

Idaho High School Swimming Rules & Regulations

(Based on the IHSAA Rules and Regulations, all references to IHSAA shall be deemed to include IHSS and Association where applicable)

Rule 1- Administrative Authority and Responsibility

1-1 General

- 1-1-1 The principal or head coach of each member school is recognized as the school representative and, as such, is accountable to the Association for the conduct of the activities program of that school.
- 1-1-2 The principal or head coach shall accompany their team to all contests.
- 1-1-3 The principal has the authority to designate a faculty member employed in that school system to act as activities director of the teams representing the school.
- 1-1-4 The principal or head coach must provide adequate team and crowd control at all contests in which his/her school participates and assure that participants and fans conduct themselves in proper and sportsmanlike manner. Failure of the principal or head coach to provide adequate control or failure of the school's participants and/or fans to act in an appropriate manner shall be deemed sufficient reason for disciplinary action by the Meet Referee.
- 1-1-5 Any school or district may narrow the scope of its activities and may have rules governing participants in addition to these rules, provided the same do not conflict with or violate the Association rules.
- 1-1-6 The Board will not overrule a local school policy that is consistent with these rules and regulations.
- 1-1-7 Mutual agreements that violate the rules of this Association may result in disciplinary action being taken against the schools involved.
- 1-1-8 All new principals and athletic directors and head coaches are required to attend annual IHSAA rules and regulations workshops that are held in each activity district at the beginning of the school year.

1-2 Certification Of Eligibility

- 1-2-1 The eligibility of all contests in sports and specific activities all be certified by the school principal or head coach in accordance with the rules hereby adopted.

Rule 2- Classification

- 2-1.1 School enrollment will be the primary basis for establishing classification. Final placement may be determined by consideration of the following factors:
 - 1. Minimizing loss of instructional time
 - 2. Reducing travel time and distance
 - 3. Facilitating equitable scheduling
 - 4. Evaluating safety concerns relative to competitive scheduling and pairing
- 2-2 Classifications are set by the IHSAA according to their rule 2-2

- 2-2-1 At present, classification numbers are:
 - 5A 1280 and over
 - 4A 640 - 1279
 - 3A 639 – 320
 - 2A 319 – 160
 - 1A 159 and under
- 2-2-2 All proposals for reclassification shall be reviewed by the IHSAA Classification Committee.
- 2-3 Schools may petition to move from one classification to another. All petitions will be approved for a two-year classification cycle.
- 2-3-1 Schools that do not meet the criteria for moving from one classification to another by using enrollment figures, may petition to move up or down in classification through the IHSAA
- 2-3-2 Schools that presently exceed enrollment limits for the classification in which they compete, but will not exceed those limits during the “classification period”, may bypass the regular petitioning process and petition directly to the IHSAA Board.
- 2-4 When school attendance boundaries change, causing an alteration in the enrollment and classification status of member schools within that school district, the procedure to determine the classification for the next year will be determined by the IHSAA.
- 2-5 **Representation**
- 2-5-1 State tournament representation in swimming will be determined by qualifying times.
 1. Athletes must have achieved a state qualifying time during the current high school swimming season to participate in the state championship meet.
 2. Qualifying times for the State Meet are determined by the Idaho High School Swimming Coaches Association at the business meeting conducted during the previous year’s State Championship Meet.
 3. Each member team will be able to bring unqualified swimmers so that the team is able to enter one relay in each relay event.

Rule 3 - Coaches

- 3-1 The head coach of any member team must be certified to teach in Idaho, or have completed a fundamentals course. Authorized courses are NFHS Fundamentals of Coaching, ASEP Coaching principles, USA Swimming, ASCA or NISCA coaching course.
- 3-1-1 Assistant and sub-varsity coaches need not be certified teachers. Assistant and sub-varsity coaches are strongly encouraged to complete a coaching principles course.
- 3-2 All coaches of a member team must complete a First Aid course with a CPR component from a school district-recognized provider. A “recognized provider” is one whose curriculum is similar to the American Red Cross and American Heart Association. New coaches must complete the course during his/her first year of

coaching. At no time may a team practice, travel, or compete without at least one adult present who has met this requirement.

- 3-3 A coach may accept remuneration from sources outside the local board of education if that coach is not paid by his/her local board of education. Coaches may receive appreciation gifts from team members, parents or community organization that do not exceed the value of an IHSAA player award (\$200).

Rule 4- Conduct/Discipline

- 4-1 The conduct of participants and school personnel at all Idaho High School Swim Association sponsored activities shall be such that it does not bring discredit to the school or the Association. Such conduct must not disrupt the discipline, order, safety, or educational environment of high school activities (Also see Rule 1-1-4)
- 4-2 The member school principal or head coach is responsible for initiating appropriate disciplinary measures against students or school personnel for improper/unethical practices and reporting to the Local Board of Control where the decision is made whether to send the issue for consideration by the IHSS State Board.

