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NJSIAA 2023-24 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 the coach, or competitor to remove jewelry for the race. You cannot make competitors remove items!

Pre-Meet Protocols:

1. Arrive 30 minutes before the start of the contest.
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 the start.
6. Check on the 15-meter markers.
7. Check on the lap counting cards.
8. Determine the method coaches are submitting to the table entire lineups or if individual cards (by event). Exhibition competitor needs to be identified before the 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 their team has appropriate suit attire and fit.
12. Swimmers with tape, coach must present (or electronic) signed note from a certified medical professional for need. Note should describe the body part area to be taped.
13. Professionally read the entire Pregame Sportsmanship Statement from NJSIAA Approved Swimming Official Card at all NJSIAA contests to each team.
14. If there are no times on meet sheets, draw a vertical line and write "NO TIMES".
15. Turning off cell phones or changing to "vibrate"

Recommended Starting Protocols:

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 is 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 the Lead swimmer, relay swimmers may alter the order.
- Declared false starts count as one of the swimmer's events.

Exhibition Swimmers

An exhibition Swimmer (NFHS Rule 1 - Section 2):

1. Must be designated by the coach to the officials as an exhibition swimmer/s before each event.
2. Is a non-scoring contestant in all regular season events.
3. May use the performance for individual qualifying times.
4. Must adhere to all rules regarding event form, starting, judging, timing, and conduct.
5. Events do count toward the number of events a competitor may enter.
6. Are permitted in all state tournament team events.
7. Performance will be used when a tie meet goes to power-pointing to break the tie.

Protocols:

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

Tie-breaking procedure for all tournament contests

When a meet ends in a tie the meet shall be power pointed using the NISCA 2023 power point tables to determine the winner (including exhibition swimmers if any). If the meet remains tied after the power point procedure, the tie will be broken in the following order:

1. Fewer number of sixth (6th) places
2. PowerPoints of A, B & C relays
3. Greater number of first (1st) places
4. Greater number of second (2nd) places
5. Greater number of third (3rd) places
6. Greater number of fourth (4th) places
7. Greater number of fifth (5th) places

Co-ed Team Clarification

1. All schools must declare their intention to swim as a co-ed team by opening day.
2. All Co-ed teams will be grouped based on the boy's enrollment.
3. Co-ed teams may not separate for any contest which keeps team scores.
4. All Co-ed teams may only swim against:
 - a. Other co-ed teams
 - b. A boys-only team,
 - c. A boys-only team with girls from that same school's girls-only team.
 - In this scenario, the girls will be exhibition swimmers and will not be permitted to place in the meet and their times will not be PowerPointed. Schools must not enter the girls time in njschoolsports.com. The girl's times will be accepted for any individual qualification standards.
 - In a tri-meet involving school A (boys) vs. school B (co-ed) and school A (girls) vs. school C (girls), the girls from school A may swim in either contest but NOT in both. If some girls from school A decide to swim with school A (boys), they are swimming as independents. Please note the scenario above.
 - Times may be used as qualifying times for all swimmers and the contest will count towards 50% attendance in contests for the team and individual states.
 - Schools with a boys team and a girls team compete in a contest against a co-ed team, the contest counts as one contest for all swimmers.
5. A co-ed team may not swim against a girls' team.
6. Girls on co-ed teams will be PowerPointed using the boys PowerPoint calculations. A Co-ed team is considered a boys team for all intents and purposes.
7. Co-ed teams will only be eligible to compete as a boys team in the state tournament. Co-ed teams cannot enter both the boys and girls team tournament.
8. To maintain eligibility for this tournament, declared co-ed teams may not separate into girls and boys teams after opening day.
9. Separate boys and girls teams cannot combine into one team for the state tournament.
10. If the school offers a separate boys and girls swim team, all boys and girls must compete with their gender. Girls are permitted to compete on boys' teams if the school does not offer a separate girls team. Boys are not permitted to compete on a girls team if the school only offers a girls team unless the school declares they are a co-ed team.