



2025-26 SWIMMING & DIVING RULE INTERPRETATIONS & UPDATES

1. IMPORTANT DATES:

| | GIRLS | BOYS | U.P. |
|-----------------------|------------|------------|---------|
| Practice Begins | Aug. 11 | Nov. 24 | Nov. 10 |
| First Contest | Aug. 20 | Dec. 6 | Nov. 22 |
| Swim Opt-Out Due Date | Nov. 17 | Mar. 9 | Feb. 9 |
| Regional Diving | Nov. 13 | Mar. 5 | --- |
| Final Meet | Nov. 21-22 | Mar. 13-14 | Feb. 21 |

2. VOLUNTARY DIVE SCHEDULE:

Girls Meets Beginning Aug. 25, 2025 (any meets before Aug. 25, use week one)

| Dive Group | Weeks | Dates | | |
|------------|----------|----------|----------|--------|
| Forward | (1,6,11) | Aug. 25 | Sept. 29 | Nov. 3 |
| Back | (2,7) | Sept. 1 | Oct. 6 | |
| Inward | (3,8) | Sept. 8 | Oct. 13 | |
| Twisting | (4,9) | Sept. 15 | Oct. 20 | |
| Reverse | (5,10) | Sept. 22 | Oct. 27 | |

Boys Meets Beginning Dec. 8, 2025: (any meet before Dec. 8, use week one)

| Dive Group | Weeks | Dates | | |
|------------|----------|---------|---------|---------|
| Forward | (1,6,11) | Dec. 8 | Jan. 12 | Feb. 16 |
| Back | (2,7,12) | Dec. 15 | Jan. 19 | Feb. 23 |
| Inward | (3,8) | Dec. 22 | Jan. 26 | |
| Twisting | (4,9) | Dec. 29 | Feb. 2 | |
| Reverse | (5,10) | Jan. 5 | Feb. 9 | |

U.P. Meets Beginning Nov. 24, 2025: (any meet before Nov. 24, use week one)

| Dive Group | Weeks | Dates | | |
|------------|----------|---------|---------|--------|
| Forward | (1,6,11) | Nov. 24 | Dec. 29 | Feb. 2 |
| Back | (2,7,12) | Dec. 1 | Jan. 5 | Feb. 9 |
| Inward | (3,8) | Dec. 8 | Jan. 12 | |
| Twisting | (4,9) | Dec. 15 | Jan. 19 | |
| Reverse | (5,10) | Dec. 22 | Jan. 26 | |

3. QUALIFYING TIMES FOR 2025-26

| EVENT | L.P. GIRLS DIV. 1 | L.P. GIRLS DIV. 2 | L.P. GIRLS DIV. 3 | L.P. BOYS DIV. 1 | L.P. BOYS DIV. 2 | L.P. BOYS DIV. 3 | U.P. GIRLS | U.P. BOYS |
|-----------------|-------------------------|-------------------------|-------------------------|------------------------|------------------------|------------------------|---------------|--------------|
| 200 MED. RELAY | 1:54.59 | 1:59.49 | 2:01.29 | 1:42.69 | 1:46.59 | 1:47.29 | 1 entry/team | 1 entry/team |
| 200 FREESTYLE | 1:59.89 | 2:04.29 | 2:06.09 | 1:48.39 | 1:51.39 | 1:54.89 | 2:35.32 | 2:25.74 |
| 200 IND. MEDLEY | 2:17.49 | 2:19.89 | 2:24.59 | 2:03.59 | 2:07.99 | 2:13.99 | 2:59.44 | 2:51.66 |
| 50 FREESTYLE | 25.39 | 25.69 | 26.09 | 22.59 | 22.89 | 22.99 | 0:29.99 | 0:27.12 |
| 100 BUTTERFLY | 1:00.99 | 1:03.29 | 1:04.19 | 55.09 | 56.69 | 58.19 | 1:27.00 | 1:23.03 |
| 100 FREESTYLE | 55.49 | 56.69 | 57.59 | 49.49 | 50.29 | 51.29 | 1:08.88 | 1:01.10 |
| 500 FREESTYLE | 5:23.69 | 5:34.19 | 5:42.79 | 4:57.69 | 5:06.49 | 5:20.99 | 7:05.14 | 6:52.62 |
| 200 FREE RELAY | 1:43.49 | 1:46.69 | 1:47.59 | 1:31.59 | 1:34.19 | 1:34.49 | 1 entry/team | 1 entry/team |
| 100 BACKSTROKE | 1:01.69 | 1:03.69 | 1:04.89 | 55.99 | 57.99 | 59.99 | 1:20.47 | 1:17.75 |
| 100 BRSTSTROKE | 1:10.29 | 1:11.79 | 1:14.39 | 1:02.19 | 1:02.79 | 1:07.19 | 1:29.68 | 1:22.64 |
| 400 FREE RELAY | 3:50.99 | 3:55.69 | 4:00.89 | 3:23.69 | 3:31.09 | 3:32.79 | 1 entry/team | 1 entry/team |

