



Oregon School Activities Association

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2025-26 SWIMMING PLAN BOOK

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SEASON DATES

First Practice Date	November 17
First Contest Date	December 3
Cutoff Date	February 14
All State Championships	February 20-21

NFHS 2025-26 SWIMMING RULES

Order the current NFHS Swimming Rules Book from the [OSAA Corner Store](#) or contact the OSAA (503.682.6722) for information.

For more information about NFHS Swimming Rules, visit <http://www.nfhs.org/activities-sports/swimming-diving/>.

2025-26 RULES CHANGES

2-1, 2-7-2b, 2-7-3, 8-1-2	Permits the use of backstroke starting ledges if approved with state association adoption, in pools with a minimum of 6 feet (1.84 meters) water depth measured from the starting end through 16 feet 5 inches (5 meters) from the end wall. Rationale: The permissive nature of the proposal allows for the use of the backstroke ledge in situations where it is both safe and practical. The proposed rule ensures that pools with the required depth can benefit from this technology without creating barriers for those that may not be able to accommodate the equipment.
8-3-4a	Clarifies the foot placement for relay participants starting from the deck. One foot must be positioned at the edge of the deck, and ancillary movement of the back foot is permitted, prior to the start. Rationale: The rule provision prohibits swimmers using deck starts from performing a running start.

2025-26 EDITORIAL CHANGES

2-7-7 PENALTY, 3-3-3 PENALTIES, 3-3-3a, 3-3-3b, 3-3-4 PENALTIES, 6-3-3, 8-2-1e, 9-7-2, State Association Adoption Chart

2025-26 POINTS OF EMPHASIS

Backstroke Ledge Education

As of the 2025-26 school year, NFHS state associations may adopt rules permitting the use of backstroke ledges during high school swimming competitions, provided the facility meets specific requirements, including a minimum water depth of 6 feet (1.84 meters) at the starting end to at least 16 feet, 5 inches (5 meters) from the wall. This decision is grounded in extensive research conducted by Indiana University, DePauw University, and input from the NFHS Sports Medicine Advisory Committee, with the goal of reducing risks while aligning with national and international standards for competitive swimming.

State associations that choose to permit use of backstroke starting ledges in their high school competitions must clearly articulate the importance of a teaching protocol implementation for their high school competitors and for risk minimization. The implementation of backstroke ledges requires clear, structured education protocols. Swimmers must demonstrate proficiency in executing a backstroke start without the ledge before progressing to its use. Coaches should ensure athletes

are familiar with the full backstroke start progression, which begins with mastering the shallow backstroke racing start. Swimmers must first practice getting into position with hands grasping either the gutter or the lowest bar on the starting block and placing both feet on the wall. Once this base skill is achieved, the coach may introduce the backstroke ledge, but only when the swimmer demonstrates sufficient strength and height to handle the additional skill safely. Progression to the ledge should be gradual, and the swimmer must exhibit a firm understanding of proper technique and safety procedures. The use of backstroke ledges should only occur during controlled swim practices, instructional sessions, supervised warm-ups, or competitions, ensuring the environment is safe and appropriate.

Coaches should closely monitor swimmers' proficiency at each stage of the progression, ensuring that each athlete is physically and mentally prepared for the next step. The coach should assess whether the swimmer is sufficiently tall and strong to handle the backstroke bar or ledge before introducing them to these components. By following these guidelines and maintaining a clear focus on skill progression, safety and controlled environment practices, the use of backstroke ledges can be safely integrated into high school swimming competitions and training sessions. Additional educational resources may be accessed via the swimming and diving page of NFHS.org, the 2025 NFHS Swimming and Diving Rules Interpretation PowerPoint, and the new NFHS Swimming and Diving Pre-Season Guide, will help ensure that swimmers gain confidence and skill in a safe manner.