4-3 Ejections

- 4-3-1 In any athletic contest, any coach, player or bench personnel ejected by an official for unsportsmanlike behavior will be suspended for the remainder of the meet and, will be suspended for the next regularly scheduled contest at that level of competition, and all other meets in the games/meets/matches in the interim, in any sport, at any level of competition.
- 4-3-2 A second violation will result in being suspended for the next two (2) regularly scheduled contests. The third ejection will result in suspension for the remainder of that season. If penalties are imposed at the end of the sport season and no contest remains, the penalty is carried over to that particular sport until the next school year.
- 4-3-3 This rule does not apply to swimming at this time.
- 4-3-4 The responsibility to enforce the penalty for being suspended lies with the school principal, head coach, and District Board of Control.
- 4-3-5 When an individual is suspended for the next contest, the interpretation of "contest" for swimming is the next meet.
- 4-3-6 Any ejection that is the result of physical contact, or excessive verbal abuse, by a player/coach on a meet official will be referred to the Board for review to determine if any additional penalty is required.
- 4-3-7 If a coach is ejected from an Association contest, the designated Meet Referee must appoint an appropriately qualified adult to supervise the remainder of the contest or forfeit the contest.

Rule 5 - Contests

- 5-1 Interscholastic contests must not be arranged without the knowledge and sanction of the school principal or head coach.

- 5-2 Interschool contests in Idaho High School Swim Association sponsored activities must be held under the direct supervision and management of the schools or head coach involved, with the exception of state competition, which shall be under the supervision and management of the Idaho High School Swim Association.
 - 5-3 A school administrator or head coach shall accompany participants to all interschool contests.
 - 5-4 Interschool competition is not allowed against schools that are not regular or associate members of the IHSAA, or of another state high school association. Exception: Associate member schools (not eligible for district/state competition) are allowed to compete against non-member schools.
 - 5-4-1 No interschool competition may be held against a school that is under suspension by the IHSAA.
 - 5-5 Idaho schools may participate in out-of-state competition under the following conditions:
 - a. Idaho schools comply at all times with these rules and regulations.
 - b. All requirements for sanctioning of the competition are met.
 - 5-6 Does not currently apply to the Association.
 - 5-7 Competition may be held on any day of the week if all schools involved approve such play.
 - 5-8 Withdrawal of a school team from an interscholastic contest once the contest has commenced will jeopardize the standing of the school in the Association, unless withdrawal is by consent of competing schools.
 - 5-9 When possible, no more than two nights per week shall be used for interscholastic activities.
 - 5-10 Once a student participates at the varsity level in a district contest, he/she may not compete at the sub-varsity level.
 - 5-11 A member school and its students are permitted to participate in contests or scrimmages which take place during the time period between district tournaments and state tournaments.
- 5-12 Scrimmages/Practices**
- 5-12-1 An organized scrimmage by teams or individuals students with or against teams or players not belonging to their school is considered a contest, and counts toward the total number of contests a team is allowed.
 - 5-12-2 Member school teams and individuals can practice with non-high school teams or players.

Rule 6 - Contracts

This rule does not currently apply to the Idaho High School Swim Association.

Rule 7 – Cooperative Programs

- 7-1 Cooperative programs allow teams or individuals an opportunity to compete in IHSAA sanctioned activities in which they would not otherwise be able to compete. All member schools of the IHSAA are eligible to participate in cooperative program.

- 7-2 Cooperative sponsorship of any activity by two or more member schools is permitted in the following category:

Collective Cooperative Program: Students from more than one schools share resources, but must compete as representatives of their home school at district and state competition. School classification remains the same. This program applies to cross country, wrestling, golf, tennis, track, the individual track event of pole vault, drama, debate, speech and swimming.

- 7-3 Cooperative programs will be in effect for a minimum of two years.
7-4 Application for cooperative programs for swimming shall be submitted to the Board by August 1.

Rule 8 – Individual Eligibility

These rules determine a student’s eligibility to participate on a school athletic team or in specific competitive activities.

8-1.1 Academic

To be academically eligible for athletics, a student must be enrolled full-time in his/her school, on target to graduate based on State Board of Education graduation requirements, and have received passing grades/earned credits in the required number of courses during the previous reporting period (for swimming this is the previous spring semester).

