

# **N J S & D C**

## **Rulebook – 2025 Season**



# **NEW JERSEY SWIMMING AND DIVING CONFERENCE**

## **2025 CONFERENCE OFFICERS**

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## **2025 LEAGUE COORDINATORS**

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# PROPOSED CHAMPIONSHIP MEET SITES

## LEAGUE SWIMMING CHAMPIONSHIPS

LEAGUE	HOST	DATE
A	Cedar Hill	Fri July 25 and Sat Jul 26
B	TBD	Fri July 25 and Sat Jul 26
C	Round Top	Fri July 25 and Sat July 26

## CONFERENCE SWIMMING CHAMPIONSHIPS

Prelims: Tuesday July 29, 2025  
AM -12 and under

Prelims: Wednesday July 30, 2025  
AM – 13 and over

Finals: Wednesday July 30, 2025  
PM – All ages

Site: Brookside Swim Club  
Milltown, NJ

## CONFERENCE DIVING CHAMPIONSHIPS

Thursday, July 24, 8 am  
Site: Cedar Hill Club

The calendar of events and A, B and C League Alignments are updated annually on the NJSDC website

## **I. CONFERENCE STRUCTURE**

- A. The Conference will be divided into leagues and divisions based upon team strength and depth. "A-League" is to be considered the strongest league, "B-League" the next strongest, and so on.
- B. Leagues may consist of two or more divisions based upon the number of teams needed to ensure proper competition alignment.
- C. The Conference Executive Committee will be comprised of the Conference Officers and League Coordinators. The Executive Committee has the responsibility for setting the conference schedule and league structures, deciding upon rules and regulations, and resolving all matters brought to its attention. Each member present shall have one vote: simple majority rules.

## **II. MEMBERSHIP FEES AND INSURANCE REQUIREMENTS**

- A. Each team must be covered by a comprehensive liability policy which provides combined single limit coverage for personal injury and property damage in the amount of at least five hundred thousand dollars (\$500,000) for each occurrence, and which does not exclude competitive (diving) as an insured activity.

Evidence from the insurance company or the insurance company's agent of the existence and term (time period for which the policy is in force) of the aforementioned coverage, satisfactory in form and content to the Executive Committee, must be submitted to the appropriate League Coordinator annually and in writing by a date designated by the Executive Committee. A team failing to submit evidence of having in force the aforementioned insurance coverage will not be permitted to participate in any Conference sponsored activity until the submission of evidence is received by the League Coordinator.

Split limit comprehensive general liability insurance in the amount of at least \$1,000,000/\$1,000,000 for personal injury, and at least \$50,000 for property damage for each occurrence is acceptable in lieu of the aforementioned minimum \$500,000 combined single limit per occurrence liability insurance.

- B. The annual membership fee is \$100.00 for each team. Checks should be made payable to the order of the New Jersey Swimming and Diving Conference and be received by the Conference Treasurer before the date scheduled for the first dual meet.

## **III. SWIMMING AND DIVING PARTICIPANT ELIGIBILITY**

- A. Any bona fide member of the swim club/team. Over the past few years, some clubs have offered "Swim Team Only" memberships. The NJSDC recognizes that clubs may consider such a membership to be a Bona Fide member. However, the expectation is

that if a club offers such a membership, that it would not be exclusive and that this will not be used as a method to secure 'ringers'.

B. Paid swim club staff and their children.

C. Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with [World](#) Aquatics 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. **If a swimmer swims an event wearing a swimsuit that is not compliant, they will be disqualified.**

D. Age requirements

1. 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.
2. Except as provided in 3. below, all official participants must swim in their age group, or in an age group older than his/her own.
3. In no case may an individual swim the same stroke in two different age groups (IM and relays are considered a stroke).
4. 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:
  - a) Each swim, regardless of the age group in which it is swum, counts towards the swimmer's maximum allowable swims for a given meet
  - b) In no circumstances may a swimmer swim the same event (Stroke) in two different age groups.
5. "Swim- ups" are not permitted at Conference Championships.
6. In dual and championship meets, one boy and one girl per team may dive in one individual event in an age group older than his/her own. In no case may an individual dive in two different age groups.

