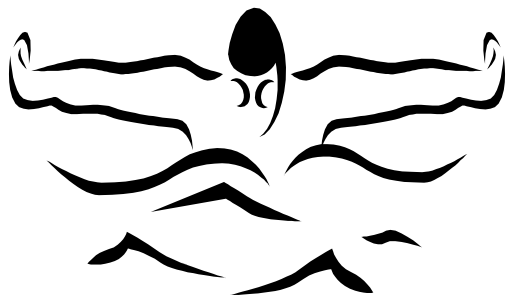


# **Section VIII Modified Athletics**

## **GIRLS SWIMMING & DIVING FALL**



## **COACHES INFORMATION PACKET**

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# Section VIII

## Modified Swim Coaches Handbook

### 2024-25

#### **BOOKS**

Section VIII Nassau County 2024-25 School & Officials Directory  
New York State Public High School Athletic Association Handbook  
National Federation of State High School Association  
Swimming and Diving Rules Book 2024-25

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**Rules Interpreter:** Mush Masters 516-431-0991

**Meet Scheduler:** Cathleen Dyprowsky Great Neck South Athletics Coordinator  
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## SECTION VIII GIRLS MODIFIED SWIMMING

### STATE & SECTION REGULATIONS

**Game Rules:** The National Federation Rules of Swimming and Diving, and the NYSPHSAA and Section VIII regulations for participating in athletic competition in swimming will be followed:

1. ROSTERS – place roster on scorer’s table before start of meet. (ENTRY CARDS & DIVE SHEETS)
2. Once an entry is submitted to the referee it cannot be changed. (Can change prior to start of an event)
3. No logo on caps can be visible. Cap may be turned inside out.
4. 6 (new as of 2019) practices are required before the first meet or scrimmage (no scoring).
5. Section VIII Approved Maximum number of meets – 11
7. A swimmer is permitted one false start before disqualification.
8. A swimmer may start on the pool deck or in the water – must maintain contact before start.
9. Swimmers may compete in a maximum of three events. (1 relay and 2 individual or 2 relays and 1 individual)
10. Guns are no longer permitted as signaling devices.
11. Modification in facility - Inform coaches and officials in a timely fashion. (ex. Problem with blocks)
12. Sportsmanship - Exhibition of events, quiet for the start, quiet respect for divers, etc.
13. Rating Cards - No longer as of 12/2022
14. The away school picks their lanes ODD or EVEN.

### 15. The events and their order shall be:

NOTE: (If both coaches agree, diving may be first when the lane lines are already out & flags are moved down)

200 yd. medley relay (Back, Breast, Fly, Free)

200 yd. freestyle

100 yd. individual medley (Fly, Back, Breast, Free)

50 yd. freestyle

Diving Competition shall consist of (1) voluntary dive (degree of difficulty not to exceed 1.8) which shall be done first: week 1-forward group 101; week 2-back group 201; week 3 in-ward group 401 (begin rotation over), and three (3) optional dives: two (2) of the three (3) must be from different groups.

Standing dives are allowed for the forward group. Notify the officials before the dive is performed. 2 point deductible.

BREAK 15 minute warm-up begins (coaches may agree to differ)

50 yd. butterfly

100 yd. freestyle

50 yd. backstroke

50 yd. breaststroke

200 yd. freestyle Relay

16. Pools with five or less lanes - two entries per team. Pools with six or more lanes - three entries per team. Each team shall be permitted the same number of entries in relays as individual events.

### POINT SYSTEM

**6 Lane Pools Individual Events: 6, 4, 3, 2, 1 Relays 8, 4, 2 (Submit Virtual Scoring Sheet)**

**4 Lane Pools Individual Events: 4, 3, 1 Relays 6, 3, 1 (Submit Virtual Scoring Sheet)**

**(Note: If any stroke is performed incorrectly, the swimmer will be disqualified)**

17. If scheduled for a 4:45 start or later, and both teams are present, & adequately warmed up, both coaches may agree to start earlier. Please notify officials immediately to avoid any unnecessary delays.

18. Please make officials aware of any special swim suit accommodations. For religious reasons, suits providing full-body coverage are permitted. It must be made with no zippers or other fastening system (2023-2024 NFHS Swimming and Diving Rules page 25 ART.5)

19. Jewelry Rule—No longer exists as of 9/2022

20. Before the start of the meet, please notify officials of exhibition heats and sign payment fee form.

### 21. Dives of the Week:

Week of Sept 16 101                      Week of Oct 7 401                      Week of Oct 28 401

Week of Sept 23 101                      Week of Oct 14 101                      Week of Nov 4 101

Week of Sept 30 201                      Week of Oct 21 201

## 2024 Rules Interpretation

- Officials are not the bathing suit police  
Ref must inform COACH about illegal suits  
The event officially begins with the long whistle so if someone has any illegal attire on they are not permitted to change suit  
A cap can be turned inside out before the start  
Swimmers will be Dq'd if they swim with the illegal cap and or suit
- New command: Take Your MARKS

## IMPORTANT RULES CHANGES as of 2021

- The introduction of the Standing Forward Dive!  
Please go to page 75 in the 2021 Rules Book and read ART. 7!

