

Rule	Change
1-3.10 Backstroke Flags.....	Interpretation
1-3.12 Water and Air Temperatures	Clarification
1-4.1 Diving Boards	Clarification
1-4.3 Water Agitation	Clarification
2-1.1 Start.....	Clarification
4-6 Referee.....	Correction
4-11 , 13 , 15 , 17-18 , 21-22 , 24 Officials' Titles.....	Correction
4-27.2.a Diving Officials	Correction
8-4.1 Established Programs.....	Interpretation
Appendix B Meet Formats	Clarification
Appendix C Records.....	Clarification

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 Appendix A 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.

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 "should" or "may" and have the flexibility to be changed with mutual (unanimous) consent. Rules using the verb "recommended" are strictly recommendations of the NCAA Swimming and Diving Rules Committee.

For a meet to be considered bona fide competition, all of the components of Rule 9 must be adhered to. The achievement of time standards, consideration time standards, and optional entry standards must be achieved in bona fide competition, which is detailed in Rule 9 of this rule book.

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 Rules Committee requests coaches' input on rules changes during rule making years in February and issues a rules survey in April. Rules changes are considered and voted on by the committee at its annual meeting, 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 Sept. 2027.

Greg Lockard 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. Lockard at greg@swimdiverules.com or 973-486-5501. Coaches are asked not to request interpretations during the course of a meet or competition. Requests for interpretations during a meet or competition should come directly from the meet referee.

Ethical Behavior of Coaches and Student-Athletes

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, coaches 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 the NCAA Bylaws.
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.
6. Coaches are to ensure student-athletes put forth an honest effort in all competitions. Failure to show an honest effort could be considered an act of improper conduct (Rule 2-5-6) and result in disqualification and/or disciplinary action by the referee or meet committee.

RULE 1

Pool Dimensions and Equipment

Note: As it pertains to rules regarding dimensions and facility requirements, "The NCAA reminds you that you should conduct all of your competitions in accordance with local and state laws and regulations regarding facilities, and that the NCAA playing rules do not supplant or supersede those laws and regulations."

SECTION 1. POOL DIMENSIONS [RECOMMENDED]

Long-Course Swimming

- Art. 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 optimal competitive conditions. 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

- Art. 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 25 yards [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 optimal competitive conditions.
 2. For short-course meters, the racing course be 25 meters, [82 ft. 1/4 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 optimal competitive conditions.

- b. For existing facilities, it is acceptable that:
1. For short-course yards, the racing course be 25 yards [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. 1/4 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.

Dimensional Tolerance

Art. 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

- Art. 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 following pages.
- 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.
- c. For synchronized diving, it is recommended that at least two springboards at the same height should be placed side by side and no object should obstruct the visibility in any part of the dive between divers.

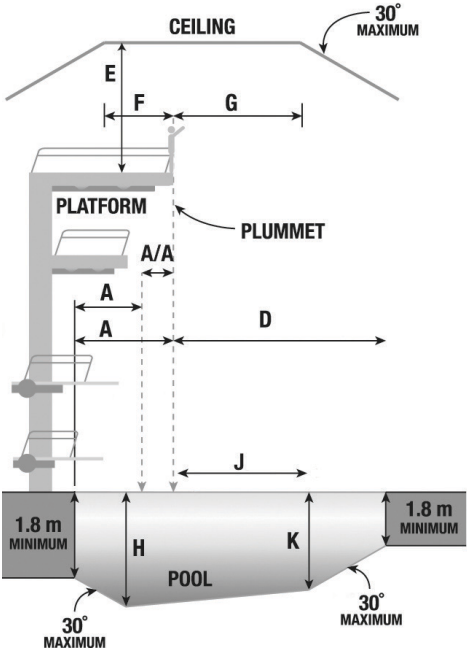
Note: The above dimensions may be incorporated in "L," "I," "Z" and "U" shaped pools.

The following are recommendations for NCAA Diving competition. "The NCAA reminds you that you should conduct all of your competition in accordance with local and state laws and regulations regarding facilities, and that the NCAA playing rules do not supplant or supersede those laws or regulations."

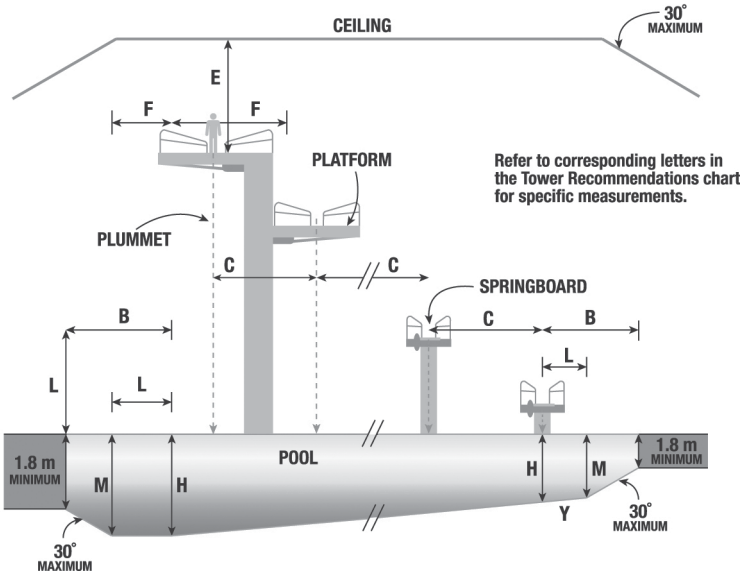
Tower Recommendations

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	1'8"	1'8"		8'6" 9'10"	(min) (pref)	6'7" 9'10"	(min) (pref)	9'10"							
Revised July, 2019		HEIGHT	3'4"		9'10"		16'5"		24'8"		32'10"						
			Horiz.	Vert.	Horiz.	Vert.	Horiz.	Vert.	Horiz.	Vert.	Horiz.	Vert.					
A	From plummet BACK TO POOL WALL FOR CONCRETE PLATFORMS	Designation	A-1		A-3		A-5		A-7.5		A-10						
		Minimum	7'4"		7'4"		4'2"		4'2"		5'						
		Preferred	7'4"		7'4"		4'2"		4'2"		5'						
A	From plummet BACK TO POOL WALL FOR METAL STANDS OR PEDESTALS	Designation	A-1		A-3		A-5		A-7.5		A-10						
		Minimum	5'		5'												
		Preferred	5'11"		5'11"												
A/A	From plummet BACK TO PLATFORM plummet directly below	Designation					A/A5		A/A7.5		A/A10						
		Minimum					2'6"		2'6"		2'6"						
		Preferred					4'2"		4'2"		4'2"						
B	From plummet to POOL WALL AT SIDE	Designation	B-1		B-3		B-5		B-7.5		B-10						
		Minimum	8'3"		11'6"		11'2"		14'10"		18'11"						
		Preferred	8'3"		11'6"		12'10"		15'7"		18'11"						
C	From plummet to ADJACENT PLUMMET	Designation	C-1		C-3-3, 3-1		C-5-3,5-1		C-7-5-5,3,1		C-10-7-5,5,3,1						
		Minimum	6'7"		7'3"		7'11"		9'1"		10'8"						
		Preferred	7'1"		8'3"		8'9"		9'1"		10'8"						
D	From plummet to POOL WALL AHEAD	Designation	D-1		D-3		D-5		D-7.5		D-10						
		Minimum	29'7"		33'8"		33'8"		36'2"		44'4"						
		Preferred	29'7"		33'8"		33'8"		36'2"		44'4"						
E	On plummet from BOARD TO CEILING	Designation	E-1		E-3		E-5		E-7.5		E-10						
		Minimum	16'5"		16'5"		10'8"		10'8"		13'2"						
		Preferred	16'5"		16'5"		11'6"		11'6"		16'5"						
F	CLEAR OVERHEAD behind and each side of plummet	Designation	F-1	E-1	F-3	E-3	F-5	E-5	F-7.5	E-7.5	F-10	E-10					
		Minimum	8'3"	16'5"	8'3"	16'5"	9'1"	10'8"	9'1"	10'8"	9'1"	13'2"					
		Preferred	8'3"	16'5"	8'3"	16'5"	9'1"	11'6"	9'1"	11'6"	9'1"	16'5"					
G	CLEAR OVERHEAD ahead of plummet	Designation	G-1	E-1	G-3	E-3	G-5	E-5	G-7.5	E-7.5	G-10	E-10					
		Minimum	16'5"	16'5"	16'5"	16'5"	16'5"	10'8"	16'5"	10'8"	19'9"	13'2"					
		Preferred	16'5"	16'5"	16'5"	16'5"	16'5"	11'6"	16'5"	11'6"	19'9"	16'5"					
H	DEPTH OF WATER at plummet (minimum required)	Designation	H-1		H-3		H-5		H-7.5		H-10						
		Minimum	11'2"		12'2"		12'2"		13'6"		14'10"						
		Preferred	11'6"		12'2"		12'6"		14'10"		16'5"						
J-K	DISTANCE AND DEPTH ahead of plummet	Designation	J-1	K-1	J-3	K-3	J-5	K-5	J-7.5	K-7.5	J-10	K-10					
		Minimum	16'5"	10'10"	19'9"	11'10"	19'9"	11'10"	26'3"	13'2"	36'2"	14'					
		Preferred	16'5"	11'2"	19'9"	12'2"	19'9"	12'2"	26'3"	14'6"	36'2"	15'8"					
L-M	DISTANCE AND DEPTH each side of plummet	Designation	L-1	M-1	L-3	M-3	L-5	M-5	L-7.5	M-7.5	L-10	M-10					
		Minimum	5'	10'10"	6'7"	11'10"	9'11"	11'10"	12'4"	13'2"	14'10"	14'					
		Preferred	6'7"	11'2"	8'3"	12'2"	11'6"	12'2"	14'10"	14'6"	17'3"	15'7"					
N	MAXIMUM SLOPE TO REDUCE DIMENSIONS beyond full requirements	Pool depth Ceiling Ht.	30 degrees 30 degrees	Note 1: Dimensions C (plummet to adjacent plummet) apply for platforms with widths as detailed. For wider platforms increase C by half the additional width(s). Note 2: All dimensions rounded up, even if only fractionally greater than the next lowest inch.													

Side View



Front View



SECTION 2. POOL DIMENSIONS [REQUIRED]

Starting Depth

Art. 1. For all championship and non-championship competitions, the area of depth shall be not less than 4 feet [1.22 m] at the starting end of the racing course.

Number of Lanes

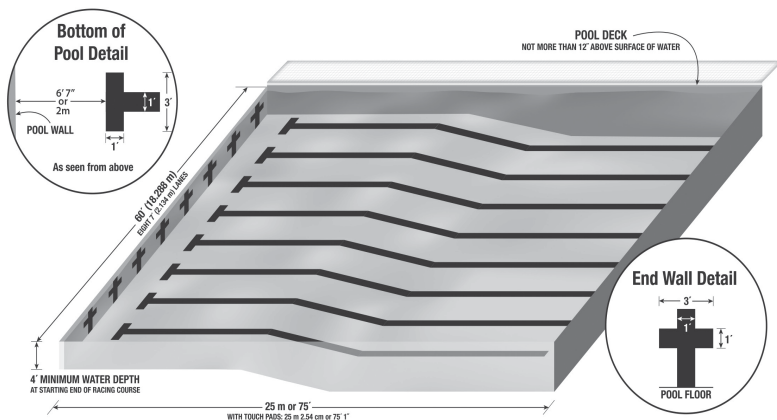
Art. 2. All championship swimming competitions shall be conducted in racing courses having a minimum of six, 6-foot [1.83 m] lanes. It is recommended that the racing course has a minimum of eight, 6-foot lanes.

Standard Length

Art. 3. All championship swimming competitions shall be conducted in racing courses of standard length (25 yards, 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

Art. 4. For all championship and non-championship springboard and platform diving competitions, the water depths at the plummet shall be not less than the minimum standards specified in the table on Page 9.



SECTION 3. GENERAL

Facility Adaptations

Art. 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

Art. 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

Art. 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

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

Lighting

Art. 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] at water level 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

Art. 6. Pool bottom lane markers: Minimum 10 inch (25 centimeter) wide lines of a dark contrasting color (preferably black) shall be provided in the middle of each racing lane on the bottom of the pool. The lines should be uninterrupted

the length of the course and shall end with a distinctive cross line 1.0 meters (3 feet 4 inches) long and the same width as the bottom marker. The line, including the cross line, shall terminate 2.00 meters (6 feet 7 inches) from each end wall.

