

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

1161 Route 130 North, Robbinsville, NJ 08691

2020 NJSIAA BOYS & GIRLS INDIVIDUAL SWIMMING TOURNAMENT

To promote fairness in competition and for the health and safety of student-athletes, no member school will be eligible to participate in any NJSIAA Championship Tournament if it has violated the NJSIAA Constitution, Bylaws, Rules, Regulations, Guidelines, Policies, and Procedures. In addition, schools must follow the sports-specific tournament regulations for each NJSIAA tournament they are entering.

The NJSIAA reserves the right to adjust, change or cancel dates, times and locations as it pertains to all NJSIAA State tournaments. The application of this eligibility standard is not appealable. Member schools not willing or able to comply with all tournament regulations should not enter the tournament.

Coaches must have a copy of these regulations as well as a copy of rule Modifications (if any) for this tournament available at all matches. Copies of these documents are also available on the NJSIAA website.

The NFHS Swimming Rules along with any NJSIAA swimming rule modifications will govern this tournament.

Boys & Girls Individual Swimming Tournament Director:

Paul Welsh, Phone: (609) 947-8040, Email: pwwelsh6@gmail.com

NJSIAA State Assignor & Rules Interpreter

Paul Welsh, Phone: (609) 947-8040, Email: paul_welsh@gbtpa.com

New for This Year's State Tournament

1. The bonus rounds for the relays at the TOC have been eliminated.

To Qualify

A student attending a school which competes on an interscholastic basis must swim as a member of his high school team in at least 50% of the school's total dual meets (while they are eligible), to be eligible for the NJSIAA Individual Championship Meet.

In schools sponsoring only boys swimming programs, the girls swimming on those teams would be required to swim as a relay team composed of four girls, in at least 6 dual meets during the season, in order to qualify as a relay in the Individual Championship. Meet sheets must be submitted with entry, to document swim times for each event they plan to enter.

Individuals from schools which do not compete on an interscholastic basis or whose teams have not competed in at least six (6) interscholastic meets are eligible to qualify as individuals, provided that they have met the cut off times as listed during the current interscholastic season. Qualifying times must have been attained between Opening Day and the Individual Cutoff date (dates listed in chart below).

Schools entering individuals when the school DOES NOT have an interscholastic swim team: The Head Coach signing the entry form must be appointed by the Board of Education within the provisions of PROCEDURE "Coaches" appointed to accompany teams or Individuals to NJSIAA Championships, in the NJSIAA Handbook, and must be able to certify he/she was present at the required six (6) practices and will coach the individual(s) at the State Championship. Penalty for failure to comply will be disqualification of the individual(s). A properly appointed coach will thereafter be subject the Rules and Regulations, Rule 2, Section 11 - Out-Of-Season Practice. If substitute coach, written authority from the principal must be presented.

Entry Procedure

Revised October 2019

1. All schools must use Hy-Tek for entering this meet.
2. Either Hy-Tek Team Manager or TM II Lite may be used. TM II Lite may be downloaded without charge from the following site: www.besmarttinc.com Directions for use are also available on this site.
3. E-mail entry should include the zip file from Team Manager of your entries, as well as a recap of the number of individual entries and relay entries.
4. From the Team Manager, send the "individual meet entry report, by name" and the "relay entry report". These reports can be Word documents!
5. All entry forms must be emailed to the meet director by 12:00pm on the Individual Entry Deadline date.
6. All Hy-Tek entries must be emailed to the entry coordinator by 12:00pm on the Individual Entry Deadline date.
7. Only updated seed times and wildcard entries will be accepted after the Individual Entry Deadline date.
8. The last date for wildcard entries and updating of seed times is up to and including the state semi-finals.

All USA Swimmers, please input your US Swimmer ID number with your entry. MOC results will be sent to the SWIMS database. We will no longer sign-up US Swimmers at the MOC meet.

All entries must be submitted by 12:00pm on the Individual Entry Deadline date listed. We will not accept any entry form after that date.

Entries must be submitted to the following people via email only:

Meet Director

Paul Welsh
 pwwelsh6@gmail.com

Entry Coordinator

Ellen Mace
besmarttinc@gmail.com

Updating Seed times

All individual swimmers that have qualified for the tournament and have submitted an entry from by the deadline, may update their seed time up to and including the state semi-final meets. All individual swimmers that have achieved a faster seed time must email the Entry Coordinator by 12:00pm the next day to: besmarttinc@gmail.com

Wildcard Qualifiers: Swimmers that did not qualify by the Individual Cutoff date but their team is still competing in the state tournament can qualify during the team tournament. Entry form must be submitted to the meet director and qualifying time must be emailed to the Entry Coordinator by 12:00pm the next day following the meet which the time was achieved to: besmarttinc@gmail.com. The last date for wildcard entries is up to and including the state semi-finals.