**9-3-7 PENALTIES, 9-5-2, 9-5-5, 9-7-4f, 9-7-5k, 9-8-2c: Permits standing forward takeoffs, clearly defining the proper procedure for performing a standing forward takeoff and the protocol for application of the mandatory two-point deduction.**

**Rationale:** The standing forward takeoff is a critical part of the educational process in teaching new dives. This provision allows divers to participate in competition sooner and encourages growth in the sport.

- The next major change makes it permissible to wear "Full body Suits" for religious reasons. This is in Rule 3, Section 3, ARTICLE 5. (Page 25). Notice that a "State permission" is not required in advance, but if the material is not permeable, aids buoyancy, has a zipper, etc. "THE REFEREE must notify the State Association following completion of the contest."

- The next BIG one is that 9-5-4, pages 79 & 80. Rule 9-5 2, b. and Article 4, b. make it clear that a diver "SHALL NOT oscillate the board more than four times."  
**9-5-4b: Clarifies that only four oscillations are permitted before the diver leaves the board.**

**Rational:** The removal of vague language clarifies the number of oscillations a diver may take while on the diving board.

Over oscillation is a 1/2 to 2 points deduction—at the discretion of the official.

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Other than these, please remember that the pool depth, markings, equipment etc. all need to be present and in good working order. Flags are to be 15 METERS from each end with marks on both sides of the pool. (Marks on lane lines do NOT suffice)

**IT IS THE DUTY OF ALL CONCERNED WITH THE MODIFIED PROGRAM OF ATHLETICS:  
MODIFIED PROGRAM**

1. To provide as broad and varied an athletic program as is possible with an opportunity for competition on an equal basis for all students. A desirable modified interscholastic program will encourage participation at several achievement levels. Interschool competition in a modified sports program should encourage participation for as many children as possible.
2. To realize that the individual schools have the final responsibility to equalize competition and must administer the program so that no overmatching of teams or individuals shall be permitted.
3. To conduct the athletic program so that educational objectives shall be achieved; so that the highest ideals of sportsmanship are upheld; so that no single phase of the educational program is promoted at the expense of other equally important programs.
4. To realize that the athletic program should be balanced with all other activities essential to youth, including those which may be conducted by out-of-school groups, to avoid an excessive load for any student.
5. To administer the program in such a manner that participants are properly examined, approved, equipped, insured, selected, classified, instructed, and supervised so that as safe a program as is possible is conducted.
6. To administer the educationally based athletic program in its proper perspective, with minimal loss of school time, limited publicity, competent officiating, and limited awards focused on participation.
7. To provide qualified leadership that understands the teaching of sports to the age group, the objectives of this modified sports program, and the emphasis on safety procedures.
8. To cooperate with schools in the area in providing an interscholastic athletics administrative organization within your section that will achieve the objectives and will aid in the development of the highest type of cordial interschool relationships.
9. To conduct the program so that proper respect for authority is achieved. All participants, coaches, parents, spectators and interested individuals will demonstrate appropriate conduct at all times.
10. To promote sportsmanship by competing within the spirit of the rules, to give every opponent due credit and respect, and to win honorably and to lose graciously.
11. To finance the program through Board of Education approved funds.
12. To cooperate with the Sectional Athletic Council, League or Conference in its efforts to provide sound leadership for all in modified athletics program. No sectional team or individual championships are to be conducted in modified interscholastic athletics.

*Revised 9/09*

Dive Order

# DUAL MEET DIVING SCORE SHEET

Place

Name \_\_\_\_\_ School \_\_\_\_\_ Date \_\_\_\_\_

Dive # & letter	Description	Pos	DD	J 1	J 2	J 3	J 4	J 5	Net	Total				
1	Forward	SS												
	Back													
	Reverse	Tw												
	Inward													
2	Forward	SS							+					
	Back													
	Reverse	Tw												
	Inward													
3	Forward	SS							+					
	Back													
	Reverse	Tw												
	Inward													
4	Forward	SS							+					
	Back													
	Reverse	Tw												
	Inward													
5	Forward	SS							+					
	Back													
	Reverse	Tw												
	Inward													
6	Forward	SS							+					
	Back													
	Reverse	Tw												
	Inward													
									Total					
If there are only two judges, calculate 50% of the total and enter it here and then calculate the FINAL SCORE. ⇒									+					
<b>Final Score</b>														