End wall targets: Flush, non-slip targets in a shape of a "T" or a cross and the same width as the lane bottom markers shall be provided in the center of each lane on each end wall of the course and shall extend at least 3 feet 4 inches (1.0 meters) below the level of the water surface. It is recommended that the top edge of the deck be of a contrasting color to provide a visual target above water at the end of the course.

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. 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].

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

Art. 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. A fixed mark shall be placed on any wall adjacent to an outside lane to correctly align the 15-meter buoys for judging underwater start/turn distances. The mark on the wall will be considered the default marking for officiating purposes.

PENALTY for Art. 6 and Art. 7: Failure to provide such markings will result in forfeiture of the meet by the host institution.

Starting Platforms

Art. 8. Starting platforms are required for championship 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. The starting blocks and any additions to the blocks must be identical for all competitive lanes.

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

It is recommended that clear directions be given prior to the beginning of competition regarding the use of the starting block wedges and conditions of when and how they can be removed and returned to the starting block

For Relay takeoffs, use of the starting block wedge is permitted, however, the take-off must occur from the relay-judging platform or the starting block, not from the wedge. Placement of the wedge at the front of the starting block and using it as the take-off point is not permitted. A "step-over start" is permitted, provided the swimmer's point of take-off is from the starting block not the wedge.

Overflow System

Art. 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 Flags and Lines

Art. 10. At least three triangular pennants six (6) to twelve (12) inches in width at the base and twelve (12) to eighteen (18) inches in vertical length, of two or more alternating and contrasting colors shall be suspended on a firmly stretched line over each lane during all warm-up periods and during competition for all backstroke, individual medley and medley relay events.

For short course they shall be located 15 feet (4.57 meters) from each end of the course and 7 feet (2.13 meters) above the water surface. For short course and long course meters, they shall be 5 meters (16 feet, 5 inches) from each end of the course and 7 feet (2.13 meters) above the water surface. The height shall be measured to the horizontal line from which the pennants are suspended. In any event in which the backstroke is swum, failure to provide these pennants shall result in disqualification of the host competitors, and the event shall not be contested.

Lane-Line Anchors—Floats

Art. 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

Art. 12. Water temperature between 77 and 82.4 degrees Fahrenheit [25° and 28°C] shall be maintained for competition. Air temperature within 8 feet above deck level shall not be lower than 76 degrees Fahrenheit with a relative humidity maintained at about 60% and air velocity at about 25 feet per minute. It is

recommended that in separate diving pools the water should be between 82 and 86 degrees Fahrenheit [28° and 30°C] for competition.

SECTION 4. EQUIPMENT

Diving Boards

Art. 1. a. The diving boards shall be 1 meter and 3 meters above the water level.

The height of the springboards above the water level may vary by plus 0.05 meters (2 inches) and minus 0.00 meters (0 inches) from the heights prescribed in the rules. The springboard shall be approximately 16 feet [4.87 m] long and by 20 inches [50.80 cm] wide and shall be covered along the whole length with adequate slip-resistant material.

b. For pedestals and metal stands, the front edge of the board shall project at least four feet 11 inches (1.50 meters), and preferably five feet 11 inches (1.80 meters), beyond the edge of the pool.

For short stands mounted on a platform, the front edge of the fulcrum box shall be no more than 17.33 inches (0.44 meters) and preferably 17.33 inches (0.44 meters) from the front edge of the platform.

It is recommended that three-meter springboard stands be equipped with the safeguard rails that extend at least to the pool edge and that will prevent divers from falling off the board onto the deck at the sides.

c. It is required that all diving boards equipment be installed and maintained according to the manufacturer's requirements.

d. The diving board shall be installed so that the board is level when the movable fulcrum is in all positions.

e. A mechanically adjustable fulcrum of a type readily moveable between dives shall be required for both one-meter and three-meter standards. Manufacturers' specifications should be followed for all springboards and fulcrum locations and the dimensions of fulcrum to anchor should comply with the usable dimensions of the diving board to allow proper functioning of the board.

Equipment Failure

Art. 2. If a diving board breaks or is unusable, the host institution must provide another immediately.

Water Agitation for Diving

Art. 3. Mechanical surface agitation under the diving boards and platforms is recommended to aid the divers in their visual perception of the pool.

Automatic Judging and Timing Equipment

Art. 4. 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 1-1-2-a-1, 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

Art. 5. 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 local and municipal 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

Art. 6. Visual counters shall be provided by the host institution for freestyle races 16 lengths or longer, if the competitor chooses to have a visual count (Rule 2-3-1). 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 utilized.

New Equipment

Art. 7. The NCAA Men's and Women's Swimming and Diving Rules 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 Rules 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 Rules 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 Rules Committee for review before production.

RULE 2

Description of Events and Procedures

SECTION 1. THE OFFICIAL START

Start

Art. 1. For each heat, after any introductions are completed and all swimmers have removed their clothing, except for swimwear, the Referee shall signal the commencement of the heat by a short series of whistles inviting them to get ready at the starting end. This is followed by a long whistle indicating they should take their positions on the starting platform or for backstroke swimming and medley relays to immediately enter the water. A second long whistle shall bring the backstroke and medley relay swimmer immediately to the starting position. When the swimmers and officials are prepared for the start, the referee shall signal to the starter with an outstretched arm, indicating that the swimmers are under the starter's control. The outstretched arm shall stay in that position until the start is given. On the starter's command "take your marks," the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.

When a swimmer does not respond promptly to the command "take your marks," the starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks. A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed.

Deaf and hard of hearing swimmers require a visual starting signal (i.e., a strobe light and/or starter's arm signals). The referee may reassign lanes within the swimmer's heat in a non-championship meet (i.e., exchanging one lane for another) so that the strobe light or starter's arm is visible to the competitor. The starter will use visual signals as demonstrated in Figure 1 and 2 (NOTE: See accompanying diagram). The referee will notify the affected heat if a deaf and/or hard of hearing competitor is competing. A false start rope is required in the event of a recall, provided that the host institution is notified at least 10 days prior to the event/meet that a deaf or hard of hearing swimmer will be participating. A strobe light shall be located where the swimmer can clearly see it from the start.

It is permissible to use a lighting system (i.e., a lighting system using LED, strobe lights, etc.) in addition to hand signals used for the start of races involving deaf and hard of hearing swimmers. The lighting system, using either LED or

strobe lights, can be used to mimic the audio (whistle) and hand/arm commands of the referee and starter. The system must be fully integrated with the existing automatic timing system.

105.3 DEAF AND HARD OF HEARING

- .1 Deaf and hard of hearing swimmers require a visual starting signal, i.e., a strobe light and/or Starter's arm signals. The Referee may reassign lanes within the swimmer's heat, i.e., exchanging one lane for another, so that the strobe light or Starter's arm signal can more readily be seen by the deaf or hard of hearing swimmer. Standard Starter's arm signals are shown in Figures 1 and 2. A false start rope is required in the event of a recall, provided the meet host is notified by the entry deadline that a deaf or hard of hearing swimmer will be participating.
- .2 **Strobe light location** — The Starter shall advise the swimmers about the location of the strobe light and the light shall be located where the swimmers can clearly see it for the start. For backstroke starts, the light should be positioned so that the swimmers don't have to turn their heads to look backwards.



FIGURE 1: FORWARD START

Twist hand at chin level — short whistles
 Arm overhead — "long whistle" — swimmer steps onto starting block
 Arm moves to shoulder level — signal to "take your mark"
 Arm moves to side of body — starting signal
 Arm raised overhead with palm up (at any time after C. ["Take Your Mark"] and prior to D. [starting signal] — swimmer released from "Take Your Mark" command)

FIGURE 2: BACKSTROKE START

Twist hand at chin level — short whistles
 Arm overhead — "long whistle" — swimmer enters water;
 drop arm to side while swimmer enters water
 Arm overhead — swimmer returns to backstroke start position
 Arm moves to shoulder level — signal to "take your mark"
 Arm moves to side of body — starting signal
 Arm raised overhead with palm up (at any time after D. ["Take Your Mark"] and prior to E. [starting signal] — swimmer released from "Take Your Mark" command)

False Starts

- Art. 2. a. Any swimmer starting before the starting signal is given shall be disqualified if the referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "stand up" command and may step off the blocks.
- b. If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.
 - c. 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.
 - d. A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "stand up" command.
 - e. Declared false start: swimmers reporting to the Referee prior to the start of their race and declaring their intent not to compete will be disqualified.
 - f. In NCAA championship and non-NCAA championship competitions, two officials are required to confirm a false start and to utilize the "no recall false start" provision of the rules. When only a single official is present, then swimmers must be recalled and a false start called prior to a race proceeding.
 - g. 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

- Art. 1. a. Start — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited. When a backstroke ledge is used, at least one toe of each foot must be in contact with the end wall or face of the touchpad at the start. Bending the toes over the top of the touchpad is prohibited.
- b. Stroke — The swimmer shall push off on their back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not

more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water. Additionally, once some part of the head of the swimmer has passed 5 yards (SCY) or 5 meters (LCM/SCM) immediately prior to reaching for the finish, the swimmer may be completely submerged prior to the touch.

- c. Turns — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.
- d. Finish — Upon the finish of the race, the swimmer must touch the wall while on the back

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 their back. Underwater dolphin kicks in the prone position (face-down) are not permitted.

Breaststroke

Art. 2. a. Start — The forward start shall be used.

- b. Stroke — After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- c. Kick — After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous without alternating movement. The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- d. Turns and Finish — At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the

water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

Butterfly

Art. 3. a. Start — The forward start shall be used.

- b. Stroke — After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.
- c. Kick — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
- d. Turns — At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- e. Finish — At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

Freestyle

Art. 4. a. The forward start shall be used.

- b. Stroke — In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.
- c. Turns — Upon completion of each length the swimmer must touch the wall.
- d. Finish — The swimmer shall have finished the race when any part of their person touches the wall after completing the prescribed distance.

Individual Medley

- Art. 5.** a. The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.
- b. Start — The forward start shall be used.
- c. Stroke — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
- d. Turns
1. Intermediate turns within each stroke shall conform to the turn rules for that stroke. Freestyle turns may be done in any manner as desired as long as the swimmer returns to the breast prior to the initiation of any kicking or arm action.
 2. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
Butterfly to backstroke - The swimmer must touch as described in Rule 2-2-3-e. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
Backstroke to breaststroke - The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
Breaststroke to freestyle - The swimmer must touch as described in Rule 2-2-2-d. Once a legal touch has been made, the swimmer may turn in any manner they desire as long as they return to the breast prior to the initiation of any kicking or arm action.
- e. Finish — The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

Freestyle Relay

- Art. 6.** 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 takeoff 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 their 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 their leg of the race, that relay team shall be disqualified.

- d. 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

- Art. 7.** 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 members must swim their phases of the race complying with all rules governing their strokes. During the freestyle leg, the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before the initiation of any kicking or arm action. No person shall swim more than one leg of a relay race.
- b. The leadoff swimmer shall use the backstroke start.
- c. Rules 2-2-6-c and d apply to both freestyle and medley relay events.

Violations

- Art. 8.** a. Violations of any of the provisions in Section 2 must result in disqualification.
- b. When underwater cameras are available, video review may be used to make and/or confirm violations called by an official.

SECTION 3. LAP COUNTING

Counting

Art. 1. A visual count of the lengths completed by each swimmer may be given above and/or below the water every two lengths in freestyle races 16 lengths or longer. If visual counters are utilized, the count may be given in ascending or descending order of lengths completed and/or lengths remaining 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. If visual counters are utilized, competitors must provide their own counting personnel, not to exceed one. Length counts shall not be given in relay races.

Position

Art. 2. If visual counters are used, they may be stationed at the end or either side of the pool, beyond the halfway point toward the end of the course opposite the starting end. Counters may only be presented below the water, when utilized at the end of the pool, and not on the side of the pool.

Responsibility

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

Violations

Art. 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

Art. 1. The swimmer shall have finished the race when any part of their person touches the wall after completing the prescribed distance.

Violations

Art. 2. Violations of any of the provisions of Section 4 may result in disqualification.

SECTION 5. FOULS

Interference

Art. 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 by another swimmer, including interference by an outside entity, or due to facility equipment failure 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 for any reason during a race, while other swimmers are still completing, 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 occupied lane of another team, the relay of that swimmer shall be disqualified. Swimmers should exit the pool directly at the end of their lane.

Entering Between Races

Art 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

Art. 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 their 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 may be disqualified from their next scheduled competition in that meet and, in addition, may disqualify all of their team's entrants in that race.

Resting

Art. 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

Art. 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

Art. 6. Acts of unsporting or unsafe conduct will be considered for disciplinary action by the referee or meet committee, including disqualification from an event or the remainder of the meet. 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.