Equivalency is determined by the following criteria:

- 4 classes must pass at least three
- 5 classes must pass at least four
- 6 classes must pass at least five
- 7 classes must pass at least five
- 8 classes must pass at least six

- a. Students participating with a cumulative GPA below 2.0 must have an academic improvement plan in place as developed by the local school district.
- b. Being “on target to graduate by State Board of Education requirements” means: a student not having the necessary number of credits to graduate with their class through the normal school day program, must have a graduation plan that provides for receiving a diploma by the end of the summer following their senior year in order to be eligible for activity participation. *Effective for the class of 2010.*
- c. Schools may adopt stricter academic eligibility policies.

- 8-1-1 Credit is granted for an approved course meeting for five periods a week, for the prescribed 18 weeks (semester) or an approved equivalent. Approved trimester scheduling is acceptable. Approval of equivalent scheduling must be approved by the S.D.E. (see 8-1 to determine equivalent scheduling).
- 8-1-2 An approved course is one which is taken for credit toward graduation. A college credit course that is also allowed for high school graduation is acceptable.
- 8-1-3 When a student from a member school enrolls in any college course, summer school, night school course, or correspondence course approved by the Idaho

- State Department of Education and such student desires to have the credits count toward IHSAA scholastic eligibility requirements, the student must be accepted and must obtain written approval from the high school principal stating that each specific course credit will be accepted and counted toward graduation.
- 8-1-4 An incomplete or conditional grade received at the end of a semester counts as a failure until the deficiency is removed.
 - 8-1-5 A student must have satisfactorily completed the preceding semester/trimester and the academic eligibility requirements to be eligible for the current semester/trimester.
 - 8-1-6 For students enrolled in an approved special education program in which the Individual Education Program (IEP) is the standard of measurement for progress toward graduation, the district shall verify that the student is making satisfactory progress and meeting the standards of the IEP.

8-2 Age

A student becomes ineligible for athletics upon completion of the sport season in which he/she turns twenty (20) years of age.

8-3 All-Star Competition

- 8-3-1 Only those students who participate during the swim season of their senior year may participate in all-star, benefit, or similar contests. Such contests may not be held during the IHSS sport season, and must be submitted for approval by the Board.
- 8-3-2 While the IHSAA allows conferences to select an “all-conference” team, the Association does not recognize any type of all-tournament or all-state selections. If school personnel participate in the selection process, they must not do so as a school representative.

8-4 Amateur Status

- 8-4-1 A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur athlete is one who engages in athletic competition solely for the physical, mental, social, and pleasure benefits gained through participation. An athlete forfeits amateur status in a sport by:
 - a. Competing for money or other monetary compensation (allowable travel, meals and lodging expenses may be accepted);
 - b. Receiving any award or prize of monetary value that exceeds the guidelines approved by the IHSAA (Scholarships to institutions of higher learning are specifically exempt);
 - c. Signing a professional contract in that sport.
- 8-4-2 Amateur status will not be jeopardized by accepting a nominal, standard fee or salary for instructing, supervising, or officiating in an organized youth sports program (school or non-school) or recreation, playground or camp activities.
- 8-4-3 A student may receive the benefits of participation in carnival type/luck-of-draw/lottery style activity that is open to the general public. This type of competition must be limited to individual competition and not put one contestant against another.
- 8-4-4 A high school student who loses amateur status may apply to the Board for reinstatement in an interscholastic program.

8-5 Awards

- 8-5-1 A student may not receive cash of any amount or an award, playing equipment or prize which exceeds the retail value amount of \$200, including, but not limited to, attendance at an instructional camp or all-star game.
- 8-5-2 A student is governed by IHSAA rules when he or she participates in Idaho High School Swimming competitions. If a student competes outside the Idaho High School Swimming Association sports season, awards are governed by the amateur governing body of that sport. If no regulations exist for that sport, 8-5-1 is in effect.

8-6 Eligibility Rule Waiver Request

The Board has the authority to waive an eligibility rule when, in the opinion of the Board, the rule fails to accomplish the purpose for which it is intended. The Board will consider each case after the *Eligibility Regulation Waiver form*, has been completed and submitted.

- 8-6-1 A written notification of the Board's decision will be sent from the Executive Director. The Board's decision regarding eligibility is final.

8-7 Enforcement

- 8-7-1 The administration or head coach of each member school shall be responsible for administering and enforcing eligibility rules, and shall have the responsibility of educating and guiding students in the rules of eligibility which govern member schools of the Association.
- 8-7-2 In the event an ineligible student is discovered to have participated, the member school principal or head coach shall:
- a. Immediately notify the Board
 - b. Send a written report to the Board. The report must include the name of the ineligible student, the cause of ineligibility, dates of contests in which the student participated when ineligible, and how the error was made.
 - c. Declare the student ineligible for further competition until notification of a decision has been received from the Board.

