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SWIMMING

Pages are numbered to correspond with the OSSAA Rules and Regulations Handbook.

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**2016 Swimming Dates to Remember**

October	24	Entry Form Due
November	1	Season Begins
January	23	Regional Assignments Released
January	30	Regional Meet Entries Due to OSSAA
February	3-4	Regional Swim Meet All Classes
February	17-18	State Swim Meet All Classes

**2016 State Swimming Rules Meetings**

July 25 – Coaches Clinic – 10:00 a.m.

State Rules meetings are mandatory for head coaches and must be completed by December 1. Failure to comply will result in the suspension of the head coach from all interscholastic competition until the coach is in compliance. If you are unable to attend the meeting, the meeting is available on-line at [www.ossaa.com](http://www.ossaa.com), click in the Sports link, then Swimming. Written verification of completion must be sent to the OSSAA for on-line meetings.

NOTE: ALL NEW RULES, REGULATIONS, AND POLICIES ARE UNDERLINED.

## I. SWIMMING REGULATIONS

### A. CLASSIFICATIONS

Swimming will be divided into two classifications:

6A - 21 largest swimming schools

5A - all remaining

**The swimming entry form is due no later than October 24, 2016.**

AWARDS: At the Regional Meet medals will be given to the first eight places in each event, and a regional championship plaque to the 1<sup>st</sup> place team in both boys and girls.

At the State Championship medals will be given to the first eight places in each event; team trophies will be given for State Champion and Runner-Up in each classification for both boys and girls.

### B. LENGTH OF SEASON:

1. Organized practice for swimming, may begin no earlier than October 1.

Organized practice is defined as school or anticipated school personnel directly or indirectly giving individual or team instruction concerning the fundamentals of a particular sport.

From the close of the season for swimming to the start date of October 1, no organized practice in that sport may take place. However, certified school coaching personnel for that sport are permitted to provide instruction in that sport in a physical education class during the regular school day.

If a member school does not schedule a physical education class during the regular school day, then an additional period may be scheduled immediately after the close of the regular school day, not to exceed one hour for the purpose of conducting a physical education class, and instruction in a particular sport may be provided by certified school coaching personnel to students during that additional one-hour period.

Time spent transporting student participants to an off-site facility or from one school site to another for the purpose of providing instruction in a particular sport during a physical education class or during the one hour period immediately following the school day shall not be counted toward the time allowed for off-season instruction. The practice period shall begin immediately upon the arrival of the athletes

2. Meets to begin on November 1, 2016. In addition to the Activities Association sponsored Championship tournament series, teams and/or individuals shall be limited to not more than the number of match games and tournaments as established by the OSSAA Board of Directors.
3. Teams and/or individuals shall be limited to not more than 12 dates of competition, excluding the state and conference championships.

### C. VIOLATION OF CONTEST LIMITS (TEAMS AND/OR INDIVIDUALS):

Generally, if the contest, meet entry, or tournament limits for a particular activity have been exceeded, by either a school team or by individual participants from a school, the following sanctions will be applied:

1. The head coach in that activity shall be suspended from coaching in any regular season contests, at the same level, in the same activity, for the remainder of the current regular season and any championship play-off events for that school year.
2. The head coach in that activity shall be suspended from coaching any regular season contests, at the same level, in the same activity, for one-half of the regular season the next school year.
3. The school will not be allowed to host any play-off contests in that activity during the school year in which the violation occurred.
4. The program will be placed on warning for a period of one year.

### D. OSSAA ON-LINE RANKING PROGRAM:

1. **FOR NEW COACHES AT A SCHOOL:** The Athletic Director at your school will set you up as a Swimming Coach for your school. You will then be sent the login information for the ranking website. The URL for the ranking program is [www.ossaarankings.com](http://www.ossaarankings.com). If you are not new to the school, your login from the previous year will still work. You are **required** to put your schedule on the rankings site prior to the season beginning.