E. Roster

1. Name, age, and date-of-birth of all team members must be received by the League Coordinator at least one day prior to the first meet. A team will forfeit all meets until the day after the roster is received by the League Coordinator.
2. Rosters should be submitted in excel or word. Created by menu item "File" -> "Export" -> "Athletes/Teams".  
You must send in the Roster.Zip file created with the TM data files both in HY3 & CL2 format.
3. A qualified participant may compete for only one club in the Conference per year. The decision is left up to the individual as to which club he/she shall represent.

4. A club with two or more teams may move team members from one team to another before the scheduled third dual meet.
5. Team members may be added to or deleted from team rosters up to one day prior to the meet in which they will participate.
6. a) All swimming roster changes must be communicated to the League Coordinator at least one day prior to the first meet in which the change will be in effect. Written notice of changes must be emailed to the coordinator within three days following notification.  
  
b) All diving roster changes must be communicated to the diving coordinator at least one day prior to the first meet in which the change will be in effect. Written notice of changes must be emailed to the diving coordinator within three days following notification.
7. Each coach **must carry an up-to-date team roster** to all meets and present such roster to the opposing coach upon request.
8. Swimming and Diving coaches will be able to compete in their respective age groups.

#### IV. **POOL AND EQUIPMENT**

Swimmer and Diver Safety are of primary importance in the NJSDC. All swim teams participating in the Conference must strictly adhere to the water depth and block requirements of the Conference and file a **Pool Eligibility Form (see Table D) with the League Coordinator prior to the start of the season** stating the type of swimming starts to be allowed in the pool (block start, deck start, in the water start) based on the requirements set forth below.

##### A. 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 ½ "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. In cases where such a waiver exists, it is the position of the NJSDC that it is in the best interest of swimmer safety to adhere to stricter policies than the waiver may allow.

B. Block Height:

The front edge of the starting platform shall be no less than 0.5 meters (1 foot, 8 inches) nor more than 0.75 meters (2 feet, 5 ½ inches) above the surface of the water. If the blocks do not comply with this requirement, they must not be used. Swimmers must start from the deck of the pool, or from within the water.

C. All pools are to have two sets of backstroke flags installed according to USA swimming regulations.

D. All pools are to furnish lane lines for each lane. Each lane line is to have at least 15 floats.

E. A recall rope will not be required.

F. The depth of the water under the front end of the diving board must be eight and one-half (8 1/2) feet and must be nine (9) feet at a point which is ten (10) feet from the front end of the diving board.

G. Each Pool participating in Diving dual meets will provide:

1. 5 Scorecards
2. Degree of difficulty sliding calculators.
3. Judges Home Team
4. Judges Visitors Team

## V. **CONDUCT OF MEETS**

A. The HOME team shall furnish a minimum of:

1. 1 NJSDC certified Referee and 1 NJSDC Certified Starter or  
1 NJSDC certified Starter/Referee
2. A Loudspeaker start system in conformance to USA Swimming Rules (103.15 (Below)), or a .32 caliber gun with extra loud blanks.

An electronic sound generating device shall be provided to give the starting and recall signal. Loudspeakers may be mounted underneath or on the side of each starting platform, between every two platforms, on each side of the racing course, or positioned behind the starting platforms in such a manner that equitable dispersion of sound to all lanes is assured. The device shall also activate a strobe light, or similar visual signal, located on the starter's side of the course approximately 15 feet forward from the starting end, to indicate the start to manual timers and deaf and hard-of-hearing swimmers. The start system may include an underwater recall speaker and final lap signal option.

A starter pistol may also be used.

3. At least 2 Certified stroke and turn judges.



4. 1 Certified across-the-board judge.
5. 1 Scorer and 1 recorder or a combined scorer-recorder.
6. Announcer (optional)
7. A minimum of 1 timer per lane, with a digital stop-watch (to give a total of minimum of 2 per lane with B. 4. Below. When possible 2 timers for a total of 3 would be preferred).

B. The VISITING team shall furnish a minimum of:

1. At least 2 Certified stroke and turn judges.
2. 1 Certified across-the-board judge.
3. 1 Scorer and 1 recorder or a combined scorer-recorder.
4. 1 timer per lane, each with a digital stopwatch (see A. 7. above).

