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**2018 Swimming Dates to Remember**

October	22	Entry Form Due (online at OssaaRankings.com)
November	1	Season Begins
January	21	Regional Assignments Released
January	28	Regional Meet Entries Due to OSSAA
February	1-2	Regional Swim Meet All Classes
February	15-16	State Swim Meet All Classes

**Swimming Rules Meetings**

July 23 – Coaches Clinic

**I. EDUCATION-BASED ACTIVITY PROGRAMS**

The National Federation of State High School Associations and the Oklahoma Secondary School Activities Association recognize the numerous potential benefits of participation by students in education-based activities. While education-based activities may differ between the stakeholder groups, all should be centered on optimizing the student's scholastic activity experience. Students will change, develop and expand abilities over time; coaches, administrators and parents should not only be cognizant of the fluid process, but also foster a safe, positive environment in which development can occur. Education-based activities must always be viewed as an evolving and unpredictable path.

The NFHS and the OSSAA recognize the influential role played by coaches and directors in all activities, and therefore emphasis should be placed on those individuals to instill and reinforce fundamentals and best practices, not only to minimize risk but also to promote an environment in which a student has the opportunity to reach his or her full potential. The common goal for all the stakeholders involved with education-based activities should be to make the experience enjoyable and rewarding for the all.

While our position is not intended to squelch dreams of achieving a college scholarship or professional or Olympic glory, we do place emphasis on the student's entire scholastic activity experience with the goals of enhancing participation, reducing injury risk, and optimizing performance and success (however defined) during the student's high school career. The ultimate goal; Producing an individual who is competent, confident, connected to his or her peer group and community, and of high character. This essential principle is at the core of the scholastic activity experience and is fundamental to the mission of the OSSAA and NFHS.

**EFFECTIVE SUMMER 2019****II. SUMMERTIME DEAD PERIOD**

The dead period will occur during the week in July that includes the 4<sup>th</sup> of July each year. The dead period will be nine (9) days in length and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July.

School athletic facilities may not be used by enrolled or pre-enrolled students during the dead period in connection with any athletic activity governed by the OSSAA. Contact between coaches, assistant coaches and sponsors in any athletic activity governed by the OSSAA for the purpose of coaching, training, or instructing and any secondary-level students is prohibited by this Policy.

Summertime policies, including beginning and end of season restrictions, can be found in OSSAA Board Policy XI in the Administrator's Handbook.

Violations of the summertime dead period policy will result in the coach or sponsor being suspended from the first half of the regular season in that athletic activity. School personnel not designated as a coach or sponsor in violation of the summertime dead period policy will result in the head coach being suspended from the first half of the regular season in that activity.

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

### III. SWIMMING REGULATIONS

#### A. CLASSIFICATIONS

Swimming will be divided into two classifications:

6A - 32 largest participating schools

5A - all remaining

The swimming entry form is due no later than October 22, 2018.

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 while school is in session, 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, 2018. 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. RULE ENFORCEMENT:

1. 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:
  - a. 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.
  - b. The head coach in that activity may be suspended from coaching any regular season contests, at the same level, in the same activity, in the subsequent season for that activity.
  - c. The school will not be allowed to host any play-off contests in that activity during the school year in which the violation occurred.
  - d. The program will be placed on warning for a period of one year.

#### D. OSSAARankings.com

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.  
There will not be any week-to-week rankings in swimming.

**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 28, 2019. 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. Due to an unequal number of teams from the East and West side of the state, the OSSAA will select teams to travel to either the East or West regional meet.
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, however some teams may travel to the opposite side of the state, although strength may be considered to balance the competition. Regional assignments will be released January 21, 2019.
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. NOISE MAKERS**

**For indoor activities:** Boom boxes or any type of devise that plays music, sounds, or voices, and noise makers of any kind such as air horns, cow bells, etc., will not be allowed to function/operate. This will also apply to pre-game/contest and post-game contest activities. This rule applies to both regular and post-season games/contest.

**K. 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.

**L. NOT HONORING A PROTEST**

OSSAA will not consider requests to overturn the determinations of game/contest officials in interpreting or enforcing rules at games or contests. In agreeing to participate in a game or contest, a member school, and the individual participants and the coaches or sponsors representing that member school, accept the risk that game/contest officials may make errors in interpreting or enforcing rules at games or contests. Any errors by game/contest officials should be raised with those officials, in a respectful manner, and in accordance with the rules established for that particular activity. The decisions of the game/contest officials are accepted as final.

An exception to this Policy is allowed when, in the case of an ejection of a participant from a contest, the game/contest official misidentifies the individual who should have been ejected. The request to review the misidentified player must be submitted to the OSSAA in writing.

**M. 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.

**IV. COACHES (Board Policy III-B)**

Any time a coach who does not hold a valid Oklahoma teaching certificate (lay or volunteer coach) is ejected from a contest for unsportsmanlike conduct, including but not limited to arguing a call, language or gestures directed toward a game official, he or she will be required to complete the NFHS Teaching and Modeling Behavior course within seven (7) days of the ejection, the course can be found at NFHSLearn.com. Additionally, personnel not holding a valid Oklahoma teaching certificate must meet with a representative of the OSSAA prior to being reinstated to coach the school team. A school administrator will also be required to attend the meeting.

**V. NOISE MAKERS**

**For indoor activities:** Boom boxes or any type of device that plays music, sounds, or voices, and noise makers of any kind such as air horns, cow bells, etc. will not be allowed to function/operate. This will also apply to pre-game/contest and post-game contest activities. This rule applies to both regular and post-season games/contest.

