Boys Swim and Dive Athletic Directors and Coaches:

On behalf of the Colorado High School Activities Association, I would like to personally welcome you all to the 2020 Boys Swim & Dive season. I look forward to working with all the coaches, administrators and officials throughout the upcoming season.

The online Bulletin is published yearly to offer information on the regular and post season, important dates, along with CHSAA and NFHS rules and procedures. It is your responsibility to review and make yourself familiar with the information contained within this Bulletin. Should you have any questions throughout the season, please do not hesitate to contact me directly. You will also be able to find relevant information on both the [www.CHSAANOW.com](http://www.CHSAANOW.com) and [www2.CHSAA.org](http://www2.CHSAA.org) websites.

The 2020 CHSAA Boys Swim & Dive State Championship will be held May 21-23 at the VMAC in Thornton. We look forward to an enhanced experience in a first-class facility.

Best wishes to all 79 of our CHSAA Member Boys Swim and Dive schools during the upcoming season. Hopefully it will be our best to date.

Sincerely,

Justin Saylor
Assistant Commissioner
Colorado High School Activities Association
2020 Boys’ Swim & Dive Calendar

February 24 .............................................................................................................. Swim & Dive Committee Meeting 9:00 am @ CHSAA Office
March 2 ............................................................................................................................. First Practice
March 7 ............................................................................................................................ First Scrimmage
March 12 .......................................................................................................................... First Contest
March 14 ............................................................................................................................. SAT exam day
March 20-21 .............................................................. Dick Rush Memorial Invitational (Coaches Invite)
April 4 .............................................................................................................................. ACT exam day
April 6 ................................................................................................................................ No JV Regain Date
May 2 ................................................................................................................................ SAT exam day
May 11 ................................................................................................................................ 8:00 a.m. Waiver forms due
May 16 ................................................................................................................................ Regular Season ends
(no qualifiers accepted after this date)
May 18 ................................................................................................................................ 10:00 a.m. GATELIST due
May 18 ................................................................................................................................ 10:00 a.m. Deadline for State Meet Entries
May 18 .............................................................................................................................. Boys’ State Heating Meeting
11:00 am @ CHSAA Office
May 21-23 .................................................................................................................. 4A/5A State Championships

CHAMPIONSHIPS
at Veterans Memorial Aquatic Center (VMAC), Thornton, CO
Boys 4A Swimming & Diving Prelims & Finals: May 21-22, 2020
Boys 5A Swimming & Diving Prelims & Finals: May 22-23, 2020

CHSAA Contacts

<table>
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2019-2020 Swimming/Diving Committee

Scott Cohen (Chair) – SMOKY HILL HIGH SCHOOL
Nick Frasersmith – REGIS JESUIT HIGH SCHOOL
Kristi Marosy – COLUMBINE HIGH SCHOOL
Dianne Petkoff – PUEBLO WEST HIGH SCHOOL
Josh Griffin – D’EVELYN HIGH SCHOOL
Sarah Stamp – NIWOT HIGH SCHOOL
Kevin McWain – VALLEY HIGH SCHOOL
Anne Rice – THOMAS JEFFERSON HIGH SCHOOL
2019-2020 MAJOR COMMITTEE CHANGES

MAJOR CHANGES FROM LAST YEAR’S REPORT:
A. Updated State Entry Deadline for Girls’ and Boys’ State Meets (Monday at 10 a.m.).
B. Changed the 4A Girls’ State Meet dates.
C. All swimmers/divers must compete in minimum of 6 high school meets during the formal CHSAA Girls’ Swim & Dive season, exclusive of League/Conference “Varsity/A” and state meets. Duals, double duals, triple duals, multi-team, pentathlon, and relays each count as one meet towards your minimum and maximum participation limits.
D. All meets must be uploaded into MaxPreps prior to the deadline in order to count towards qualification and entry requirements.
E. Changed Girls’ 5A qualifying time for 100 Breaststroke to 1:12.00

RATIONALE:
A. Move to all online entries allows for a later deadline.
B. EPIC does not have the facility to adequately hold one of our state championship meets.
C. To emphasize the importance of educationally based athletics, and the importance of being part of your high school team.
D. For transparency
E. Qualification times updated yearly.

2019-2020 MAJOR BYLAW CHANGES

1. OUTSIDE PAYMENTS
   -- Constitution & Bylaws, Article 16, Rule 1640.13................................................ page 44

2. WINTER SPORTS REGAIN DATE
   -- Constitution & Bylaws, Article 17, Rule 1710................................................ page 47

3. ELIGIBILITY LISTS
   -- Constitution & Bylaws, Article 17, Rule 1730.1................................................ page 51

4. TRANSFER ELIGIBILITY
   -- Constitution & Bylaws, Article 18, Rule 1800.42 & 1800.43....................... page 64

5. INTERNATIONAL STUDENTS
   -- Constitution & Bylaws, Article 18, Rule 1880.1, 1800.3& 1800.6............. page 69

6. AMATEUR STATUS

7. WAIVER FOR NON-ATHLETIC EVENTS
   -- Constitution & Bylaws, Article 23, Rule 2310.5................................. page 89

Please note that the CHSAA staff continually updates the CHSAA Constitution and Bylaws when errors are found. The most updated document can be found at CHSAANOW.com, then clicking on CHSAA.org, Member School Info + Tools, then Bylaws.
Sportsmanship Protocol at all CHSAA Contests and Activities

1. National Anthem
   o When the National Anthem is played or the Pledge of Allegiance is recited, students, fans, coaches and players should stand at attention, remove hats and face the flag.

2. Cheerleaders/Fans/Spectators
   o It is recommended that there be positive cheers only.
   o Only cheerleaders may use megaphones.
   o All patrons must wear shirts and shoes. Face painting is allowed.
   o Cheer and tumbling routines must be in front of your team's student body. Routines that spill into the area of the opposing team are prohibited.
   o Cheer squads may perform under the basket area outside the free vertical lane lines at all times.

3. Banners
   o One cloth or vinyl banner may be used, but must be sanctioned by the game management, principal, and/or athletic director before the contest. Note: Some facilities, including venues used for CHSAA playoffs, may not allow any banners. Paper banners are not allowed at CHSAA sponsored playoff events. The words and graphics on banners must be positive: i.e. “beat”, “outscore”, “conquer”, etc.; Negative banners: i.e. “kill”, “maim”, “scalp”, etc., will be confiscated and may result in no future use of banners.
   o Banners must not block the view of others.

4. Noisemakers
   o All artificial noisemakers are prohibited. This includes: cowbells, drums, whistles, horns, plastic clackers, thunder sticks, etc. Exception: bleacher kicking is permitted if the facility management allows it.
   o An air horn or cannon may be used on the field and only if supervised by a school designee. It should never be disruptive to the playing of the game and used only during dead ball periods at the end of playing action.
   o No musical instruments and/or amplified music, including drums, shall play while the game clock is running or when a ‘live-ball’ situation is applicable by rule, whether the game is indoor or outdoor. This includes fanfares, drum rolls, etc. The only time the game, once started, is not “in progress” is during a timeout or intermission. This applies to the use of outdoor, in-gym, or in-arena sound systems and public address announcements. The announcer is an integral member of game administration and is a reporter of information not necessarily obvious to spectators. Great care must be exercised to see that neither team gains an advantage from announcements over the public address system. Announcers are not "play-by-play" announcers.
   o There shall be no amplified instruments at any CHSAA playoff events.

5. A list of acceptable and unacceptable behaviors can be found in the Game Management and Sportsmanship Expectation Guide included in your school box.

CHEER FOR YOUR TEAM AND NOT AGAINST THE OPPONENT!!
MaxPreps Instructions

- Per the NFHS rules, you still need to upload a **referee-signed hard copy** of your meet results to the CHSAA. You may upload to the CHSAA Swim & Dive Dropbox. DO NOT mail or email.
- Any **state qualifying dive cards** must be uploaded to the CHSAA Swim & Dive Dropbox.
- After uploading your two (2) six round state qualifying dive cards or one (1) 11 round state qualifying dive card to Dropbox, you will receive a confirmation of your submission. Once you receive confirmation, there is no need to send further qualifying dive cards for your diver.
- **MaxPreps is the only database used to validate your state entries.** Therefore, accurate and timely meet result submittal is required. After a meet/competition, all times and scores for Colorado high school athletes must be entered in the MaxPreps CHSAA Swimming/Diving Top Times Database.
- **MaxPreps uploads and signed meet results to the Dropbox should occur within 3 days following competition.**
- Note: Each coach (host and visiting) must ensure the times/scores for their team athletes are properly recorded and submitted.