2025-26 COMMENTS ON THE RULES

2-1, 2-7-2b, 2-7-3, 8-1-2	<p>The new rule permitting the use of backstroke ledges in pools with a minimum water depth of 6 feet or 1.84 meters (measured from the starting end wall to at least 16 feet, 5 inches or 5 meters from the end wall) presents a thoughtful and well-researched approach that prioritizes athlete safety and aligns with national and international swimming standards. This rule change reflects a balanced decision based on thorough research, risk minimization strategies, and alignment with best practices in competitive swimming.</p> <p>The proposal's permissive nature is a key aspect of its flexibility. It allows state associations to choose whether to implement the use of the backstroke ledge based on the resources and circumstances within their specific regions. Aquatic facilities will not be required to use the ledge, but if they choose to do so, they must ensure that identical equipment is available for all lanes. In addition, swimmers may also choose whether to use the backstroke ledge if it is made available. This flexibility ensures that the technology can be used in situations where it is both safe and practical, while not creating undue burdens on facilities that may not have the infrastructure or resources to support the use of the equipment. Detailed specifications regarding the design, dimensions and durability of the backstroke ledge should be provided to member schools prior to the contest. Clear guidelines will help to maintain safety standards and ensure that the ledge is functional and accessible for all swimmers. Facilities will also need to consider the cost of implementing backstroke ledges, as this may impact their decision to allow the modification.</p> <p>The 6-foot (1.84-meter) water depth requirement is critical for ensuring athlete safety during the backstroke start. This depth along with the distance requirement of 16 feet, 5 inches (5 meters) provides the necessary space for proper body positioning, helping to minimize the risk of collision with the pool bottom, especially during the explosive movements of the start. The backstroke ledge is a valuable tool that facilitates a more efficient start, but its use must always be in environments that meet these depth requirements.</p> <p>The recommendation to have athletes practice with the ledge prior to using it in competition is crucial for ensuring they are comfortable and proficient with the equipment. This practice allows swimmers to understand the proper technique and familiarize themselves with the adjustments required to achieve an optimal backstroke start. Coaches should ensure that their athletes have sufficient training time with the ledge to minimize any performance disruptions during actual competition.</p> <p>Given that the backstroke ledge is a relatively new piece of equipment, it is crucial to provide extensive training and support for officials. They must be prepared to exercise patience and precision in managing the setup and adjustments of the ledge, as this can be a time-consuming task. Officials should be encouraged to take the time necessary to familiarize themselves with various styles of ledges. Training</p>
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materials should stress the importance of maintaining a careful and methodical approach to avoid mistakes or confusion during competition.

Athletes must set the backstroke ledge before their start, and the determination of who will remove the ledge following the start is an important operational detail. To avoid confusion and ensure consistency, it is essential that protocols are established for how the ledge should be managed. Options for ledge removal could be the designation of a teammate, a timer, an official or other staff members to manage the ledge's removal if it is not automated. Additionally, failure to properly remove the ledge may allow the swimmer to re-swim should the meet referee determine it impeded the swimmer's performance. With appropriate education, preparation and operational protocols in place, the adoption of backstroke ledges can be a positive development for the sport, offering both safety and performance benefits to athletes across the nation.

2025-26 RULES INTERPRETATIONS

Publisher's Note: The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented.

Dr. Karissa L. Niehoff, Publisher, NFHS Publications © 2025

SITUATION 1: Meet management does not permit use of backstroke starting ledges during warm-up even though they will be available for use during competition. **RULING:** Inappropriate practice. **COMMENT:** For purposes of both athlete safety and competitive equality, it is essential that all equipment/facilities utilized during competition also be available for use during the warm-up period. (2-7-3)

SITUATION 2: The host school pool has water depth of at least 7 feet throughout the competition course. However, the host team chooses not to provide backstroke starting ledges for the competition. The visiting coach insists that the host team's medley relays and backstroke swimmers should be disqualified because of the absence of the ledges, claiming it's the host school's obligation to provide the equipment if their facility is of legal depth. **RULING:** The coach is incorrect. Just as individual swimmers may decide not to use the backstroke ledges, host schools may likewise choose not to provide ledges even though their facilities are legal. **COMMENT:** Backstroke starting ledges are optional, not required, equipment. (2-7-3d)

SITUATION 3: The state association has not adopted any policy regarding the use of backstroke ledges in the medley relay and backstroke events. The host school, whose competition course is more than 6 feet deep throughout, provides ledges for swimmers' use. The referee instructs the host school to remove the ledges. **RULING:** Correct procedure. **COMMENT:** By rule, the use of ledges may occur ONLY when a state association has adopted a formal policy governing their use within the requirements specified in Rule 2-7-3. It is expected that the policy will provide necessary details about the equipment itself as well as its use, and where necessary specify sanctions for misuse. (2-7-3)