8-8 Enrollment/Attendance

- 8-8-1 A participant shall be enrolled in the school sponsoring the team on which he/she participates unless the school is an approved cooperative program or the participant is in compliance with Rule 8-16.
- 8-8-2 A student is entitled to athletic eligibility, providing all other eligibility requirements are met, for eight consecutive semesters after the student first enrolls in the ninth grade. The semesters of eligibility continue to be spent even through a student might not participate every semester.
- 8-8-3 No student shall be permitted to participate in more than four seasons of any one activity at the high school level.
- 8-8-4 No student shall be permitted to participate in more than one season per sport each school year.
- 8-8-5 Students who have not entered the ninth grade, but are taking the credit equivalency of a full-time high school student, may compete in interscholastic athletic contests against high school students. If the student does compete, however, that season will mark the beginning of his/her eight semesters of eligibility.

8-9 Foreign Exchange Students

A foreign exchange student may participate in the host high school athletic program providing the *Foreign Exchange Student Transfer Form* has been submitted and filed by the principal or head coach.

- 8-9-1 A foreign exchange student is considered to be placed with a host family when written notice of placement is provided by the exchange organization to the student and his/her parents, and to the host family.
- a. Neither the school the student attends nor any person associated with that school shall have input into the selection of the student.
 - b. No member of the school's coaching staff, paid or voluntary, shall serve as the host family
- 8-9-2 The foreign exchange student must possess a current J-1 visa, issued by the US State Department.
- 8-9-3 The foreign exchange student must comply with all eligibility requirements set forth by the IHSAA of which the school he/she attends is a member.
- 8-9-4 **Other International Students.**
An international student will be ineligible for varsity interscholastic extra curricular activities for one year from the date of initial enrollment and attendance in the new school. International students who are not under the auspices of, and placed by, a CSIET listed exchange program must meet the following requirements in order to be considered for interscholastic athletics eligibility:
- a. Must file an Eligibility Regulation Waiver with IHSS.
 - b. The student must possess a current F-1 visa, issued by the US Immigration and Naturalization Service.
 - c. The student must provide to the principal of the school he/she attends an official untranslated transcript and a transcript that is translated into English, by an acceptable agent or agency, which indicates work taken in all grades in which the student has been enrolled.
 - d. The international student must pay tuition to the high school he/she attends as prescribed in Section 625 of US Public Law 104-208.
 - e. No member of the school's coaching staff, paid or voluntary, shall serve as the resident family for the student.
 - f. The international student must comply with all eligibility requirements set forth by the state high school association of which the school he/she attends is a member.
 - g. Non-compliance with one or more of the foregoing provisions shall render the international student ineligible for interscholastic athletics at any high school which is a member of any NFHS member state high school association.
- 8-9-5 The exchange program must be one of the following programs approved by the Council on Standards for International Education Travel which are listed on pg 82 of the IHSAA Rules and Regulations.
- 8-9-6 An exchange student from any other program is considered a transfer student and must follow the eligibility waiver process to gain eligibility.
- 8-9-7 Approved foreign exchange students are eligible for athletic competition for a maximum of one school year. The one school year includes enrollment in member schools in Idaho or other states.

8-10 Graduates

- 8-10-1 A graduate of any high school is ineligible for participation in interscholastic activities. *Exception:* A newly graduated student who participates in a spring sport will remain eligible until the end of that sport's season.
- 8-10-2 A student who has earned sufficient credits to graduate in less than eight semesters may remain eligible, providing the student does not actually graduate and is enrolled in and attending the high school as a full-time student.

8-11 Outside Competition

- 8-11-1 Outside competition is defined as a student who competes in organized, non-school contests or events after the starting date of the high school season in that sport, except as provided in Rule 12.
- 8-11-2 Violation of this rule will result in the following:
- The student will be ineligible for the next regularly scheduled contest plus an additional regularly scheduled contest per infraction. Regularly scheduled contests include: season, district, and state.
 - Infractions will be reported to the Board, who may levy additional fines or penalties.
- 8-11-3 A second violation during the four years of eligibility by that student of the outside competition rule will result in the following:
- The student will be ineligible for the school team for the remainder of that sports season.
 - Additional assessments may be possible.
- 8-11-4 Contests may not be scheduled to create eligibility.

8-12 Practice Before Contests

- 8-12-1 Practice is defined as a scheduled physical fitness activity designed for the preparation of athletes for the ensuing sports season. Practices must be conducted under the supervision of the school coach or supervisor.
- 8-12-2 A student must have ten days of practice prior to the day of the first contest of the interscholastic athletic competition season.
- The day of the first scheduled contest shall not be allowed to count as one of the ten days in meeting the ten-day practice rule.
 - Athletes who have participated in an IHSAA sanctioned sport during the preceding sport season may count ten days of practice/games in the previous sport during a three week period prior to the first contest of the current sport.
 - Participation in physical education classes does not constitute a practice.
 - A student may count only six days of practice in a seven day calendar week (with the week beginning on Sunday) towards his/her required ten days of practice.