**UPLOADING & REPORTING INSTRUCTIONS**

All Coaches please review your team/athlete data for the following:

1. Team Code per the CHSAA Swim Bulletin. Note: New teams/Combined teams, please verify your current team code.
2. Athlete NAME and GRADe – please use their legal name (Last, First, MI) and their grade in school. Athlete birthdates is also very useful as it helps with the issue of duplicate quals for the same athlete. Name and Grade is a must for a clean looking State Heat Sheet.
3. Meet Name – please use the convention, Visiting Team vs Host Team
4. Meet Date – please ensure meet date is accurate.
5. Make sure to define all events as Open/Senior not a specific age group

Once your meet is complete; the report needed for your MaxPreps submittal is as follows:

1. Make sure your Meet Manager Database is still open.
2. From the main screen menu bar, go to “File,” then slide down to “Export,” and choose “Results for Team Manager or SWIMS for “NCAA Database”
3. Ensure all teams are selected (Team selection window should be blank). Click “OK” (data file is being created) resulting in an “Export Finished Box.” Click “OK” again.
4. Copy your meet results file to a folder of your choosing. Note: This is the same file you create to export results to Team Manager.
6. From your MaxPreps Coach Admin page, within your schedule, click Add/Edit results (green + icon) for the appropriate meet.
7. Select swimming meet details.
8. Select Import from Hytek and follow the cues that lead to Browse for file and then Import.
9. See the MaxPreps upload instructions on CHSAA Swimming & Diving page for more details.

**Helpful Reminders:**

1. **Name spelling and duplicate names.** Verify that you do not have duplicate athletes by viewing your roster on the MaxPreps page. **Your student-athletes names need to be consistent throughout the entire year.** If a name is spelled wrong, it can be changed with the edit button and will be immediately changed on the online site but must also be changed in Hy-Tek for future meets. School grade (FR, SO, JR, SR) is also needed.
2. **Events.** The system only recognizes the standard event naming. On special meets such as relay meets, **de-select** those unique events you swam at that meet for your MaxPreps upload file. Also, define all events as “Open/Senior” and not a specific age group. Use the standard events in either yards or meters.

- Event 1: 200 Medley Relay
- Event 2: 200 Freestyle
- Event 3: 200 Individual Medley (IM)
- Event 4: 50 Freestyle
- Event 5: Diving, 6 dives or 11 dive
- Event 6: 100 Butterfly
- Event 7: 100 Freestyle
- Event 8: 500 Freestyle (400 Freestyle for meters)
- Event 9: 200 Freestyle Relay
- Event 10: 100 Backstroke
- Event 11: 100 Breaststroke
- Event 12: 400 Freestyle Relay

3. **If you are uploading JV and Varsity results,** you should upload results as two separate meets. If you do not, the scoring will be incorrect. To create uploads files after you have run your meet:
   a. **Backup the database!**
   b. Go to File, Purge, Reset Event Results – and then select all of the JV events. Click “Reset.”
   c. Export the Results – You will only have the Varsity Results (you may want to change the meet name accordingly).
   d. Restore the Back-up File and repeat the process – Purge the Varsity events and then export the JV Results. You will need to define two separate meets in MaxPreps, establish your JV team and set up your JV meet.

4. **Diving – Diving results and scores should be uploaded to MaxPreps through the swimming result upload.** You must go into MaxPreps to enter in the total of the optional DD for each of your divers. Hy-Tek does not upload DD information from their export file. The optional DD is the total of the degree of difficulty for the 5 optional dives on a 6 round card and 6 optional dives on an 11 round card.

*If you have specific uploading/reporting questions, email Gerry Valerio gerry.valerio@cbsinteractive.com*

**STATE ENTRY PROCESS**

1. All meet and invitational results must be submitted to MaxPreps. This will serve as our official state qualifying database and no backup is required.
2. State Entries – Login through your coach admin & you will be prompted to “Manage your state qualifying athletes”. Select your entries, hit save, and you are done! **ALL ENTRIES AFTER THE DEADLINE ARE FINAL.** Print and review your sheet BEFORE the deadline. There will be NO EXCEPTIONS or LATE ADDITIONS.
3. Qualifying dive cards (TWO (2) six round state qualifying dive cards or ONE (1) 11 round state qualifying dive card) MUST be submitted to the CHSAA Dropbox after every meet for verification of state qualifications. After uploading your dive cards to the Dropbox, you will receive an email confirming that the card has been reviewed and approved.
4. You must submit your Gate list online. Only one name per line is allowed and no changes will be made at the registration table. Do not email your gate list to the CHSAA office. FYI: 1-5 qualifiers = 1 manager maximum; 6-15 qualifiers = 2 managers maximum; and over 15 qualifiers = 3 managers maximum.
5. All State Dive Cards will be collected electronically, through CLEAN ENTRIES online. Dive coaches will need to create an account, and you will then search for each of the CHSAA State Championships. This is only for your qualified divers at the state meet. Entries for 4A will close on May 19, 2020 and entries for 5A will close on May 21.
NEWS RELEASE

Six Rules Changes Approved in High School Swimming, Diving

FOR IMMEDIATE RELEASE               Contact: Sandy Searcy

INDIANAPOLIS, IN (May 22, 2019) — Effective with the 2019-20 high school season, a legal finish now requires the competitor to contact either the touchpad or the finish end coinciding with the individual stroke of the race. With this change, swimmers can legally complete a race by touching the finish end (end wall), regardless of whether the touchpad is activated.

This rules revision, which affects the finish of all strokes used in swimming, was one of two swimming and four diving changes recommended by the National Federation of State High School Associations (NFHS) Swimming and Diving Rules Committee at its March 24-26 meeting in Indianapolis. All recommendations were subsequently approved by the NFHS Board of Directors.

Rule 8-1-7 now will require swimmers to contact the finish end in the manner prescribed by the individual strokes. Descriptions of the backstroke, breaststroke, butterfly and freestyle finishes in Rule 8-2 state that a legal finish requires contact with either the touchpad or the finish end.

As a result of these changes, a swimmer will no longer be disqualified if the touchpad is not activated in races using automatic-timing systems.

“This change allows for situations in which pools do not have touchpads that stretch the entire width of the lane, or in cases where the touchpad is not activated when the competitor finishes the race,” said Sandy Searcy, NFHS director of sports and liaison to the Swimming and Diving Rules Committee. “In those cases, the competitor legally finishes the race by contacting the finish end.”

The other major swimming rules change involved the protocol for uniform violations, which involved reorganization of Rule 3-3 to specify the penalty protocol for uniform violations. While the penalties associated with an illegal uniform did not change, a new process for communicating any violations to the competitor was approved.

Effective with the 2019-20 season, when an official discovers a competitor wearing illegal attire specifically dealing with suit coverage as described in Rule 3-3-2, the official shall notify the coach of the
competitor to make the attire legal before he or she is eligible to compete – if the uniform violation is observed prior to the start of the heat/dive. If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from the event/dive and is not eligible for further competition until the attire is made legal.

Previously, the official notified the competitor directly when illegal attire was discovered; now the official will notify the coach of the competitor.

“The penalty associated with this rule was written to provide clear indication that the coach of the competitor should be notified when a violation of this nature has occurred,” Searcy said. “In the case of suit construction and cap violations, for practicality and concerns over delay of the meet, the officials may communicate with either the competitor or coach.”

Among the four diving rules changes was a change in degree of difficulty in the diving table in Rule 9-4. In a risk-minimization change, the degree of difficulty for back and reverse double somersaults was lowered to match back and reverse 1½ somersaults. This change is consistent with the degree of difficulty assessed to back and reverse dives versus back and reverse somersaults.

In Rule 9-5-6, descriptions of diving positions were adjusted to maintain consistency with national trends. Language has been updated to clarify requirements of the straight, pike, tuck and free positions.

In Rule 9-7-4, the following Note was approved: “In a championship meet, the diving referee may consult with a designated member of the judging panel concerning a possible unsatisfactory dive.”

“The addition of this Note is consistent with the diving referee’s capability of consulting with a designated member of the judging panel concerning a possible failed dive,” Searcy said. “Because of the severity of the penalty and the judging panels seated on opposite sides of the pool or spread out on one side covering 10-12 feet along the side of the pool, providing the option for the referee to consult with another member of the panel to determine if a dive is satisfactory is appropriate.”

Rule 9-1-3 regarding a fulcrum was updated to comply with industry standards. Searcy said the change aligns with current diving board manufacturers’ installation directions.

