



New Jersey Swimming & Diving Conference

Coaches Meeting 2021

Thursday, June 17 at 7:30 PM

NJSDC Dual Meet Schedule

- Begins Wednesday, June 23
- Submit Team Rosters by June 21 to League Coordinator
- A League and B League
 - 8 Official Dual Meets Scheduled
- C League
 - 6 Dual Meets Scheduled
- Will face each team within division 2 times (Home and Away)

Championships and Conferences

- Championships --
Weekend of July 30 - 31
 - A League - Cedar Hill Club
 - B League - Middlesex
 - C League - Round Top

- Conferences --
Tuesday/Wednesday Aug. 3-4
 - Middlesex

General Information

- Suggested Meet Start Times
 - Weekdays at 6:15 PM - 6:30 PM
(Warm-up at 5:45 PM)
 - Saturday at 9:15 AM - 9:30 AM
(Warm-up at 8:45 AM)
- A team shall forfeit the meet if they are not prepared to start the meet within 30 minutes of the scheduled time unless mutually agreed upon by the coaches.
- Due to differing facility rules across our conferences, please be flexible and communicative this year regarding our meets.
- Meets can be rescheduled upon mutual consent of coaches

Reporting Dual Meet Results

The home team must notify the League Coordinator of the results. The results are to be mailed/reported within two days of the completion of the meet. A swim team, which fails to submit meet results, will not accumulate team points at league championships.

Reporting Dual Meet Results

After a meet the both teams (either parent rep or coach) are required to go online immediately (same day) following a meet, and enter the meet result. This helps the League Coordinator when determining dual meet standings at championships. If online scores are not submitted on the Google Form within a week of the meet, both teams will record a loss.

Reporting Dual Meet Results

Online Reporting should not replace making a copy of the original meet sheets and mailing them to your League Coordinator. The Home team is responsible for mailing a physical copy to the League Coordinator. You may send them electronically if they are readable. This is expected within two days following a home meet.

Meet Sheets

Meet Sheet Templates are available on the NJSDC Website.

Both coaches are expected to have their meet line-up sheets prepared 45 minutes before the meet. Changes may be made up to one event prior to the event being swum, and the opposing coach must be notified.

Meet Sheets

The Home team will swim in ODD numbered lanes, the Visiting team will swim in EVEN numbered lanes. The home team has the option of diving first or second.

EXCEPTIONS:

When swimming at Monmouth Heights, Monmouth Heights Home lanes are 2, 4, 6 and visiting lanes at Monmouth Heights are 1, 3, 5.

When swimming in 5 lane pools - lanes 1-4 are official. Lane 5 belongs to the home team but can be requested or offered to the visiting team.

Meet Line-Up

Boys swim odd numbered events on Wednesdays, even on Saturdays.
Girls swim odd numbered events on Saturdays, even on Wednesdays.

A participant may compete in no more than two individual swimming events and a relay. Two official teams may be entered by a team in each relay event. In the 9-12 and 13-18 relays, at most two swimmers can be from the older age group. For example in the 9-12 relay, it can have at most 2 swimmers of the age 11-12, or up to 4 swimmers of 9-10 age group.

The number of official swimmers from each team in an individual event may be equal to one-half the number of lanes available for competition. No more than six lanes may be used for official competition.

Meet Line-Up: Extra Heats

Extra Heats shall be limited to a maximum of thirteen (13) unofficial heats in any one dual meet except as noted below.

The 13 unofficial heats **MUST** be recorded together on **ONE** single meet sheet, which must be submitted with the meet results.

The HOME team may choose up to 7 unofficial extra heats and may assign swimmers to half of the available lanes, or 3 lanes in a 5 lane pool. The remaining lanes must be available to the VISTING team. If the Visiting team does not fill the remaining lanes, the Home team may assign additional swimmers to fill the heat.

Meet Line-Up: Age requirements

The age of the swimmer/diver as of June 30th will determine his/her age for conference participation. Swimmers/divers aged up to 18 are eligible.

