

IHSAA Swimming and Diving Participation Rules (During the Authorized Contest Season)



1. Practice Requirements

A student-athlete must have 10 separate days of organized practice preceding participation in his/her first contest.

2. Outstanding Student Participant Waiver Forms

Student-athletes may participate in no more than two non-school contests during the contest season provided a completed waiver application form for each contest is forwarded to the IHSAA Office seven days prior to the event. Student-athletes **do not** need to submit waiver applications for events held prior to the **IHSAA designated** first contest date.

3. Non-School Instruction During the Contest Season

IHSAA By-Law 15-1.1b:

Student-athletes may receive non-school instruction so long as:

- (1) it is not mandated, scheduled, or paid for by the school
- (2) no school practices or competitions are missed
- (3) no student from another school is participating in the non-school instruction

IHSAA By-Law 15-1.1d:

- (1) Student-athletes may practice in the same facility with athletes from other schools so long as they are doing their own workout under the direct supervision and instruction of their own coach
- (2) A student-athlete may work out in the presence of other athletes so long as the other athletes have not reached the ninth grade

INTERPRETATIONS

- a. Multiple swimmers from the same high school may receive instruction from a non-school coach at the same time.
- b. A male swimmer from one school and a female swimmer from another high school may train in the same lane simultaneously, and receive instruction from one non-school coach.
- c. Junior high and other non-high school swimmers may train with a high school swimmer in the same lane simultaneously, and receive instruction from one non-school coach.
- d. Swimmers of the same gender who are from different high schools must train in separate lanes with separate coaches using separate workouts. Example: Three female high school swimmers representing three different high schools are present during a club workout. They must swim in separate lanes, complete separate workouts under three separate coaches.
- f. During a club practice, every high school that is represented must have a coach on deck. If a club practice and a high school practice are occurring at the same time, in the same facility, but are working out in different lanes, a coach cannot serve in both capacities at the same time (high school and club).
- g. No high school practices may be missed in order to participate in a club practice. Student-athletes must attend all scheduled high school practices.

4. Non-school Students in Practice

- a. During vacation periods, college swimmers may return to train with the high school team provided they are in a separate lane and use a separate workout. College swimmers cannot be utilized to race high school students during practice.
- b. Students younger than high school age may train with the high school team as long as all of the students in that middle school or junior high school would normally matriculate to that high school.