Entry Notes

- The Executive Committee of the NJSIAA has ruled that member schools failing to comply with the tournament entry procedures will be excluded from tournament competition in that sport.
- Schools entering the tournament will not be granted a change of date due to any conflicts with school trips, dances, banquets, testing programs, proms, and the like.
- **DO NOT ENTER** if your School is not able or willing to comply with tournament regulations.

Entry Fee

- \$14.00 for each individual event and \$22.00 for each relay. Payable to the NJSIAA (Please note Swimming Tournament).
- Forward all entry fees to: NJSIAA, 1161 Route 130 North, Robbinsville, New Jersey 08691
- Entry Fee is Due by February 28, 2020. **DO NOT** use certified mail.

IMPORTANT DATES		
First Practice:	November 11, 2019	
First Scrimmage:	November 18, 2019	
Opening Day:	December 1, 2019	
Individual Cutoff:	February 09, 2020	
Individual Entry Deadline (by 12:00pm):	February 10, 2020	
Rules Committee Post-Season Meeting:	March 20, 2020	
Individual Swimming Championships	<u>Date</u>	<u>Location</u>
Preliminaries (Girls/Boys):	February 29, 2020	GCIT
Warm-ups (Girls @ 9:00 / Boys @ 1:30)		
Start Times (Girls @ 10:00 / Boys @ 2:30)		
Finals (Girls/Boys):	March 1, 2020	GCIT
Warm-ups (Girls @ 9:00 / Boys @ 1:30)		
Start Times (Girls @ 10:00 / Boys @ 2:30)		

Individual championships will begin on time. No event will be held up for any swimmer for any reason. Individual events shall have consolation and final heats and relays shall have bonus, consolation and final heats.

In the event of inclement weather, notice will be posted on the NJSIAA website: www.njsiaa.org

2020 State Swim Qualifying Times

All entry times must be submitted in yard times according to the conversion chart.

Event	Girl's	Boy's
200 Yard Medley Relay	1:53.256	1:41.75
200 Yard Freestyle	2:00.57	1:50.15
200 Yard Individual Medley	2:12.19	1:57.63
50 Yard Freestyle	0:25.03	0:22.40
100 Yard Butterfly	0:58.66	0:53.20
100 Yard Freestyle	0:54.20	0:50.03
500 Yard Freestyle	5:16.02	4:48.90
200 Yard Freestyle Relay	1:43.47	1:31.35
100 Yard Backstroke	0:59.77	0:54.73
100 Yard Breaststroke	1:08.24	1:00.90
400 Yard Freestyle Relay	3:45.76	3:22.30
Diving (11 dives)	228	228

Carefully check the times of your entrants. Do not enter a swimmer whose time is not equal or better than those listed above. This is a championship meet and you must adhere to the cut-off times. Coaches should be prepared to certify the times of any entrant on the day of the meet. The meet committee reserves the right to disqualify the school or swimmer when times cannot be certified for this event. This could also result in disqualification in the subsequent year. Additionally, a fine may be imposed on the coach or school.

Tournament Information

1. A competitor shall be permitted to enter a maximum of four (4) events, no more than two (2) of which may be individual events.
2. Each team shall be permitted a maximum of four (4) entries in an individual event and one (1) team in a relay event.
3. National Federation Swimming Rules will govern the conduct of the meets.
4. All entry cards for all state meets become official once they are handed to the meet referee or their designee.
5. Coaches will be able to check in 30min before warm-up time. Coaches will need to be checked in no later than 15min before start of meet. No athlete will be permitted in the water until a coach, or school approved personnel are on site.
6. There will be no limit to the wrist bands for the coaches as long as they are approved by the school and listed on the entry form. They must be coaches that have coached all year, you cannot add coaches for the state tournament unless approved by the meet director or the NJSIAA.
7. All coaches must check in with proper ID to receive their wrist band. Coaches will no longer be permitted to pick up other coaches' wristbands.
8. Scratches for finals must be made within 30 minutes of event results being announced.
9. Shaving in the locker room/shower area will not be permitted at the Gloucester County Institute of Technology
10. Lockers will be provided. Please bring a lock. Responsibility for personal belongings rests with the individual.
11. The NJSIAA, GLOUCESTER INSTITUTE OF TECHNOLOGY, and Montgomery High School shall in no way be liable for damages of any kind sustained in any manner in connection with the conduct of the Championships.
12. Only competitors who qualify and the school's personnel listed on the entry form will be admitted at the competitors' entrance.
13. Only schools' coaches listed on the entry form will be permitted in the deck area. Any other coaches must be ordered to spectator areas. Coaches deck passes will be issued.
14. Exhibition events/swimmers are not permitted
15. Glass containers are prohibited in the pool/locker room areas
16. No Face paint permitted by anyone on deck.
17. No changing permitted on deck.
18. State Individual records can be set with proper verification by Meet Referee, Head Judge, and Head Timer.