SITUATION 4: The day following competition, the meet referee is contacted by one of the schools to advise that a competitor participated in too many events the preceding day. The meet referee refuses to take action to change the meet results, indicating that since this is not a clerical error, the referee has no authority to alter the outcome. **RULING:** Incorrect procedure. Any confusion related to the nature of errors made during or following the competition has been eliminated by removal of the term "clerical"; thus, any errors, regardless of their nature, arising from matters over which the referee has jurisdiction before/during/after the meet are correctable, subject to state association policy. (4-1-4)

SITUATION 5: In the consolation finals of the 100 freestyle, the backplate/starting wedge detached from the platform at the start, clearly affecting the start of the swimmer in that lane. The referee determines that sufficient unfairness occurred and orders all competitors in that heat to re-swim the race at a later point in the competition. **RULING:** Correct procedure. In the championship round, it would NOT be appropriate to have only the affected swimmer re-swim and then insert her/his time into the final array; at that point, head-to-head competition is essential. However, if this incident had occurred during qualifying rounds, some other type of re-swim could be appropriate. Of course, all swimmers must be given ample rest time (25 minutes minimum) on either side of a re-swim. (4-2-2p)

SITUATION 6: The third swimmer on the 200 freestyle relay stands on the step at the back of the starting platform and develops momentum for the exchange by moving forward from that position. One foot contacts the flat surface of the top of the platform and the exchange is performed with final contact on the front edge of the platform. **RULING:** Incorrect procedure. **COMMENT:** As a matter of athlete safety, all momentum on a relay exchange MUST take place on the top surface of the block. Movement is permitted from back to front of the platform; movement from the pool deck is prohibited. This prohibition should be understood to include any other location except the top surface of the platform. If a wedge is used, the requirements of Rule 8-3-4c must be followed as well. (8-3-4)

SITUATION 7: In the 200-yard medley relay event, the meet referee requires one of the team members to remove the backstroke ledge after the race is started. The team in Lane 5 fails to remove the ledge and the referee disqualifies the relay. **RULING:** Incorrect ruling. **COMMENT:** The referee's instruction is appropriate and within his/her responsibilities to assure an obstacle free competition course. Ledges should be removed immediately upon completion of the start, but there is no penalty for not removing the ledge (2-7-3). Any adjustments in competition results or sanctions for not removing the ledges will need to be established by state association policy. Swimmers may designate a team member, a timer or a coach to remove the ledge in that event.

2025-26 UNIFORM RULES

Rule 3-3 Uniforms

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 or unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage. Any approved suit accommodation must be constructed with a woven/knit textile material, permeable 100% to air and water, and not aid speed, buoyancy or body compression.

Art. 1 . . . It is recommended all swimmers and divers on the team wear suits of identical coloring and pattern.

Art. 2 . . . Suits shall be of one piece. 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/dive, 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/dive, the competitor is disqualified from that 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/score and he/she shall not be eligible for further competition until in legal attire.**

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

- The suit or cap(s) may display the competitor's name, school name, school nickname and/or the school logo.
- Advertising or name other than that permitted in 3-3-3c is prohibited.
- A single visible manufacturer's logo/trademark/reference, no more than 2½ square inches with no dimension more than 2½ inches is permitted on each item of the uniform [suit and cap(s)].
- 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 World Aquatics mark, individual barcode and/or USA Swimming approved checkmark logo on certain suits designating that the suit has been approved for World Aquatics and/or USA Swimming competition is not considered to be a second manufacturer's logo nor a form of advertising. Such suits with a World Aquatics marking and/or checkmark, if otherwise legal, shall be legal for NFHS competition.

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

- Only one suit shall be permitted in competition. (A swimmer with unique or extenuating circumstances 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;
2. 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;
3. Made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
4. 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 World Aquatics 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 . . . For religious reasons, suits providing full-body coverage are permitted. The suit must meet requirements of 3-3-4b(1-3). If a competitor's suit does not meet rule specifications, the referee must notify the state association following the completion of the contest.

Art. 6 . . . 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;
- C. Divers may wear tape or wraps for support and may also use temporarily applied adhesives.
- D. Tape may be used by a swimmer to treat a documented medical condition. The referee must be presented signed documentation from an appropriate health-care professional before permitting the athlete to compete.

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

Art. 7 . . . Prior to the meet, the coach shall verify with the meet referee that all competitors are legally attired.

NOTE: Religious and medical-alert medals are not required to be taped to the body. It is recommended the medical alert itself is visible to assist in care by a health-care professional.