2. Swim coaches are not required to enter meet results in the ranking site, however each host of a meet is required to submit meet results within 10 days of the completion of the meet. Results can be sent via email to [acassell@ossaa.com](mailto:acassell@ossaa.com), or faxed to the OSSAA. All results will be posted to your page on [ossaarankings.com](http://ossaarankings.com). Secure login required to view results. Any coach failing to report the results of a Meet their school hosted within 10 days of the completion of the Meet could be sanctioned. The results of each meet will be posted to your Ranking page, at [www.ossaarankings.com](http://www.ossaarankings.com). Secure login is required.
- E. SCORING: Individual Events - 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 - Relays: - Points are Doubled
- F. ENTRIES: Entries for the regional meet must be in the OSSAA office ON OR BEFORE 9:00 a.m., Monday, January 30, 2017. Entries that are not in the OSSAA office on or before the above deadline will not be accepted. Times entered must have been achieved at a high school meet. Entries must be sent via HY-Tek to [acassell@ossaa.com](mailto:acassell@ossaa.com). Alternates must also be listed in Hy-Tek file.
- G. REGIONAL FORMAT FOR SWIMMING:
1. There will be two Regional sites, with both classifications at each site. Each site will run preliminaries and finals.
  2. There will be a limit of 4 entries per school in each event.
  3. Preliminaries and finals will be swum in individual events.
  4. Alternates made be used at the Regional Meet in accordance with NFHS Rules.
  5. The 24 best times from The Regional Meets will advance to the State Championship meet.
  6. At the Regional Meet Relays will be timed finals and swum on the second day of the Regional Meet. The 16 best times from the Regional Meets will advance to the State Championship meet.
  7. The Regional Meet will be swum two weeks prior to the State Meet, unless a delay of the regional meet occurs due to weather or any other circumstance. Sites will be chosen by the OSSAA.
  8. Regional assignments will be made with geography considered as the primary factor, although strength may be considered to balance the competition. Regional assignments will be released January 23, 2017.
  9. Multi-high districts with only one coach and multiple schools competing will attend a Regional together.
  10. However mulit-high schools may be sent to the opposite side of the state for a regional competition.
  11. The top 8 finishers at each regional will be awarded medals.
  12. Regional plaque will be given to the top scoring team for boys and girls in each classification at each regional.
  13. Alternates may be used at the Regional Meet only, in accordance with NFHS Rule.
- H. ENTRY FEE: There is an entry fee of \$40.00 per school. DO NOT SEND AN ENTRY FEE, as your school should have included the entry fee in the total service fee paid in October.
- I. ENTRIES PER CONTESTANT: Each contestant may enter four (4) events, no more than two (2) of which can be individual events.
- J. **Perferential list of Officials:**  
Schools participating may submit a list of officials on or before February 1. Submit lists via email to [acassell@ossaa.com](mailto:acassell@ossaa.com).
- K. BANNERS, FLAGS, and NOISE MAKERS: No bands of any size or nature, no noise makers, (including megaphones) and no banners, emblems, balloons, or placards will be permitted at indoor events. Any exception to the above regulation would be considered at the main site only, of the State Meet and must have the approval of the OSSAA.
- L. OSSAA Play-Off Passes: The OSSAA Play-Off pass is the only pass that will admit the cardholder to a play-off event. A driver's license must be presented with all Play-Off passes.
- M. Protests will be considered according to the NFHS Rules for Swimming.
- N. COACHES' ETHICS AND PROFESSIONAL STANDARDS:
1. Exemplify the highest moral character, behavior and leadership.
  2. Respect the integrity and personality of the individual athlete.
  3. Abide by the rules of the game in letter and in spirit, regardless of the consequences.
  4. Respect the integrity and judgment of sports officials, never baiting or taunting officials in any way, or seeking out an official during halftime or at the conclusion of a contest.
  5. Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.
  6. Encourage and respect all athletes and their values.
  7. Display modesty in victory and graciousness in defeat.
  8. Promote ethical relations among coaches.
  9. Fulfill responsibilities to provide emergency health procedures and ensure an environment free of obvious safety hazards.
  10. Encourage the highest standards of conduct and scholastic achievement among all athletes.
  11. Seek to inculcate good health habits, including the establishment of sound training rules.
  12. Strive to develop in each athlete the qualities of leadership, initiative and good judgment.
  13. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.

