



Swimming (COVID-19) Tournament Modifications 2021

Due to the COVID-19 Pandemic the following modifications will be applied to the 2021 NJSIAA swimming season. The NJSIAA is working with our member schools to offer our student athletes a worthwhile winter sports experience in 2021.

The NJSIAA will not be running any tournaments for swimming this season, however Leagues, Conferences and Counties may host Championship Tournaments. if the teams DO NOT exceed the 15 - game maximum.

The NFHS rules along with any NJSIAA swimming rule modifications will govern all NJSIAA meets.

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Regular Season Information

<u>Event</u>	<u>Date</u>	
First Practice:	February 1, 2021	
First Scrimmage:	February 8, 2021	
Opening Day:	February 16, 2021	
End of season	March 27, 2021	
Post-Season Meeting:	TBA	

Based on feedback from member schools and a lack of facility availability across the state, the swimming season has been moved to a newly created Season 2A. We hope that more pools will be available to our member schools beginning in February. Likewise, the winter track & field season has been moved to Season 2A. By February, it is possible that indoor facility capacities will increase, and, as an alternative, better weather may allow for outdoor polar bear meets.

Season Limitations:

Competition will be limited to three events per week. The total maximum events will be 15 events during the season, which includes league or conference tournaments. Teams may only compete in one event per day.

NJSIAA Post-Season:

There will be no NJSIAA sponsored post-season. Post-season may be hosted locally by participating leagues and conferences at their discretion.

Multi-Team/Invitational Events:

Currently, all competition will be limited to two teams only, but this is subject to change. NJSIAA will continue to consult with the NJ DOH to determine if multi-team or invitational events will be permissible; however, we expect decisions on expanding the scope of participants and/or teams will not be made until closer to the start of the season.

Scrimmages:

Schools will have the opportunity to participate in one pre-season scrimmage, preferably with a neighboring school. When possible, schools are encouraged to participate in intra-squad scrimmages and utilize officials to provide additional preseason preparation.

Out-of-State Competition:

On November 10, 2020, Governor Murphy issued Executive Order No. 194 which prohibits member schools from hosting interstate competition in all indoor sports. Therefore, no member school may host an out-of-state opponent or host an event out of state. Moreover, NJSIAA is prohibiting member schools from traveling out of state to compete.

Transfers:

Any student-athlete that is subject to a transfer sit-period will be eligible for participation on Monday, March 1, 2021. As a reminder, those student-athletes that transferred between March 16, 2020 and November 1, 2020 are not subject to the transfer sit-period. If a student-athlete transfers after November 1, 2020, the student-athlete shall be ineligible to participate for a period of 30 calendar days, or one half of the maximum number of games being played, whichever is less.

ALL GAME RESULTS MUST BE REPORTED TO www.njschoolsports.com. Scores should be reported by the morning after the game at the latest. If you have difficulties reporting your scores, please contact hssupport@njadvancemedia.com.

Modifications for 2021.

1. For meets when there is only one official:
 - a. When starting a race if swimmer(s) false start RECALL race.
 - b. Notify swimmer of false start and if this occurs again, they will be disqualified from the race.
2. Teams may swim Virtual Meets and use results for week. (Sunday- Sat)
3. Scoresheets for Virtual Meets:
 - a. All score sheets are completed in ink
 - b. Swimmer's first and last name must appear on scoresheet
 - c. Swimmers time must be added to sheet after each race
 - d. Any written errors must be corrected, brought to attention of Referee for signoff .
 - e. Open Lanes draw a X through so line it's not populated later.
4. If previously agreed to by both schools, pool locations with time restrictions, a single event may be combined boys and girls into one race. Group girls together and boys together. Example girls in lanes 1-3 and boys in lanes 4-6.
5. When schools have agreed to combine girls and boys events into one heat, swim relays separate so there is not so many swimmers behind blocks.

Situation:

Team plans to swim in person meet of Tuesday and use results for Thursday Virtual Meet is this acceptable ?

- Yes , meet results are good for week. Team table would need to have second meet sheet populated with event, names and times completed and Referee would need to review names , times, x out open lanes for team and sign off on second meet sheet . Second meet sheet would be utilized for virtual meet .

Comments:

Coaches are only those individuals recognized by the high school administration(BOE) to coach swimming. Parent volunteers are not coaches.

COVID-19 Procedure for Racing

1. Swimmers wear their mask whenever they are on the pool deck and as they prepare for a race behind the starting blocks.
2. On the short whistles, the swimmers behind the blocks will remove their mask, put them in a plastic Ziploc bag with their name on it and place it on the starting block.
3. On the long whistle or on command Step UP or IN (backstroke) , the swimmers will step up on the blocks and then proceed with the race upon the start.
4. Conclusion of a race , swimmers in the water who just completed a race will step out and retrieve their mask from the bin on the block and place their mask on. Return to team seating area.
5. All deck traffic will proceed around the pool where swimmers will enter the starting area from one direction. Either enter lane 8 and leave by lane 1 or vice versa.
6. The swimmers in the next heat will move behind their block as the swimmers who just completed a race leave the starting area – all masks remain on.
7. A coach may request a parent to become backup timer for meet. It's expected assigned timer will work the entire meet as a team timer.

Virtual Swim Meets

The NJSIAA is permitting virtual swim meets as an alternative when regular swim meets cannot be conducted because of COVID-19 restrictions for the 2020-21 season only. The following guidelines are suggested guidelines only. Leagues and Conferences may choose to develop their own.

1. Meets must be conducted within the same week. They do not have to be conducted on the same day or time. Times are only valid for the week they were achieved.
2. Combining boys and girls for each event into one heat is not permissible unless the other school you are virtually swimming against is doing the same. This must be agreed upon before either meet takes place. If the schools agree to swim boys and girls together in the same heats, both genders must swim together in adjacent lanes (e.g. boys in lanes 1-2-3 & girls 4-5-6).
3. Independent/JV swimmers are permitted but must be of the same gender and the official must be notified before each heat. All independent/JV swimmers are non-scoring.
4. The events and the order must stay the same as a regular swim meet would be.
5. Two or more officials are recommended; however, one official is mandatory.
6. Times are verified by the official after each event and the official must sign the score sheet at the end of the meet for the times to count.
7. Once the meet is completed, the coach must have the athletic director also sign the timesheet. The official timesheet will be held by the school until the opponents' virtual meet is complete. Once both meets have been completed, each school will exchange the timesheets and score the meets. The meet score must match to be official. If they do not match, the schools will have to communicate to solve the error. Report all official scores to njschoolsports.com. as usual.
8. All ties, in any event, will result in the swimmers splitting the points for two places.
9. Any team scores that end in a tie, the meet will be counted as a tie. We will not PowerPoint the meet to break the tie.
10. As we do for the state tournament, all times must be converted to yard times unless both schools are swimming in a meter pool.

Schools with co-ed programs must continue to follow the coed rules and regulations. Co-ed programs may swim other co-ed teams or boys teams only.