

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

1161 Route 130 North, Robbinsville, NJ 08691-1104

Phone 609-259-2776 ~ Fax 609-259-3047

NJSIAA 2022-23 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 to coach, competitor remove jewelry for the race. You cannot make competitor remove item!
4. Uniforms: 3-3-2: Do Not Disqualify competitor for suit violation after swim/diver event completion. Notify **coach, competitor** needs to make the attire legal before their next event.

Following are Meet Protocols

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 method coaches are submitting to the table entire lineups or if individual cards (by event). Exhibition competitor needs to be identified before event.
9. Exhibition swims count as an event. They are non-scoring!
10. Determine how long a break (15 or 10 min.) coaches want after the 50 Free.
11. Ask each coach if team has appropriate suit attire and fit.
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 to each team.
14. If no times on meet sheets, draw a vertical line and write "NO TIMES".
15. 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 starting 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.

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- 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.

Exhibition Swims/Dives are Allowed!

Exhibition swims/diving are allowed in NJ beginning 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.
- May use swimmer's performance when power pointing the meet.

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.