C. Conference requirements:

1. If either club does not furnish the required people listed in V. A. and B. above, that club shall forfeit the right to protest any decision made in that venue. The other team may supply the missing officials.
2. The HOST team cannot score points if they do not supply the minimum NJSDC requirements described above for:
  - a. Backstroke flags
  - b. Lane lines
  - c. Loudspeaker starting system

Starting times:

1. Weekdays at 6:15-6:30 PM (Warm-up: 5:45 PM) or
2. Saturday at 9:15-9:30 AM (Warm-up: 8:45 AM)
3. Postponements are to occur only for weather closing or by **mutual consent of the coaches**.
  - a) The home team should make every effort to notify the visitor 1.5 hours prior to the meet.
  - b) Schedule the makeup meet within 72 Hours (3 days) with the date agreed upon by mutual consent of the coaches.
  - c) Notify the League Coordinator of the new date.

- d) Any dual meet that completes 22 events will be considered official, although both coaches may agree to continue the meet at a later date.
- 4. 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.
- D. 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.
  - a) After a meet **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 within a week of the meet, both teams will record a loss.
  - b) 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.
  - c) These sheets should contain times for all races. **This means that the scorers should be capturing times for both teams, including official and unofficial heats.** If a swimmer gets disqualified no time shall be recorded.
  - d) The mailed results must include the extra heats.
- E. 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.
- F. 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.
- G. Meets suspended in progress because of weather conditions or other reason shall be resumed at the point of suspension. See V. E. 3. b. c. & d. for continuation/rescheduling procedure.
- H. The referee shall be the only person allowed to determine the method of resolution of any disputes in across-the-board judging. The Referee will be the final judge in case of any disagreement.
- I. Times for all unofficial swimmers (must be marked as exhibition in swim topia, meet manager or any other electronic scoring system) must be reported on the meet sheet or on a supplemental sheet attached thereto. Their times may be used on league championship entries only if officially recorded.
- J. Dual confirmation of relay take-off violations shall be employed for all meets.

- K. ALCOHOL or Tobacco is not allowed to be served or consumed by Coaches, Officials, Swimmers or spectators at a NJSDC sponsored event or dual meet. This is regardless of what your club rules do or do not allow.
- L. Eight and under relay:  
In pools that do not meet the depth requirement for diving, swimmers shall start in the water. One hand must remain on the wall until the swimmer before him/her in a relay touches the wall or until the starting signal is given.
1. PREFERRED DUAL CONFIRMATION PROCEDURE:  
RELAY TAKE-OFFS(REQUIRED FOR CHAMPIONSHIP MEETS).
- a) Relay take-off judges shall be assigned by the Referee and shall stand so that they can clearly see both the feet of the departing swimmer(s) as they leave the starting platform and the touch of the incoming swimmer(s), and shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.
  - b) If dual relay take-off judging is used, the two side take off judges, OR the lane and side take-off judges shall independently report infractions in writing without the use of the infraction hand signal. A relay will be disqualified only if the lane take-off judge has reported an infraction and the assigned side take-off judge has confirmed the same infraction.
- M. Responsibilities of 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
    - c) A person cannot act as coach and official in the same session or meet.
  - 2. Joint responsibility includes, but is not limited to:
    - a) Agreeing to a change in the standard rules governing the number of unofficial heats and/or the events to be swum
    - b) Knowing that both coaches must agree for 2.a. 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 2d.
    - f) Any rescheduling is the joint responsibility of the coaches.

## N. Responsibilities of the Referee

The referee shall ensure that the meet is held in accordance with the swimming rules as outlined in the USA Swimming Rule Book as modified by the Conference rules. The referee shall not be deemed to have ultimate authority over the schedule of events. That responsibility is shared between the Conference and the two coaches. Rather, the referee is charged by both the Conference and by USA Swimming with overseeing the conduct of the meet. The referee shall cause a meet to be halted for any number of reasons including weather. However, the referee shall not deem the meet to have been completed and/or require completion at a later time. The referee shall not utilize any rules other than USA Swimming (as modified by the Conference) including high school, and/or NCAA to govern a meet. The referee shall not interpret rules by age group. The Conference recognizes that by having an official 8 & under age group, it does not conform to the USA Swimming groupings. The Conference also recognizes that the younger age swimmers are still in a learning stage. Nonetheless, the Conference feels that in order to be fair to all, swimmers shall swim by the same rules and be judged by the same criteria.