Requests for rule interpretations or explanations should be directed to the OSAA. The NFHS will assist in answering rules questions from the state associations whenever called upon.

OSAA ADOPTED SWIMMING RULES AND INTERPRETATIONS

The 2025-26 NFHS Swimming Rules Book will be used with the following clarifications:

1. Backstroke ledges will not be used during the 2025-26 year. The Coaches Association is conducting surveys and research on pool specifications to ensure access for all prior to adopting this piece of equipment.
2. **USE OF WHISTLES AS PREPARATORY COMMANDS:** (2025-26 NFHS Swimming & Diving Rules Book, Appendix A)

To be used for all OSAA competitions, including regular season, district and state championship meets.

A. **Forward Starts**

- 1) ***To bring the swimmers to the starting area, the*** referee/starter ***blows*** a series of short whistles (no fewer than 4) followed by the announcer announcing the event/distance/heat, ***"This is the 200-yard freestyle, heat 2".***
- 2) When all swimmers have approached the blocks, ***the*** referee/starter blows a long whistle for the ***swimmers*** to step onto the blocks and take their preparatory position.
- 3) Once all swimmers are on the blocks, the referee immediately turns the heat over to the starter.

- 4) When the swimmers are **settled into position**, the **referee/starter gives the command**, "Take your marks."
- 5) When swimmers are stationary, **the referee/starter activates the starting signal**.

B. Backstroke Starts

- 1) **To bring the swimmers to the starting area, the referee/starter blows** a series of short whistles (no fewer than 4) followed by the announcer announcing the event/distance/heat, **"This is the 200-yard medley relay, heat 2"**.
- 2) When all swimmers are at the side of the blocks, **the referee/starter blows a long whistle for the swimmers to step into the water feet first**;
- 3) **When all swimmers have surfaced, the referee/starter blows a second long whistle to have the swimmers return to the wall and assume their starting positions**;
- 4) **When the swimmers are settled into position, the referee/starter gives the command "Take your marks"**,
- 5) **The referee/starter observes whether any feet or toes are above or curling over the gutter or pool's edge; the starter/referee should remedy any incorrect positions prior to the starting signal**;
- 6) **When swimmers are stationary, the referee/starter activates the starting signal. Additional guidelines can be found in the NFHS Swimming Officials Manual**.

3. GUIDELINES FOR MEET WARM-UP

- A. The following guidelines are recommended for warm-up periods at all meets:
 - 1) A designated supervisor shall be on the deck during 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 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.
- B. Meet management or a designated official may remove a swimmer, coach and/or team from the deck for violations of these recommendations. In facilities that have a warm-up and/or warm-down area, management shall provide supervision of the area(s) at all times.

OSAA SWIMMING POLICIES

Effective outside Association Year.

1. SUMMER POLICY

See OSAA Executive Board Policy "SUMMER POLICY" in the OSAA Handbook, revised Fall 2017.

Effective during Association Year, outside the designated OSAA sport season.

1. PRACTICE LIMITATION RULE (6A, 5A, 4A)

See OSAA Executive Board Policy "PRACTICE LIMITATION RULE (6A, 5A, 4A)" in the OSAA Handbook, revised July 2022.

2. PRACTICE LIMITATION RULE (3A, 2A, 1A)

See OSAA Executive Board Policy "PRACTICE LIMITATION RULE (3A, 2A, 1A)" in the OSAA Handbook, revised July 2022.

Effective First Practice Date through End of HS Season.

1. PRACTICE MODEL

See OSAA Executive Board Policy "PRACTICE MODEL" in the OSAA Handbook, revised July 2021.

2. PARTICIPATION LIMITATIONS

See OSAA Executive Board Policy "PARTICIPATION LIMITATIONS" in the OSAA Handbook, revised December 2020.

3. OFFICIALS – CERTIFIED REQUIREMENT

See OSAA Executive Board Policy "OFFICIALS-CERTIFIED REQUIREMENTS" in the OSAA Handbook, revised Summer 2023.

4. INTERRUPTED CONTESTS

See OSAA Executive Board Policy "INTERRUPTED CONTESTS" in the OSAA Handbook, revised Fall 2015.

5. ENDOWMENT GAMES

See OSAA Executive Board Policy "ENDOWMENT GAMES" in the OSAA Handbook, revised September 2022.