A coach may “swim- up” as many swimmers as they would like to during a Dual Meet or in League Championships. The following provisions apply:

- Each swim, regardless of the age group in which it is swum, counts towards the swimmers maximum allowable swims for a given meet
- In no circumstances may a swimmer swim the same event (Stroke) in two different age groups.
- “Swim- ups” are not permitted at Conference Championships.

Weather or Other Delays

Postponements are to occur only for weather closing or by mutual consent of the coaches.

The home team should make every effort to notify the visitor 1.5 hours prior to the meet.

Schedule the makeup meet within 72 Hours (3 days) with the date agreed upon by mutual consent of the coaches.

Meets suspended in progress because of weather conditions or other reason shall be resumed at the point of suspension.

Any dual meet that completes 22 events will be considered official, although both coaches may agree to continue the meet at a later date.

Water Depth

If swimmers are to dive off blocks, the water depth must be greater than five (5) feet at the starting end of the course, measured 3' 3 1/2 " through 16' 5" from the end of the pool, for all lanes to be used.

In pools where the water depth at the start end of the pool is less than 5 feet, however 4 feet or more for all lanes to be used, the swimmers may dive from the deck of the pool, but may not use a starting block. In pools where the water depth at the start end of the pool is less than 4 feet for any lanes of the pool to be used, the swimmers must start in the water.

Please note that the NJSDC will NO LONGER accept waivers from municipalities that may grandfather diving starts in water depths of less than 5 feet.

Responsibilities of the Coaches

The conduct of the meet is the responsibility of the two head coaches representing the two opposing teams. Some items pertain to each coach individually while others pertain to both Coaches.

1. Individual responsibility includes:

- a) Managing the conduct of all of his/her team members (any and all participants and/or observers who are associated with that coach's team) during the meet
- b) Managing this conduct even if head coach has assigned part of these responsibilities to another person

Responsibilities of the Coaches

2. Joint responsibility includes, but is not limited to:

a) Agreeing to a change in the standard rules governing the events to be swum

b) Knowing that both coaches must agree to the above or the conference rules automatically remain in effect

c) The opportunity to reach agreement to the official program at any time prior to the meet

d) Having any changes written on the official meet sheet and initialing those changes, along with the referee

e) Informing all personnel charged with the running of the meet of the changes as stated in 2.d.

f) Any rescheduling is the joint responsibility of the coaches.

Scoring – A & B League

A and B League individual swimming events shall have 5 places for team scoring

First: 6 points **Second:** 4 points **Third:** 3 points **Fourth:** 2 points **Fifth:** 1 point

Relay scoring shall have 3 places

First: 8 points **Second:** 4 points **Third:** 2 points

A team can sweep the top 3 places but a team can only have three swimmers place in each individual event. If there are less lanes than allow for the 5 scoring places, point should be awarded through the number of lanes (i.e. 4 lanes will only allow for 1st, 2nd, 3rd and 4th place points) Teams cannot sweep relays. Only the A and B relay are official.

Scoring – C League

C League Individual swimming and all diving events shall have three places for team scoring.

First: 5 points **Second:** 3 points **Third:** 1 point **Fourth:** (See VI.B.1.below)

A team can score only two places in individual events. In the event a team places 1-2-3, that team shall receive 8 points (5+3), and the team whose swimmer has placed fourth shall receive 1 point.

Scoring for relay events shall be **First:** 7 points

In the case of ties, the scoring points are added and divided by the number of participants involved in the tie.

Swimmer Eligibility for Championships and Conferences

- A swimmer must compete in a minimum of 4 dual meets in order to be eligible to swim in the Championship meet. (3 meets in C League for 2021)
- A swimmer must compete in a minimum of 4 dual meets in order to be eligible to swim in the Conference meet. (3 meets in C League for 2021)
- Swimmers must have legally swam an event in order to compete in that event at the Championship meet, or in the Conference meet.

Swimsuits

Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. “Tech suits and kneeskins” are not permitted at any meets for 12 & under swimmers. “Tech Suits” are defined as suits that have bonded seams, kinetic tape, or meshed seams. “Kneeskins” are defined as female suits that cover the thighs.

Butterfly

Start

- The forward start shall be used.