RULE 3

Uniforms and Equipment

SECTION 1. SWIMWEAR FOR SWIMMERS

Uniforms and Swimsuits

Art. 1. All competitors are subject to the swimwear standards that apply to the specific event that they are participating in.

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 millimeters. 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., 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:

- 1 Any system providing external stimulation or influence of any form or other performance-enhancing properties is prohibited.
2. 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 ¼ inch.
3. 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).
4. 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.
4. Only one manufacturer's logo is permitted. Suits with multiple manufacturer's logos or trademarks must result in disqualification. The use of a pen or similar item to mark out such logos or trademarks is not an acceptable method to remove the offending logo or trademark.
5. The suit should contain the International Certification Trademark from World Aquatics and said logo is exempt from the above logo restriction.
6. Swimmers or divers seeking an exception from the swimsuit rules must request a waiver from the NCAA Swimming and Diving Secretary-Rules Editor.

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. Swimmers shall not wear more than two (2) swim caps during competition. Swim caps shall include no more than one (1) institutional logo, one (1) conference logo, the student-athlete's name, and one (1) manufacturer's logo on each side of the swim cap.

g. 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.

Swimsuits for Swimmers and Divers

Art. 2. a. Swimmers and divers must wear a swimsuit and it must be specific for the respective event. That is, as suit conforming to Rule 3-1-1-b-4 must be worn in women's competition and a suit conforming to Rule 3-1-1-b-3 must be worn in men's competition, inclusive of all warmups, trials, finals and any time trial sessions.

b. Swimwear for divers is bound by the same articles as swimsuits for swimmers regarding institutional and manufacturer's logos as it applies to the NCAA Bylaws. Rules related to permeability and number of suits for swimmers does not apply for competitors in diving events.

Equipment Bylaw Reference

Art. 3. a. In accordance with NCAA Bylaws, an institution's uniforms or swimsuits or any item of apparel (e.g., T-shirts, swim caps 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 2¼ 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. Exceptions to this NCAA bylaw for commemorative ribbons or patches on uniform items other than the swimsuit may be obtained through the normal NCAA compliance process.

- b. 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.
- c. 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.

Artificial Aids

Art. 4. a. No swimmer is permitted to wear or use any device or foreign substances, including kinesiology tape, to help their speed, pace, buoyancy or body compression in competition.

- 1. The use of tape, kinesiology tape, and compression sleeves is permitted to treat a documented medical condition, but not to gain an advantage over the remainder of the field. The prescribed course of treatment must describe a minimally invasive plan identifying the necessary placement of tape, kinesiology tape or compression sleeves to support the athlete's medical condition. Documentation must be presented to the referee and must come from a physician or certified athletic trainer to be considered.
- b. Tape, kinesiology tape and/or wrist guards may be used by divers in a preventative manner without medical documentation. Divers are permitted to use temporary applied adhesives for safety in performing dives in competition.
- c. Temporarily applied adhesives to improve grips shall not be used. Host institutions are encouraged to have all end walls and touch pads finished with a permanent nonslip surface.
- d. Rubdown oil may be applied if not considered excessive by the referee.
- e. The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be utilized to transmit data, sounds, or signals to the athlete and may not be utilized to effect pace or tempo. The device(s) may be worn in any fashion, including on the wrist.

New Equipment

Art. 5. The NCAA Men's and Women's Swimming and Diving Rules 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 Rules

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 Rules 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 Rules Committee for review before production.

RULE 4

Officials and Their Duties

Note: The NCAA has begun registration of swimming and diving officials and testing them on the NCAA Swimming and Diving rules. It is recommended that all conferences and institutions use NCAA registered officials for all competitions. Only those officials who have successfully passed the NCAA rules test will be eligible to be selected to work the NCAA Swimming and Diving Championships. To access information on the NCAA Swimming and Diving Officials program and to register and complete the officials test, please go to www.USASwimming.org and navigate to the officials page and locate the NCAA officials information. Additional information is also available at www.ncaa.org/playingrules.

SECTION 1. NUMBER OF OFFICIALS

For each meet, there shall be a sufficient number of officials to properly conduct the meet. For dual, double-dual, triangular and quadrangular meet competition, a minimum of two (2) officials must be used; however, the use of three or four officials is recommended to properly observe all competitors equally and enforce the playing rules. For championship and invitational competition, a minimum of four (4) officials must be used; however, the use of six (6) officials is recommended to properly observe all competitors equally and enforce the playing rules. It is the host institution or conference meet committee's responsibility to ensure compliance and that the minimum number of officials have been contracted for each meet. However, a meet may be conducted with less than the minimum number of officials in the event of unforeseen circumstances, if there is mutual consent amongst the competing institutions.

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.

A member of the coaching staff may not serve as a swimming official in any meet, unless approved by all 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 championship meet. This committee shall be responsible for the conduct of the meet, and shall have authority to act in any situation not specifically covered by the rules of procedure. 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 championship meet, a meet coordinator may be appointed to implement established policies related to the conduct of the meet.

SECTION 4. AWARDS CHAIR

For a championship 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

Art. 1. The referee shall have full jurisdiction over the meet and shall see that all rules are enforced. In non-championship 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 or was not properly recorded or reported to them.

The referee shall:

- a. See that all required equipment for the proper conduct of the meet is in place. This shall include, but not be limited to, making sure that all markings are in the proper place, including backstroke flags and 15-meter markings; and that touch pads are in place and in proper working order and are equal in condition for all competitors.
- b. Prohibit the use of any bells, sirens, horns or other artificial noisemakers during the race.
- 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, the meet referee will inform a swimmer and/or coach of a disqualification prior to the beginning of the next heat. 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. When cameras are being used to confirm or overturn 15-meter disqualifications, and equipment accuracy/malfunction of relay early takeoffs, the referee may delay notification until after video replay is completed, but before the start of the next event. During any heat where possible 15-meter disqualification occurred, the Referee may instruct the PA announcer to inform participants that the results of the heat just concluded are "unofficial and a video review of a possible disqualification will take place at the conclusion of all heats in the event." In championship meets, the announcement may serve as the official notification to the swimmer and/or coach, at the discretion of the referee.

Exception—When video review is used for a championship meet relay event, notification can be delayed until such time of the video review, but the above wording must be observed at the conclusion of the video review. The meet committee has the ability, in the interest of keeping a proper flow to the meet, to delay video reviews until after the final heat of the event.

- f. Make every reasonable effort to accommodate disabled competitors and to apply the recognized procedures when such procedures are appropriate. See NCAA Rule 2-1.
- g. Instruct the timing system operator to conduct a test of the system before the start of the meet.
- h. When bulkheads are used at either the start or turning end, the referee shall verify course measurements, both before and after each session of competition. Such measurements shall be made 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.
- i. The referee shall apply the logo restrictions of the swimsuit rule (Rule 3-1-1-d-3 and 3-1-1-d-4) as it pertains to one institutional logo or marking and number of manufacturer's logos. If found to be in violation, the competitor shall be disqualified as outlined in Rule 3-1-1-g. The referee and all other meet officials have no jurisdiction over any other piece of swimming apparel as it relates to the application of playing rules.

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. Signal with a sound device such as a 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 sound device if the automatic equipment does not function properly at the start of a race.
- d. To determine if the starter's call for a false start is accurate, video review may be utilized at championship or invitational competitions, governed by a meet or games committee composed of representatives of multiple institutions. Prior to the beginning of the competition, a decision should be made by the meet committee as to when video reviews will be conducted, and all participants should be informed (e.g., after each heat where review is needed or after the final heat of a multiple heat event). During any heat where a possible false start occurred, the Referee may instruct the PA announcer to inform the participants that the results of the heat just concluded are 'unofficial and a video review of a possible disqualification will take place at the conclusion of all heats in the event. All reviews must be concluded before qualifiers/results are announced. If video review is in place for the championships, all disqualifications must be reviewed to evaluate if the false start should be upheld. The referee shall review the video to determine if clear video evidence exists to overturn the call. The referee has sole jurisdiction over the review and their decision is a judgement call not subject to further review or appeal. Only the referee and a conference or NCAA meet committee representative – with no participating institutional affiliation may view the video that is being used for review. Challenges by coaches are not permitted as part of this rule, and coaches are not permitted to view the video being used at any time. To use such equipment, the meet committee (in consultation with the meet referee) must confirm the video equipment is in place, before the respective event, and it must be aligned with direct side view(s), or directly overhead, of the start end and maintain a speed of at least 25 frames/second. The result of the video review is merely to determine if the infraction occurred. The video shall not be used to detect any other rule infractions. If conclusive video evidence exists that the swimmer did not false start, the referee may overturn the disqualification. Any obstruction to the view of the start is sufficient to void the video from evidence.

SECTION 9. 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.

To determine if an official's call of a 15-meter violation or backstroke 5-yard/meter finish violation is accurate, video review may be utilized at championship or invitational competitions, governed by a meet or games committee composed of representatives of multiple institutions. Prior to the beginning of the competition, a decision should be made by the meet committee as to when video reviews will be conducted, and all participants should be informed. (e.g., after each heat where review is needed or after the final heat of a multiple heat event). During any heat

where a possible 15-meter disqualification occurred, the Referee may instruct the PA announcer to inform the participants that the results of the heat just concluded are "unofficial and a video review of a possible disqualification will take place at the conclusion of all heats in the event. All reviews must be conducted before qualifiers/results are announced. If video review is in place for the championships, all disqualifications must be reviewed to evaluate if the 15-meter violation or backstroke 5-yard/meter finish violation should be upheld. The referee shall review the video to determine if clear video evidence exists to overturn the call. The referee has sole jurisdiction over the review and their decision is a judgment call not subject to further review or appeal. Only the referee and a conference or NCAA meet committee representative – with no participating institutional affiliation may view the video that is being used for review. Challenges by coaches are not permitted as part of this rule, and coaches are not permitted to view the video being used at any time. To use such equipment, the meet committee (in consultation with the meet referee) must confirm the video equipment is in place, before the respective event, and it must be aligned with a direct side view(s) of the 15-meter mark and 5 yard/meter mark for the backstroke finish and maintain a speed of at least 25 frames/second. The result of the video review is merely to determine if the infraction is confirmed. The video shall not be used to detect any other rule infractions. If conclusive video evidence exists that the swimmer did not cross the 15-meter mark or did not submerge in backstroke before the 5 yard/meter mark at the finish, the referee may overturn the disqualification. Any obstruction to the view of the 15-meter mark or 5 yard/meter mark is sufficient to void the video from evidence.

SECTION 10. CHIEF JUDGE

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

SECTION 11. TURN JUDGES

Within the limits of the responsibilities assigned to the turn judges by the referee, each turn judge shall report to the chief 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. When not specifically instructed otherwise by the referee, jurisdiction for the turn judge for each turn, if positioned at the end of the pool at either end and having no more than two lanes of coverage responsibility, commences from the beginning of the last arm stroke before touching and ends with the completion of the first arm stroke after the turn; except in breaststroke where it shall be the second arm stroke. Jurisdiction for the turn judge at the finish, if positioned at the end of the pool, commences from the beginning of the last arm pull before finishing the race.

SECTION 12. TAKEOFF JUDGES

Responsibilities

Art. 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

Art. 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

Art. 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 championship 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

Art. 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

Art. 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 except as noted in Rule 4-14-6-e. An infraction that is observed by a side

takeoff judge also shall be recorded immediately in writing and the side takeoff judge(s) shall immediately signal an early takeoff by raising 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

Art. 6. When electronic relay judging equipment is used:

- a. In non-championship 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. When championship meets utilize an electronic timing and judging system with fully integrated stationary overhead cameras recording 100 images per second, the use of human relay takeoff judges is not required.
- 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, noting the swimmer committing the early takeoff violation. When the last relay swimmer in the officials' jurisdiction has entered the water, both the lane and side takeoff judges shall signal an observed violation by any swimmer in their jurisdiction by raising a hand, with open palm, overhead.
- 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 their team.

- g. The referee has the ability to declare a system malfunction and not count the electronic readings of a given lane if he has clear evidence that the system has failed. If using the video review system as described in Rule 4-14-7, the referee can review any malfunction. If video review is not being utilized, the referee can elect to not count the reading of an entire heat if the majority of lanes have malfunctioned. Eliminating the readings in one heat is limited to that heat only and all other heat readings remain valid.

Electronic Equipment Video Review

Art. 7. a. Video review may be used at championship or invitational competitions governed by a meet or games committee composed of representatives of multiple institutions to determine if relay takeoff disqualifications are accurate. If video review is in place for the championships, all disqualifications must be reviewed. The referee shall review the video to determine if clear video evidence exists to overturn the call.