8-13 Restrictions

- 8-13-1 Moving to another school district or school does not remove an ineligibility ruling by the preceding school or the Board.
- 8-13-2 A student who becomes ineligible under the rules of another state cannot remove that ineligibility simply by transferring to an Idaho high school.
- 8-13-3 Ineligible students may practice but must not appear in uniform or represent a school at a competition.

8-14 Transfers

A student is eligible at the school the student enters for the first time at the beginning of the ninth grade. A student who changes from one school to another school thereafter is subject to the regulation under the IHSAA transfer rules in Rule 8-14.

8-15 Alternative High School Eligibility

Students enrolled in and attending an alternative school program, who compete in an Idaho High Schools Swim program, must comply with the IHSAA Individual Eligibility Rule. General guidelines for students attending alternative programs:

(1) The student must comply with the eligibility requirements of the member school along with the eligibility requirements of the IHSAA.

(2) A student attending a cooperative alternative program of which his/her home school is a member would be eligible to participate in the school of his/her home (attendance) district.

(3) A student wishing to compete for another member school for the cooperative alternative program must request a waiver of the transfer rule.

8-16 Non Traditional Student

8-16-1 To be in compliance with the section of Idaho Code 33-203 that provides for dual enrollment, the following interpretation will be used:

Students who are enrolled in a nonpublic school shall be allowed to enroll in a public school for dual enrollment purposes. To be eligible for athletics or specific activities in the public school, the dual enrolled student must meet the following criteria:

1. The student must reside with a parent or guardian in the attendance area of the public school for which the student will participate.
2. The student must comply with the same rules and requirements that apply to any student's participating in the same activity with the exception of Rule 8-1. – *Academic and Full Time Enrollment.*
3. In order for any nonpublic school student or public charter school student to participate in nonacademic public school activities for which public schools students must demonstrate academic proficiency or eligibility, the nonpublic school or public charter school student shall demonstrate composite grade-level academic proficiency on any state board of education recognized achievement test, portfolio, or other mechanism as provided for in state board of education rules. Additionally, a student shall be eligible if she/he achieves a minimum composite, core or survey test score within the average or higher than average range as established by the test service utilized on any nationally-normed test. Demonstrated proficiency shall be used to determine eligibility for the current and next following school year. School districts shall provide to nonpublic students who wish to take state tests or other standardized tests given to all regularly enrolled public school students. An example of a portfolio evaluation instrument, is on the IHSAA website.
4. It shall be the responsibility of the student to make all arrangements to take the required test and provide the principal of the school or head coach with the results of the test prior to being granted athletic eligibility at the public high school.

- 8-16-2 Public Charter Schools that participate in the Idaho High School Swim Association activities shall be allowed to enroll non traditional students for dual enrollment. The following interpretation will be used.
1. Public charter schools must establish an attendance zone in the public school district in which it resides. For activity purposes, the public charter school attendance zone cannot extend outside the school district in which it resides.
 2. If a school district has a public school and a public charter school, non traditional students may dual enroll in either the public school or public charter school.
 3. If a school district has two public schools and one public charter school, the public charter school will establish its attendance zone in conjunction with the nearest public school with both schools having the same attendance zone.
Example: Public School A and Public School B. If school A's attendance zone is used then non traditional students who reside in the attendance zone may dual enroll in either public school A or the public charter school. If a non traditional student resides in public school B's attendance zone, he/she could only attend public school B for dual enrollment.
 4. For establishing attendance zones and dual enrollment in school districts that have multiple public charter schools interpretation No. 3 under Rule 8-16-2 will be used.
 5. Rule 18-16-1 applies to all public charter school for dual enrollment purposes.
- 8-16-3 A member school student who is academically ineligible and withdraws from school to gain athletic eligibility as a non-traditional student will be ineligible for the duration of that school year and the following academic year.
- 8-16-4 Students who are enrolled in a private IHSAA member school are ineligible for dual enrollment in athletics at a public school in sports that are offered at the private IHSAA member school.

8-17 Charter School Students

Students enrolled in and attending a charter school that is a regular member in good standing of the IHSAA may participate in the Idaho High School Swim Association and are eligible under Rule 8 – Individual Eligibility.