Stroke

- After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast.
- The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface.
- It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface.
- The swimmer must remain on the surface until the next turn or finish.
- From the beginning of the first arm pull, the body shall be kept on the breast.
- Both arms must be brought forward over the water and pulled back simultaneously.

Butterfly (cont.)

Kick

- All up and down movements of the legs and feet must be simultaneous.
- The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

Turns

- At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired.
- The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

Finish

- At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface

Backstroke

Start

- In water facing start end with both hands on gutter or starting grips.
 - guttered pool—feet/toes may be above the water, but may not be in, on, above lip, or bent over the gutter at any time before or after start.
 - flat wall pads—feet/toes may be placed above the water level.
- Toes: Starter call => prior to the start, S&T call => after the tone

Stroke

- Any style as long as swimmer remains on back.

Kick

- Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

Backstroke (cont.)

Turns

- During turn swimmer may go past vertical to the breast and may utilize a continuous single or continuous simultaneous double arm pull to initiate the turn.
- Some part of swimmer must touch wall at completion of each length.
- Swimmer must have returned to back when feet leave the wall.
- If the swimmer misses the wall at the turn, they may not scull back.
- **USA Rule Deviation:** NJSDC does not prescribe to the USA rule regarding Backstroke turns. In the NJSDC, upon turning to the breast, the swimmer **MUST IMMEDIATELY** initiate a turning action (single or simultaneous double arm pull), however may kick or glide into the wall before actually making the turn

Finish

- May not be completely submerged at the finish.
- Some part of swimmer must touch the wall while on the back.

Breaststroke

Start

- The forward start shall be used.

Kick

- After the start and each turn, at any time prior to the first breaststroke kick, a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
- The feet must be turned outwards during the propulsive part of the kick. A scissors, alternating or downward butterfly kick is not permitted except as provided herein.
- Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

Turns and Finish

- At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level.

Breaststroke (cont.)

Stroke

- After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.
- All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.
- The hands shall be pushed forward together from the breast on, under, or over the water.
- The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water.
- The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
- During each complete cycle, some part of the swimmer's head shall break the surface of the water.
- After the start and after each turn, the swimmer may take one arm stroke completely back to the legs.
- The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

Freestyle

Start

- Forward start

Stroke

- Any style or combination of styles may be used.
- Standing on the bottom during a freestyle race shall not disqualify a swimmer, but a swimmer must not leave the pool, or walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification

Kick

- Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

Turns

- Some part of swimmer must touch the wall at completion of each length or required distance

Finish

- Swimmer may touch the wall with any part of their body

Individual Medley

Start

- The forward start shall be used.

Stroke

- The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
- In a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke.

Finish

- The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

Individual Medley (cont.)

Turns

- Intermediate turns within each stroke shall conform to the turn rules for that stroke.
- The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
 - **Butterfly to Backstroke** -- The swimmer must touch as described in Butterfly finish. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
 - **Backstroke to Breaststroke** -- The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
 - **Breaststroke to Freestyle** -- The swimmer must touch as described the Breaststroke Finish Section. Once a legal touch has been made, the swimmer may turn in any manner.

Relays

- In relay races, the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- This disqualification must be independently observed and confirmed by both relay take-off judges
- Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.

Forward Starts

On the Starter's command "take your mark," the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the Starter shall give the starting signal.

When a swimmer does not respond promptly to the command "take your mark," the Starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.

Backstroke Starts

The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips.

Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.

False Starts

USA Rule Deviation: Each Swimmer will be permitted ONE (1) false start per event

If a swimmer commits a false start, the field of swimmers shall be recalled using short blows of the whistle, alert signals from the starting system, a recall rope, or any combination of the above

If any swimmer completes more than 50% of the prescribed distance of an even when a false start has been called, the event shall be reswum later in the meet at a time agreed upon by both coaches

If a swimmer commits a second false start in an event, that swimmer shall be disqualified from the event by the referee (Field should NOT be recalled a second time for the same swimmer committing a false start. Swimmer will be notified at end of race.)

Questions?!

Please make sure you print a copy and become familiar with ALL of the rules in the NJSDC Rulebook!!

All Forms, dates and resources (including the 2021 NJSDC Rulebook) can be found at:

<https://njsdc.swimtopia.com/>