- b. The referee has sole jurisdiction over the review and their decision is a judgment call not subject to further review or appeal. Only the referee and a conference or NCAA meet committee representative - with no participating institutional affiliation - may view the video that is being used for review. Challenges by coaches are not permitted as part of this rule, and coaches are not permitted to view the video being used at any time.
- c. Prior to the beginning of the competition, the meet committee shall determine when video reviews will be conducted and all participants shall be informed (i.e., after each heat where review is needed or after the final heat of a multiple heat relay, etc.). In concurrent meets, the review may occur after the completion of both the women's and men's event. All reviews must be conducted before qualifiers/results are announced.
- d. 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), or directly overhead, of the exchange end and maintain a speed of at least 25 frames per 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 syncing with the electronic timing system.
- e. The video shall not be used to detect any other rule infractions. If conclusive video evidence exists to overturn the call, the result of the relay takeoff equipment is voided, no electronic result is recorded, and the referee may overturn the disqualification. Any obstruction to the view of the exchange is sufficient to void the video for evidence.

SECTION 13. CHIEF JUDGE

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

SECTION 14. TIMERS

Number, Duties

Art. 1. It is recommended that one or two designated timers shall be assigned to each lane for non-championships. One human timer per lane and one manual watch per lane is required for all non-NCAA championship meets. At NCAA championship meets, two timers shall be assigned to each lane. If a full complement of two 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 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.

When stationary overhead cameras recording 100 images per second and that are fully integrated into the primary electronic system are in place at a competition, it is permissible to use the system as the secondary back-up system. When utilizing an electronic timing and judging system with fully integrated stationary overhead cameras recording 100 images per second, the use of human back-up timers is not required. If the referee and head timer determine a discrepancy between the primary electronic touchpad system and the back-up camera, they may use the camera's time to establish the correct time.

Requiring Watch Times

Art. 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 championship meets and is recommended for all non-championship meets. In addition, for an NCAA championship qualification standard, two human timers, each with a manual watch, are required if there is a malfunction with priority level one or two equipment. (See Rules 4-20-2-a, b, c and d.)

Recording for Semiautomatic and Watch Times

Art. 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

Art. 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 two times disagree 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 15. HEAD LANE TIMERS

A head lane timer shall be designated for each lane. In conjunction with each race, the head lane 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). Observe Rule 2-4-1 as it applies to a competitor not touching a finish pad and properly finishing the race.
- d. Verify and record the final times of all watches assigned to the lane. (See Rule 4-15-2.)
- e. Determine and record the swimmer's composite watch time. (See Rules 4-16-3 and 4-15-4.)

SECTION 16. CHIEF TIMER

A chief timer may be appointed to instruct and supervise the timers and the head lane timers, and to start an additional backup watch when necessary.

SECTION 17. 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 18. CHIEF JUDGE TEAM LEAD

Responsibilities

Art. 1. The chief judge team lead 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 chief judge team lead.

Priority of Judging and Timing Equipment

Art. 2. a. Three levels of judging and timing equipment (primary, secondary and tertiary) are required at championship meets, for NCAA time standards, consideration standards, and optional entry standards to be achieved.

Note: All other requirements for timing are covered in Section 16.

- 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.

a. When stationary overhead cameras recording 100 images per second and that are fully integrated into the primary electronic system are in place at a competition, it is permissible to use the system as the primary back-up system, and no other back-up system is necessary. If the referee and head timer determine a discrepancy between the primary electronic touchpad system and the back-up camera, they may use the camera's time to establish the correct time.

2. Two-button semiautomatic equipment.

3. Two manual watches per lane.

4. One-button semiautomatic equipment.

5. One manual watch per lane.

6. 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 (two-button semiautomatic equipment) is acceptable.

If a malfunction is confirmed by the head judge with priority level two equipment, then priority level three equipment (two manual watches per lane) is acceptable. (See 4-15-4.)

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

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

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

Confirmation of Malfunctions

Art. 3. The chief judge team lead 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

Art. 4. When the referee confirms that there is a malfunction of the primary (automatic) timing system, the backup time(s) shall be calculated and integrated with the accurate primary times to determine the official times and order of finish.

Malfunction on a Lane. When a malfunction is confirmed on a lane, the backup times for that lane shall be calculated as follows:

1. If two of the three valid button or watch times agree, that shall be the time for that timing system.
2. If three valid button or watch times disagree, the time of the intermediate button or watch shall be the time for that timing system.
3. If only two valid button or watch times are available, the time shall be the average of those two buttons or the average of the two watch times. The digits representing thousandths of a second shall be dropped with no rounding.
4. If only one valid button or watch time is available, the time of that button or watch shall be the time for that timing system, provided it is supported by other information.

SECTION 19. SCORE KEEPER

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

SECTION 20. TIMING EQUIPMENT OPERATOR

When automatic or semiautomatic judging and timing equipment is used and/or automatic relay takeoff judging equipment is used, one or more timing equipment 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 21. 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 22. 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 23. MARSHALS

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

SECTION 24. HEAD MARSHAL

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

SECTION 25. 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 26. 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.

HIV and HBV Precautions

Art. 1. 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.

SECTION 27. DIVING OFFICIALS

Art. 1. The diving referee shall be in sole control of the competition and shall be located in a position so that he or she can manage the competition and ensure that the rules are observed and the statutory penalties are imposed.

a. Before the diving event(s)—

1. The referee shall designate assistants to observe the performance of the divers. An assistant will observe divers on the platform if no camera is available.
2. In synchronized diving, the assistant referee will be positioned on the opposite side of the pool to observe the performance of the diver on that side.
3. The referee shall inspect the diving sheet. If the diving sheet does not comply with the rules, the referee shall have it corrected before the beginning of the competition.
4. Affected divers shall be informed, as soon as possible, of any decision made by the referee.

b. During the event—

1. If the referee finds it necessary, because of adverse weather or other unforeseen circumstances, he or she may declare a short break or postpone a portion of the competition. If possible, this should be done after a full round of dives.
2. Following a postponement, the competition shall be continued from where it was stopped, and points scored before the postponement shall be carried forward into the remaining portion of the competition, whenever it is held.
3. When there is strong wind, the referee may give a diver the right to make a restart without deduction of points.
4. Before each dive, the referee or the official announcer shall announce the name of the diver and the dive which is to be executed. In competitions where different platforms are used, the height of the platform shall be announced. If a scoreboard is used, all information concerning the dive shall be displayed. The verbal announcement may be restricted to the identification of the diver.
 - (1) When a dive is incorrectly announced, the diver or the diver's representative shall have it rectified at once, and, if possible, before execution.
 - (2) If an incorrectly announced dive is executed by a diver, the referee may cancel it and have the correct dive announced and performed immediately. The awards for the first dive must be noted, should a protest be lodged.
5. The dive shall be executed after a 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 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 by the referee.
6. Each diver shall be given sufficient time for the preparation and execution of the dive, but if it takes more than one minute after the referee has given a warning, the diver shall receive 0 points for the dive announced.
7. When a diver executes a dive before the signal is given, the referee shall decide whether the dive shall be repeated.
8. The referee may have a dive repeated on request if, in the referee's opinion, the execution of the dive was influenced by exceptional circumstances. The awards for the dive must be recorded should a protest be lodged. A request for such a repetition must be made immediately by the diver or the diver's representative.
9. When it is quite clear that the dive has been performed in a position other than that announced, the referee shall repeat the announcement, and declare that the maximum award shall be 2 points, before giving the judges the signal to show their marks. If a judge then awards more than 2 points, the referee shall declare the award from that judge to be 2 points.
10. In the event a diver performs a dive on a platform other than announced, the referee shall declare a failed dive.
11. When the referee is certain that a diver has performed a dive of a number other than that announced, the referee shall declare it a failed dive.

12. In head-first dives, if the feet enter the water before the head or hands, the referee shall declare a failed dive.
13. In feet-first dives, if the head or hands enter the water before the feet, the referee shall declare a failed dive.
14. When one or both arms are held above the head in a feet-first entry, or below the head in a head-first entry, the referee shall declare the maximum award of 4 ½ points.
15. The referee shall declare a dive to be failed if they consider that assistance has been given by anyone to the diver after the starting signal.
16. When a diver skips a run before the end of the board and then continues, it shall be deemed to be a restart and the referee shall deduct 2 points from the award of each judge.
17. If a diver in a competition disturbs the contest, the referee may exclude that diver from that competition. If a member of a team, coach, or an official disturbs a contest, the referee may exclude that person from the facility.
18. The referee may remove any judge from the competition whose judgement the referee regards as unsatisfactory and may appoint another judge to replace them. At the end of the competition, the referee shall make a written report to the meet manager. Such a change shall take place only at the end of a session or round of dives performed by each diver.

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

Art. 2. a. Execution of the dive. Points or half points shall be awarded from 0-10 according to the opinions of the judges and the following table:

Excellent	10.0
Very Good	8.5 to 9.5
Good	7.0 to 8.0
Satisfactory	5.0 to 6.5
Deficient	2.5 to 4.5
Unsatisfactory	0.5 to 2.0
Completely Failed	0

- b. All dives shall be executed by the divers themselves, without any assistance from any other person. Assistance between dives shall be permitted.
- c. When judging a dive, judges must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to the approach to the starting position, the difficulty of the dive or any movement beneath the surface of the water.
 1. The points to be considered are the technique and grace of the:
 - a) starting position, the approach, and the takeoff;
 - b) flight;
 - c) position, and

- d) entry.
2. A diver who refuses the execution of a dive shall receive 0 points.
3. When a dive is performed in a position clearly other than that announced, the dive shall be deemed unsatisfactory. The highest award for such a dive is 2 points.
4. When a dive is performed in a position partially other than that announced, each judge shall deduct according to his/her opinion.
5. When a dive is not performed in straight (a), pike (b), tuck (c), or free position (d) as described below, the judges shall deduct from ½ to 2 points, according to their opinions.
6. When judges consider that a dive of a different number has been performed, they may award 0 points, notwithstanding that the referee has not declared a failed dive.
7. A dive may be repeated without penalty under the following circumstances:
 - a) A strong wind,
 - b) An incorrectly announced dive,
 - c) A diver's performance of a dive before the signal, or
 - d) A dive was influenced by exceptional circumstances.
 - e) When such a repetition is granted, the first dive shall be judged and the marks noted, to be used if a protest is accepted.
- d. Synchronized diving is judged by the execution of the individual dives and the synchronization of the divers.
 1. If one or both of the divers perform a dive of a different number or position, other than announced, the referee shall declare it a failed dive.
 2. When judging the synchronization of the dives, the overall impression of the synchronization of the divers must be taken into account.
 3. The factors to be considered in judging synchronized diving are:
 - a) The starting position, the approach and the takeoff, including the similarity of the height,
 - b) The coordinated timing of the movements during flight,
 - c) The similarity of the vertical angles on the entry,
 - d) The comparative distance from the springboard or platform of the entry, and
 - e) The coordinated timing of the entries.
 4. If either diver enters the surface of the water before the other diver leaves the springboard or platform, the Referee shall declare it a failed dive.
 5. The Referee shall declare a two-point deduction from all judges when there is a re-start by one or both divers.
 6. The execution judges must not be influenced by any factor other than the technique and execution of the dive, not both dives, nor the synchronization of the divers.
 7. The synchronization judges must not be influenced by any other factor other than the coordinated performance of the two divers and not the execution of both dives.

8. If all synchronization judges award zero points, the Referee shall declare it a failed dive.
9. When any of the following faults are shown, each synchronization judge shall deduct from $\frac{1}{2}$ to 2 points, according to opinion, for the lack of:
 - a) Similarity of the starting position, approach and takeoff or height.
 - b) Coordinated timing of the movement during flight.
 - c) Similarity.

Announcer

- Art. 3.** a. Before the diving event starts, the announcer shall announce the diving order by reading the name and affiliation of each diver entered. In championship 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

- Art. 4.** a. When there is no electronic scoring system (computer) used, it is recommended that two 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 championship 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 championship 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.

RULE 5

Competitors, Entries, Lanes, Seeding and Qualifying Procedures

Note: It is not permissible to mix genders in any heat or event, in non-championships or non-NCAA championships, including time trials and/or time standard trials.

SECTION 1. COMPETITORS AND ENTRIES

Required Participation of Entrants

Art. 1. a. A competitor, once officially entered in an event in any championship 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 in a preliminary heat 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. Failure to compete in a final heat except for medical cause shall disqualify the competitor from that event and prohibit further competition in the meet.

In a non-championship 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 in that specific session (the start is considered to be when the referee calls the first heat of the event in that specific session 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. The meet administration shall be informed 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 of

disqualification from the meet. 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.