**II. PUBLIC CRITICISM OF CONTEST OFFICIALS AND SCHOOL REPRESENTATIVES**

- A. Any school representative who publicly criticizes a contest official, and any contest official who publicly criticizes a school representative in connection with a contest, meet, or tournament is subject to sanctions. The member school represented by an individual who publicly criticizes a contest official may also be subject to sanctions if the school fails to take appropriate action in response to the school representative's public criticism of the contest official. The sanctions could include warning or suspension. Public criticism includes, but not limited to, comments made to the media or during a broadcast event, and comments made in a public forum.

**III. HOSTING A REGIONAL MEET**

- A. Time schedules will be set by the host site. Consideration for travel will be allowed in setting the warm-up times.  
 B. All entries will be sent to the regional site manager from the OSSAA.  
 C. Warm-up schedules should be sent to each participating school by the close of business Wednesday prior to the regional meet.  
 D. Plaques and medals will be sent to the host site.  
 E. Regional sites must provide relay cards. Relay cards are available upon request from the OSSAA.  
 F. Locker rooms should be made available for athletes use.  
 G. SHAVING; Clipping and shaving is prohibited.  
 H. There shall be no deck access to anyone other than coaches, athletes, timers, and officials.

**IV. STATE CHAMPIONSHIP MEET TIME SCHEDULE**

- A. Regional Meet schedules will be set by the host site and posted to [www.ossaa.com](http://www.ossaa.com) a week prior to the Regional Meet.  
 B. The State Meet Schedule will be set by the OSSAA and posted to [www.ossaa.com](http://www.ossaa.com) prior to the Regional Meets.

**V. NISCA OFFICIAL METER/YARD CONVERSION FACTORS TABLE**

<b>Event</b>	<b>Girls Meters to Yards</b>	<b>Boys Meters to Yards</b>
200 Medley Relay	0.8961	0.8969
200 Freestyle	0.9025	0.9025
200 Individual Medley	0.9009	0.9001
50 Freestyle	0.8969	0.8937
100 Butterfly	0.9001	0.8977
100 Freestyle	0.8993	0.9001
500 Freestyle	1.140	1.139
200 Free Relay	0.8953	0.8961
100 Backstroke	0.9001	0.9001
100 Breaststroke	0.8993	0.9009
400 Free Relay	0.8977	0.8977

NOTE: To convert times from meters to yards, take the meter time in seconds, and multiply by the 4-digit conversion factor to get the yard time in seconds.

**VI. OFFICIAL VERIFICATION CERTIFICATION OF HIGH SCHOOL TIMES**

Official times achieved by United States Swimming athlete members in National Federation School Swim Meets during the 2016-2017 short course season will be acceptable for National Time Verification (NTV) and USA Times-of-Record consideration only if all the following conditions are met:

- The meet must be a championship (for example: League, Conference, District, Sectional, State, Regional or NISCA) or a Meet specifically approved by Program Operations;
- Request for USA observers for certification of times must be made to the LSC in advance of the State High School Championships;
- USA observers shall be assigned or approved by the LSC and must be certified stroke and turn judges;
- At least one USA observer must be present on deck at each end of the pool to verify compliance of the swim with USA Rules;
- Requirements of the USA start rule are waived;
- An NTV may be written for a time achieved by a high school relay team provided all four-relay swimmers are members of the same USA team;
- The Meet Referee at the meet must be notified prior to the start of the meet of the individual swims for which certification will be requested on the attached NTV Observation for State Championships. Form available at [www.ossaa.com](http://www.ossaa.com).
- The Meet Referee at the meet must be notified prior to the start of the meet, the full names, birthday or USA-S ID of those requesting NTV's on the attached Electronic Data Request Form.