According to the 2017-18 NFHS High School Athletic Participation Survey, swimming and diving is the 10th-most popular sport for boys with 138,935 participants in 7,595 schools, and the eighth-most popular sport for Boys with 175,594 participants in 7,961 schools.

###
2019-2020 NFHS Major Swimming & Diving Rules Changes

3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-4 PENALTIES: Rule 3-3 was reorganized to identify penalty protocol for specific uniform violations.  
**Rationale:** All current language addressing suit coverage was moved to Rule 3-3-2. The penalty associated with this rule was written to provide clear indication that the coach of the competitor should be notified when a violation of this nature has occurred.

8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e, 8-3-5: A legal finish now requires the competitor to contact either the touchpad or the finish end according to the finish rules pertaining to the stroke being swum.  
**Rationale:** A competitor has legally completed the race once he/she touches the touchpad or the finish end.

9-1-3: The rule was updated to comply with current industry standards.  
**Rationale:** Aligns with current diving board manufacturers installation directions.

9-4-Table: The degree of difficulty for back and reverse double somersaults was lowered to be consistent with back and reverse 1½ somersaults degrees of difficulty.  
**Rationale:** Provides consistency of degree of difficulties assessed to back and reverse dives versus back and reverse somersaults.

9-5-6: Clarified descriptions of diving positions.  
**Rationale:** Diving descriptions were adjusted to maintain consistency with national trends.

9-7-4 NOTE (NEW): The diving referee may confer with a member of the diving panel regarding a possible unsatisfactory dive.  
**Rationale:** Consistent with the diving referee’s capability of consulting with a designated member of the judging panel concerning a possible fail dive.

2019-20 SWIMMING AND DIVING EDITORIAL CHANGES
1-3-2, 1-5-3, 2-3-1, 2-4-2, 2-7-8, 3-3-2 NOTE, 3-3-3a, 3-3-3b, 3-3-3c, 4-1-2, 4-8-3, 4-9-2, 6-3-1, 9-4-1 Table, 9-4 Table

2019-20 SWIMMING AND DIVING POINTS OF EMPHASIS
1. Suit Coverage  
2. Accommodation of Students with a Disability  
3. Shallow Water Blackout  
4. Sub-varsity Competition  
5. Pre-Meet Conferences
COLORADO STATE RULE ADOPTIONS

In CHSAA State Championships meets, each team shall be permitted unlimited entries in individual events and one entry in the relay events. Individual and relay entries must meet the qualification standard with only four individuals from each team being eligible to advance past the preliminary round. The individual entry rule shall be followed.

Events may only be modified for non-varsity and invitational competition.

A. Modification of J.V. Events – Dual Meets Only
   1. 200 IM modified to 100 IM
   2. 100 Butterfly, modified to 50 Fly
   3. 100 Backstroke, modified to 50 Back
   4. 100 Breaststroke, modified to 50 Breast
   5. 6 Round Dives, modified to 3 Dives (first dive must be dive of the week)
      • Mutual consent by both coaches prior to the meet.
      • Notification to official if more than four J.V. events.

B. Modification—Invitational may be modified to add or drop events and order of events.

EJECTED PLAYER/COACH PENALTY – A player or coach ejected will be subjected to the CHSAA player/coach ejection policy, By-law 2200 and 2210.

STARTER’S PROTOCOL – Colorado will use the Verbal Preparatory Commands for all starts. Refer to page 58 of the 2019-2020 NFHS Rules Book.

SUNDAY PRACTICE RULE – No high school interscholastic contests, practices for interscholastic contests, camps, nor association between participants and coaches/directors of any activity from the student’s school shall take place on Sunday at any time during the school year.
Rule 3-3 Uniforms
ART. 1 . . . It is recommended all swimmers and divers on the team wear suits of identical coloring & pattern.

ART. 2 . . . Suits shall be of one piece. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Males shall wear suits which cover the buttocks and shall not extend above the waist or below the top of the kneecap. Females shall wear suits which cover the buttocks and breasts and shall not extend beyond the shoulders or below the top of the kneecap, nor cover the neck.

PENALTIES: When an official discovers a competitor wearing illegal attire as described in Article 2, the official shall:
1. when observed prior to the start of the heat/dives, notify the coach of the competitor to make the suit legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/dives, the competitor is disqualified from that event/divive and shall not be eligible for further competition until in a legal suit;
2. when observed after the heat/dives officially begins, disqualify the competitor at the completion of the heat/dives; nullify the competitor's performance time/score and he/she shall not be eligible for further competition until in a legal suit.

ART. 3 . . . The uniform consists of a suit and, if worn, cap(s).

a. The suit or cap(s) may display the competitor's name, school name, school nickname and/or the school logo.

b. Advertising or name other than that permitted in 3-3-3c is prohibited.

c. A single visible manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches is permitted on each item of the uniform [suit and cap(s)].

d. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

NOTE: The FINA mark and/or individual barcode on certain suits designating that the suit has been approved for FINA and/or USA Swimming competition is not considered to be a second manufacturer's logo nor a form of advertising. Such suits with a FINA marking, if otherwise legal, shall be legal for NFHS competition.

ART. 4 . . . Suits worn by swimmers (excluding divers) shall be limited to the following requirement:

a. Only one suit shall be permitted in competition. (A swimmer with special needs may request for customization to the state association through his/ her school.)

b. The suit shall be:
1. constructed of a woven/knit textile material; permeable (100 percent to air and water), except for one post-construction, impermeable school name and/or logo which shall not exceed 9 square inches;
2. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
3. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings and waist openings); and
c. Suits with a FINA marking, if otherwise legal, shall be legal for NFHS competition.

PENALTIES: When an official discovers a competitor wearing illegal attire as described in Articles 3 and 4, the official shall:

1. when observed prior to the start of the heat/dive, notify the coach or the competitor to make the attire legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from the event/dive and shall not be eligible for further competition until in legal attire;
2. when observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitor’s performance time and he/she shall not be eligible for further competition until in legal attire.

ART. 5 . . . Competitors shall not wear or use any device or foreign substance to aid their speed, buoyancy or body compression. The following may be used within the stated conditions:

a. A foreign substance may be applied if not considered excessive by the referee (if excessive, the referee shall require the competitor to remove it).

b. Adhesives are not allowed for swimmers or divers.

c. Divers may wear tape or wraps for support. Tape may be used by a swimmer to treat a documented medical condition. The referee must be presented signed documentation from a healthcare professional before permitting the athlete to compete.

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

PENALTY: When team personnel/competitor uses an unapproved artificial device during an event, the competitor(s) is disqualified from further competition.

The CHSAA Sports Medicine Advisory Committee’s mission is to provide information, vision and guidance to the CHSAA while emphasizing the health, and safety of students participating in interscholastic sports and activities. For more information about the Sports Medicine Advisory Committee, click here.

CHSAA Emergency Action Plan- Every member school is required to create a venue-specific Emergency Action Plan (VEAP) for each site that the member school practices and hosts athletic contest. (Please use this template that has been created for consistency).
A MESSAGE FROM CASO

Welcome to the 2019-20 High School Swim & Dive season!

The Colorado Association of Swim Officials (CASO) is a member organization that works in association with the CHSAA. The CASO recruits, trains, and evaluates all high school swim & dive officials.

It is the intention of the CASO to place emphasis on consistency with our officiating practices statewide. For the last two years, the CASO master clinics on the front range and west slope have been held in conjunction with the Colorado High School Swim Coaches Association (CHSSCA) rules clinics. Bringing the two groups together to hear the same message at the same time helps to bridge any gaps in the understanding and application of our rules set forth by the National Federation of High Schools (NFHS).

The assigning of referees/officials to specific meets varies across the state. The larger metropolitan areas have an assignor that will utilize the Arbiter auto draw with minimum human interaction to make sure all crews are strong. The smaller rural areas remain with an individual assignor and manual draw system. We look to each school to provide feedback to ensure adequate meet coverage.

The CASO continually strives to recruit new members as the needs of the schools increase each year. As with most official’s organizations, we are falling short with this task. In 2012 our membership total was 145, today we have 109 registered officials statewide. Coaches, we need your help. Talk to your graduating seniors about the rewards of giving back to the sport that has given them so much.

I am passionate about our aquatic sports and am very proud to be a part of Colorado high school swim & dive programs. Together, we can make 2019-2020 a great season.

Regards,

Monica Abelein
CASO State Chairman
COLORADO ASSOCIATION OF SWIMMING OFFICIALS
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2019 – 2020

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District 6
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**IM OFFICIALS RATING CARD—FILL OUT SPORT APPROPRIATE INFORMATION**

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**Definition of Descriptors**

**On Time:** Officials should arrive at least 30 minutes before game time.

**Game presence/signals:** Appeared in good physical condition; appeared composed; communicated well with players, coaches.