SECTION 2. NUMBER OF ENTRIES

Number of Entries in Non-championship Meets

Art. 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, at least two heats may be contested. Individual and relay entry limits and scoring will be the same (and dependent upon the size of the racing course) as if it were a simple dual meet. By mutual consent of all participating coaches, less than two heats may be swum. This shall not affect the entry limits or scoring set up of 11-4-2 (relays) and 9-4-3-2-1 (individual). (See Rule 7-2.)
- c. 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.

Championship Meets

Art. 2. Detailed administrative procedures, such as entry and qualifying procedures for conducting NCAA championships are contained in the current divisional NCAA Men's and Women's Swimming and Diving Pre-championships Manuals.

SECTION 3. NUMBER OF EVENTS

Non-championship Meets

Art. 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-event dual, double-dual, triangular or quadrangular meet. This limit also applies during a concurrent men's and women's 26-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 15- or 16-event dual, double-dual, triangular or quadrangular meet. This limit also applies during a concurrent men's and women's 30- or 32-event dual, double-dual, triangular or quadrangular meet.
- c. 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 in a relay or invitational meet.

Championship Meets

Art. 2. Detailed administrative procedures, such as entry and qualifying procedures for conducting NCAA championships are contained in the current divisional NCAA Men's and Women's Swimming and Diving Pre-championship Manuals.

Penalties

- Art. 3.** a. In non-championship competitions, 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 championship competitions, 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 the numerical order of events.

For example, assume that a competitor in a championship 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 championship meet must be disqualified from any excess event(s) and shall be prohibited from participating in the remainder of the meet from that point forward.

Scratches

Art. 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 or timed final 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

Non-NCAA Championship Meets

Detailed administrative procedures, such as entry and qualifying procedures, for conducting non-NCAA championships should be prepared and sent to all participating institutions in a timely fashion to allow for the ability to meet all conditions. This information should contain timelines for declaration of both scoring and exhibition/nonscoring competitors (where permitted) for non-NCAA Championship meets.

Art. 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 their 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. In competitions where a complete list of entries is submitted for administrative reasons prior to the beginning of the meet, all teams must have the opportunity to make changes to their optional entries until the time that the event is called to the blocks. If changes are made, they must be communicated to all participating teams prior to the beginning of the event.

NCAA Championship Meets

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

Art. 2. See Rule 8-4-2.

SECTION 5. NONSCORING COMPETITORS

Exhibition Performances

Art. 1. An exhibition performance is one for time or score that is performed by a competitor who has been designated by their coach to be a nonscoring contestant in a regularly scheduled and scored event that is an accepted part of a bona fide non-NCAA championship or non-championship meet. Exhibition competitors may be used only by mutual consent (unanimous consent) of the head coaches in dual meets, or if published in advance in the meet information for invitational meets and non-NCAA championship meets. In meets that include trials and finals, any competitor designated exhibition in trials may not become a scoring performer in the finals of that same event. 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 championship meets.

When there is not mutual agreement by participating coaches, the default order of events shall be for all non-scoring heats to be swum after the conclusion of the scoring heats in an event. The deadline for determination for dual meets shall be at least 10 days before competition, consistent with the deadline for determining events/distances. (See Rule 8-6.)

Time-Standard Trials

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

Whenever a time-standard trial is conducted, it shall be considered to be a nonscored 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

Art. 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.

SECTION 6. LANE ASSIGNMENT

Dual Meets

Art. 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. For diving events, see Rule 6-3-3-b.

Double-Dual, Triangular and Quadrangular Meets

Art. 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

Art. 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 and Championship Meets

Art. 4. For championship 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 qualifying 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.

SECTION 7. SEEDING

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

Entry Times

Art. 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 their 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: Consult the respective meet entry for instructions on how to convert 25-meter and 50-meter times to equivalent 25-yard times. A sample of a conversion table appears in the Appendix of this rulebook.

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 championship 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 flat start (non-relay take off) 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 their head coach to participate in

the heats, swim-offs and/or finals of that event. In a timed final of a relay, a swimmer is limited to participating in only one of the team's relays (i.e., A relay or B relay, etc.). Swimming in more than one relay in a timed final that is contested over different sessions is not permitted.

Entry Lists

Art. 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

Art. 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 5-7-3-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 5-6-5.
- 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.

Time Final Events

- Art. 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 must be done in the same fashion for all events as follows: Lane assignments must be done the same for all timed final events. Lane assignments must be done the same for all final events that require a preliminary qualifying heat. Preliminary heats may be contested in a greater number of lanes than final heats and the number of lanes must be consistent throughout the meet. However, lane assignments for timed final events and events with qualifying heats (i.e., preliminaries) can be determined differently as long as each type of event is assigned consistently for the entire meet. 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 8. QUALIFYING PROCEDURES FOR FINALS

Placements

Art. 1. In all championship meets, qualifiers for the finals of all swimming events shall be determined strictly by the official times achieved in the preliminary heats. (See Rule 4-21-4)

Disputed Qualifications

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

Swim-Offs

Art. 3. If a tie occurs during preliminary heats, ties may be decided by a method other than a swim-off, such as a coin toss, if agreed upon by both coaches in consultation with the athlete(s). If there is no agreement, a swim-off will be held. 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

Art. 4. In non-NCAA championship and NCAA championship competitions, 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 5-3-4). 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 championship 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, the highest-ranking consolation finalist shall be moved into the championship final and both the consolation and championships finals shall be reseeded.

If a swimmer who is qualified for the championship 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 championship final shall proceed with an empty lane and without reseeding. The points involved shall be lost from the meet.

For situations involving divers, please see Rule 5-8-5.

Ill or Injured Diving Qualifier

Art. 5. a. Championship 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. Championship 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 championship 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 championship final. Both the consolation and championship finals shall be reseeded.
3. If a diver who is qualified for the championship 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 championship final shall proceed with an empty spot and without reseeding. The points involved shall be lost from the meet.

- c. If, during a championship 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 their final total.

RULE 6

Diving Competition

Note: The NCAA has adopted the World Aquatics technical rules for diving. The rulebook language will resemble the World Aquatics and USA Diving technical rules as it relates to the sections of this NCAA playing rule. If World Aquatics issues interpretations during the period the current NCAA rulebook is in effect, the NCAA secretary-rules editor will communicate those interpretations to the membership and NCAA registered officials.

SECTION 1. NON-CHAMPIONSHIP MEETS

Description of Events

Art. 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 optional dives, including one from each of the five groups, plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty.

When the voluntary plus five optionals 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.

Absence of Three-Meter Equipment

Art. 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 15-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 the five groups plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty. None of the previous five voluntary 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 non-championship 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

- Art. 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 non-championship competitions, the water depths at the plummet shall be not less than the minimum standards specified in the table on Page 9.
 - 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 non-championship meets hosted by the institution in that facility during the current academic year.

Championship Meet Point Standard

Art. 4. In the absence of a three-meter board, the championship meet point standard for one-meter diving may be achieved in a non-championship 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 championship meet point standard for three-meter diving may be achieved in a non-championship 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.

Synchronized Diving

- Art. 5.** a. The synchronized diving competition involves two competitors diving simultaneously from two separate springboards of the same height or on platform of the same height. The competition is judged on how the two divers individually perform their dives and how the two divers as a team synchronize their performance.
- b. All synchronized springboard and platform diving competitions for men and women shall comprise five dives representing all five categories, without limit on degree of difficulty.
 - c. Two diving rounds shall be voluntary dives with a maximum of 1.8 degree of difficulty on one-meter springboard and a maximum of 2.0 degree of difficulty on three-meter springboard and all platform levels, and three diving rounds shall be optional dives with no limit on degree of difficulty. Dives may not be repeated.
 - d. In each round, the two divers must perform the same dive (same dive number and position) and all forward-facing springboard dives must be completed with a running approach.

Team Diving Event

- Art. 6.** a. The team diving competition involves three divers per team completing no more than two dives each. Each team must do one dive from each dive group for a total of six dives. The competition is judged on how each diver individually perform their dives and how the three divers as a team perform against their opponents.
- b. The team diving event is scored as a relay for the purposes of Rule 7.
 - c. In championship and non-championship meets with platform, teams must complete no more than two dives on 1-meter springboard, 3-meter springboard and platform (5-meter, 7-meter or 10-meter).
 - d. In championship and non-championship meets without platform, teams must complete no more than three dives on 1-meter springboard and 3-meter springboard.
 - e. In championship and non-championship meets when only 1-meter springboard is available, teams complete all six dives on 1-meter springboard.

Note: If the team diving event is substituted in non-championship events, it shall appear in the position of the event it is being substituted for and shall consist of three divers per team completing no more than two dives each. Each team must do one dive from each dive category for a total of six (6) dives.

SECTION 2. CHAMPIONSHIP MEETS

Detailed administrative procedures, such as entry and qualifying procedures, for conducting NCAA championships are contained in the current NCAA Men's and Women's Swimming and Diving Pre-championships Manual and may be obtained by writing to NCAA Championships, P.O. Box 6222, Indianapolis, Indiana, 46206-6222 or by visiting www.NCAA.org.

Diving Facilities

- Art. 1.** a. For all championship springboard and platform diving competitions, the water depths at the plummet shall be not less than the minimum standards specified in the table on Page [10](#).
- 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

- Art. 2.** a. In championship meets, diving competition in the one-meter event(s) shall follow one of the following formats:

1. *Trials:*

- a) In championship meets **with platform** as an event, each diver will do six optional dives, including one from each of the five groups, plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty.
- b) In championship meets **without platform** as an event, each diver will do one of the following formats: (1) six optional dives, including one from each of the five groups, plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty; (2) five voluntary dives, including one from each of five groups, in any order, with total degree of difficulty not to exceed 9.0, followed by six optional dives including one from each of five groups, plus an additional dive that may be selected from any group; or (3) six optional dives including one from each of five groups, plus an additional dive that may be selected from any group, 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 championship 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 championship 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 the five groups, plus an additional dive that may be selected from any group. The dives will be performed 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 championship 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,

including one from each of the five groups plus an additional dive that may be selected from any group. The dives will be performed 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.

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

1. *Trials:*

- a) In championship meets **with platform** as an event, each diver will do six optional dives, including one from each of the five groups plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty.
- b) In championship meets **without platform** as an event, each diver will do one of the following formats: (1) six optional dives, including one from each of the five groups plus an additional dive that may be selected from any group. The dives will be performed in any order without limit on degree of difficulty; (2) five voluntary dives, including one from each of five groups, in any order, with total degree of difficulty not to exceed 9.5, followed by six optional dives including one from each of five groups, plus an additional dive that may be selected from any group; or (3) six optional dives including one from each of five groups, plus an additional dive that may be selected from any group, 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 championship 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 the five groups plus an additional dive that may be selected from any group. The dives will be performed 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 the five groups, plus an additional dive that may be selected from any group. The dives will be performed 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 championship meets, diving competition in the platform event(s) shall follow one of the following formats:

1. *Trials*: 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 competitive platform level (i.e., 5, 7.5 or 10 meters), in any order, without limit on degree of difficulty.
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*: 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 competitive 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.

Note 1: 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

Art. 3. In non-NCAA and NCAA Championship meets, in the event of a tie for 8th place in the preliminary round(s) of diving one-meter, three-meter or platform events, the tie-breaking method is to take all nine (9) divers to the final. The consolation finals will thus have seven (7) competitors in the event, none finishing higher than 10th place in the final standings. In the final, the nine competitors will do a six-dive list. The highest-place finisher of the tied divers will remain in the place they finished, while the other diver will place 9th.

In non-NCAA and NCAA Championship meets in the event of a tie for 16th place in the preliminary round(s) of the diving one-meter, three-meter or platform events, the tiebreaking method is to take all nine (9) divers to the consolation final. In the consolation final the nine competitors will do a six-dive list. The highest place finisher of the tied divers will remain in the place they finished, while the other diver will place 17th overall in the contest and not be awarded any team points.

Note: If there are more than two divers tied for 8th or 16th, all tied divers will move into the appropriate final.

SECTION 3. CONDUCT OF DIVING EVENTS

Official Entry

- Art. 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 NCAA and non-NCAA championship 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 their 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 by the referee.

Diving List

- Art. 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 their 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 their 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 diver exceeds the total degree of difficulty allowed when listing their 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.
- g. 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.
- h. All the dives listed should be calculated by using the World Aquatics degree of difficulty formula.
- i. 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.
- j. 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. The diving referee may use video review to confirm the diver completed the proper dive.
- k. 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. The diving referee may use video review to confirm the diver completed the proper dive.

Diving Order

- Art. 3.** a. In championship 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 before the beginning of the event.

Note: Exhibition divers must dive first.