**For outdoor activities:** Noise makers are allowed at outdoor activities unless they interrupt the normal game/contest procedure of announcers, bands, cheer squads, drill teams or any other game/contest related activities. The game officials have the authority to stop the use of any noisemakers or disruptions that interrupt the normal game/contest procedures. This rule applies to both regular and post-season games or contests.

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

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.

**VII. 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.

**VIII. 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.

**IX. VIOLATIONS OF CONSTITUTION, RULES, REGULATIONS OR OSSAA POLICIES**

When a violation of OSSAA's Constitution, Rules, Regulations, or Policies has been determined to have occurred, the Executive Director is authorized to impose sanctions or remedies, which may include suspending a coach or other school personnel from coaching and/or activity program management responsibilities, or imposing limits or conditions on those coaching and/or activity management responsibilities.

**X. EMERGENCY ACTION PLAN**

Any time a member school is hosting a planned activity at a school facility there must be an Emergency Action Plan in place. The plan must be shared with any visiting school. An Emergency Action Plan, or EAP, is a formal written plan, developed by the host site, that identifies potential emergency conditions at the event site and prescribes the procedures to be followed to minimize or prevent loss of life and property.

**XI. HAZING**

Hazing incidents have no place in the activity programs of our member schools. The OSSAA encourages each member school to develop procedures to inform their students that this type of behavior is not acceptable and should not be tolerated.

**XII. TAUNTING**

Any form of taunting which is intended or designed to anger, bait, embarrass, ridicule, or demean others is subject to penalty.

**XIII. 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.

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

Official times achieved by United States Swimming athlete members in National Federation School Swim Meets during the 2018-2019 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:

1. The meet must be a championship (for example: League, Conference, District, Sectional, State, Regional or NISCA) or a Meet specifically approved by Program Operations.
2. Request for USA observers for certification of times must be made to the LSC in advance of the State High School Championships.
3. USA observers shall be assigned or approved by the LSC and must be certified stroke and turn judges.
4. The meet must be a championship (for example: League, Conference, District, Sectional, State, Regional or NISCA) or a Meet specifically approved by Program Operations.
5. Requirements of the USA start rule are waived.
6. 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.

7. 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).
8. 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.

## XV. 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.

## XVI. 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 -  
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 all of which competed in the Regional Meet, on the team to qualify, (managers/trainers not included as participants). All participants in the regional meet must be listed on the Academic Achievement form. The GPA will be based on the first semester grades of the participants of the current school year.
3. Entry forms can be found on the OSSAA website, [www.ossaa.com](http://www.ossaa.com). Applications must be postmarked, emailed, or faxed by February 9, 2019.
4. Award Presentations:  
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>	



**HISTORY OF BOYS STATE SWIMMING CHAMPIONS**

1937		Central (Tulsa)	1993		Edmond			
1938		Central (Tulsa)	1994		Norman			
1939		Central (Tulsa)	1995		Westmoore			
1940		Central (Tulsa)	1996		Jenks			
1941		Central (Tulsa)	1997		Jenks			
1942		Central (Tulsa)	1998		Jenks			
1943			1999		Jenks			
1944			2000		Jenks			
1945			2001		Jenks			
1946			2002		Jenks			
1947			2003		Jenks			
1948		Classen SAS	2004		Jenks			
1949		Bartlesville	2005		Edmond North			
1950		Classen SAS	2006		Edmond North			
1951		Ponca City	2007		Jenks			
1952		Bartlesville	2008		Jenks			
1953		Bartlesville	2009	6A	Jenks			
1954		Bartlesville		5A	Bixby			
1955		Bartlesville	2010	6A	Jenks			
1956		Will Rogers		5A	Altus			
1957		Central (Tulsa)	2011	6A	Jenks			
1958		Edison Prep		5A	Harrah			
1959		Edison Prep	2012	6A	Union			
1960		Edison Prep		5A	Bixby			
1961		Edison Prep	2013	6A	Norman North			
1962		Bartlesville		5A	Bixby			
1963		Bartlesville	2014	6A	Norman North			
1964		Bartlesville		5A	Stillwater			
1965		Bartlesville	2015	6A	Norman North			
1966		Bartlesville		5A	Altus			
1967		Bartlesville	2016	6A	Edmond North			
1968		Bartlesville		5A	Altus			
1969		Bartlesville	2017	6A	Jenks			
1970		Bartlesville		5A	Deer Creek (Edmond)			
1971		Bartlesville	2018	6A	Norman North			
1972		Norman		5A	Booker T. Washington			
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						

## HISTORY OF GIRLS STATE SWIMMING CHAMPIONS

1957		Ponca City	2010	6A	Jenks			
1958		Ponca City		5A	Bishop McGuinness			
1959		Ponca City	2011	6A	Edmond North			
1960		Ponca City		5A	Ft. Gibson			
1961		Ponca City	2012	6A	Edmond North			
1962		Ponca City		5A	Ft. Gibson			
1963		Ponca City	2013	6A	Edmond North			
1964		Edison Prep		5A	Ft. Gibson			
1965		Ponca City	2014	6A	Norman North			
1966		Bartlesville		5A	Ft. Gibson			
1967		Bartlesville	2015	6A	Bartlesville			
1968		Bartlesville		5A	Stillwater			
1969			2016	6A	Bartlesville			
1970				5A	Stillwater			
1971			2017	6A	Bartlesville			
1972				5A	Stillwater			
1973			2018	6A	Bartlesville			
1974		Norman		5A	Stillwater			
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		Jenks						
2003		Jenks						
2004		Jenks						
2005		Jenks						
2006		Edmond Memorial						
2007		Edmond Memorial						
2008		Jenks						
2009	6A	Jenks						
	5A	Bishop McGuinness						