9. The meet must be a championship (for example: League, Conference, District, Sectional, State, Regional or NISCA) or a Meet specifically approved by Program Operations;
10. Request for USA observers for certification of times must be made to the LSC in advance of the State High School Championships;
11. USA observers shall be assigned or approved by the LSC and must be certified stroke and turn judges;
12. At least one USA observer must be present on deck at each end of the pool to verify compliance of the swim with USA Rules;
13. Requirements of the USA start rule are waived;
14. An NTV may be written for a time achieved by a high school relay team provided all four-relay swimmers are members of the same USA team;
15. The Meet Referee at the meet must be notified prior to the start of the meet of the individual swims for which certification will be requested on the attached NTV Observation for State Championships. Form available at [www.ossaa.com](http://www.ossaa.com).
16. The Meet Referee at the meet must be notified prior to the start of the meet, the full names, birthday or USA-S ID of those requesting NTV's on the attached Electronic Data Request Form.

## VII. SANCTIONING OF MEETS

The OSSAA will not sanction any meet where:

1. Starting platforms are too high for the appropriate water depth (see chart below).

Water Depth at Starting End	MAXIMUM Heights of Platforms/Deck Above Water Surface
4 Feet or More	30 Inches
Less Than 4 feet	Start From Deck/in Water

NOTE: This chart is in compliance with National Federation Rule High School Rules.

## VIII. ACADEMIC ACHIEVEMENT AWARD

**SCHOLASTIC AWARD for HIGH SCHOOLS** - The OSSAA will recognize swim teams that excel in academic achievement.

The academic GPA will be based on a 4 point system and computed to the nearest one-thousandth percentile: A=4.000; B=3.000; C=2.000; D=1.000. If you have a weighted grading system it must be converted to a 4 point system in computing the team GPA.

1. Three levels of award:
  - a. Academic Achievement Certificate -
    - 1) Swim teams with over-all GPA of 3.25 (based on 4 point grading system and computed to the nearest one-thousandth percentile) and rank in upper 1/3 of their classification to qualify.
  - b. Distinguished Academic Plaques (4) - Swim teams with over-all GPA of 3.5 to 4.0 (based on 4 point grading system and computed to the nearest one-thousandth percentile) and rank in the top five of their classification to qualify.
  - c. State Champion - Highest GPA for a girl's team and Highest GPA for a boy's team.
2. Qualifications: Must have a minimum of 10 participants on the team to qualify, (managers/trainers not included as participants). All participants listed must have participated in Regional Meet. The GPA will be based on the first semester grades of the 10 participants of the current school year.
3. Entry forms can be found on the OSSAA website, [www.ossaa.com](http://www.ossaa.com). Mail deadline is February 8, 2017 or faxed by February 9, 2017.
4. Award Presentations:
  - a. The Academic State Championship trophy will be presented to the winning team at the State Championship event on Friday.
3. Entries received after the entry deadline will not be considered. Incorrect information submitted on the entry form will also void the entry. Please report any corrections or changes on your academic application to the OSSAA office. The OSSAA will confirm finalists for the State Championship award.

## Awards Procedure for State Championships – Saturday

Girls 200 Medley Relay	<b>200 Individual Medley Awards</b>	5 Minute break	<b>Girls Team Results</b>
Boys 200 Medley Relay	Girls 100 Butterfly	<b>500 Freestyle Awards</b>	<b>Boys Team Results</b>
5 minute break	Boys 100 Butterfly	Girls 100 Backstroke	
Girls 200 Freestyle	<b>50 Freestyle Awards</b>	Boys 100 Backstroke	
Boys 200 Freestyle	Girls 100 Freestyle	<b>200 Free Relay Awards</b>	
<b>200 Medley Relay Awards</b>	Boys 100 Freestyle	Girls 100 Breaststroke	
Girls 200 Individual Medley	<b>100 Butterfly Awards</b>	Boys 100 Breaststroke	
Boys 200 Individual Medley	Girls 500 Freestyle	<b>100 Backstroke Awards</b>	
<b>200 Freestyle Awards</b>	Boys 500 Freestyle	Girls 400 Free Relay	
Girls 50 Freestyle	<b>100 Freestyle Awards</b>	Boys 400 Free Relay	
Boys 50 Freestyle	Girls 200 Free Relay	<b>100 Breaststroke Awards</b>	
15 minute break	Boys 200 Free Relay	<b>400 Free Relay Awards</b>	