4. MHSAA RULE CHANGES/MODIFICATIONS

- A. Swim officials –The official uniform for swimming and diving is a white shirt and navy blue slacks. If all officials agree, a bright blue MHSAA shirt may be worn.
Regular Season –navy blue slacks or dress shorts are legal. All Final officials will wear navy blue slacks. If shorts are worn during the regular season, they must be mid-thigh to knee length.
- B. A student may wear a knee brace without any medical documentation or approval by the state association.
- C. Goggles are not part of the uniform; therefore, there is no logo restriction.
- D. The “only one suit allowed” rule is for swimmers, not intended for divers.
- E. Starting pistols shall not be used in any meet. A bell, horn, whistle, or air horn may be used.

5. NFHS RULE CHANGES FOR 2025-26

Rules 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.

Rule 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 SWIMMING AND DIVING 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 SWIMMING AND DIVING POINTS OF EMPHASIS

1. Backstroke Ledge Education
2. Viability of High School Diving and Importance of Education

6. START RULE FOR MHSAA COMPETITIONS - FORWARD START:

In all swimming races (exception: Backstroke and Medley Relay races), the referee will give a preliminary signal by whistle to notify the swimmers to line up behind or beside their respective starting platforms. The referee may give brief instructions deemed necessary. The referee then shall turn control of the competitors over to the starter.

The starter shall verbally direct the swimmers to "step up" at which time each swimmer shall step onto his or her starting platform and shall stand in any position on the block, without excessive noise or movement. The starter may give brief instructions deemed necessary.

Upon the starter's verbal command, "Take Your Mark," each swimmer, with no unnecessary noise or movement, shall immediately assume any desired starting position on the starting platform. Sufficient time shall be allowed to enable each swimmer to assume a stationary starting position; however, all swimmers are expected to take their starting positions (with at least one foot at the front edge of the platform) at approximately the same time, and unnecessary noise, movement, or delays shall not be permitted. When the starter sees that the swimmers are stationary, the starter shall start the race.

7. EARNING QUALIFYING SCORES & "LAST-CHANCE MEETS" - Close to the end of regular season competition in individual sports where qualifying scores must be obtained to enter the MHSAA tournament series, coaches sometimes search for an event to enter team members who still need to qualify.

If you are confronted with this situation, be sure you are complying with all MHSAA regulations. Review the following statements to be sure you are following all MHSAA regulations before entering an athlete in a non-scheduled meet to obtain qualifying scores.

The athletic administration must be aware of and approve the additional end of the regular season competition the team is participating in.

- ◆ A team must have an opponent from another school, organization, or group.
- ◆ There must be a full complement of officials.
- ◆ Swim in the event for which you attempt to qualify.
- ◆ There must be school and officials contracts signed.
- ◆ Added-on contests cannot exceed the maximum number of allowed regular season meets or days of competition for the team or individual.
- ◆ Competition in a full schedule of events (not diving) must be arranged (not a few selected events).

Remember, a team or individual cannot earn qualifying scores unless it competes against an opponent. A cooperative team is considered one team for competition purposes.

8. FINAL MEET INFORMATION:

- A. For up-to-date information check the MHSAA Web site www.mhsaa.com.
- B. SWIM FINALS:
 - 1. Each swimmer must have equaled or bettered the qualifying time in a bona fide high school varsity meet
 - 2. Relays – The combination of swimmers participating at the Final Meet must be capable of equaling the Qualification Time
 - 3. Electronic entries are required, and all entered times must be verifiable on www.SwimCloud.com
 - 4. **Entries are due Monday by noon, the week of the Finals.**
 - 5. Psych sheets will be posted Weds. -- by Tues. evening, entries are closed.
- C. DIVING QUALIFICATION MEETS:
 - 1. Qualification Meet locations will be posted on the Web
 - 2. Entries due Tuesday at noon prior to the Thursday meet
 - 3. Electronic entry is required. (<http://www.cleanentries.com>)
 - 4. Divers can modify dives until 1½ hours prior to meet on Thursday
 - 5. First bounce on board –Thursday two (2) hours prior to meet.
 - 6. Diving warm up will be from 3:00 pm to 5:00 pm. The Competition will begin at 5:00 pm, unless cleared through the MHSAA Office.
 - 7. All divers perform the first five (5) dives, then cut to 20. Those 20 divers will do three (3) more dives, then cut to 16. Remaining divers will complete their last three (3) dives. Each MHSAA Diving Regional will be given 10 guaranteed qualifiers to the MHSAA Championship meet. The remaining 6 spots will be distributed to the Regions that have one of the top six returning divers from the previous year's MHSAA Final Meet. (Each of the top 6 divers returning will add an additional spot to their Regional).
 - 8. At Diving Qualification Meets – No one, including the host school's divers or any diver coached by the host school's coach, may use the diving facility within one hour of the scheduled warm-up.
- D. DIVERS HAVE TWO OPPORTUNITIES FOR QUALIFICATION:
 - 1. Have placed ahead of all divers from opposing schools in actual varsity meet competition in at least 4 meets. **OR**
 - 2. In league/conference meet or in a season ending varsity invitational (if school does not belong to a league) as many divers may qualify to the Qualification Meet as there are schools which are participating in diving. **AND**
In a Conference Meet, add a qualifying spot (to Qualification Meet) equal to the number of returning Final Meet participants from that conference.