Practice

Art. 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 one practice forward approach or 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 before the commencement of the event.

Assistance

Art. 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

The Starting Position.

- (1) When the signal is given by the Referee, the diver shall take the starting position.
- (2) The starting position shall be free and unaffected.
- (3) When the correct starting position is not assumed, judges shall deduct according to their opinions.

Standing Dives.

- (1) The starting position in standing dives shall be assumed when the diver stands on the front end of the board or platform.
- (2) When the body in the starting position is not straight, head erect, with the arms in any position, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his/her opinion.
- (3) The dive shall be deemed to have commenced when the arms leave the starting position.
- (4) If the feet leave the springboard or the platform before the takeoff the judge shall deduct $\frac{1}{2}$ to 2 points.
- (5) The diver must not double bounce on the end of the springboard or double jump on the end of the platform before the takeoff. When a judge considers that the diver has double bounced or double jumped in a dive, the judge may award zero points, notwithstanding that the referee has not declared it to be a failed dive. NOTE: Double bounce on the springboard: Feet leave the springboard, with a double arm swing and two distinct knee bends before takeoff. Double jump on the platform: Feet leave the platform and two distinct knee bends before takeoff.

Running Dives.

The starting position in a running dive shall be assumed when the diver is ready to take the first step of the run.

Armstand Dives.

- (1) The starting position in an armstand dive shall be assumed when both hands are on the front end of the platform and both feet are off the platform.
- (2) When, in an armstand dive, a stationary and steady balance in the straight vertical position is not shown, or if the hands lose contact with the platform during the takeoff, each judge shall deduct from $\frac{1}{2}$ to 2 points.
- (3) A restart shall be permitted when a diver loses balance, or when one or both feet return to the platform, or any part of their body other than their hands touches the platform. When a diver moves one hand or both hands from the original position from the front end of the platform, this shall be deemed a restart.
- (4) Except as provided by specific deductions, judges may deduct according to their opinions when judging any dive wherein the correct starting position is not assumed.

The Approach.

- (1) When executing a running dive from the springboard or the platform, the run shall be smooth and in a forward direction to the end of the springboard or platform, with the final step being from one foot.
- (2) When the run is not smooth and in a forward direction to the end of the springboard or platform, the judges shall deduct $\frac{1}{2}$ to 2 points, according to their opinions.
- (3) When the final step is not from one foot, the Referee shall declare a failed dive.
- (4) If the diver double bounces on the end of the springboard or double jumps on the end of the platform before takeoff, the referee shall declare a failed dive.
NOTE: Double bounce on the springboard or double jump on the platform: Feet leave the springboard or platform with a double arm swing and/or two distinct knee bends before takeoff.
- (5) When a diver makes a restart in a running dive, the referee shall deduct 2 points from the award of each judge. The same applies if the diver stops a run before the end of the board or platform and then continues.

The Take-off.

- (1) The take-off in forward and reverse dives may be performed either standing or running at the option of the diver. The take-off in backward and inward dives must be performed standing.
- (2) The take-off from the springboard shall be from both feet simultaneously. The forward and reverse take-off from the platform may be from one foot.
- (3) When the take-off from the springboard is not from both feet simultaneously, the referee shall declare it a failed dive.
- (4) In running and standing dives, the take-off shall be balanced and high and shall be from the end of the board or platform.

- (5) When the take-off is not balanced and high or is not from the end of the board or platform, judges shall deduct $\frac{1}{2}$ to 2 points according to their opinions.

The Flight.

- (1) During the execution of a dive, the dive shall be in direct line of flight. If, during the execution of a dive, a diver dives to the side of the direct line of flight, each judge shall deduct according to his/her opinion.
- (2) If, during the execution of a dive, a diver touches the end of the springboard or platform with his or her feet or hands, the judges shall deduct according to their opinions.
- (3) If, during the execution of a dive, where visual technology is unavailable, a diver is unsafely close to the springboard or platform or touches the end of the springboard or platform with his or her head, the judges shall award up to a maximum of 2 points. If the majority of the judges, i.e. three (3) judges in a five (5) judge panel or four (4) judges in a seven (7) judge panel, award two (2) or fewer points, then all awards above two (2) will be changed to two (2).
- (4) During the passage through the air, the body can be carried in the following positions:

(i) Straight (A).

- (A) In the straight position, the body shall not be bent either at the knees or hips. The feet shall be together and the toes pointed. The position of the arms is at the option of the diver from the board or platform. In straight dives with twist, the twisting shall not be manifestly done
- (B) In all flying dives a straight position shall be clearly shown and that position shall be assumed from the takeoff or after one somersault in Dive Number 115. When the straight position is not shown for at least one quarter of a somersault (90 degrees) in dives with one somersault and at least one half of a somersault (180 degrees) in dives with more than one somersault, the maximum award by the judges shall be $4\frac{1}{2}$ points.
- (C) Should the straight position not be shown as described, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his/her opinion.

(ii) Pike (B).

- (A) In the pike position, the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet shall be together, and the toes pointed. The position of the arms is at the option of the diver.
- (B) Should the pike position not be shown as described, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his/her opinion.

(iii) Tuck (C).

- (A) In the tuck position, the body shall be compact, bent at the knees and hips with the knees and feet close together within the body line of the shoulders. The hands shall be on the lower legs and the toes pointed.
- (B) Should the tuck position not be shown as described, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his/her opinion.
- (iv) The pike and tuck positions shall be shown as described in Rules 107.4(h)(4) (ii) and (iii) above, and at all times shall be aesthetically pleasing. When viewed

from the side the tuck shall be compact, that is, the front of the thighs close to the chest and the backs of the lower legs close to the backs of the thighs. When judges consider that these requirements have not been met, they shall deduct from $\frac{1}{2}$ to 2 points.

(v) Free Position (D).

- (A) In the free position, the body position is optional but the legs shall be together and the toes pointed.
- (B) Should the free position not be shown as described, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to his/her opinion.
- (C) In dives with twists, the twisting shall not be manifestly done from the board or platform. If the twisting is manifestly done from the springboard or platform, the judges shall deduct $\frac{1}{2}$ to 2 points, according to their opinions.
- (D) In the pike dives with twist, the twist shall not be started until there has been a marked piked position.
- (i) In somersault dives with twist, the twist may be performed at any time during the flight.
- (E) When a twist is greater or less than that announced by 90 degrees or more, the referee shall declare it a failed dive.

The Entry.

- (A) The entry into the water shall in all cases be vertical, or nearly so, not twisted, with the body straight, the feet together and the toes pointed. When the entry is short or over, twisted, the body not straight, the feet not together, or the toes not pointed, the judges shall deduct according to their opinions.
- (B) In head-first entries, the arms shall be stretched beyond the head and in line with the body, with the hands close together. If one or both arms are held below the head on entry, the maximum award shall be $4 \frac{1}{2}$ points.
- (C) In feet-first entries, the arms shall be close to the body with no bending at the elbows. If one or both arms are held beyond the head on entry, the maximum award shall be $4 \frac{1}{2}$ points.
- (D) Other than as provided in 107.4(i)(2) and (3), when the arms are not in the correct position in either the head-first or feet-first entry, all judges shall deduct from $\frac{1}{2}$ to 2 points from their awards.
- (E) The dive is considered completed when the whole of the body is under the surface of the water.

SECTION 5. OFFICIALS

Championships

Art. 1. a. For championship 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 Section 6.)

- 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 their score deleted in a random manner before the start of the contest. For example, judge No. 1 shall have their score deleted for dive No. 4; judge No. 2 shall have their 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 their dives. Divers must include their coach's name on their scoresheet when it is submitted.
- c. For one-meter events, normal chairs should be used. For all other events, whenever possible, the judges should be seated at a height of not lower than 1.5 meters.

Dual Meets

- Art. 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 two judges if the visiting team does not wish to exercise its option to judge.
 - g. Synchronized diving judging panels.
 - 1. In dual-meet competition, there shall be a diving referee, who may serve as a judge; a judging panel consisting of three, four, five, six or seven judges; an announcer; and a set of table officials.
 - 2. When three judges are used, one judge will judge the execution of one diver, one judge will judge the execution of the other diver and one judge will judge the synchronization of the dive.
 - 3. When four judges are used, one judge will judge the execution of one diver, one judge will judge the execution of the other diver and two judges will

judge the synchronization of the dive. The highest and lowest scores will be dropped and the remaining scores added together and multiplied by 1.5.

4. When five judges are used, two judges will judge the execution of one diver, two judges will judge the execution of the other diver and one judge will judge the synchronization of the dive. The highest and lowest scores will be dropped.
5. When six judges are used, two judges will judge the execution of one diver, two judges will judge the execution of the other diver and two judges will judge the synchronization of the dive. The highest and lowest execution scores will be dropped.
6. When seven judges are used, two judges will judge the execution of one diver, two judges will judge the execution of the other diver and three judges will judge the synchronization of the dive. The two highest and two lowest scores will be dropped.

SECTION 6. COMPUTATION OF DIVING SCORES

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

Cancellation of Awards

- Art. 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

- Art. 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

Art. 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

Art. 5. The winner of the event is the diver with the highest total accumulated points. If two or more divers have equal points, they shall be declared tied. For details regarding NCAA zone and championship qualification, please see the NCAA Men's and Women's Swimming and Diving Pre-championships Manual.

WORLD AQUATICS DEGREE OF DIFFICULTY

The NCAA no longer publishes the World Aquatics Degree of Difficulties in the rules book due to their changing nature. Coaches and officials should access the latest version of the World Aquatics Degree of Difficulties on the NCAA website (www.ncaa.org/playingrules). Coaches and officials are reminded to check the website frequently for updates.

RULE 7

Scoring

Note: In all NCAA Championship and Non-Championship meets, all swimming and diving events must be offered and contested as long as any of the eligible participating teams choose to enter a minimum of one eligible student-athlete in the event. Furthermore, all events must be scored identically as stated in the playing rules. It is not permissible to adjust scoring values based upon the number of participants.

SECTION 1. DUAL MEETS

Six Lanes or More

Art. 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

Art. 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

Art. 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 their 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.

Diving Dual Meets

Art. 4. In dual diving meets when either team has three or fewer total participants per gender, the scoring of individual event place values shall be 7-5-4-3-2-1, with only the best three contestants from each team scoring. In dual diving meets when either team has four or five total participants per gender, the scoring of individual event place values shall be 9-7-6-5-3-2-1, with only the best four contestants from each team scoring. In dual diving meets when both teams have six or more total participants per gender, the scoring of individual event place values shall be 16-13-12-11-10-9-7-5-4-3-2-1, with only the best six contestants from each team scoring.

SECTION 2. DOUBLE-DUAL, TRIANGULAR OR QUADRANGULAR MEETS

In double-dual, triangular or quadrangular meets regardless of the number of heats, the scoring shall be 9-4-3-2-1 for individual events with no team scoring more than three individuals, and 11-4-2 for relays with no team scoring more than two relay teams.

SECTION 3. RELAY MEETS

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

SECTION 4. INVITATIONAL MEETS

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

SECTION 5. CONCURRENT MEN'S AND WOMEN'S

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

SECTION 6. CHAMPIONSHIP MEETS

Six Competitors Qualify

Art. 1. When six competitors qualify for the finals of a championship 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

Art. 2. When eight competitors qualify for the finals of a championship 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

Art. 3. When 12 competitors qualify for the finals of a championship 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 5-7-4-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

Art. 4. When 16 competitors qualify for the finals of a championship 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 5-7-4-a), points for first through eighth place shall be awarded solely on the basis of a championship final. Points for ninth through 16th place shall be awarded solely on the basis of a consolation final.

Eighteen Competitors Qualify

Art. 5. When 18 competitors qualify for the finals of a championship meet, (nine scoring competitors per heat), the scoring of place values shall be: relays, 44-38-36-34-32-30-28-26-24-20-16-14-12-10-8-6-4-2; individual events, 22-19-18-17-16-15-14-13-12-10-8-7-6-5-4-3-2-1.

Twenty-Four Competitors Qualify

Art. 6. When 24 competitors qualify for the finals of a championship 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

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

Consolation Limits

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

Common-Site Meets

Art. 9. When a common-site championship meet is conducted, separate team scores shall be maintained for the men's and women's events.

SECTION 7. DISQUALIFICATIONS

Non-championship Meets

Art. 1. If one or more disqualifications occur during an event in a non-championship 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.

Championship Meets

Art. 2. If one or more disqualifications occur during either the consolation final or the championship final of an event in a championship 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 8. TIES

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

SECTION 9. 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 6-1-4.