All Scratches for the finals must be made within 30 minutes of event results being announced.

Meet Restrictions

1. With the exception of the official NJSIAA banners, no signs, banners, or posters will be permitted to be hung in any manner in pool areas during the course of the NJSIAA championships.
2. Game Site Managers will be instructed to rigidly enforce these regulations.
3. Mechanical noisemakers, and balloons are not permitted in the pool area as well.
4. No face paint is permitted on the pool deck.
5. Because of the indoor conditions, bands will not be admitted in the site.
6. Please inform swimmers that no food is allowed in the immediate pool area. You will be held responsible for their conduct. Please ask to everyone to help keep the pool area, locker room area, and campus clean.

PLEASE NOTIFY YOUR STUDENT BODY AND FANS OF THESE REGULATIONS.

Disqualification

Participation by an ineligible swimmer in any meet during the regular season results in forfeiture of all points achieved by the ineligible swimmer. If an ineligible swimmer participates in a championship meet, said swimmer will be disqualified from the championship immediately and the next finisher will advance in his/her place. Swimmers eliminated prior to the last competition will not re-enter championship competition.

Coaches/Certified Faculty Members Must Be Present

All coaches/certified faculty members must be properly certified and appointed by the Board of Education/Heads of Schools. Tournament Directors will disqualify any contestant who is accompanied by someone in a coaching/supervisory capacity who is not appointed by the school district. A properly appointed coach will thereafter be subject to the Rules and Regulations, Rule 2, Section 11 - Out-of-Season Practice. The Head Coach must be able to certify he/she was present at the required six (6) practices and will coach the individual(s) at the State Championships. Penalty for failure to comply will be disqualification of the individual(s).

Coaches' wristbands will be issued, which will allow access to the deck area, for all coaches listed on the entry form. Children and guests of coaches will not be permitted on the deck area. Only female swimmers permitted when the Girls Swim is being conducted and only male swimmers permitted when the Boys Swim is being conducted.

Swimsuit Transgender Clarification:

- Pursuant to NJ law and NJSIAA policy is that the student decides what swimsuit is appropriate. We permit the student to make the decision.
- NFHS Swim Rules-boys swim, we permit the Transgender Male to wear a men's suit, a women's suit, or a men's suit with covering (sports bra etc.)
- Full body suits are not permitted.
- Long or short sleeve "rash guard" shirt is permitted.
- Transgender Female may wear either.

Swimsuit Religious Clarification:

Swimmers are permitted to wear "Under Armour/Rash Guard" type apparel under their school uniform because of religious reason, as long as the apparel is not designed to enhance the performance of the swimmer. Full body suits are not permitted.

NFHS Swimsuit Rules

ART. 4... Suits worn by swimmers (excluding divers) shall be limited to the following requirements:

- a. Only one suit shall be permitted in competition. (A swimmer with special needs may request for customization to the state association through his/her school.)
- b. The suit shall be:
 1. constructed of a woven/knit textile material;
 2. permeable (100 percent to air and water), except for one post-construction, impermeable school name and/or logo which shall not exceed 9 square inches;
 3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
 4. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings and waist openings); and
- c. Suits with a FINA marking, if otherwise legal, shall be legal for NFHS competition.

PENALTIES: When an official discovers a competitor wearing illegal attire as described in Articles 3 and 4, the official shall:

1. when observed prior to the start of the heat/dive, notify the coach or the competitor to make the attire legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from the event/dive and shall not be eligible for further competition until in legal attire;
2. when observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time and he/she shall not be eligible for further competition until in legal attire.

ART. 5...Competitors shall not wear or use any device or foreign substance to aid their speed, buoyancy or body compression. The following may be used within the stated conditions:

- a. A foreign substance may be applied if not considered excessive by the referee (if excessive, the referee shall require the competitor to remove it).
- b. Adhesives are not allowed for swimmers or divers.
- c. Divers may wear tape or wraps for support.

Tape may be used by a swimmer to treat a documented medical condition. The referee must be presented signed documentation from an appropriate healthcare professional before permitting the athlete to compete.