**Judgment:** Called points of emphasis; allowed good defensive play; controlled off-ball action; saw the entire play on calls made.

**Consistency:** Fouls called the same on both ends of the floor; maintained the same contact level on fouls the entire game; calls consistent with the other official(s).

**Position/Speed:** Worked to get the best angle on the play; exhibited necessary speed to be in position to cover all plays.

**Decisiveness/Game control:** Made calls in confident, firm manner; kept players, coaches under control; managed the game well.

**Communication Skills:** Responded positively and succinctly to player and coach about the various issues of the game.
**General Swimming Eligibility & Meet Guidelines**

Following are points of emphasis swimming coaches should review with their staff and swimmers in reference to CHSAA rules and regulations. This list is not all-inclusive but highlights some key areas.

**STATE QUALIFICATION TIMES**
Only entries certified by CASO officials and swum in Colorado State High School meets will be accepted.

**HOME MEET RESPONSIBILITIES**
Hosts are responsible for uploading the Hy-Tek results to MaxPreps after each meet and submitting signed results to the [CHSAA Dropbox](#).

Diving – Diving results and scores must be uploaded to MaxPreps via the Hy-Tek result upload. Each individual dive coach must go into MaxPreps to enter in the DD for each of your divers. Hy-Tek does not upload DD information from their export file.

Coaches of host schools are responsible to provide timers, watches, all personnel and equipment needed to host a meet, or as defined by district guidelines. A school administrator should be present at home meets. This is regardless of meet location.

**RESTRICTED ELIGIBILITY**
Any student-athlete with restricted eligibility may not compete in any varsity or exhibition heats and will not be able to submit state qualifying times until the restriction is served. Competitors may not be entered in 2 concurrent meets.

**MAXIMUM STUDENT PARTICIPATION SEASON**
A student may not participate in more than 11 scheduled meets during the swimming season, exclusive of the conference and state meets. NOTE: A relay meet counts as 1 of the 11. The League/Conference “JV/B” meet counts as 1 of the 11. The League/Conference “C” meet counts as 1 of the 11.

**MINIMUM STUDENT PARTICIPATION SEASON**
All swimmers/divers must compete in minimum of 6 high school meets during the formal CHSAA Boys’ Swim & Dive season, exclusive of League/Conference “Varsity/A” and state meets. Duals, double duals, triple duals, multi-team, pentathlon, and relays each count as one meet towards your minimum and maximum participation limits.

**MAXIMUM TEAM PARTICIPATION SEASON**
As long as no individual swims in more than 11 scheduled meets exclusive of the League/Conference “Varsity/A” and state meets, there is no limit to the number of meets in which a team may compete.

**SAFETY TRAINING FOR SWIM COACHES**
The CHSAA Swim Committee strongly recommends this course, however, it is not a CHSAA requirement. [Safety Training for Swim Coaches](http://www.redcross.org/ux/take-a-class) is a Blended Learning Course developed and introduced by the American Red Cross. You must register through an instructor to gain access to the online portion for this course. The in-water skills portion will be scheduled by the course instructor: an abbreviated review course for those with current certification, a full skills session for those without current certification. Upon successful completion of a Safety Training for Swim Coaches course, you will receive a Safety Training for Swim Coaches certificate to submit to your school district and/or the CHSAA office. The certification has a validity period of two (2) years. Contact your local American Red Cross or search online at [http://www.redcross.org/ux/take-a-class](http://www.redcross.org/ux/take-a-class) for a Red Cross in your area.
NON-CERTIFIED COACHES, UNAUTHORIZED ASSISTANTS
Carefully review Rule 1620 in the CHSAA Handbook regarding the qualification of coaches. Do not allow your athletes to receive instruction from anyone who does not meet the requirements established in Rule 1620. Assistant volunteer coaches who are always under the direct supervision of a certified head coach must be under contract to the school district. To allow a "volunteer" who is not under contract to work with your athletes exposes the "volunteer," the head coach, and the school to a great deal of liability.

SUIT STANDARDS
A competitor shall only be permitted to participate while wearing a suit that is of decent appearance. Suits shall cover the breasts (for females), buttock and frontal pubic area. Decent appearance relates to the visual appearance of the suit in the covering of the human flesh so as during its use (swimming of events, diving or walking on the swim deck) portions of the buttock, frontal pubic areas and breasts for females do not become uncovered. Enough suit material needs to be present so exposure of the buttock, frontal pubic area and breasts for females does not occur during the conduct of a swim meet. This includes warm-up periods, competition, awards presentations, and pool deck time from the time the doors are open for athletes to enter the facility until the meet is complete and the athletes have departed.

ENTRIES BY TEAMS
Rule 3-1-2 states:
(d) Unless state association policy determines otherwise, unlimited team entries shall be permitted at invitational and non-varsity meets. However, the individual entry rule shall be followed (3-2-1).

Q1: Team A hosts a large invitational sanctioned by the state association. The entry form permits each team to enter an unlimited number of swimmers in each event with each individual swimmer limited to a maximum of four events, no more than two of which may be individual events.
A1: Legal. (3-2-1)

Q2: A league wishes to conduct a JV meet at the close of the season involving seven schools. All seven schools agree to allow a team to enter more than four individuals in an event. They also agree not to tabulate team scoring. Is this permissible, and if so, will individual swimmers who meet qualifying standards be entitled to swim in the state meet?
A2: Yes; yes.

Q3: At the Colorado Coaches Invitational, entering schools agree to a format which allows unlimited individual entries for each school. A team score will be kept. Is this format within the rules?
A3: Yes.

Q4: The schools in a varsity triangular meet agree to allow unlimited team entries. Is this legal?
A4: No.

Q5: The schools in a JV meet agree to allow unlimited team entries. Is this legal?
A5: Yes.

Q6: In A5, may the schools agree not to keep score?
A6: No. A score must be kept. (The only exception is that a league may elect to tabulate no score in its League/Conference “JV/B” culminating meet.)
CLARIFICATION OF VARSITY/JV ENTRIES
When two or more teams are competing in Varsity/JV meets (or A/B meets, etc.), the following procedures shall govern individual entries in Colorado:

A competitor may enter a maximum of 4 events, no more than 2 of which may be individual events. (3-2-1). These events may be all Varsity/A, all JV/B or any combination thereof. Regardless, the competitor shall be counted as having competed in only one meet towards the 11-meet limit prior to League/Conference “Varsity/A” and State.

For scoring purposes, Varsity/A and JV/B meets are considered as two separate meets.

For individual entry purposes, Varsity/A and JV/B meets are considered as one meet.

Situations:

1. Suzie Swimmer enters the varsity 200 Medley Relay, JV 200 IM, JV 200 Freestyle Relay, and varsity 100 Breaststroke. Ruling: Legal. Suzie has entered 4 legal events. This counts as one meet towards Suzie’s 11 meet limit prior to League A and State.

2. Suzie Swimmer enters the varsity 200 IM, JV 50 Freestyle, JV 200 Freestyle Relay, and varsity 100 Backstroke. Ruling: Illegal. Suzie has entered 3 individual events. Suzie is disqualified from the 100 Backstroke (her third individual event: and from further competition in the meet. (3-2-1-Penalty)

3. Suzie Swimmer enters the JV 200 Medley Relay and the varsity 200 Medley Relay. Ruling: Illegal. Suzie may enter a particular event only once during a meet (Recall that varsity and JV meets are considered to be one meet for individual entry purposes).

IMPORTANT NOTICE CONCERNING POOL SPECIFICATIONS
Refer to 2019-2020 National Federation Official High School Swimming & Diving Rules on pg. 10:
“Section 1 – Variations in Pool & Equipment
ART. 1. When existing facilities are such that pool dimensions, markings and construction do not meet the standards prescribed by rule, meets may be conducted by prior mutual consent of the competing teams unless State Association regulations determine otherwise.”

The remainder of the rule deals with pool specifications related to length, width, water depth, bulkheads, overflow level of water, touch pads, ladders, lighting, pool markings, lanes, water conditions, and other equipment for swimming events.

