



NFHS RULE MODIFICATION EXPERIMENTS INFORMATION AND GUIDELINES

Permission for experimentation must be approved each year by the NFHS Rules Review Committee. Each experiment requires follow-up information and data be provided to the sport rules committee for review at its next meeting. Experiments may be concurrent for three years only. Permission will be denied after the third year with no action from the rules committee, or after years one or two, if follow-up material is not provided to the rules committee. The form has been updated to make it easier for you, as state association personnel, to continue an experiment by simply saving the approved form and submitting it again in subsequent years.

The state association shall ask each school and official involved in such contests to supply it with appropriate data relative to the experiment, using a form designed by the state association. The state association, in turn, will supply the NFHS with a summary of the statistics and data prior to the next rules committee meeting. The NFHS may also request that a verbal report be made to the entire committee relative to the experiment.

Teams that are members of other state associations must approve, in advance, their willingness to follow the experimental rules while playing in a hosting state's event(s). If approval is not given, normal sport rules will apply as listed in the official rules publication distributed by the NFHS.

The fact that you are experimenting does not place this item automatically on the agenda of the rules committee. If you wish, you may submit an agenda proposal for consideration by the entire committee if your experiment has positive results. If you have any questions, please contact Davis Whitfield, dwhitfield@nfhs.org or call 317-972-6900. **IN ORDER FOR THE REQUEST TO EXPERIMENT TO BE REVIEWED AND CONSIDERED, IT MUST BE SUBMITTED TO THE NFHS PRIOR TO THE START OF COMPETITION.**

See Page 2 for Request to Experiment

- If approved, results of the experiment should be submitted to the appropriate NFHS Rules Editor prior to the next sports rules committee meeting.
- Approval of an experiment **does not automatically** place this item on the proposed rules change agenda for the next rules committee meeting.
- Please contact the NFHS with questions.



REQUEST TO EXPERIMENT

Please complete and e-mail as a Word document to dwhitfield@nfhs.org and kmills@nfhs.org.

Sport for Experiment	Swimming (Diving)		
State Association	Kentucky		
Staff Contact	Commissioner Julian Tackett and Asst. Commissioner Abby Jackson		
State Association Position	<input checked="" type="checkbox"/> Executive Director <input type="checkbox"/> Sport Administrator		
E-mail	jtackett@khsaa.org	Phone	859-422-5505
Date	November 13, 2025 Board of Control Action		

Initial Year for Experiment (Request must be made each year)	2025-2026	
Request for Second Year	20	- 20
Request for Third Year	20	- 20

Rules Involved in Experiment							
Rule	9	Section	All	Article	All relevant	Penalty	
Rule		Section		Article		Penalty	
Other	The basis is the removal of the standard 11 dives as a requirement, replaced by six dives to help increase participation and expose the opportunity for the event to individuals who may not be able to complete the normal sequence. This does not prevent the use of the standard format in specific meets, but this would be the postseason championship format for winter, 2026						

Description of Experiment	<ul style="list-style-type: none"> One voluntary dive, which shall be done first; Five optional dives, coming from at least four of the five groups, and which may include any of the dives other than the voluntary dive; Any dive from a group may be designated as a voluntary dive; and Any designated voluntary dive with a degree of difficulty greater than 1.8 will be assigned a degree of difficulty of 1.8. For regional and state competitions: <ul style="list-style-type: none"> One (1) voluntary dive of the diver's choice with a maximum degree of difficulty of 1.8, followed by five (5) optional dives, one from each of the five (5) groups; The 16 highest-scoring finishers from the preliminary event will move on to the finals and perform their six (6) dives again. Divers will be permitted to change dives, not dive order, for the finals so long as all sheet requirements are met; Scores from the preliminaries and finals will be combined to form a cumulative total. If the experiment is approved, nothing would prohibit a regular-season competition in diving from being conducted with an 11-dive format, per the NFHS rules, if desired for All-
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	American or other types of recognition or competition. If such a competition is diving-only, it would not count against the limit of meets.
Rationale	<p>We have continued to strive to advance 40 divers to the state finals following the introduction of a state first-round competition in swimming, and eliminating the four-meet minimum for divers to allow for coaching flexibility in the postseason. This aligns with the advancement in regional numbers in the swimming events.</p> <p>Prior to 2019, the numbers were stable, although they had declined over the last few years preceding that. Pool shutdowns during the pandemic and new health and safety rules have resulted in fewer diving wells being available and a considerable decline in participation, as has been the case in other states. These efforts have been made while consistently upholding NFHS training and licensing standards for coaches to minimize risks. Identifying the most suitable dive format is the next step in ensuring a balance between inclusivity, fairness, and competitive integrity.</p> <p>We have also resisted thoughts thus far that have led some other states to simply not contest diving as part of the postseason series, a move that should be an absolute last resort, especially given team score ramifications.</p> <p>Proposal Rationale</p> <p>As we consider the future of our diving postseason format, <u>we are seeking input from our membership to determine whether to continue using an 11-dive structure or explore an alternative 6-dive structure.</u></p> <p>Each option carries important implications for competitive balance, skill development, and participation.</p> <ul style="list-style-type: none"> • An 11-dive format emphasizes consistency and a wide range of skills, rewarding divers who train and prepare extensively, often year-round, and have regular access to appropriate training facilities. • Certainly, an 11-dive format emphasizes tradition around the event, and for those few who are able to compete beyond high school, it may be advantageous. • A 6-dive format, on the other hand, provides broader accessibility and may encourage participation from schools or regions where diving is still in its early stages of development. • A 6-dive format would also likely lessen the burden on students who have not participated in diving previously and help bolster the number of participants, without penalizing those who are at the top end of the skill range in the event. <p>Key considerations in the decision to adopt a 6-dive format include establishing a minimum degree of difficulty, determining the number of divers who should qualify for the state meet, and outlining the process for making cuts.</p>
Describe the Data that you will provide to the NFHS	<p>Participation and entry data (including at least past two years)</p> <p>Results data (including at least past two years)</p> <p>Any other data requested by the Rules Committee or Rules Review Subgroup</p>

This experiment has been approved by the state chief executive officer. <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

For NFHS Office use only

☐ Approved for
 ☐ 1 Year
 ☐ 2 Years
 ☐ 3 Years

☐ Disapproved

Comments:

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By		Date	
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RULES REVIEW COMMITTEE