SECTION 10. NONSCORING COMPETITION

Exhibition Swims

Art. 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

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

SECTION 11. WINNING TEAM

The team accumulating the greatest number of points shall be declared the winner of the 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 championship meets, or by that meet's referee within seven days for non-championship competition.

RULE 8

Conduct of Competition

Note: In all NCAA Championship and Non-Championship meets, all swimming and diving events must be offered and contested as long as any of the eligible participating teams choose to enter a minimum of one eligible student-athlete in the event. Furthermore, all events must be scored identically as stated in the playing rules. It is not permissible to adjust scoring values based upon the number of participants.

SECTION 1. DUAL, DOUBLE-DUAL, TRIANGULAR AND QUADRANGULAR MEETS

Established Programs

Art. 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.

Note: Synchronized diving and team diving events are acceptable events that can replace either one-meter or three-meter or both events in non-championship meets (dual, tri, quad meets and invitationals). The use of synchronized diving and team diving would require mutual consent of all participating head coaches involved in the competition 10 days or more prior to the event.

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

Note 2: If synchronized diving is substituted in non-championship events, it shall consist of five dives from each pair.

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 5-3-1-b.)

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

Note 3: If synchronized diving is substituted in non-championship events, it shall consist of five divers from each pair.

It is permissible, during women's diving competition on one- and three-meter springboard, contestants may perform five optional dives, one from each category, instead of six optional dives.

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

Note 2: If synchronized diving is substituted in non-championship events it shall consist of five dives from each pair.

Note 3: In concurrent men's and women's programs, the default order is women's events preceding men's events.

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.) 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.) 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.) The men's one-meter and three-meter diving events shall be interchanged.

g. *Men's or Women's 2-Event Dual Diving Meet.*

6*/11 one-meter diving

6*/11 three-meter diving

*Note 1: *Refer to Default Events.*

h. *Men's or Women's 3-Event Dual Diving Meet with platforms*

6*/11 one-meter diving

6*/11 three-meter diving

5/6 dives platform diving (W-5/M-6)

- i. Men's or Women's 3-Event Dual Diving Meet with synchro diving
 - 6*/11 one-meter diving
 - 6*/11 three-meter diving
 - 5 dives synchronized *one-meter/three-meter diving
 - Note 1: *Refer to Default Events.*
 - Note 2: Both one-meter and three-meter synchronized diving may be offered with prior mutual consent of all coaches. Men's or Women's 3-Event Dual Diving Meet with synchro diving.*
- j. Men's or Women's 4-Event Dual Diving Meet with platforms and synchro diving
 - 6*/11 one-meter diving
 - 6*/11 three-meter diving
 - 5/6 dives platform diving (W-5/M-6)
 - 5 dives synchronized *one-meter/three-meter/platform diving
 - Note 1: *Refer to Default Events.*
 - Note 2: Any combination of one-meter, three-meter and platform synchronized diving may be offered with prior mutual consent of all coaches.*

Alternative Programs for Separate Diving Facilities

Art. 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.

Note 1: If synchronized diving is substituted in non-championship events, it shall consist of five dives from each pair and appear in the position of the event(s) it is being substituted for.

Note 2: If the team diving event is substituted in non-championship events, it shall appear in the position of the event it is being substituted for and shall consist of three divers per team completing no more than two dives each. Each team must do one dive from each dive category for a total of six (6) dives.

- 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.

Note: If synchronized diving is substituted in non-championship events it shall consist of five dives from each pair and appear in the position of the event(s) it is being substituted for.

It is permissible, during women's diving competition on one- and three-meter springboard, contestants may perform five optional dives, one from each category, instead of six optional dives.

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

Art. 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

- Art. 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

Art. 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)

Note: If synchronized diving is substituted in non-championship events it shall consist of five dives from each pair and appear in the position of the event(s) it is being substituted for.

Concurrent Men's and Women's Relay Meet

Art. 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.

SECTION 4. CHAMPIONSHIP MEETS

Established Programs

Art. 1. Championship 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.

The order of consolation and championship finals shall be stated in the meet announcement for individual events except the diving events and the 1,650-yard [1,500 m] freestyle. The 800-yard [800 m] freestyle relay and the 1,650-yard [1,500 m] freestyle shall always be contested as time final events. All other relay events may be contested as time final events, if so designated in the championship meet information. All heats of the relays may be contested during the finals 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.

Note: Championship and Invitational Meet format options are listed in Appendix B. It is permissible to include the 50 butterfly, 50 backstroke, and 50 breaststroke events in relay, invitational, non-NCAA Championship, and NCAA Championship meets.

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 Pre-championships Manual. The NCAA Pre-championships Manual shall govern all administrative procedures and protocols for the NCAA championships.

Art. 2. 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 championship 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 5-7-1-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.
- f. Time conversion tables and tables for altitude adjustment should be provided by the meet host in written meet information.

Appeal Procedure

Art. 3. a. Appeals must be made in writing to 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.
- e. The use of video is not permitted during the appeal process.

Challenges

Art. 4. Challenges to entered times at a championship 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 and diving events 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 non-championships, the one-meter and three-meter events shall consist of six dives with true degree of difficulty (representing all five diving categories).
- j. In non-championships, 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, 6-2-2-c-2 and 6-2-2-c-3.)

- n. When there is no mutual agreement by participating coaches, the default order of events shall be all non-scoring heats to be swum after the conclusion of the scoring heat in an event. (See Rule 5-5-1).

RULE 9

Bona Fide Competition

Bona Fide Competition

Detailed administrative procedures, such as entry and qualifying procedures, for conducting NCAA championships are contained in the current divisional NCAA Men's and Women's Swimming and Diving Pre-championships Manual.

SECTION 1. BONA FIDE COMPETITION

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

Art. 1. Bona fide competition is defined as an event that conforms to all NCAA rules relevant to swimming and diving performances. They include the following:

- a. All NCAA competitors must be eligible by NCAA standards;
- b. Competition is between two or more teams of the same gender at the same time and site, from different collegiate institutions;
- c. Meet officials must be qualified and/or certified;
- d. Meets must be in institutions' approved competition schedule;
- e. Meets must have published results; and
- f. Meet is open to the public (spectators).

USA Swimming and USA Diving meets are not allowed; however, select USA Swimming and USA Diving meets that are acceptable for achievement of time standards, consideration standards, and optional entry standards may be designated each year by the respective divisional NCAA Swimming and Diving Championship Committee.

Non-collegiate athletes may not participate in collegiate meets in any form. Non-collegiate athletes may compete in exhibition events conducted outside of the meet program.

Art. 2. 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 the NCAA Bylaws.

SECTION 2. ACCEPTABLE PERFORMANCES

Art. 1. a. Time standards, consideration standards and optional-entry standards may be achieved in exhibition performances that are conducted during bona fide NCAA non-championship, relay, and championship meets governed by Rule 8-1 through Rule 8-3 of this book (see Rules 5-5-1 and 5-5-3).

- b. Times achieved in time-standard trials that are conducted in conjunction with bona fide NCAA non-championship, relay and championship meets governed by Rule 8-1 through Rule 8-4 also are acceptable (see Rule 5-5-2). Each competitor or relay team is limited to one time-standard trial per event per meet.
- c. 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 5-5-1). This rule does not apply to competitors in time-standard trials (see Rule 5-5-2) 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.

SECTION 3. TIMING REQUIREMENTS

Art. 1. 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.

SECTION 4. ACCEPTABLE FACILITIES

Art. 1. Time standards, consideration standards and optional-entry standards may be achieved only in 25-yard, 25-meter, and 50-meter racing courses, and may be limited to 25-yard and 25-meter racing courses, at the discretion of the Championships Committee. 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.

SECTION 5. ENTRY TIMES

- Art. 1. a.** 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 5-4-1 and 8-4-2-c).
- b. 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: See the current NCAA Men's and Women's Swimming and Diving Pre-championships Manual for specified qualifying periods.

Appendix A

Definitions

Aggregate time

Times achieved by four individuals in separate starts which are added together to arrive at a relay time for entry purposes.

Appreciable

Sufficient in extent to be recognized.

Arm

That part of the body that extends from the shoulder to the wrist.

Body

The torso, including shoulders and hips.

Bonus (C) Final

The third fastest heat of swimmers competing in Finals.

Championship (A) Final

The fastest heat of swimmers competing in Finals.

Conforming time

Time achieved in a course that corresponds to the meet competition course.

Consolation (B) Final

The second fastest heat of swimmers competing in Finals.

Course

Designated distance over which the competition is conducted.

Draw

Random selection by chance.

Dual Competition

Competition between two teams.

End of Course

Designated wall for racing turns and finishes.

Event

Any race or series of races in a given stroke and/or distance. For competitive limits, one event is inclusive of preliminary heat(s) plus its related final(s), or one timed final, or one time trial.

Finals

A session of a meet in which the concluding heats of an event are contested which may include championship, consolation, or bonus finals.

Finish

The instant that a swimmer touches the wall at the end of the prescribed distance.

Forward Start

An entry made while facing the course.

Foul

An instance of obstruction, interference, collision, or equipment malfunction which prevents the successful completion of a race.

Heats

A division of an event in which there are too many swimmers to compete at one time. (See Preliminary Heats and Timed Final Heats)

Horizontal

Parallel to the surface of the water.

Initial Distance

The first portion of a race for which an official time may be recorded but which is not in itself a completed event.

Lane Line

Continuous floating markers attached to a line stretched from the starting end to the turning end of the course for the purpose of separating each lane.

Length

Extent of the course from end to end.

Long Course

A course that is 50 meters.

Manual Start

The start of any timing device by an individual in response to the same starting signal given to the swimmer(s).

May

Permissive, not mandatory.

Meet Announcement

Document setting forth information of the meet events, schedule, and procedures.

Meet Committee

Unless otherwise specified in the meet announcement, the Meet Committee shall consist of the Meet Director, Meet Referee, and coach, athlete, or administrator members as appropriate.

On the Back

Position of the body when the shoulders are at or past vertical towards the back.

On the Breast

Position of the body when the shoulders are at or past vertical towards the breast.

Place Judge

Official assigned to record the order of finish of all swimmers by lane in each heat.

Pre-seed

All entrants are seeded prior to the day of competition.

Preliminary Heats or Preliminaries

Competition in which a number of heats are swum to qualify the fastest swimmers for the Finals.

Propulsive

Having power to propel.

Relay

A race in which each team member swims a specified portion of the course.

Relay Leg

The part of a relay event that is swum by a single team member.

Scissor Kick

Use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.

Scratch (from an event)

Withdraw an entry from competition.

Seed

To distribute the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times.

Shall

Mandatory.

Short Course

A course that is 25 yards or 25 meters.

Should

Recommended but not mandatory.

Simultaneously

Occurring at the same time.

Textile Materials

Natural and/or synthetic, individual and non-consolidating yarns used to constitute a fabric by weaving, knitting, and/or braiding, or as further defined under current World Aquatics swimwear rules.

Time Standard

The time a swimmer must have previously achieved in order to compete in that event at a designated competition.

Time Trial

An event conducted within or independently of a meet where the swimmer races against the clock to establish an official time.

Timed Final Heats or Timed Finals

Competition in which only heats are swum and final placings are determined by the times achieved in the heats.

Touch

Contact with the end of the course.

Turn

A point where the swimmers reverse or change direction.

Vertical

Perpendicular to the water surface.

Wall

Vertical portion of the pool, contiguous surfaces of the deck and overflow gutter, the front portion of the starting block or platform, or the touchpad at the end of the course.

Warning Signal

A bell, whistle, air horn, or other appropriate audible device.