IMPORTANT SAFETY NOTE: STARTING TECHNIQUES
Starting techniques, which tend to project a swimmer sharply toward the bottom of the pool upon entry into the water, have gained widespread attention in the swimming community. The most common of these techniques is called the "pike" or "scoop" start. As use of the technique has increased, an awareness of the potential danger to swimmers utilizing the start has also increased especially where it is either taught or utilized in shallow water. Accordingly, it seems apparent that high school swimming coaches and administrators responsible for the teaching of techniques, or supervision thereof, should refrain from teaching and allowing the use of the pike or scoop start in shallow water.
GUIDELINES FOR MEET WARM UP

It is recommended that meets adopt warm-up procedures similar to the example provided below: Prior to any athletes entering the water to begin warm-ups, there shall be a meeting that includes head coaches and captains from each team and officials (if available). The criteria to be reviewed should include, but is not limited to: warm-up procedure, pool environment, water depth at both ends, jewelry and uniform rules, starting blocks, lane selection, emergency procedures, conference rule differences, lifeguard responsibilities and other pertinent issues. In addition, the following guidelines are recommended for warm-up procedures at all meets.

1. A designated supervisor whose sole responsibility is to observe the warm-up procedures shall be on duty prior to any athletes entering the pool/diving well and throughout the entire warm-up period.
2. Swimmers shall enter the water feet first except for starts which are limited to specified lanes.
3. Specify Lanes 2 and 5 (six-lane pool) or Lanes 2 and 7 (eight lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
4. Place a cone marker or similar sign on the starting platforms in lanes not specified as one-way sprint lanes.
5. Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool).
6. Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push-off position from the starting end of the pool).
7. May specify lanes for relay practice during the last 15 minutes of the warm-up.
8. Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
9. Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.
10. Swimmers shall not swim in the area where the diving warm-up is occurring.
11. Pool shall be closed during the coaches meeting.
12. Jewelry shall not be worn during warm-ups.

Meet management or their designee may remove a swimmer, coach and/or team from the deck for violations of these recommendations. In facilities that have warm-up and/or warm-down area, management shall provide supervision of the area(s) at all times.

COOPERATIVE PROGRAMS (CO-OPS)

- A co-op may be formed if two or more schools apply to CHSAA for a co-op and are approved.
- For results management, co-ops must use the “host school” team code in order to upload to Max Preps.
- Unless that approval has been granted by CHSAA the following rules apply:

**Situation:**
1. The District 6 swim team consists of the Heritage High School Eagles and the Littleton High School Lions. In accordance with state law and CHSAA bylaws, it is decided that the team of record will be the Heritage High School Eagles.
2. The following are examples of legal emblems on caps and suits during events:
   - Heritage, HHS, Eagles
   The following are examples of illegal emblems on caps and suits during events:
   - District 6, 6, Littleton, LHS, Lions
   - HHS/LHS, Eagles/Lions, Heritage/Littleton

Please note that the illegal emblems would be legal on warm-ups, jackets, etc., since these items are not used during the competition itself. NOTE: If the co-op approval has been granted by CHSAA, then the competitors will be allowed to wear emblems of the participating schools.
Exhibition Swimming

Following are general guidelines for exhibition swimming & diving in Colorado, as per rule 3-2-1-a.

1. Exhibition times/scores are considered part of the varsity meet and can be used to qualify for the state meet. Competitors who have restricted eligibility due to a transfer may not swim/dive exhibition.

2. At championship or invitational meets, meet management may allow exhibition competitors. If the meet information does not specify, then it is assumed that exhibition competitors are NOT allowed.

3. In regular meets, the coach may designate any or all competitors to be exhibition. The entry card/diving score sheet must have the letters “EX” written on the front prior to the event. As a matter of courtesy, the coach may wish to inform the referee and opposing coaches of any exhibition competitors. However, this is not required. Once the event has begun, it is too late to change a competitor’s status from scoring to exhibition or vice versa.

   **Situation:** In some events, team A has no exhibition competitors. In other events, team A has one exhibition competitor. In other events, all of team A’s competitors are exhibition.

   **Ruling:** All are legal.

   **Situation:** The swimmer in lane 6 is designated as exhibition prior to the race. During the race, the swimmer in lane 4 is unexpectedly disqualified. The coach asks the referee to make lane 4 exhibition, and to score lane 6.

   **Ruling:** This change is NOT permitted since the race had already begun.

4. Exhibition competitors may not compete in a lane/diving position that belongs to another team.

   **Situation:** Large team A is swimming in lanes 1, 3 and 5. Small team B is swimming in lanes 2, 4 and 6. In many events, team B does not have anyone to swim in lane 6. Also, team B has only 2 divers. Team A’s coach wants to swim an exhibition swimmer in empty lane 6. Team A’s diving coach wants to dive an exhibition diver in one of team B’s diving spots.

   **Ruling:** NOT permissible. Swimmers from team A cannot swim in lane 6 in this meet. Team A can have at most 3 divers in this meet.

5. Teams must abide by the individual and team entry rules as set forth in rule 3. A competitor may compete as exhibition in one event in a meet, and as a scoring competitor in another event in the same meet. **Even if a competitor only swims exhibition in a particular meet, that meet still counts as one of the 11 allowable competitions.**

   **Situation:** In a 10-lane pool, home team A wants to swim 10 lanes. Visiting team B wants to swim 8 lanes.

   **Ruling:** If the coaches cannot mutually agree, the teams will swim a 6 lane meet. (3 – 1 – 2 – b & c). The host team will choose which 6 lanes will be used, and the visiting team will choose odd or even lanes.

   **Situation:** A competitor swims the 200 medley relay, 100 fly and 400 free relay as a scoring competitor, and swims exhibition in the 100 breast.

   **Ruling:** Legal. The swimmer has adhered to the individual entry rule.

   **Situation:** A competitor swims the 200 IM and 100 fly as a scoring competitor and swims the 100 back as an exhibition competitor.

   **Ruling:** NOT legal, because this is a 3rd individual event. Note that the swimmer is disqualified from the 100 back and from further competition in the meet. (3 – 2 – Penalty 2).

6. The times/scores (or “DQ”s) of exhibition competitors shall be recorded on the meet score sheet in the usual manner. An “EX” shall be recorded where the place would normally go.
7. Exhibition swimmers may not compete in an extra heat created for them.

   **Situation:** In a regular 6-lane meet, the coach of team A wants to enter 4 swimmers in the 50 free, one of whom would be exhibition. The coach asks if it would be permissible to swim an extra heat of the 50 free, since it takes so little time.
   **Ruling:** NOT permissible.

8. In pools with an odd number of legal lanes, the extra lane can be designated as an exhibition lane. Coaches must mutually agree as to which team can use the lane in which races. **IF THE COACHES CANNOT MUTUALLY AGREE, THEN THE LANE SHALL REMAIN EMPTY.**

   **Situation:** In one meet, the coaches agree to alternate heats in the exhibition lane. At another meet, the larger team uses the exhibition lane in all the races. At another meet, the coaches make different decisions for each race.
   **Ruling:** Since the coaches have mutually agreed, ALL of these procedures are legal.

   Similar procedures would apply to similar situations in other meets, for example a triangular meet in a 7-lane pool. Please note that these rules apply equally to the diving event as well as the swimming events.

9. A V/JV dual meet in a 4- or 5-lane pool may be conducted as follows:

   Heat 1 (max of) 2 JV competitors from each team, in designated lanes
   Heat 2 (max of) 1 JV competitor and 1 V competitor from each team, in designated lanes
   Heat 3 (max of) 2 V competitors from each team, in designated lanes

   **Notes:** In a 5-lane pool, the exhibition rule as outlined in #8 still applies. Scoring would be done as two regular 6-lane meets.
   A competitor may NOT swim in a lane designated for the other team.
   Similar procedures would apply to similar situations in other meets.

   **Situation:** In a 5-lane pool (with lane 6 exhibition and lane 1 illegal), large team A has 3 competitors in the 500 free (2V and 1JV). Small team B has only 1 V competitor. Can the 500 free be swum as one heat?
   **Ruling:** If team A's coach is willing to designate the JV swimmer as exhibition, that swimmer may swim in lane 6 and the event can be conducted as one heat. If the coach is not willing to do this, then the 500 must be swum in two heats.

   **Situation:** In the same situation as above, team A wants to be allowed 3 scoring entries (lanes 2, 4 & 6), with team B being allowed 2 scoring entries (lane 3 & 5). Is this legal?
   **Ruling:** NO. Each team must be allowed the same number of scoring entries, even if one team is smaller & will never use all of its allotted lanes.

10. A varsity dual meet in a 5-lane pool may be conducted as follows:

   Heat 1 (max of) 1 competitor from each team, in designated lanes
   Heat 2 (max of) 2 competitors from each team, in designated lanes

   **Notes:** There would be 3 potential exhibition lanes in heat 1 and 1 potential exhibition lane in heat 2. Those lanes may be used by either team, in whatever manner the coaches mutually agree. **IF THE COACHES CANNOT MUTUALLY AGREE, THEN THOSE LANES SHALL REMAIN EMPTY.** Scoring would be as in a regular 6 lane meet. Similar procedures would apply to similar situations with other pool configurations.