Awards

1. The top sixteen (16) swimmers competing in the Individual State Championship Finals will be awarded medals.
2. Awards will be presented following each event. Participation by the top 16 is mandatory. Coaches' cooperation is essential.
3. For the awards ceremony, competitors must wear school apparel or apparel without logos.

Admission Prices

Administrative and supervisory personnel of competing schools will be admitted upon identification to gate personnel. Admission prices for those attending this championship meet will be:

<u>Adults:</u>	Preliminaries	TBD
	Finals	TBD
<u>Students (K-12) & Senior Citizens:</u>	Preliminaries	TBD
	Finals	TBD

Swimming (Specific Sports Regulations)

Section 1 Rules National Federation Swimming Rules shall govern all NJSIAA meets.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after January 3, 2020, are not eligible for post-season play.

Section 6 Meets Per Week Not more than a total of three (3) swimming meets may be held per week beginning with the week of the Start of the Regular Schedule (Program Regulations, Section 8) to the start of the State Tournament (this includes interschool scrimmages, regular meets, postponed meets, and invitational meets), but meets may not be conducted on three (3) consecutive days. This section does not apply to State Tournament scheduling.

Section 7 Maximum Meets A member school may compete in twenty-three (23) meets (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meet), and the State Tournament. All championship meets count toward the total of twenty-four. You may play one four-game week.

CL 1: Schools with a declared separate boys team and girls team may not swim as a combined team unless swimming against a declared combined team. Declared combined teams may not swim as a separate boys team or a separate girls team in interscholastic meets.

CL 2: Diving will not be included as an event during the regular season, the NJSIAA Power Points championship or in the NISCA Power Points for qualification for the team championship competition. Conferences may include Diving in conference meets. Schools may include Diving in non-conference meets by written agreement of the competing schools.

CL 3: Scrimmages during the regular season count toward the allowable number of games.

Section 8 Championship Eligibility A student competing on an interscholastic swimming team must swim as a member of his/her high school team in at least 50% of the school's total meets (while he/she attends said school) to be eligible for the NJSIAA Championship Meet.

CL 1: This means a student must swim in at least 50% of the school's meets up to and including cut-off date while he/she was properly enrolled and eligible at said school according to NJSIAA regulations.

CL 2: Late entries will not be accepted as outlined in Program Regulations, Section 13.

CL 3: Once schools declare their swim teams as either separate boys, separate girls or combined/co-ed, those declared teams will remain as such during the state tournament classification process. As in regular season competition, combined/co-ed teams will be grouped with boys teams and not grouped with girls teams to determine classification group size. Boys teams and combined/co-ed teams will be classified together in their A, B, and C groups, according to the Northing System. Girls teams will be classified separately (without including combined/co-ed teams) in their A, B, and C Groups according to the Northing System.

Section 9 Officials A minimum of three (3) NJSIAA registered officials is required for all championship swimming meets. Four (4) officials will be assigned to the sectional state semifinals and finals. A minimum of two (2) NJSIAA registered officials shall be used for all other varsity meets.

NJSIAA Boys & Girls Individual Swimming Championships

2020 Tournament Entry Form

School: _____ Boys or Girls Entry: _____

Head Coach: _____ Cell #: _____

Email: _____

Athletic Director: _____ Phone #: _____

Email: _____

Coaches must be prepared to certify the times of any entrant on the day of the meet.

Coaches note entry time requirements are based on the 24th place time from last year's meet.

Up to eight individual relay swimmers may be listed per relay.

A printed copy of individual entries and relay entries from Hy-Tek Team Manager or TM II Lite, must be included with this entry form.

This entry form must be in the hands of the Meet Director & Meet Coordinator by 12:00pm on the Individual Entry Deadline date.

Entries must be submitted to the following people via email only:

Meet Director

Paul Welsh

pwwelsh6@gmail.com

Entry Coordinator

Ellen Mace

besmartinc@gmail.com

Wildcard Qualifiers: Swimmers that did not qualify by the Individual cutoff date, but their team is still competing in the state tournament can qualify during the team tournament. This entry form must be submitted to the Meet Director and qualifying time must be emailed to the Entry Coordinator by 12:00pm the next day following the meet which the time was achieved to: besmartinc@gmail.com

Individual championships will begin on time. No event will be held up for any swimmer for any reason. Individual events shall have consolation and final heats and relays shall have bonus, consolation and final heats.

Only competitors who qualify will be admitted at the competitors' entrance. Swimmers not listed will not be permitted on deck.

Please list all assistant coaches/certified faculty member:

Only coaches whose names are listed on this entry form are permitted to check in individual swimmers.

Coaches Signature: _____

I certify that I am authorized to complete this form on behalf of the school district.