9. **The season limitation** for any individual or team is 17 days of competition. A two-day meet counts as two days of competition – Except that the entire qualifying rounds of diving competition could be on a separate day from all swimming events and the meet would count as only one day of competition (or two days of competition for a two-day swim meet.)

10. Legal Swimsuit - ART. 2 . . . The uniform consists of a suit and, if worn, cap(s).

- a. The suit or cap(s) may display the name and/or number of the competitor, school or mascot.
- b. Advertising or name other than that permitted in 3-3-2c is prohibited.
- c. A single visible manufacturer's logo/trademark/reference, no more than 2¼ square inches is permitted on each item of the uniform (suit and cap(s)).
- New d. An American flag, not to exceed 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on each item of the uniform.

NOTE: The FINA mark and/or individual barcode on certain swimsuits designating that the suit has been approved for FINA and/or USA Swimming competition is not considered to be a second manufacturer's logo nor a form of advertising. Such swimsuits with a FINA marking shall be legal for NFHS competition (unless they have more than one manufacturer's logo).

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 competitor to make legal the attire 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/score and he/she shall not be eligible for further competition until in legal attire.

ART. 3 . . . Suits worn by swimmers shall be limited to the following requirements:

- a. only one swimsuit shall be permitted in competition. (A swimmer with special needs may request customization through his/her school to the state association.)
- b. the swimsuit 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
 - 5. constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

PENALTIES: When an official discovers a competitor wearing an illegal swimsuit by the wearing of two suits or a suit which is of an illegal construction, the official shall:

- 1. when observed prior to the start of the heat, notify the competitor to make legal the swimsuit before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat, the competitor is disqualified from that event and shall not be eligible for further competition until in a legal swimsuit;
- 2. when observed after the race has officially begun, disqualify the competitor at the completion of the heat.
Nullify the competitor's performance time and he/she shall not be eligible for further competition until in a legal swimsuit.

11. The NFHS rule (3-3-4) states:

The use of tape is permitted to treat a documented medical condition which allows a competitor to compete, but not to gain an advantage over the remainder of the field. The meet referee must be presented with signed documentation from an appropriate health-care professional before permitting the swimmer to compete. Tape may be used by divers to support the wrists, ankles, etc in a preventable manner without medical documentation.

There are times when an injury to a swimmer occurs onsite.
In such cases either the host school medical personnel or the school's own medical personnel shall provide the necessary medical care which may result in the need for the use of tape.

Situation: A swimmer from Team A cuts his/her foot needing to be treated and taped to allow for further competition in the meet. The swimmer is treated by (a) host school medical personnel or (b) Team A's medical personnel. The meet referee accepts the treatment and allows the athlete to continue in competition.

Ruling: Correct procedure providing treatment is from appropriate health-care provider onsite.

Situation: A swimmer during the 50 free, jams, breaks or dislocates his/her index finger as he/she finishes the race. The swimmer reports back to the block to compete in the 100 free and now has two fingers taped together to stabilize the injury. The referee allows the swimmer to compete.

Ruling: Legal. Tape may be worn for valid medical reasons to cover a wound or treat an injury.

Situation: During the pre-meet warm up, the referee notices three (3) swimmers from the same team wearing kinesio tape. Swimmer A has a double strip on his/her calf, Swimmer B has a sports tape wrapped around his/her knee and Swimmer C has a compression tape on his/her shoulder. The coach is only able to produce documentation from a health care professional for Swimmer C. The referee asks swimmer A and B to remove their tape.

Ruling: Correct procedure. Competitors shall not wear or use any device to aid their speed, buoyancy or body compression. Tape may only be used to cover a wound or for a documented injury.

Reminder: Preventive taping by divers to support their wrists, ankles, etc requires no medical documentation.

The rule was meant to establish a procedure to follow at the local level to address when and how a competitor may use tape to treat a documented medical condition. Each local school will determine (similar to the evaluation for concussion) who qualifies as their health care professional. This procedure is intended to eliminate the potential for abuse of using tape for reasons other than for medical conditions.