   **Situation:** Team A uses lane 3 in heat 1 and lanes 3 & 5 in heat 2. Team B uses lane 4 in heat 1 and lanes 2 & 4 in heat 2. Lane 1 is illegal and lane 6 can be used for exhibition. Team A has 3 competitors and Team B has 2 competitors in an event. Can they swim in one heat?
   **Ruling:** If the coach of team A is willing to designate one swimmer as exhibition, then that swimmer may swim in lane 6 and the meet can be conducted in one heat. If the coach is not willing to do so, then the event must be swum in two heats.
11. Seeding a meet:

Seeding a meet is a way of avoiding situations (such as those listed above) wherein, for example, 5 competitors in a 5-lane pool must swim in two separate heats. Teams can seed their entries, rather than Designating lanes as would usually be done. Teams would submit entry cards with entry times prior to the meet and the meet would be seeded as timed finals. Competitors from a team may thus wind up swimming in any of the lanes. Note that if this procedure is used, it must be used for the entire meet. The coaches must mutually agree to this method, or it cannot be used.

Situation: Large team A and small team B are swimming in a 5-lane pool. Only in the 50 free will 6 competitors be entered. The coach wants to designate lanes for the other events and seed the 50 free. Is this permissible?

Ruling: NO. If seeding is used, it must be used for the entire meet.
NFHS – Question & Answer Interpretations

Q1: Only 2 CASO officials show up for the meet. How should diving be scored?
A1: Each dive shall be scored as follows:
   (Judge 1 + Judge 2 x D.D.) = Dive Score
   Add all 6 or 11 scores together and then multiply total by 1.5. Drop any thousandths to arrive at score.

Q2: By mutual agreement, may two schools agree to use 6-lane scoring (6-4-3-2-1-0) in an 8-lane pool with the provision that while each school will enter four swimmers, no more than three swimmers per school team may score points?
A2: Yes. The 6-lane scoring is acceptable, allowing a maximum of three to score. (Allowable as of 1991-92 season.)

Q3: In violation of National Federation rule 4-9-3, a school (with no electronic timing equipment) uses only a single manual watch on each lane. May swimmers meeting CHSAA qualifying times qualify for the state meet on this basis?

Q4: Two manual watches are on each lane. One of the watches fails, while the other one records a CHSAA qualifying time. Does the individual qualify for the state meet?
A4: Yes.

Q5: Automatic timing is being used in a meet and a single manual watch is being used on each lane as a back-up. The automatic timing fails. May a qualifying time be established on the single watch?
A5: Yes

Q6: A touch pad, contrary to the recommendation in 2-7-8, does NOT cover the entire width of the lane. A swimmer contacts the finish end but does NOT contact the finish pad. Has the swimmer finished the race?
A6: By interpretation, if the swimmer touches the end wall when the touch pad does not cover the entire width of the lane, the swimmer has finished the race. Backup times should be used accordingly.

Q7: At a particular championship or invitational meet, a team is allowed two entries in relay events, designated as "A" and "B". As per 3-2-3, up to 8 individuals may be designated, and it doesn't count as an entry unless the competitor actually competes in the event. Can a swimmer actually compete on, say, the "B" entry in prelims and the "A" entry in finals?
A7: An individual can be designated on both the "A" and "B" relays, but the swimmer cannot compete in both the "B" and "A" relays in the same event in the same meet.

Q8: A triangular meet is scheduled in a pool with 8 legal lanes. Lane 9 is available, but it has no starting blocks. The teams desire to swim a 9-lane triangular meet, with the swimmers in Lane 9 all starting in the water or on the deck, depending on water depth. The coach of the swimmers in Lane 9 agrees to this.
A8: NOT legal, unless all swimmers in all lanes from all teams are required to start in the water or on the deck, depending on water depth. The reference is Rule 2 - 7 - 2 Penalty 3, which states:
   “When one or more starting blocks are not securely attached to the deck or end wall, all swimmers shall start in the water, or on the deck, provided the water depth rule is not violated.”
Voluntary Dives

Rule 9, Section 4 (p. 77 in 2019-2020 NFHS rule book)

- In accordance with Rule 9-4, Article 1, the State Swimming Committee has approved pre-determined voluntary dives.

<table>
<thead>
<tr>
<th><strong>BOYS’ DIVING ROTATION 2020</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 12 – Mar 14</td>
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<tr>
<td>Mar 16 – Mar 21</td>
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<td>Mar 23 – Mar 28</td>
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<td>Mar 30 – Apr 4</td>
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<td>Apr 13 – Apr 18</td>
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<td>Apr 27 – May 2</td>
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<tr>
<td>May 4 – May 9</td>
</tr>
<tr>
<td>May 11 – May 16</td>
</tr>
</tbody>
</table>

*Only 3 days, but most teams have meets
POOL SPECIFICATIONS

1. Accurately measure your pool's specifications and compare them to those listed in Rule 2, Sections 1 through 7.

2. Notify visiting schools of variations from National Federation rules in your pool's specifications. Such notification is particularly important for those specifications dealing with the safety of competitors.

3. Each visiting school based on Section 1 of Rule 2 must give prior consent before competing in a pool which does not meet Federation specifications. (NOTE: the CHSAA has not adopted any regulations which waive the need for prior mutual consent.)

4. Some suggested methods of obtaining prior mutual consent (and maintaining a written record of that consent) follow:
   a. For league contests, have your league, at its first meeting of the year, adopt a motion in which all schools mutually consent to swim at all pools in the league. The motion should list all league pools and the specifications they do not meet. Again, safety is the primary consideration. Each coach should maintain a copy of the league minutes and have them available to show the meet referee.
   b. Attach a statement concerning your pool's specifications to your game contracts and ask for the statement to be signed by the athletic director and coach and returned with the contract.
   c. Copy the "Recognition of Variations in Pool Specifications & Prior Mutual Consent" form that appears in this bulletin and mail it to your season's opponents with a request for an immediate return.

5. Meet Referee's Responsibility Concerning Rule 2, Section 1.
   a. At least 30 minutes before the meet, the referee shall visually inspect the pool and ask the home coach or meet director if all aspects of the facility meet the specifications outlined in National Federation Rule 2.
   b. If the home coach or meet director identifies areas which do not meet specifications, the meet referee will request from all participating schools a written consent to compete despite the variations.
   c. The league minutes or other form devised by the school will suffice.
   d. If no written consent is produced by the meet director, the referee will request the visiting coach(es) to sign a statement of consent to compete with the knowledge that specific and enumerated variations exist in the pool's specifications.
   e. The meet shall not be conducted without the mutual consent of all participating schools.
   f. The home school should maintain a file of the consent forms. If possible, each visiting school should receive a copy.
[SAMPLE FORM]

RECOGNITION OF VARIATIONS IN POOL SPECIFICATIONS MUTUAL CONSENT FORM

In compliance with National Federation Swimming Rules (Rule 2, Section 1), complete this form and return it to the host school.

Signing this form constitutes recognition of the variations from National Federation specifications of the _______ Pool and your "prior mutual consent" (as required by Rule 2, section 1) to permit your school's swimmers to compete despite the variations.

There is no requirement to sign this form. Your school, however, may not compete at the above named school without it.

Part I. To be completed by host school

A. This form applies to the _____________________________ Pool, located at ___________________________ and under the direction of ___________________________.

B. The pool varies from specification in National Federation Swimming Rules (Rule 2, Sections 1 through 7) in the following aspects:

C. The undersigned recognize the variations, give permission for their students to compete in the pool, and hereby notify the opponent (in Part II) of the variations.

1. Boys' Coach ___________________________ Date ________________
2. Boys' Coach ___________________________ Date ________________
3. Prin. or AD ___________________________ Date ________________

Part II. To be completed by Visiting School

A. The undersigned recognize the variations in the ___________________________ Pool and give permission for their students to compete in the pool during the current season (if signed by one coach) or the current school year (if signed by both the boys' and Boys' coaches).

1. Boys' Coach ___________________________ Date ________________
2. Boys' Coach ___________________________ Date ________________
3. Prin. or AD ___________________________ Date ________________
STATE CHAMPIONSHIPS

QUALIFYING INFORMATION

1. All state entries must be submitted online at www.MaxPreps.com. All state qualifiers must be listed including your alternates for relays (up to 8).