[\(Endowment Game Application\)](#)

STATE CHAMPIONSHIPS INFORMATION

1. STATE CHAMPIONSHIPS POSTING TIMELINES

- A. **Athletic Directors, Coaches and Spectators**: Detailed information regarding the Swimming State Championships will be posted on the OSAA website (<https://www.osaa.org/activities/bsw/management>) on Friday, January 30. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding ticket prices, parking, maps, how to submit souvenir program information, souvenir merchandise, etc.
- B. **District Meet Director Information (DMD)**: Detailed information regarding District Meet Director responsibilities including the state championship entry form, will be posted on the OSAA website (<https://www.osaa.org/activities/bsw/management>) on Friday, January 23. Each District Meet Director must submit all state championship entries electronically.

2. STATE CHAMPIONSHIPS LOCATIONS AND TIMES

- A. **Location**: Tualatin Hills Aquatic Center, 15707 SW Walker Road, Beaverton, OR 97006
- B. **Times**: Posted on the OSAA website (<https://www.osaa.org/activities/bsw/management>) on Wednesday, January 14th.

3. CHAMPIONSHIP QUALIFICATIONS: A contestant for the State Championships shall qualify through the proper District Meet.**A. 6A**

- 1) **Automatic Qualifiers** – First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA's State Championships. Districts shall settle any ties for first place in all events unless the qualifying standard is met.
- 2) **Additional Qualifiers** – Consolation finalists and championship finalists in individual and relay events at each District Meet who meet the qualifying standard (9th place average of last three State Meets with the standard never to be easier than the previous year) automatically qualify. Any remaining open lanes will be filled by the next fastest times from District Meet finals, up to a total of 18 participants.
- 3) **Cutoff Date – *The automatic qualifiers must be determined by 8pm on Saturday, February 14.***

6A SWIMMING QUALIFYING STANDARDS

<u>GIRLS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>	<u>BOYS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>
200 Medley Relay	1	1:53.27	1:53.2	200 Medley Relay	2	1:41.18	1:41.1
200 Freestyle	3	1:57.24	1:57.2	200 Freestyle	4	1:46.89	1:46.8
200 Ind. Medley	5	2:10.55	2:10.5	200 Ind. Medley	6	1:58.75	1:58.7
50 Freestyle	7	0:24.80	0:24.8	50 Freestyle	8	0:21.93	0:21.9
100 Butterfly	9	0:59.32	0:59.3	100 Butterfly	10	0:53.08	0:53.0
100 Freestyle	11	0:53.91	0:53.9	100 Freestyle	12	0:48.18	0:48.1
500 Freestyle	13	5:15.51	5:15.5	500 Freestyle	14	4:51.98	4:51.9

200 Free Relay	15	1:42.45	1:42.4	200 Free Relay	16	1:31.38	1:31.3
100 Backstroke	17	0:58.45	0:58.4	100 Backstroke	18	0:54.52	0:54.5
100 Breaststroke	19	1:06.96	1:06.9	100 Breaststroke	20	0:59.98	0:59.9
400 Free Relay	21	3:43.56	3:43.5	400 Free Relay	22	3:19.19	3:19.1

B. **5A**

- 1) **Automatic Qualifiers** – First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA’s State Championships. District shall settle any ties for first place.
- 2) **Additional Qualifiers** – Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants.
- 3) **Cutoff Date** – *The automatic qualifiers must be determined by 8pm on Saturday, February 14.*

C. **4A/3A/2A/1A**

- 1) **Automatic Qualifiers** – First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA’s State Championships. District shall settle any ties for first place.
- 2) **Additional Qualifiers** – Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants.
- 3) **Cutoff Date** – *The automatic qualifiers must be determined by 8pm on Saturday, February 14.*

D. **Para-Athletes:***[\(Para-Athlete Disability Certificate\)](#)*

- 1) Athletes who meet the qualifying standards (see below) at their district meet shall combine in the 50-yard freestyle, 100-yard freestyle and 100-yard backstroke regardless of gender or disability. The Para-Athlete Disability Certificate and documentation of the disability must be provided to the OSAA prior to competing in the district meet. If more than nine students qualify in an event, the OSAA will explore splitting out the events by gender or disability type (wheelchair or ambulatory).

