



**NATIONAL FEDERATION  
OF STATE HIGH SCHOOL  
ASSOCIATIONS**

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December 11, 2025

Julian Tackett, Commissioner  
Abby Jackson, Assistant Commissioner  
Kentucky High School Athletic Association

Julian/Abby:

This letter is in response to your request, submitted on behalf of the Kentucky High School Athletic Association (KHSAA), to conduct a rules experiment in Swimming and Diving.

The proposed experiment would remove the standard requirement of 11 dives and replace it with six dives—applicable only at the state championship—to help increase participation and create opportunities for individuals who may not be able to complete a full 11 dive sequence. This format would be used for the 2026 Winter postseason championship.

The KHSAA will collect participation and entry data (including at least the past two years), results data (including at least the past two years), and any additional data requested by the NFHS. All feedback will be provided to the NFHS Swimming & Diving Committee and the NFHS Rules Review Committee.

Please be advised that the NFHS Rules Review Committee has approved this request for the 2025-2026 school year only, with the understanding that the KHSAA will provide data after the championship occurs.

As a reminder, experimental rules may be authorized for up to three consecutive years. If, after that period, a formal rule change has not been adopted, the experiment will no longer be considered. Should the KHSAA wish to continue the experiment into a second year, a new “Request to Experiment” form must be submitted for review and approval.

Thank you for your continued commitment to the development of Swimming and Diving. If you have any questions, please don’t hesitate to contact us.

Sincerely,

Davis A. Whitfield  
Chief Operating Officer