2. Only individuals who meet minimum standards during the regular season while participating in dual, invitational, or league meets and who are certified by the area directors as having qualified will be permitted to participate. Qualifying standards follow.

3. **No qualifying times or standards will be accepted for competition held after May 16, 2020.**

4. No qualifying times or standards will be accepted from competition held after a school's participation in its league championship meet.

5. No qualifying times or standards will be accepted from competition held outside of Colorado.

6. Splits from relays may not be used as qualifying times.
   
   **EXCEPTION:** The lead off swimmer in the 400 and 200 freestyle relays may qualify in the 100 freestyle and 50 freestyle respectively provided automatic timing is used or two hand-held watches verify the performance. If automatic timing is used in the meet and is operative and valid in the race, hand-held times may not be substituted.

7. **The final entries must be submitted online at www.MaxPreps.com by 10:00am on Monday, May 18, 2020; entries should list the fastest time of the season by the individual or the school’s relay team.**

8. Once entries are submitted online they are final. There may be NO additions.

9. **MaxPreps state database time will be accepted as proof of time. All times must appear in MaxPreps or they will not be accepted.**

10. **ENTER ONLY SWIMMERS WHO WILL BE COMPETING IN THAT EVENT**

    **Note:** Coaches - It is ultimately your responsibility to check and verify that a diver’s state score and DD are listed and marked on your meet sheets.

    - In order to qualify under the 6-dive standard, the diver must meet the qualifying standard two times during the season.
    - In order to qualify under the 11-dive standard, the diver must meet the qualifying standard only once during the season.

    **Note:** The diving DD (Degree of Difficulty) refers only to the OPTIONAL dives. (The sum of the 5 optional dives in a 6-dive meet or the sum of the 6 optional dives in an 11-dive meet.)

    **Note:** The field will be cut to 24 divers after 5 rounds and to 20 divers after 8 rounds.

    **Note:** All divers competing in the state meet must have a dive list that satisfies the optional dives DD standard based on their classification on their diving score sheet at the state meet.

11. **NEW:** Entry Limits – Individual Swimming Events: A school may enter as many competitors per individual event as have qualified. However, a school may not advance more than four swimmers to the finals or consolation finals. If more than four swimmers from one school qualify for the finals or consolation finals, only the top four swimmers from that school may advance. In addition, if a school has four (4) swimmers advancing in an event, that school may NOT have any alternates designated for that event. If a school has three (3) swimmers advance in an event, that school may not have more than one alternate designated.
12. **Entry Limits – Relays:** A school may enter no more than one relay team per relay event. Schools qualify a relay team, not the four individuals (i.e., the four swimmers who established the qualifying time need not be the swimmers who compete). Relay entries must list a minimum of four names and a maximum of eight names. Only those listed are eligible to swim in the state meet. A swimmer is considered entered in a relay only if he competes in the event at the state meet.

13. **NEW:** **Entry Limits – Diving:** A school may enter as many divers in the diving event as have qualified. However, a school may not advance more than four divers beyond the first cut. If more than four divers from one school qualify beyond a cut, only the top four divers from that school may advance. In addition, if a school has four (4) divers advancing, that school may NOT have any alternates designated. If a school has three (3) divers advance, that school may not have more than one alternate designated.

14. **NEW:** A competitor must have competed in a minimum of six meets during the current swim season for his school, EXCLUDING THE LEAGUE/CONFERENCE VARSITY/A MEET, in order to compete at the state meet. Swimmers who meet this requirement do not necessarily have to swim in the League/Conference “Varsity/A” meet. THIS IS A CHANGE FROM PREVIOUS YEARS.

15. Final heating for each event will take place at the CHSAA on **Monday, May 18, 2020,** **NOT ON THE DECK AT THE STATE MEET.**

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<thead>
<tr>
<th>EVENT</th>
<th>2020 Qualifying Times</th>
</tr>
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<tr>
<td></td>
<td>4A Boys</td>
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<tr>
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<tr>
<td>*Diving-6 Dives</td>
<td>170 (10.00)%</td>
</tr>
<tr>
<td>**Diving-11 Dives</td>
<td>270 (12.00)%</td>
</tr>
<tr>
<td>100 Butterfly</td>
<td>1:01.00</td>
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<tr>
<td>100 Free</td>
<td>53.50</td>
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<tr>
<td>500 Yard Free</td>
<td>5:33.00</td>
</tr>
<tr>
<td>400 Meter Free</td>
<td></td>
</tr>
<tr>
<td>200 Free Relay</td>
<td>1:48.00%</td>
</tr>
<tr>
<td>100 Back</td>
<td>1:02.50</td>
</tr>
<tr>
<td>100 Breast</td>
<td>1:09.50%</td>
</tr>
<tr>
<td>400 Free Relay</td>
<td>4:00.00%</td>
</tr>
</tbody>
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* In order to qualify under the 6-dive standard, the diver must meet the qualifying standard two times during the season.

** In order to qualify under the 11-dive standard, the diver must meet the qualifying standard only once during the season.

% Denotes change in qualification standards.
**WAIVER INFORMATION**

**What is a CHSAA Waiver?**
A process that was developed by the Swimming & Diving Committee to allow student athletes the opportunity to participate in the State Meet when they have not met the minimum Meet requirement. **To satisfy the CHSAA 6-Meet minimum, an athlete must compete in at least one event at 6 Meets that their school participates at (exclusive of League/Conference Varsity/A or State Meets).**

**Steps in the Process of the Waiver**
Waiver Form(s) (if applicable) are due on Monday, May 11th, by 8:00 a.m. Proper documentation is also required to be submitted with each waiver. The waiver form must document the beginning and ending dates of the missed Meet(s). Waivers can be submitted throughout the season as needed; all waiver decisions will be made May 14th.

A waiver committee will be seated by the CHSAA Assistant Commissioner, CHSCA Swim & Dive President, and the Swim Committee Chair (other Swim Committee members will be consulted if needed). The Waiver Committee will meet on Thursday, May 14th. Waivers will not be accepted after 8:00 a.m. on Monday, May 11th. If additional/supplemental documentation is needed, the school/student must submit the requested information by 4:00 p.m. Tuesday, May 12th.

Schools will be notified on Thursday, May 14th, if the waiver is accepted or declined. There will be no appeals to the Waiver Committee after the waiver process has been completed.

**Who is eligible for a Waiver –**
- Injury (to the student listed on the waiver)
- Illness
- Required educational programming (i.e. graduation requirement)
- Death in the family
- Unforeseen circumstance to student or school

**What information do I have to submit for a Waiver?**
Proper documentation is required to be submitted with each waiver. For example - in an injury to an athlete, the documentation would include a note from a doctor of when the injury occurred and an additional note of the date of return-to-play was recorded. The doctor’s notations are part of the required timeline and would be in conjunction with the Meets which the athlete did not participate in during the regular season.

**Schedule requirement**
**Teams must COMPETE in at least six meets (exclusive of league/conference Varsity/A and state meets) during the season for any athlete to be eligible for a waiver to the 6-Meet minimum for individual athletes.** Duals, double duals, triple duals, multi-team, pentathlon, and relays each count as one Meet towards your team minimum 6-Meet requirement (regardless of whether the meet has/does not have JV heats).

**Does JV/B competition count toward a student’s total meets?**
Stand alone JV/B Meets do count as one Meet for an individual’s 6-Meet minimum (11-meet maximum) required to participate in the State Meet.
STATE MEET REMINDERS

1. All coaches – submit your Gatelist by Monday, May 18 at 10:00 a.m.
2. Dive coaches – make sure all dive cards are submitted via the CHSAA Dropbox.
3. Meet results – make sure all signed meet results are submitted via the CHSAA Dropbox.
4. Have you checked your phone number of where we can reach you if we have questions?
5. State entries must be certified by CASO Officials and swum in a Colorado State High School Meet to be accepted.
6. All State Qual times must appear online on MaxPreps, or they will not be entered in the State Meet.
7. The meet director shall determine the order of divers by lot.
8. Re-emphasize with your athletes they need to treat the facility with respect.
9. Cameras/video phones are not permitted in the locker rooms at any time.
10. No NON-SCHOOL swimming or diving coaches are permitted on deck.
11. Each school will receive deck pass for coaches and managers as listed on your gatelist. No exceptions will be granted.
12. Divers seeking All-American status are permitted one photographer who must present their All-American paperwork to the CHSAA representative on site. The photographer will then be escorted onto the deck by the CHSAA rep 5 minutes before the start of the dive event to set up.
13. NO ONE – Including the championship team – is permitted to use the high diving board.
14. Teams will not be allowed to make a grand entry into the championship event venue.
15. Deck passes will NOT be honored in the spectator seating areas due to limited seating.
16. No Balloons on the deck or in the stands.
17. Spectators are not permitted to save multiple seats as a “team spectator” area. Taping or roping any seating area, marking with signs, blankets or other methods will not be tolerated and will be removed from the spectator section.
18. At no time will non-qualifying team members, friends, or family be allowed on deck. This includes during the championship awards ceremony.