## VI. SCORING

1. 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
1. A team can sweep the top 3 places but a team can only have three swimmers place in each individual event.
2. 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 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> place points)
3. Teams cannot sweep relays. Only the A and B relay are official
  - Relay scoring shall have 3 places
  - First: 8 points
  - Second: 4 points
  - Third: 2 points
2. A and B League Team Awards: In the event of a tie in the overall club record the following will be considered to determine the winning team.
  - a. The tying teams records against each other. If one team beat the other twice, they will win the league award
  - b. If option A is split
    - i. Combine total points scored of the home and away meet of the tied teams if the 1<sup>st</sup> method still results in a tie
    - ii. If there was a forfeit meet, award the minimum total possible points that would have been scored to win the meet

3. 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)
  1. 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.
  2. Scoring for relay events shall be 7 – 0
  3. In the case of ties, the scoring points are added and divided by the number of participants involved in the tie.
4. C League Team Awards: In the event of a tie in the overall club record the following will be considered to determine the winning team.
  - a. If 2 teams are tied, go to head to head meet
  - b. If 3+ teams are tied, use head to head between only the # of tied teams
    - i. If tie still exists after head to head, go to point differential between teams

## 5. **SWIMMING EVENTS**

### A. EXTRA HEATS:

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

1. The 13 unofficial heats MUST be recorded together on ONE single meet sheet, which must be submitted with the meet results.
2. 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 VISITING team. If the Visiting team does not fill the remaining lanes, the Home team may assign additional swimmers to fill the heat.
3. The VISITING team may choose up to 6 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 HOME team. If the Home team does not fill the remaining lanes, the Visiting team may assign additional swimmers to fill the heat.
4. At the discretion of the HOME club, teams are allowed to run additional heats beyond the maximum 13 provided all of the following are met:
  - a) Heats must be recorded together on a single Second sheet which must also be submitted with meet results.
  - b) No unofficial heat may be run with less than 3 swimmers.
  - c) Both coaches must mutually agree upon and designate the additional heats, no less than 12 hours before the scheduled time of the meet

- d) Both coaches must acknowledge the agreement to run the extra heats no less than 12 hours before the scheduled time of the meet.
- e) Coaches must coordinate their efforts to minimize the number of extra heats necessary.
- f) Extra Heats of Relays are not allowed

**B. ORDER OF EVENTS – Dual Meets (Wed & Sat)**

1	10/u	100 IM
2	10/u	100 FREE
3	11-12	100 IM
4	11-12	100 FREE
5	13-14	100 IM
6	13-14	50 FREE
7	15-18	200 IM
8	15-18	50 FREE
9	8 /U	25 FLY
10	8 /U	25 BREAST
11	9 -10	50 FLY
12	9-10	50 BREAST
13	11-12	50 FLY
14	11-12	50 BREAST
15	13-14	100 FLY
16	13-14	100 BREAST
17	15-18	100 FLY
18	15-18	100 BREAST
19	8/U	25 FREE
20	8/U	25 BACK
21	9-10	50 FREE
22	9-10	50 BACK
23	11-12	50 FREE
24	11-12	50 BACK
25	13-14	100 FREE
26	13-14	100 BACK
27	15-18	100 FREE
28	15-18	100 BACK
29	8/U	100 MEDLEY RELAY
30	8/U	100 FREE RELAY
31	9-12	200 MEDLEY RELAY
32	9-12	200 FREE RELAY
33	13-18	200 MEDLEY RELAY
34	13-18	200 FREE RELAY

**C. ALTERNATING MEET SCHEDULE**

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

**D.** A participant may compete in no more than two individual swimming events and a relay.

- E. 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.
- F. 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.
- G. The order of events in VII. C. must be followed unless both coaches agree otherwise.

## **6. CHAMPIONSHIP AND CONFERENCE MEETS**

- A. Each league will conduct a swimming championship.
- B. There will be a conference championship meet, which will be scheduled after the league championships. Swimmers must achieve qualifying times as listed in Table C in order to swim in this meet.
- C. Championship meet directors (league and conference) will mail a meet announcement to the coach(s) and team representative(s) of each team. This announcement will include: warm-up time, meet time, order of events, cut-off times (conference only), admission and program charges, entry charges, entry deadlines, and a statement that "Meet directors are forbidden to accept entries after the deadline, for any reason."
- D. The Conference swimming championship will conduct trials on two days, and all finals on the evening of the second day.
- E. At Conference championships, after an alternate has been called for any event, he shall become an official swimmer in that event providing that two announcements have been made in order to locate the original official swimmer.