1. The weekly Group shall be determined by the Section. The three (3) Optional Dives must come from at least 2 of the 3 groups and may include any of the dives other than the Voluntary Dive. The Voluntary Dive must be done first.
2. The dive number and position shall be the official description of the dive and take precedence.
3. If a diver makes an error in listing the position of a dive, the diver may change the position provided the error is discovered and protested by the diver to the Referee prior to performing the dive. If changed to a position with a lower DD, that shall apply. If changed to a higher DD, the original DD shall apply.

bch 9-12

Coach's Signature

Diver's Signature

Referee's initials

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Dive table as of 9/1/17

	C tuck	B pike	A straight	D free
<b>Forward Dives</b>				
101 Forward Dive	1.2	1.3	1.4	
102 Forward 1 SS	1.4	1.5	1.6	
103 Forward 1 1/2 SS	1.6	1.7	2.0	
104 Forward 2 SS	2.2	2.3	2.6	
105 Forward 2 1/2 SS	2.4	2.6		
106 Forward 3 SS	2.9	3.2		
107 Forward 3 1/2 SS	3.0	3.3		
112 Forward Flying 1 SS	1.6	1.7		
113 Forward Flying 1 1/2 SS	1.8	1.9		

	C tuck	B pike	A straight	D free
<b>Back Dives</b>				
201 Back Dive	1.5	1.6	1.7	
202 Back 1 SS	1.5	1.6	1.7	
203 Back 1 1/2 SS	2.0	2.3	2.5	
204 Back 2 SS	2.2	2.5		
205 Back 2 1/2 SS	3.0	3.2		
205 Back 2 1/2 SS	3.0	3.2		

	C tuck	B pike	A straight	D free
<b>Reverse Dives</b>				
301 Reverse Dive	1.6	1.7	1.8	
302 Reverse 1 SS	1.6	1.7	1.8	
303 Reverse 1 1/2 SS	2.1	2.4	2.7	
304 Reverse 2 SS	2.3	2.6	2.9	
305 Reverse 2 1/2 SS	3.0	3.2		

	C tuck	B pike	A straight	D free
<b>Inward Dives</b>				
401 Inward Dive	1.4	1.5	1.8	
402 Inward 1 SS	1.6	1.7	2.0	
403 Inward 1 1/2 SS	2.2	2.4		
404 Inward 2 SS	2.8	3.0		
405 Inward 2 1/2 SS	3.1	3.4		
412 Inward Flying SS	2.0	2.1		
413 Inward Flying 1 1/2 SS	2.7	2.9		

	C tuck	B pike	A straight	D free
<b>Twists</b>				
5432 Inward 1 1/2 SS, 1 Twist				2.7
5434 Inward 1 1/2 SS, 2 Twists				3.1
5434 Inward 1 1/2 SS, 2 Twists				3.1

bch

	C tuck	B pike	A straight	D free
<b>Twist Dives</b>				
5111 Forward Dive 1/2 Twist	1.6	1.7	1.8	
5112 Forward Dive 1 Twist		1.9	2.0	
5121 Forward 1 SS, 1/2 Twist				1.7
5122 Forward 1 SS, 1 Twist				1.9
5124 Forward 1 SS, 2 Twists				2.3
5126 Forward 1 SS, 3 Twists				2.8
5131 Forward 1 1/2 SS, 1/2 Twist				2.0
5132 Forward 1 1/2 SS, 1 Twist				2.2
5134 Forward 1 1/2 SS, 2 Twists				2.6
5136 Forward 1 1/2 SS, 3 Twists				3.1
5142 Forward 2 SS, 1 Twist	2.6	2.7		
5152 Forward 2 1/2 SS, 1 Twist	3.0	3.2		
5211 Back Dive 1/2 Twist			1.8	
5212 Back Dive 1 Twist			2.0	
5221 Back 1 SS, 1/2 Twist				1.7
5222 Back 1 SS, 1 Twist				1.9
5223 Back 1 SS, 1 1/2 Twists				2.3
5225 Back 1 SS, 2 1/2 Twists				2.7
5227 Back 1 SS, 3 1/2 Twists				3.2
5231 Back 1 1/2 SS, 1/2 Twist				2.1
5233 Back 1 1/2 SS, 1 1/2 Twists				2.5
5235 Back 1 1/2 SS, 2 1/2 Twists				2.9
5251 Back 2 1/2 SS, 1/2 Twist	2.7	2.9		
5311 Reverse Dive 1/2 Twist			1.9	
5312 Reverse Dive 1 Twist			2.1	
5321 Reverse 1 SS, 1/2 Twist				1.8
5322 Reverse 1 SS, 1 Twist				2.0
5323 Reverse 1 SS, 1 1/2 Twists				2.4
5325 Reverse 1 SS, 2 1/2 Twists				2.8
5331 Reverse 1 1/2 SS, 1/2 Twist				2.2
5333 Reverse 1 1/2 SS, 1 1/2 Twists				2.6
5335 Reverse 1 1/2 SS, 2 1/2 Twists				3.0
5351 Reverse 2 1/2 SS, 1/2 Twist	2.7	2.9		
5411 Inward Dive, 1/2 Twist		1.7	2.0	
5412 Inward Dive 1 Twist		1.9	2.2	
5421 Inward 1 SS, 1/2 Twist				1.9
5422 Inward 1 SS, 1 Twist				2.1