A student attending a charter, that is not a member of the IHSAA, may be eligible to compete in Idaho High School Swim Association under the regulations of a dual enrolled student. (See Rule 8-16 – Non-traditional Student)

8-18 Undue Influence

- 8-18-1 *Definition of Undue Influence:* The use of influence by any person connected directly or indirectly with an IHSAA member school, to induce a student to transfer from one member school to the other, or to enter the ninth grade at a member school for athletic competition purposes, whether or not the school presently attending by the student is a member of the IHSAA, i.e. recruiting.
- 8-18-2 The use of undue influence to secure or retain a student for competitive purposes is prohibited, shall cause the student to be declared ineligible for high school athletics for a period of up to one calendar year, and may jeopardize the standing of the high school in the Association.

8-18-3 Evidence of undue influence includes, but is not limited to, personal contact by coaches and sponsors in an attempt to persuade transfer by gifts or money, jobs, supplies, coaching, free transportation, admission to contests, invitation to attend practices and or games, free tuition or any other considerations not accorded to other students similarly situated.

8-18-4 Complaints or reports of violations of this rule will be investigated and handled on a case-by-case basis by the Board. Any school permitting such participation shall, upon satisfactory evidence submitted to the Board, be suspended from membership in the Association for a term not to exceed one calendar year.

Rule 9 – No Current rule 9

Rule 10 - Officials

Rule 10 does not currently apply to swimming.

Rule 11 – Non-Discrimination Policy

11-1 A school may sponsor separate girls and boys teams in a sport where selection for such teams is based on competitive skill or the sport is a contact sport, subject to the following rules:

11-1-1 If a sport is offered for both boys and girls, girls must play on the girl's team and boys must play on the boy's team.

11-1-2 Teams of the opposite sex shall not compete against each other in any interscholastic athletic contest.

11-2 A school may sponsor only one team in a sport for members of one sex and not sponsor a team in that sport for members of the opposite sex. Contact sports are football, basketball, and wrestling.

11-2-1 If a school sponsors only a single team in a sport:

- a. Girls are eligible to participate on boys teams.
- b. Boys are not eligible to participate on girls teams.

Rule 12 – Participation in Special Events

12-1 Exceptional student-athletes may participate in a maximum of two special events or an Olympic Development program funded by the US Olympic Committee without loss of eligibility provided:

12-1-1 Approval is obtained from the school principal or Head Coach.

12-1-2 The student has made prior arrangement to complete all missed academic obligations before the end of the grading period in which the absence will occur.

- 12-1-3 The student will miss no school-sponsored or association-sponsored event in that sport without permission of the head coach.

Rule 13 – Physical Exams

- 13-1 Students at Idaho High School Swim Association member school are required to undergo a physical examination and have it, along with an *Interim Questionnaire*, on file with the school or head coach prior to the first practice of the season. *The Idaho Health Examination and Consent Form* and *Interim Questionnaire* are available online at www.idhsaa.org.
- 13-2 Physical exams must be taken and be on file with the school or head coach prior to the first day of practice in the 9th and 11th grades. Any physical taken before May 1 of the 8th grade year will not be accepted.
- 13-3 Physicals are valid for two years. Students will not be required to take an additional physical examination during the 10th and 12th grades unless:
1. The physician recommends the student have an additional examination.
 2. The parents request an examination in the *Interim Questionnaire*.
 3. Affirmative answers on questions 1-9 of the *Interim Questionnaire* indicate a possible need for a repeat physical examination.
 4. A student has transferred to Idaho from another state.
- 13-4 Physical exams must be conducted by a licensed physician, physician's assistant or nurse practitioner.
- 13-5 The *Interim Questionnaire* consent form is to be completed by the student's parents. One copy shall be filed with the school principal or head coach, and a copy may be retained by the parents.
- 13-5-1 It is the principal's or head coach's responsibility to consult with the physician regarding any answers to questions on the *Interim Questionnaire* that may indicate a possible need for a repeat physical examination.

Rule 14 - Protests

- 14-1 Contest decisions are final unless protested by the head coach within seven days.
- 14-2 If an administrative decision, guideline, rule, the use of a specific contestant or specific official is protested in an interscholastic contest, the contest shall be completed as scheduled. Then, a formal protest containing all available evidence must be submitted to the Board.
- 14-2-1 Protests must be filed with the Board no later than seven (7) days following the contest in which the offense was committed. Once a protest has been filed it may not be withdrawn by the protesting school. The principal or head coach for the school involved must furnish the Board with all pertinent information.