## IX. HISTORY OF BOYS STATE SWIMMING CHAMPIONS

1937		Central (Tulsa)	1994		Norman			
1938		Central (Tulsa)	1995		Westmoore			
1939		Central (Tulsa)	1996		Jenks			
1940		Central (Tulsa)	1997		Jenks			
1941		Central (Tulsa)	1998		Jenks			
1942		Central (Tulsa)	1999		Jenks			
1943			2000		Jenks			
1944			2001		Jenks			
1945			2002		Jenks			
1946			2003		Jenks			
1947			2004		Jenks			
1948		Classen SAS	2005		Edmond North			
1949		Bartlesville	2006		Edmond North			
1950		Classen SAS	2007		Jenks			
1951		Ponca City	2008		Jenks			
1952		Bartlesville	2009	6A	Jenks			
1953		Bartlesville		5A	Bixby			
1954		Bartlesville	2010	6A	Jenks			
1955		Bartlesville		5A	Altus			
1956		Will Rogers	2011	6A	Jenks			
1957		Central (Tulsa)		5A	Harrah			
1958		Edison Prep	2012	6A	Union			
1959		Edison Prep		5A	Bixby			
1960		Edison Prep	2013	6A	Norman North			
1961		Edison Prep		5A	Bixby			
1962		Bartlesville	2014	6A	Norman North			
1963		Bartlesville		5A	Stillwater			
1964		Bartlesville	2015	6A	Norman North			
1965		Bartlesville		5A	Altus			
1966		Bartlesville	2016	6A	Edmond North			
1967		Bartlesville		5A	Altus			
1968		Bartlesville						
1969		Bartlesville						
1970		Bartlesville						
1971		Bartlesville						
1972		Norman						
1973		Stillwater						
1974		Stillwater						
1975		Norman						
1976		Norman						
1977		Norman						
1978		Norman						
1979		Norman						
1980		Norman						
1981		Booker T Washington						
1982		Norman						
1983		Norman						
1984		Bartlesville						
1985		Booker T Washington						
1986		Bartlesville						
1987		Moore						
1988		Bartlesville						
1989		Bartlesville						
1990		Bartlesville						
1991		Jenks						
1992		Jenks						
1993		Edmond						



## X. HISTORY OF GIRLS STATE SWIMMING CHAMPIONS

1957		Ponca City	2011	6A	Edmond North			
1958		Ponca City		5A	Ft. Gibson			
1959		Ponca City	2012	6A	Edmond North			
1960		Ponca City		5A	Ft. Gibson			
1961		Ponca City	2013	6A	Edmond North			
1962		Ponca City		5A	Ft. Gibson			
1963		Ponca City	2014	6A	Norman North			
1964		Edison Prep		5A	Ft. Gibson			
1965		Ponca City	2015	6A	Bartlesville			
1966		Bartlesville		5A	Stillwater			
1967		Bartlesville	2016	6A	Bartlesville			
1968		Bartlesville		5A	Stillwater			
1969								
1970								
1971								
1972								
1973								
1974		Norman						
1975		Norman						
1976		Norman						
1977		Norman						
1978		Edmond						
1979		Norman						
1980		Norman						
1981		Norman						
1982		Bartlesville						
1983		Bartlesville						
1984		Bartlesville						
1985		Bartlesville						
1986		Bartlesville						
1987		Bartlesville						
1988		Bartlesville						
1989		Bartlesville						
1990		Jenks						
1991		Jenks						
1992		Jenks						
1993		Edmond						
1994		Jenks						
1995		Bartlesville						
1996		Bartlesville						
1997		Bartlesville						
1998		Stillwater						
1999		Edmond Memorial						
2000		Edmond Memorial						
2001		Edmond Memorial						
2002		Edmond Memorial						
2003		Jenks						
2004		Jenks						
2005		Jenks						
2006		Edmond Memorial						
2007		Edmond Memorial						
2008		Jenks						
2009	6A	Jenks						
	5A	Bishop McGuinness						
2010	6A	Jenks						
	5A	Bishop McGuinness						