## **7. PROTESTS**

- A. On conduct of the meet:  
The protest must be filed within 30 minutes after the conclusion of the meet with the meet referee and confirmed in writing within three days with the League Coordinator.
- B. On eligibility:  
The protest must be filed in writing within three days after the conclusion of the meet with the League Coordinator and copy the swim coordinator
- C. If the League Coordinator cannot arrive at a satisfactory solution to the protest, said protest shall be referred to the Conference Swimming or Diving Coordinator (as applicable).
- D. The filed protest should make every attempt to be objective and factual. References to circumstances that will occur as a result of the decision should not be included. The decision of the League Coordinator, the Conference Swimming Coordinator or the

Conference Diving Coordinator will be made only on the circumstances surrounding the conduct under protest.

**8. RULE ADDITIONS for 2024**

1. The NJSDC backstroke turn rule modifications are no longer in effect. NJSDC will now follow all USAA stroke and turn rules–The rule is as follows: After the initiation of the turning action, no additional arm pulls may be started (sculling is not permitted); however, kicking and gliding actions are permitted.  
If the swimmer's upper shoulder does not rotate past the vertical toward the prone position before the touch is completed, the swimmer may then turn in any manner desired”.
2. NJSD no longer recognizes a modification to the USA Swimming rule book rule governing false starts.

**9. LEAGUE SWIMMING CHAMPIONSHIPS**

**A. EVENTS:**

The same events will be swum that each league swims in dual meets.

**B. ELIGIBILITY:**

Each swimmer will be allowed to enter a maximum of four events, with a maximum of 3 individual events. Entries as alternates for relays do not count unless swum. Times submitted with individual entries for seeding purposes must have been swum legally during the league dual meet season, and date the time was achieved must be on the entry card. All entries with no times or times that cannot be verified will be scratched and the fee forfeited. Times will be converted from meters to yards by multiplying the meter time by .90

**C. According to the length of the pool at which the championship meet will be held.**

Composite or aggregate times may be submitted for relays. A swimmer must have competed officially in four current season dual meets. In no case may an individual swim the same stroke in two different age groups (IM and relays are considered a stroke).

**D. TEAM ENTRIES:**

Each team may enter as many swimmers as it desires in each event. A team may enter only two relay teams per event. Team entries will include Hytek files for (1) entries for each individual and relay entry; (2) all entries showing event number and name for relays and individuals; and (3) the required entry fee.

**E. AWARDS:**

Trophies will be awarded to teams scoring the most points.

Scoring is 7-5-4-3-2-1, and double for relays. Medals will be awarded to the top six places in each individual event and each relay event. Heat winners for all heats will be awarded prizes for all leagues. Team Plaques will be awarded to the top teams in each league. Placements are based upon timed finals format.

**F. ENTRY FEES:**

A \$5.00 charge for each individual entry and a \$16.00 fee for each relay entry must be



submitted to the host team, along with the entries. No telephone or post entries will be accepted.

- G. Relay swimmer names will be provided by the scratch deadline.
- H. If a swimmer is entered in more than four events including relays, the number of events in excess of four will be selected by random drawing from the swimmer's individual events. These events will not be swum. Entry cards for relay events must be submitted with the four swimmers' names written on the front in the order in which they are to swim in the event. Alternates must be listed on the back of the entry card. Changes in either swimmers or the order of swimmers must be declared at the scratch meeting.
- I. A scratch deadline is approximately 30 minutes before the scheduled starting time of the meet.
- J. The host club must provide a meet program. The maximum charge for the 12 and under session will be \$3.00, and the maximum charge for the 13 and over session will be \$3.00 (for a maximum total charge of \$6.00). Entrance fees for spectators are a maximum of \$8.00 for 13 and older, 12 and under spectators are free. In lieu of an admission fees, a team can charge a facility fee per swimmer not to exceed \$5.
- K. Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with World Aquatics swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. "Tech suits and kneeskins" are not permitted at this meet 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. If a swimmer swims an event wearing a swimsuit that is not compliant they will be disqualified.
- L. ORDER OF EVENTS:
  - 1. It is recommended that a one-day meet follow the order of events set forth in Table A, or follow the two-day meet outline set forth in Table B, but the order of events will ultimately be the decision on the Host team. One day meets are required to be conducted in at least 2 sessions.
  - 2. It is recommended that a two-day meet follow the order of events set forth in Table B, but the order of events will ultimately be the decision of the Host team.