# MS Meet Worksheet

<u>ORDER</u>	EVENT	LANE	LANE	LANE
<u>1</u>	200 Med Relay (Bk, Br, Fl, Fr)	<u>Bk</u> <u>Br</u> <u>Fl</u> <u>Fr</u>	<u>Bk</u> <u>Br</u> <u>Fl</u> <u>Fr</u>	<u>Bk</u> <u>Br</u> <u>Fl</u> <u>Fr</u>
<u>2</u>	200 Free			
<u>3</u>	100 IM (Fl, Bk, Br, Fr)			
<u>4</u>	50 Free			
<u>5</u>	Dive			
<u>6</u>	50 Fly			
<u>7</u>	100 Free			
<u>8</u>	50 Back			
<u>9</u>	50 Breast			
<u>10</u>	200 Free Relay			





# SCORE SHEET

EVENTS												
	1ST PL.	2ND PL.	3RD PL.	4TH PL.	5TH PL.	ODD Lanes	EVEN Lanes					
1. 200 Med. Relay	8	4	2	X	X	PTS	PTS					
	LN	LN	LN	X	X	SCORE	SCORE					
2. 200 FREE	6	4	3	2	1	PTS	PTS					
	LN	LN	LN	LN	LN	SCORE	SCORE					
3. 100 I.M.	6	4	3	2	1	PTS	PTS					
	LN	LN	LN	LN	LN	SCORE	SCORE					
4. 50 FREE	6	4	3	2	1	PTS	PTS					
	LN	LN	LN	LN	LN	SCORE	SCORE					
5. DIVING	6	4	3	2	1	PTS	PTS					
	LN	LN	LN	LN	LN	SCORE	SCORE					
6. 50 FLY	6	4	3	2	1	PTS	PTS					
	LN	LN	LN	LN	LN	SCORE	SCORE					
7. 100 FREE	6	4	3	2	1	PTS	PTS					
	LN	LN	LN	LN	LN	SCORE	SCORE					
8. 50 BACK	6	4	3	2	1	PTS	PTS					
	LN	LN	LN	LN	LN	SCORE	SCORE					
9. 50 BREAST	6	4	3	2	1	PTS	PTS					
	LN	LN	LN	LN	LN	SCORE	SCORE					
10. 200 Fr. Relay	8	4	2	X	X	PTS	PTS					
	LN	LN	LN	X	X	SCORE	SCORE					
					FINAL							

Event # 1 (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance 200

Lane TEAM \_\_\_\_\_

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Event # 2 (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance 200

Lane TEAM \_\_\_\_\_

_____	_____
_____	_____
_____	_____

Event # 3 (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance 100

Lane TEAM \_\_\_\_\_

_____	_____
_____	_____
_____	_____

**Event # 4 (CIRCLE) M.R. FR BK BR IM FLY F.R.**

**Distance 50**

**Lane TEAM \_\_\_\_\_**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Event # 6 (CIRCLE) M.R. FR BK BR IM FLY F.R.**

**Distance 50**

**Lane TEAM \_\_\_\_\_**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Event # 7 (CIRCLE) M.R. FR BK BR IM FLY F.R.**

**Distance 100**

**Lane TEAM \_\_\_\_\_**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Event # 8 (CIRCLE) M.R. FR BK BR IM FLY F.R.**

**Distance 50**

**Lane TEAM \_\_\_\_\_**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Event # 9 (CIRCLE) M.R. FR BK BR IM FLY F.R.**

**Distance 50**

**Lane TEAM \_\_\_\_\_**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Event # 10 (CIRCLE) M.R. FR BK BR IM FLY F.R.**

**Distance 200**

**Lane TEAM \_\_\_\_\_**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Event # \_\_\_ (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance 200

Lane TEAM \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Event # \_\_\_ (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance \_\_\_\_\_

Lane TEAM \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Event # \_\_\_ (CIRCLE) M.R. FR BK BR IM FLY F.R.

Distance \_\_\_\_\_

Lane TEAM \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_