MEET INFORMATION

NO PRE-MEET PRACTICE AT VMAC
High school swimmers, unless competing in a regularly scheduled meet, are prohibited from being in the water at VMAC one week prior to state competition (unless that is their home pool).

DECK PASS INFORMATION
Coaches and managers will sign-in and receive a deck pass (wristband), good for admittance to both prelims and finals. No one will be permitted on the deck without a pass or a swimsuit. Contestant & coach passes (wristbands) will not be accepted at the spectator’s entrance.

LANES
Lanes will be assigned at the seeding meeting based on the facility with 8 or 10 lanes for preliminaries.

*Ten lanes are used for consolation and final heat of the Championship Finals.
CLASSIFICATION FORMAT
The state swim meet will have two classifications. Qualifying times are DIFFERENT for each classification.

STATE ENTRIES
STATE ENTRIES MUST BE RECEIVED ONLINE BY 10:00 AM ON MONDAY, MAY 18, 2020. NO CHANGES OR ADDITIONS ARE ALLOWED AFTER 10 AM. ALL ENTRIES ARE FINAL AT 10 AM. NO EXCEPTIONS.

DIVING ORDER
The meet director shall determine the order of divers by lot.

DIVE CARDS
Dive Cards must be submitted via CleanEntries 2 days prior to start of competition. www.cleanentries.com

SCORING
20 places will be scored at the State Meet.
Individual: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1
Relays: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

AWARDS
Medals will be awarded for ten places in each event.

A team championship trophy will be awarded to the first-place team and runner–up team in each classification.

Awarding swimmers for their accomplishments in swimming is an important part of the state meet. All swimmers will accept their awards personally when called to the awards stand.

STARTING
The verbal protocol on page 58 in the rule book will be used in all swimming events at the state meet.

HEARING-IMPAIRED SWIMMERS
If you have a hearing-impaired swimmer, please notify Justin Saylor by Monday, May 18, so that arrangements can be made to have an additional strobe available for state.

NO PAPER BANNERS
School banners other than those made of paper may be hung at designated areas with masking tape and with the approval of the site director.

COACH & CONTESTANT SEATING & TRAFFIC FLOW
• Because of limited spectator seating, all coaches and contestants must sit within the deck area.
• Street shoes are prohibited on the deck.
• Relay alternates, swimmers whose events have been completed, and swimmers who fail to qualify for the finals must sit in the deck area (your "deck" pass will not be honored at the spectator entrance).
• Swimmers/divers not participating in the state championships must sit in the stands.
• The seating area for all swimmers and coaches will be designated at the pool.
• Prior to their event, swimmers shall report to the clerk of course (NOT THE BLOCKS).

STANDS
Please remind your fans that we will clear the stands at the conclusion of each session. Saving seats, leaving articles behind is not allowed. Items will be removed by site staff to the lost and found area of the site.
**BUY YOUR ALL SESSION TICKETS ONLINE AND GET IN 30 MINUTES EARLY**
for Swimming Prelims and Finals! That’s an extra 30 minutes to get the best seats available! Click [GOFAN](#) to get your ALL SESSION tickets!

**Please note: Tickets bought onsite will not have early admittance. Individual session tickets are only available on site at the specified purchase time.**

**UPDATED 12.17.19**

*NOTE: Teams will be allowed into VMAC beginning with a staggered entrance on Thursday, Friday and Saturday. Teams will be allowed entry based on a predetermined order that will be posted after the final Swim and Dive Heating Meet.*

<table>
<thead>
<tr>
<th>2020 4A - 5A BOYS SWIM AND DIVE STATE CHAMPIONSHIPS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4A: May 21-22 &amp; 5A: May 22-23, 2020</strong></td>
</tr>
</tbody>
</table>

### Thursday, May 21: 4A Dive Prelims (AM)

- Team Packets Available: 8:00 am
- Pool Doors Open to Athletes: 8:00 am
- Dive Coaches Meeting: 8:15 am
- Warm-up Begins: 8:30 am
- On-Site Tickets on sale **: 8:30 am (**GOFAN online ticket ½ hour early @ 8:00am)
- Begin 4A Dive Prelims: 10:00 am
- Pool Deck & Stands Cleared: Immediately upon completion of dive prelims

### Thursday, May 21: 4A Swim Prelims (PM)

- Team Packets Available: 2:30 pm
- Pool Doors Open to Athletes *Staggered Entrance: 2:45 pm
- Warm-up Begins: 3:30 pm
- On-Site Tickets on sale **: 3:30 pm (**GOFAN online ticket ½ hour early @ 3:00pm)
- Coaches Meeting: 4:30 pm
- Begin 4A Swim Prelims: 5:00 pm

### Friday, May 22: 5A Swim Prelims (AM)

- Team Packets Available: 7:30 am
- Pool Doors Open to Athletes *Staggered Entrance: 7:45 am
- Warm-up Begins: 8:30 am
- On-Site Tickets on sale **: 8:30 am (**GOFAN online ticket ½ hour early @ 8:00am)
- Coaches Meeting: 9:30 am
- Begin 5A Swim Prelims: 10:00 am
- Pool Deck & Stands Cleared: Immediately upon completion of swim prelims

### Friday, May 22: 4A Swim and Dive Finals (PM)

- Team Packets Available: 2:30 pm
- Pool Doors Open to Athletes *Staggered Entrance: 2:45 pm
- Warm-up Begins: 3:30 pm
- On-Site Tickets on sale **: 3:30 pm (**GOFAN online ticket ½ hour early @ 3:00pm)
- Coaches Meeting: 4:30 pm
- Begin 4A Finals: 5:00 pm

### Saturday, May 23: 5A Dive Prelims (AM)

- Team Packets Available: 7:00 am
- Pool Doors Open to Athletes: 7:00 am
- Dive Coaches Meeting: 7:15 am
- Warm-up Begins: 7:30 am
- On-Site Tickets on sale **: 8:00 am (**GOFAN online ticket ½ hour early @ 7:30am)
- Begin 5A Dive Prelims: 9:00 am
- Pool Deck & Stands Cleared: Immediately upon completion of dive prelims

### Saturday, May 23: 5A Swim and Dive Finals (PM)

- Team Packets Available: 1:00 pm
- Pool Doors Open to Athletes *Staggered Entrance: 1:15 pm
- Warm-up Begins: 2:00 pm
- On-Site Tickets on sale **: 2:00 pm (**GOFAN online ticket ½ hour early @1:30pm)
- Coaches Meeting: 3:00 pm
- Begin 5A Finals: 3:30 pm
2020 BOYS STATE SWIMMING & DIVING
ADMISSION PRICES

**ALL DAY PASSES (Via GOFAN Link below)**

All-Session Pass (ONLINE ONLY) ............................................................$22.00

Includes – Swim Prelims, Diving Prelims and Swim & Dive Finals.

**INDIVIDUAL SESSION PASSES**

Adult General Admission ................................................................. $8.00

Student (K-12th grade) ................................................................. $5.00

Senior Citizens (age 60+) ............................................................. $5.00

**MERCHANDISE SALES:**

Official 2020 CHSAA State Swimming T-shirts and souvenirs will be available on site.

**Online Ticketing:** Go Fan  [https://gofan.co/app/school/CHSAA](https://gofan.co/app/school/CHSAA)
VMAC
5310 E. 136th Ave
Thornton, CO 80026

PARKING:
Spectators – Parking is at Horizon High School on the North side of 136th Ave
Buses – Buses can drop teams off at the Entrance for VMAC
### CLASSIFICATIONS AND SCHOOL CODES

#### 4A Boys' Swimming Schools (1 – 1621; 38 schools)

<table>
<thead>
<tr>
<th>School</th>
<th>Code</th>
<th>School</th>
<th>Code</th>
<th>School</th>
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#### 5A Boys' Swimming Schools – (1622 – up; 41 schools) *indicates play-up

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<td>Cherry Creek (CHEC)</td>
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<td>Fort Collins (FTCO)</td>
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<td>Horizon (HORI)</td>
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<td>Chatfield (CHAT)</td>
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<td>Doherty (DOHE)</td>
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