## **10. CONFERENCE SWIMMING CHAMPIONSHIPS**

- A. ELIGIBILITY: Entrants must have competed in at least four current season dual meets for their team. If qualified, each swimmer will be allowed to enter a maximum of four events, of which no more than three can be individual events. Any entry whose time cannot be verified will be scratched, and the fee forfeited. In no case may an individual swim the same stroke in two different age groups (IM and Relays are considered a stroke).
- B. EVENTS: The same events as swum in League dual meets will be swum. The order of events may be as set forth in Table C although the Host team will ultimately decide the order of events.
- C. CUTOFF TIMES: Entrants must have equaled or bettered the qualifying times for the events as indicated in Table C to be eligible to swim that event at the conference championships.
- D. ENTRIES: All entries must be submitted via meet entry software. Composite or aggregate times may be used for relays. Entry times must comply with the length of the host pool; conversions are acceptable. Times will be converted from meters to yards by multiplying the meter time in seconds by .9091 and converting the result to minutes/seconds/hundredths of a second.
- E. CLUB ENTRIES: Each club may enter as many swimmers as it desires in individual events, subject to cutoff times. Only one relay per team is allowed in each event. Clubs with two or more teams may enter a relay for each team. ("A" relay A team only, "B" relay B team members only)
- F. ENTRY FEES: \$5.00 charge for each individual entry and \$16.00 for each relay team must be submitted to the host club at the time entries files are sent.
- G. AWARDS: The swimmers with the top times in the trials of the conference championship meet will qualify for the finals in each event. Medals will be awarded according to placement in the finals based upon the number of lanes in the host pool. There will be no team awards other than relay medals.
- H. If a swimmer is entered in more than four events including relays, the number of events in excess of four will be selected by random drawing from the swimmer's individual events, these events will not be swum.
- I. A scratch meeting will be held approximately 30 minutes before the scheduled trials starting time.
- J. The host club must provide a meet program. The maximum charge for prelims for 12 and unders will be \$3.00. The maximum charge for the 13 and over prelims will be \$3.00. The maximum charge for finals will be \$2.00. Maximum spectator entrance fees for conference meets are as follows: For the 12 and under and 13 and over prelims, spectators 13 and over will be charged a maximum of \$8.00, while spectators 12 and under will be free. For the Finals, there will be no spectator fees. *In lieu of an admission fee, a team can charge a facility fee per swimmer not to exceed \$5.*
- K. Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with World Aquatics swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. "Tech suits and kneeskins" are not permitted at this meet 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. ***If a swimmer swims an event wearing a swimsuit that is not compliant they will be disqualified.***

**TABLE A****1 DAY LEAGUE CHAMPIONSHIPS****Order of Events**

<b><u>GIRLS</u></b>	<b><u>BOYS</u></b>	<b><u>EVENT</u></b>
1	2	10/u 100 IM
3	4	11-12 100 IM
5	6	13-14 100 IM
7	8	15-18 200 IM
9	10	8/u Medley Relay
11	12	9-12 Medley Relay
13	14	13-18 Medley Relay
15	16	8/u 25 Free
17	18	9-10 50 Free
19	20	11-12 50 Free
21	22	13-14 100 Free
23	24	15-18 100 Free
25	26	8/u 25 Breast
27	28	9-10 50 Breast
29	30	11-12 50 Breast
31	32	13-14 100 Breast
33	34	15-18 100 Breast
35	36	10/u 100 Free
37	38	11-12 100 Free
39	40	13-14 50 Free
41	42	15-18 50 Free
43	44	8/u 25 Back
45	46	9-10 50 Back
47	48	11-12 50 Back
49	50	13-14 100 Back
51	52	15-18 100 Back
53	54	8/u 25 Fly
55	56	9-10 50 Fly
57	58	11-12 50 Fly
59	60	13-14 100 Fly
61	62	15-18 100 Fly
63	64	8/u Free Relay
65	66	9-12 Free Relay
67	68	13-18 Free Relay

**TABLE B****2 DAY LEAGUE CHAMPIONSHIPS****Order of Events****First Day Events**

<b>Girls</b>	<b>Boys</b>	<b>Events</b>	
1	2	13-14	100 IM
3	4	15-18	200 IM
5	6	13-18	200 Medley Relay
7	8	13-14	100 Free
9	10	15-18	100 Free
11	12	13-14	100 Breast
13	14	15-18	100 Breast
15	16	13-14	100 Fly
17	18	15-18	100 Fly
19	20	13-14	100 Back
21	22	15-18	100 Back
23	24	13-14	50 Free
25	26	15-18	50 Free
27	28	13-18	200 Free Relay

