NJSIAA 2019-20 Swimming & Diving Rule Modifications

The following are exceptions to the NFHS swim rules:
1. No whistle starts
2. A “certified medical professional” is anyone that can perform a sports physical.
3. There is no longer a jewelry rule! If a piece of jewelry poses a potential danger to the swimmer or their competitors, you can recommend they remove it for the race. You cannot make them remove it!
4. Uniforms: 3-3-2: Do Not Disqualify competitor for suit violation after swim/diver event completion. Notify coach competitor needs to change into legal attire before their next event.

Pre-meet protocols
1. Arrive 30 minutes before the meet
2. Introduce yourself to the coaches and table personnel
3. Sign the administrative paperwork with AD
4. Allow visiting team to pick “odd” or “even” lanes
5. Determine the starting device and test mechanism prior to start
6. Check on the 15-meter markers
7. Check on the lap counting cards
8. Determine if coaches are submitting to the table entire lineups or if individual cards (by event). Exhibition competitor needs to be identified before event.
9. Determine how long a break (15 or 10 min.) coaches want after the 50 Free
10. Ask each coach if team has appropriate suit attire and fit.
11. Exhibition swims count as an event. They are non-scoring!
12. Swimmers with tape, coach must present (or electronic) signed note from certified medically professional for need. Note should describe body part area of tape.
13. Professionally read entire Pregame Sportsmanship Statement from NJSIAA Approved Swimming Official Card at all NJSIAA contests.
14. Determine if a team is power pointing the meet.
   a. If they are, one timer per lane is required when a team is power pointing (their lanes only need to be timed). If automatic timing is in use, backup timers are recommended.
   b. Power point (PP) meet sheets MUST be in pen. First and last names are required.
   c. All times of the team power pointing must be recorded prior to the Referee signing the sheet.
   d. The power point face sheet must be included and signed by the coaches and officials. This sheet is filled out at the end of the meet.
   e. Corrections to a PP meet sheet must be initialed by the Referee.
15. Only the Referee signs the meet sheet.
16. If no times on meet sheets, draw a vertical line and write “NO TIMES”.
17. Turning off cell phones or changing to “vibrate”

Recommended starting protocol is:
1. Starter steps up the swimmers
2. Ref blows the long whistle
3. Starter continues with the commands
Meet Management
1. Backstroke finish requires that some part of the body must be above water at the finish.
2. NO STARTER PISTOLS!
3. Only one counter allowed per swimmer in the 400/500. Cheering by teammates is only allowed from the sides of the pool.

A Few Additional Things
- When in doubt, the swimmer wins.
- Just because it looks bad, it doesn’t mean the swimmer broke a rule.
- Only the referee can override a disqualification.
- Relay: After Lead swimmer, relay swimmers may alter order
- Declared false starts count as one of the swimmer’s events.

New for 2019-20 Exhibition Swims/Dives are Allowed!

Exhibition swims/diving are allowed in NJ for 2019-2020 season.
Follow Rule 1. Section 2. Article 3
- Event is a non-scoring event
- Swim/diver must adhere to rules regarding event
- Event counts toward number of events a swimmer/diver may enter
- May use swimmer’s performance as a qualifying time

Protocols:
- Coach must mark on the event entry, swimmer/diver is exhibition swimmer
- Coach must notify Referee swimmer/diver is exhibition participant prior to event
- Each team may have Exhibition Swimmers, equally for any open lanes. No team is allowed to utilize more than their share of lanes.

For Dual and Double Dual Meets:
- 5 lanes per team per event in 10 lane pool
- 4 lanes per team per event in 8 lane pool
- 3 lanes per team per event in 6 lane pool