PARA-ATHLETES SWIMMING QUALIFYING STANDARDS

<u>GIRLS</u>	<u>Auto</u>	<u>Manual</u>	<u>BOYS</u>	<u>Auto</u>	<u>Manual</u>
50 Freestyle	1:45	1:45	50 Freestyle	1:30	1:30
100 Freestyle	3:00	3:00	100 Freestyle	2:30	2:30
100 Backstroke	3:15	3:15	100 Backstroke	2:45	2:45

- 2) There are two divisions for which a para-athlete participant may qualify, wheelchair and ambulatory. All athletes in grades 9-12 must meet OSAA eligibility requirements. **For additional information see OSAA Handbook, Rule 8, Individual Eligibility**
 - a) **Wheelchair:** Athletes with permanent physical disability on file with the school.
 - b) **Ambulatory:** Athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually Impaired, Cerebral Palsy, Dwarf and Amputees. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school.
 - c) **Cognitively or intellectually disabled students are not defined as Para-Athletes.**
- 3) It is an expectation that those para-athletes who wish to attempt to qualify are participating in these events during the regular season and that they establish a qualifying time at the league/conference/district qualifying meet. The qualifying time established at the league/conference/district meet will be used to seed as many heats as necessary to accommodate the qualifying field at the State Championships.
- 4) To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts include a para-athlete 50-yard freestyle, 100-yard freestyle and 100-yard backstroke in their event schedules. Prior to an event the host school should verify with their invited teams whether or not they have para-athletes who would like to participate in one of these events.

- 5) **Cutoff Date – The automatic qualifiers must be determined by 8pm on Saturday, February 14.**
- 6) **State Championships Scoring Procedures** – Para-athletes will compete in combined flights, regardless of gender or disability type (wheelchair or ambulatory), until we reach a minimum of at least nine wheelchair and/or ambulatory entries from qualifying events.
 - a) If nine or more wheelchair and/or ambulatory athletes qualify, entries will be separated into timed finals by disability type and fields will continue to contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).
 - b) In the case of less than nine wheelchair and/or ambulatory athletes qualifying, entries will participate as a timed final regardless of disability type and fields will contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).
- 7) **Team Scoring Procedures** – Team points earned by para-athletes will be added to their school's overall team point score. Standard NFHS scoring (Rule 7-1, Article 3 outlined in the chart below) provides the point structure that will be used.

Places	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
1	2								
2	3	1							
3	4	2	1						
4	5	3	2	1					
5	6	4	3	2	1				
6	7	5	4	3	2	1			
7	8	6	5	4	3	2	1		
8	9	7	6	5	4	3	2	1	
9	10	8	7	6	5	4	3	2	1

Example Situation – Five para-athletes qualify in the 50-Freestyle. Three of the entries are wheelchair and the other two entries are ambulatory.

Lane	Participant	Type	School	Finish	Team Points Awarded
2	Boy A	Ambulatory	School 1	4	2
3	Boy B	Wheelchair	School 2	1	2
4	Girl A	Ambulatory	School 1	2	3
5	Girl B	Ambulatory	School 3	3	1
6	Girl C	Wheelchair	School 4	5	2

In this example, we have five total teams competing in the para-athlete division – two Boys Teams (one ambulatory and one wheelchair) and three Girls Teams (two ambulatory and one wheelchair). Since Boy B was the timed final Boys Wheelchair winner he earns two points. Girl A (second place finisher in the timed final) is the Girls Ambulatory winner and earns two points. Boy A is the fourth place finisher (first place Boys Ambulatory winner) so he earns two points. Girl B is the second place Girls Ambulatory finisher and earns one point. Girl C is the first place Girls Wheelchair finisher and earns two points.

4. **STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS** (OSAA Handbook, Executive Board Policies) (Revised Spring 2015)
 - A. The following shall be the policy for substitutions in individual sport State Championship events. All individuals who are substitutes for individual qualifiers must have participated in a District or Special District Meet.
 - D. **Swimming**
 - 1) **Multiple Event Qualifiers and Relays.** This deadline is for a participant withdrawing from the championship in one event but remaining in others and for submission of up to eight names for a relay team.