Rule 15 – Rule Violations

- 15-1 Head coaches are responsible for becoming familiar with these rules.
- 15-2 When it comes to a principal's or head coach's attention that an Association rule may have been violated, the principal or head coach will conduct an investigation to determine if, in fact, a violation has occurred.
- 15-2-1 The principal or head coach will determine if a violation has occurred, and, if so, notify the Board.
- 15-2-2 If the principal or head coach determines that he/she is unable to conduct the investigation and decide the matter, he/she shall refer the matter to the Executive Director. The Executive Director will refer the matter to the appropriate District Board of Control if the matter can be resolved within the District, or the IHSS Board of Directors when applicable. The school involved has the right to appeal any decision (except an official's call) to the IHSS Board of Directors.
- 15-2-3 The Board shall examine the facts and review information submitted by the principal or head coach, and other persons, of the school involved. The IHSS Board of Directors will conduct an investigation. The decision of the Board is final.
- 15-3 **Violations at State Tournaments** The Association shall have the right to initiate and conduct an investigation into reported violations of its By-Laws or Rules and Regulations by a member school, its employees, coaches, officials, students or any other party subject to the Rules and Regulations at playoffs and state tournament events.
- 15-3-1 The Board will provide a written notice of the alleged violation to the accused party. The notice shall contain a statement of the alleged violation and provide a date that the matter will be discussed by the Board. The accused party will be given the opportunity to be heard by the Board before a penalty, if any, is assessed. Following the hearing, the party shall be promptly notified in writing of the Board's decision.
- 15-3-2 If the accused party does not appear before the board on the designated date, the Board or its authorized designee, shall determine the merits of the alleged violation. The party shall be promptly notified in writing of the Board's decision.
- 15-4 For violation of the rules, a student may be declared ineligible for participation in the Idaho Swim Association for such period as deemed appropriate, not to exceed one calendar year. A coach may be temporarily barred from coaching if the violation reflects an unethical, unsportsmanlike or general disregard of Association rules. A member school may be warned, fined or suspended from membership, or placed on probation for a period deemed appropriate in the particular case.
- 15-5 If a student is ineligible according to the Idaho Swim Association rules but is permitted to participate in interscholastic competition contrary to such rules, but in accordance with the terms of a court restraining order or injunction against his/her school and/or the Idaho High School Swim Association, and said injunction is subsequently voluntarily vacated, stayed, reversed, or finally determined by the courts that injunctive relief is not or was not justified, the Board may take one or more of the following actions against such school in the interest of restitution and fairness to competing schools:

- a. Require that individual or team records and performances achieved during participation by such ineligible students shall be vacated or stricken.
 - b. Require that team victories shall be forfeited to opponent.
 - c. Require that team or individual awards earned by ineligible students be returned to the Association.
- 15-5-1 If a student is found to be ineligible according to the Idaho High School Association rules after the swim season, but was allowed to participate in state and post district competition without a court order, the Board shall review the findings and may take action against the school and/or student in accordance with Idaho High School Swim Association Rule 15-3 and 15-4. The penalties assessed, if any, will be based on the merits of each individual case.
- 15-6 If a school, parent/guardian, or student provides false information that creates eligibility for an individual in Idaho High School Swim Association competition, the Board shall review the findings and take action against the school and/or student in accordance with Idaho High School Swim Association Rule 15-4. The penalties assessed, if any, will be based on the merits of each individual case.
- 15-7 Official interpretations of the rules and regulations shall be in writing from the Executive Director.

Rule 16 - Sanctioning

These rules do not currently apply to the Idaho High School Swim Association.

Rule 17 - Seasons

- 17-1 A season will commence with the first allowed day of practice and will end with the completion of the state championship in swimming, or other date established by the Board.
- 17-1-1 Regular season practices are held during the sport season and include items that are not allowed at any other time. The following are usually a part of regular season practice:
- a. Publicized announcement of the start of practice;
 - b. Restricted attendance according to school boundaries, age, sex, abilities, etc;
 - c. Required attendance;
 - d. Intra squad scrimmages;
 - e. Teaching team concepts as well as individual techniques and skill through the use of drill, “chalk talks,” films;
 - f. The use of school uniforms and/or protective equipment.

17-2 Pre and Post Season Regulations:

Only in certain circumstances may school personnel be involved in practice or competition for the Idaho High School Swim Association outside of the

swimming season. The regulations listed below are in effect for any program in which students are instructed in the skills and techniques of a specific sport.