Appendix B

Meet Formats

Three-Day Programs Without Platform Diving

Art. 1. The following programs and order of events are options for three-day championship meets when 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
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—All but final two heats
20. 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—Final two heats

DAY 3 TRIALS

15. 100-yard [100 m] individual medley**
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
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. 100-yard [100 m] individual medley**
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. Three-meter diving—Finals*
21. 400-yard [400 m] freestyle relay

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

***Option for non-NCAA Championship meets*

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—All but final two heats

DAY 2 FINALS

8. 200-yard [200 m] freestyle relay
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—Final two heats

DAY 3 TRIALS

15. 100-yard [100 m] freestyle
17. 100-yard [100 m] individual medley**
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*
16. 1,650-yard [1,500 m] freestyle—All but last heat of time finals
**Option for non-NCAA Championship meets

DAY 3 FINALS

15. 100-yard [100 m] freestyle
16. 1,650-yard [1,500 m] freestyle—Last heat of time finals
17. 100-yard [100 m] individual medley**

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 for non-NCAA Championship meets*

Three-Day Program With Platform Diving

Art. 2. The following programs and order of events are options for three-day championship meets when 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
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—All but final two 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—Final two heats

DAY 3 TRIALS

16. *100-yard [100 m] individual medley***
17. 200-yard [200 m] backstroke
18. 100-yard [100 m] freestyle
19. 200-yard [200 m] breaststroke
20. 200-yard [200 m] butterfly
- 20-minute intermission
22. 400-yard [400 m] freestyle relay
15. 1,650-yard [1,500 m] freestyle—All but last heat of time finals
21. Platform diving—Trials*

DAY 3 FINALS

15. 1,650-yard [1,500 m] freestyle—Last heat of time finals
16. *100-yard [100 m] individual medley***
17. 200-yard [200 m] backstroke
18. 100-yard [100 m] freestyle
19. 200-yard [200 m] breaststroke
20. 200-yard [200 m] butterfly
21. Platform diving—Finals*
22. 400-yard [400 m] freestyle relay

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

***Option for non-NCAA Championship meets*

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—All but final two 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—Final two heats

DAY 3 TRIALS

16. 100-yard [100 m] freestyle
17. 100-yard [100 m] individual medley**
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

16. 100-yard [100 m] freestyle
17. 100-yard [100 m] individual medley**
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.*

***Option for non-NCAA Championship meets*

Three-Day Program With 1,000-Yard Freestyle

Art. 3. The following programs and order of events are options for three-day championship meets when 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

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—All but final two heats
20. 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—Final two heats

DAY 3 TRIALS

15. 100-yard [100 m] individual medley**
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
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. 100-yard [100 m] individual medley**
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. Three-meter diving—Finals*
21. 400-yard [400 m] freestyle relay

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

***Option for non-NCAA Championship meets*

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—All but two final 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—Final two heats

DAY 3 TRIALS

16. 100-yard [100 m] freestyle
18. *100-yard [100 m] individual medley***
19. 200-yard [200 m] butterfly
20. 200-yard [200 m] individual medley
20-minute intermission
22. 400-yard [400 m] medley relay
21. 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. 100-yard [100 m] individual medley**
19. 200-yard [200 m] butterfly
20. 200-yard [200 m] individual medley
21. Three-meter diving—Finals*
22. 400-yard [400 m] medley relay

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

***Option for non-NCAA Championship meets.*

OPTION 3

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-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)
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—All but final two 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—Final two heats

DAY 3 TRIALS

17. 100-yard [100 m] freestyle
 19. 100-yard [100 m] individual medley **
 20. 200-yard [200 m] butterfly
 21. 200-yard [200 m] individual medley
- 20-minute intermission
23. 400-yard [400 m] medley relay
 22. 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. 100-yard [100 m] individual medley **
20. 200-yard [200 m] butterfly
21. 200-yard [200 m] individual medley
22. Platform diving—Finals*
23. 400-yard [400 m] medley relay

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

***Option for non-NCAA Championship meets,*

Alternate Three-Day, Common-Site Established Program

Art. 4. The following is an alternate established program and order of event for a three-day, common-site (men's and women's) championship meet. This established program is an option 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)—All but final two heats
29. 800-yard [800 m] freestyle relay (M)—All but final two 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)—Final two heats
29. 800-yard [800 m] freestyle relay (M)—Final two heats

DAY 3 TRIALS

32. *100-yard [100 m] individual medley (W)***
33. *100-yard [100 m] individual medley (M)***
34. 200-yard [200 m] backstroke (W)
35. 200-yard [200 m] backstroke (M)
36. 100-yard [100 m] freestyle (W)
37. 100-yard [100 m] freestyle (M)
38. 200-yard [200 m] breaststroke (W)
39. 200-yard [200 m] breaststroke (M)
40. 200-yard [200 m] butterfly (W)
41. 200-yard [200 m] butterfly (M)

20-minute intermission

43. 400-yard [400 m] freestyle relay (W)
44. 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
42. 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. 100-yard [100 m] individual medley (W)**
33. 100-yard [100 m] individual medley (M)**
34. 200-yard [200 m] backstroke (W)
35. 200-yard [200 m] backstroke (M)
36. 100-yard [100 m] freestyle (W)
37. 100-yard [100 m] freestyle (M)
38. 200-yard [200 m] breaststroke (W)
39. 200-yard [200 m] breaststroke (M)
40. 200-yard [200 m] butterfly (W)
41. 200-yard [200 m] butterfly (M)
42. Three-meter diving (W)—Finals*
43. 400-yard [400 m] freestyle relay (W)
44. 400-yard [400 m] freestyle relay (M)

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

***Option for non-NCAA Championship meets.*

Standard Four-Day, Common-Site Established Program

Art. 5. The following established program and order of events are options for a four-day, common-site (men's and women's) championship 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)—All but final two heats
29. 800-yard [800 m] freestyle relay (W)—All but final two 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)—Final two heats
29. 800-yard [800 m] freestyle relay (W)—Final two heats

DAY 4 TRIALS

32. 100-yard [100 m] individual medley (M)**
33. 100-yard [100 m] individual medley (W)**
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)
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
40. Three-meter diving (W)—Trials*

***Option for non-NCAA Championship meets.*

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] individual medley (M)**
33. 100-yard [100 m] individual medley (W)**
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.*

***Option for non-NCAA Championship meets.*

FOUR-DAY ESTABLISHED PROGRAM, COMMON SITE WITH 1,000-YARD FREESTYLE

Art. 6. The following is the established program option for either the standard or optional four-day, common-site championship 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] individual medley (M)**
35. 100-yard [100 m] individual medley (W)**
36. 100-yard [100 m] freestyle (M)
37. 100-yard [100 m] freestyle (W)
38. 200-yard [200 m] backstroke (M)

- 39. 200-yard [200 m] backstroke (W)
- 40. 200-yard [200 m] breaststroke (M)
- 41. 200-yard [200 m] breaststroke (W)
- 20-minute intermission
- 43. 400-yard [400 m] freestyle relay (M)
- 44. 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
- 42. Three-meter diving (W)—Trials*

***Option for non-NCAA Championship meets*

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] individual medley (M)**
- 35. 100-yard [100 m] individual medley (W)**
- 36. 100-yard [100 m] freestyle (M)
- 37. 100-yard [100 m] freestyle (W)
- 38. 200-yard [200 m] backstroke (M)
- 39. 200-yard [200 m] backstroke (W)
- 40. 200-yard [200 m] breaststroke (M)
- 41. 200-yard [200 m] breaststroke (W)
- 42. Three-meter diving (W)—Finals*
- 43. 400-yard [400 m] freestyle relay (M)
- 44. 400-yard [400 m] freestyle relay (W)

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

*** Option for non-NCAA Championship meets.*

Appendix C

Records

SECTION 1. COLLEGIATE RECORDS

General

Art. 1. The performance for which any record is claimed must be made in a race that is a regular part of a non-championship, relay, non-NCAA championship or NCAA championship meets. 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 events that do not count as bona fide competition as defined by Rule 9 for the meet being conducted.

Automatic Timing Device

Art. 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

Art. 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 racing course.

50-yard freestyle	100-yard freestyle	200-yard freestyle
500-yard freestyle	1000-yard freestyle	1,650-yard freestyle
200-yard freestyle relay	400-yard freestyle relay	800-yard freestyle relay
50-yard butterfly	100-yard butterfly	200-yard butterfly
50-yard backstroke	100-yard backstroke	200-yard backstroke
200-yard medley relay	400-yard medley relay	50-yard breaststroke
100-yard breaststroke	200-yard breaststroke	200-yard individual medley
400-yard individual medley	100-yard individual medley	
Platform diving	One-meter diving	Three-meter 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

Art. 1. NCAA record forms for NCAA or NCAA Championship Meet Records may be obtained by downloading the form at www.ncaa.org/playingrules.

Required Data

Art. 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 and contact information of the referee, starter and timing system operator.
- i. Where a movable bulkhead or bridge is used, a copy of the laser course measurement that was recorded by an official.

Filing Directions

Art. 3. The official application form should be emailed to Greg Lockard, Secretary-Rules Editor, at greg@swimdiverules.com.

Time Standards

All time standards for Division I, II and III men and women may be found at www.NCAA.org and in the NCAA Men's and Women's Swimming and Diving Pre-championships Manual.

Sample Conversion Tables

Note 1: These conversions may not be the same as those conversions used for NCAA championships qualification. For those conversion tables, please refer to the NCAA Men's and Women's Swimming and Diving Pre-championships Manual.

Note 2: Decisions on when to use conversions rest with the meet host of an invitational and the respective conference for a non-NCAA championship meet. Those decisions and the respective conversion table should be outlined in the entry information.

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:

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

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
800 meters (LC) to 1,000 yards	1.105		

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
800 meters (LC) to 1,000 yards	1.120		

Appendix D

Concussions

REVISED MAY 2025

Sport-related concussion is a traumatic brain injury caused by a direct blow to the head, neck or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities. Signs and symptoms may present immediately or evolve over minutes or hours.

Game officials are often in the best position to observe student-athletes after they have had a blow to the head or body, and may be the first to notice the behaviors that indicate a concussion may be present. An official may observe the following behaviors by a student-athlete with a suspected concussion:

- Appears dazed or stunned.
- Appears confused or incoherent.
- Shakes head.
- Stumbles; has to be physically supported by teammates.
- Moves clumsily or awkwardly.
- Shows behavior or personality changes.

Student-athletes with a suspected concussion must be removed from competition so that a medical examination can be conducted by the primary athletics healthcare provider (i.e., athletic trainer or team physician).

Importantly, a game official is not expected to evaluate a student-athlete. Instead, if an official notices any behavior that suggests a concussion, the official should stop play immediately and call an injury timeout so that an appropriate medical examination can be conducted. A simple guide to the official's role is: "When in doubt, call an injury timeout."

A student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion, must be removed from practice or competition and may not return to sport activity on that day. The athlete must undergo medical evaluation and follow a return-to-learn/return-to-sport protocol under the supervision of the team physician, and may not return to sport until cleared by an appropriate health care professional. Sports have injury timeouts and player substitutions so that student-athletes can receive appropriate medical evaluation.

IF A CONCUSSION IS SUSPECTED:

1. **Remove the student-athlete from play.** Look for the signs and symptoms of concussion if the student-athlete has experienced a blow to the head. Do

not allow the student-athlete to just “shake it off.” Each student-athlete will respond to concussions differently.

2. **Ensure that the student-athlete is evaluated immediately by an appropriate health care professional.** Do not try to judge the severity of the injury. Call an injury timeout to ensure that the student-athlete is evaluated by one of the primary athletics healthcare providers.
3. **Allow the student-athlete to return to play only if the primary athletics healthcare provider has determined that the student-athlete did not suffer a concussion.** Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the student-athlete to establish the appropriate management.

Additional information and details regarding concussions can be found at ncaa.org/sports/health-safety.

Appendix E

Accommodations for Student-Athletes with Disabilities

The NCAA encourages participation by student-athletes with disabilities (physical or mental) in intercollegiate athletics and physical activities to the full extent of their interests and abilities. An NCAA member institution will have the right to seek, on behalf of any student-athlete with a disability participating on the member's team, a reasonable modification or accommodation of a playing rule, provided that the modification or accommodation would not:

1. Compromise the safety of, or increase the risk of injury to, any other student-athlete;
2. Change an essential element that would fundamentally alter the nature of the game; or
3. Provide the student-athlete an unfair advantage over the other competitors.

To request any such modification or accommodation, the member's director of athletics, or his/her designee, must submit a rule waiver request, in writing, to the secretary-rules editor. Such written request should describe:

- a. The playing rule from which relief is sought;
- b. The nature of the proposed modification or accommodation;
- c. The nature of the student-athlete's disability and basis for modification or accommodation; and
- d. The proposed duration of the requested modification or accommodation.

Additionally, each request should be accompanied by documentation evidencing the student-athlete's disability (e.g., a medical professional's letter). Upon receipt of a complete waiver request, the secretary-rules editor will consult with NCAA staff, the applicable sport/rules committee, other sport governing bodies, and/or outside experts, to conduct an individual inquiry as to whether the requested modification or accommodation can be made. In making this assessment, the NCAA may request additional information from the member institution. The secretary-rules editor will communicate the decision in writing (which may be via email) to the requesting member institution. If the request is granted, the member institution should be prepared to provide the written decision to the officiating staff, opposing coach(es), and tournament director (if applicable) for each competition in which the student-athlete will participate. NCAA members are directed to consult Guideline 2P of the NCAA Sports Medicine Handbook for further considerations regarding participation by student-athletes with impairment.

Appendix F

Lightning Policy

The NCAA provides detailed guidance on lightning (and other environmental hazards) in the NCAA Sports Medicine Handbook. Please consult the latest version of this handbook, which is available at www.ncaa.org.

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