- a) Multiple Event Qualifiers: Except as indicated below, participants who qualify in more than one event shall participate in all the events for which they qualify from preliminaries to finals.
 - (1) If a District Meet Director notifies the OSAA of a change prior to 4pm on the Monday preceding the state championship, an individual may drop from one or more events in which they are qualified. The next place winner at the District Meet in the respective event or events is eligible as a substitute if replacing the district champion. If not, the individual(s) with the next best time will be the replacement(s).
 - (2) If the OSAA has not been notified of a change prior to 4pm on the Monday preceding the state championship, the participant who has qualified in multiple events must compete in all qualified events or they shall be scratched from all events in which the participant has qualified.
- b) Relay Event Entries: Qualifying teams may enter the names of up to eight individuals in relay events.
 - (1) Qualifying relay teams failing to enter eight individuals may not add individuals to the state championship meet after the established Monday deadline.
 - (2) Any four of the listed individuals may compete and it shall count as an event only for the four who compete. It is not necessary to use the same four swimmers in the finals that participated in the preliminaries, but any substitution must already be entered into the meet.

- 2) **Single or Multiple Event Qualifiers Dropping All Events or Substitutions only on Relays**. This deadline is for a participant dropping out of the state championship and being replaced by another participant or participants.
 - a) If a District Meet Director notifies the OSAA by 4pm two business days prior to the first day of the state championship that a single event or multiple event qualifier is dropping all events, a substitution or substitutions may be made.
 - b) The next place winner at the District Meet in the respective event or events is eligible as a substitute if replacing the district champion. If not, the individual(s) with the next best time will be the replacement(s).

OSAA GENERAL POLICIES

RULES

Rule 3 – Contests – Sportsmanship – Crowd Control (OSAA Handbook, Rules)

See RULES - Athletic, Cheerleading and Dance/Drill “Rule 3-Contests-Sportsmanship-Crowd Control” in the OSAA Handbook.

Rule 7 – Out-of-Season and Non-School Activities (OSAA Handbook, Rules)

See RULES - Athletic, Cheerleading and Dance/Drill “Rule 7-Out of Season and Non-School Activities” in the OSAA Handbook.

EXECUTIVE BOARD POLICIES

1. ADVERSE WEATHER CONDITIONS / AREA-WIDE EMERGENCY PROCEDURES

See OSAA Executive Board Policy “ADVERSE WEATHER CONDITIONS/AREA-WIDE EMERGENCY PROCEDURES” in the OSAA Handbook, revised May 2020.

2. AIR QUALITY GUIDELINES

See OSAA Executive Board Policy “AIR QUALITY GUIDELINES” in the OSAA Handbook, revised February 2024.

3. ATTACHED AND UNATTACHED COMPETITION / EXHIBITION

See OSAA Executive Board Policy “ATTACHED AND UNATTACHED COMPETITION/EXHIBITION” in the OSAA Handbook, revised August 2012.

4. CERTIFICATION – ATHLETIC DIRECTORS AND COACHES

See OSAA Executive Board Policy “CERTIFICATION-ATHLETIC DIRECTORS AND COACHES” in the OSAA Handbook, **revised May 2024**.

5. CHARITABLE CAUSES

See OSAA Executive Board Policy “CHARITABLE CAUSES” in the OSAA Handbook, revised Fall 2012.

6. CONCUSSION MANAGEMENT

See OSAA Executive Board Policy “CONCUSSION MANAGEMENT” in the OSAA Handbook, revised Summer 2020.

[\(Medical Release – Return to Participation Following a Concussion\)](#) [\(Medical Release – Return to Learn Following a Concussion\)](#)

7. HAIR DEVICE / ADORNMENT

See OSAA Executive Board Policy “HAIR DEVICE/ADORNMENT” in the OSAA Handbook, revised Summer 2022.

8. HEAT INDEX

See OSAA Executive Board Policy “HEAT INDEX” in the OSAA Handbook, revised Fall 2014.

[\(Heat Index Calculator\)](#) [\(Heat Index Record\)](#)

9. MORATORIUM WEEK

See OSAA Executive Board Policy “MORATORIUM WEEK” in the OSAA Handbook, revised May 2014.

10. NON-DISCRIMINATION POLICY

See OSAA Executive Board Policy “NON-DISCRIMINATION POLICY” in the OSAA Handbook, revised July 2019.

[\(Complaint Form\)](#)

11. SHARED FACILITIES

See OSAA Executive Board Policy “SHARED FACILITIES” in the OSAA Handbook, revised Fall 2015.

[\(Shared Facility Request\)](#)

12. WITHDRAWAL DURING A COMPETITION *(OSAA Handbook, Executive Board Policies)*

See OSAA Executive Board Policy “WITHDRAWAL DURING A COMPETITION” in the OSAA Handbook.