**Second Day Events**

<b>Girls</b>	<b>Boys</b>	<b>Events</b>	
25	26	10/u	100 IM
27	28	11 -12	100 IM
29	30	8/u	100 Medley Relay
31	32	9-12	200 Medley Relay
33	34	8/u	25 Free
35	36	9-10	50 Free
37	38	11-12	50 Free
39	40	8/u	25 Breast
41	42	9-10	50 Breast
43	44	11 12	50 Breast
45	46	10/u	100 Free
47	48	11-12	100 Free
49	50	8/u	25 Back
51	52	9-10	50 Back
53	54	11-12	50 Back
55	56	8/u	25 Fly
57	58	9-10	50 Fly
59	60	11-12	50 Fly
61	62	8/u	100 Free Relay
63	64	9-12	200 Free Relay

# TABLE C

## CONFERENCE CHAMPIONSHIPS<sup>[ln1]</sup>

### ORDER OF EVENTS & TIME STANDARDS

Event # Boys	Event # Girls	Trials Day	Age	Event	Qualifying Time*	
					Boys	Girls
1	2	2	13-14	50 FREE	30.00	32.00
3	4	2	15-18	50 FREE	27.00	31.00
5	6	1	8/U	100 MED RELAY		
7	8	1	9-12	200 MED RELAY		
9	10	2	13-18	200 MED RELAY		
11	12	1	8/U	25 FREE	20.00	20.00
13	14	1	10/U	100 FREE	1:24.00	1:24.00
15	16	1	11-12	100 FREE	1:14.00	1:14.00
17	18	2	13-14	100 FREE	1:06.00	1:11.00
19	20	2	15-18	100 FREE	1:00.00	1:10.00
21	22	1	8/U	25 BREAST	28.00	28.00
23	24	1	9-10	50 BREAST	48.00	48.00
25	26	1	11-12	50 BREAST	44.00	44.00
27	28	2	13-14	100 BREAST	1:24.00	1:30.00
29	30	2	15-18	100 BREAST	1:17.00	1:27.00
31	32	1	9-10	50 FREE	37.00	37.00
33	34	1	11-12	50 FREE	33.00	33.00
35	36	1	8/U	25 BACK	26.00	26.00
37	38	1	9-10	50 BACK	46.00	46.00
39	40	1	11-12	50 BACK	40.00	40.00
41	42	2	13-14	100 BACK	1:15.00	1:20.00
43	44	2	15-18	100 BACK	1:10.00	1:17.00
45	46	1	8/U	25 FLY	28.00	28.00
47	48	1	9-10	50 FLY	44.00	44.00
49	50	1	11-12	50 FLY	38.00	38.00
51	52	2	13-14	100 FLY	1:14.00	1:17.00
53	54	2	15-18	100 FLY	1:09.00	1:16.00
55	56	1	10/U	100 IM	1:36.00	1:36.00
57	58	1	11-12	100 IM	1:26.00	1:26.00
59	60	2	13-14	100 IM	1:15.00	1:18.00
61	62	2	15-18	200 IM	2:34.00	2:47.00
63	64	1	8/U	100 FREE RELAY		
65	66	1	9-12	200 FREE RELAY		
67	68	2	13-18	200 FREE RELAY		

\*All times are YARDS

# Table D

## 2024 NJSDC Conference Season Pool Form

Please check only 1 box below to indicate your pool's eligibility for the 2024 swim season:

☐ Swimmers will start from the blocks

Our pool meets all pool depth and block requirements defined below, for all swimming lanes to be used:

- The water depth is greater than five (5) feet at the starting end of the pool, measured 3' 3 ½ "through 16' 5" from the end of the pool.
- The front edge of the starting platform is no less than 0.5 meters (1 foot, 8 inches) nor more than 0.75 meters (2 feet , 5 ½ inches) above the surface of the water.

☐ Swimmers will start from the deck of the pool (no blocks)

Our pool meets all requirements defined below, for all swimming lanes to be used:

- The water depth at the start end of the pool is 4 feet or more.

☐ Swimmers will start in the water

### Authorized Signatures:

Swim Team Parent Representative: \_\_\_\_\_

Swim Team Head Coach: \_\_\_\_\_

Swim Team Club: \_\_\_\_\_

**\*\* This form MUST be received by your League Coordinator prior to the start of the dual meet season. \*\***