- 17-2-1 Students may participate in pre/post season activities during non-school time provided the following conditions are met:
- a. Attendance is limited to non-school time.
 - b. Participation is strictly voluntary and is open to all high school students.
 - c. All fees and expenses are provided by the student or his/her parents. No school funds, booster club funds (*except those raised by the student and his/her parents for that specific activity/event*) or other such funds can be used for entry fees, equipment, uniforms or transportation.
 - d. Spectators are admitted without charge
 - e. Award limits and amateur regulations of the Idaho High School Activities Association are followed.
- 17-2-2 The School Year --The school year is considered to be concluded after the last IHSAA spring sport state championship.
- 17-2-3 Rule of Two -- Does not currently apply to swimming.
- 17-2-4 Pre-Season Coaching – Does not currently apply to swimming.
- 17-2-5 Summer Programs -- Summer programs must be voluntary and must be terminated before the first practice date of the high school sports season.
- 17-2-6 Protective Equipment No school-owned uniforms and/or protective equipment may be used without written permission from the IHSAA. With that permission, schools may use their own protective equipment in a camp or clinic for a period of one week upon written request from trustees of the school. Included in the request shall be a statement of recognition that IHSAA sponsored catastrophic insurance provides no coverage for the activity and any and all liabilities rest solely with the school, camp, or clinic.

Individual students from a specific school are not required to use the school's protective equipment in the same camp as other team members. Each individual will only be allowed to use an IHSAA member school's protective equipment by renting or loaning for a period of one week (seven consecutive days).

Schools must not rent protective equipment to students, camps, or clinics without written permission from trustees of the school.

- 17-2-7 Summer Camps -- Students will only be allowed to attend team camps from the last day of IHSAA state competition to the last day of July.
- 17-2-8 Summer Moratorium -- Member schools are prohibited from hosting athletic camps involving students from IHSAA member schools during the month of August. Coaches from member schools are prohibited from working in, or hosting, athletic camps involving students from IHSAA member schools during the month of August.
- 17-2-9 Four-Sport Season -- Junior high school leagues are allowed to offer four seasons of play in sports. Athletes are still restricted to one season in each sport.
- 17-2-10 In the event a ninth grade athlete wishes to compete on a high school team, in addition to the junior high program, the following conditions must be met:

- a. The athlete must not have started practice prior to the high school starting date.
- b. The athlete must not compete before the allowable date prescribed for high school competitors.
- c. The athlete must not exceed either the allowed number of contests, or weeks per season.
- d. The athlete must not compete following the completion of the regular high school season.

Rule 18 - Appeals

- 18-1 Any student, his/her parent or guardian, or any member school aggrieved by a decision of the Board or any of its officers or employees, may appeal the decision to the Board for review and hearing.
- 18-2 Within ten (10) days of the Board's decision, the member school principal or coach may request an appeal in writing to the Board.

Rule 19 – Teams/Individuals unable to arrive at State Championship Events

- 19-1 Competing school(s) must notify the state tournament manager if the school is having difficulty traveling to the event site and may not arrive in time for the scheduled event(s). Notification shall be made as soon as possible after it becomes evident that the team/individual is having difficulty.
- 19-2 Specific circumstances not covered by this policy are left to the discretion of the Board.
- 19-3 If a team/individual is unable to arrive at a site for their scheduled competition due to circumstances beyond their control, that team/individual will be allowed to participate in their scheduled event provided they arrive at the event site and are able to compete in the first round on the day of their scheduled event. The Idaho Swim Association president, in cooperation with the event manager, shall adjust the schedule of the event for the purpose of allowing maximum participation for all schools.
- 19-4 If the team/individual is unable to arrive in time to compete during the first round of its event, a forfeit is recorded and that team/individual shall move into the consolation bracket or be dropped from competition, whichever is applicable to the particular event.
- 19-5 When the number of teams/individuals unable to reach the event site for their scheduled event exceeds 25% of those participating, the event manager, the President of the Idaho Swim Association, shall consider postponement or cancellation of all or part of the day's activities. An alternative schedule shall be set by the events manager after consultation with the President of the Idaho Swim Association and a representative of the participating schools.

- 19-6 For the purpose of this rule, the total number of teams/individuals scheduled to attend the event shall be the number used to obtain the percentage of those needed, regardless of the number of classifications scheduled, to attend the event. For example, if a tournament will include 16 teams with each IHSAA classification participating, the number 16 will be used to determine the procedure to follow.
- 19-7 For the purpose of this rule, when the percentage used results in less than a whole number, it shall be rounded up to the next whole number. For example, if a tournament is being held for 30 teams, 25% of the total would be 7.5 which would be rounded to 8.

**Rule 20 – Rescheduling
Suspended State Competition**

- 20-1 When state competition cannot be completed due to weather or conditions beyond the control of the host facility, the following procedures will be followed:
- e. Reschedule the event at a site that is in the general vicinity of the scheduled contest. Resume play as soon as possible (same day).
 - f. Consolidate the schedule where the tournament can be completed in the normal time frame by eliminating the consolation game(s).
- 20-2 If the championship game cannot be played during the normal tournament time frame, the following procedures will be followed.
- a. Consult the coaches of the schools and the Idaho High School Swim Association to determine if the contest can be played.

If the contest can be played, it should be resumed at the earliest possible time with the least amount of travel.

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