

CYO SWIMMING: Rules and Modifications

(Updated 5/19)

The current NFSHSA Swimming Rules for Interscholastic Competition as modified by CYO shall be followed.

Division Classification - all participants are classified with maximum age limitations. If a participant exceeds the maximum age as of December 31st of the program year, they must participate in the next higher division.

The divisions are 8 and under, 10 and under, 12 and under, 14 and under, 18 and under (high school student only).

An individual may move up in a division (one age group) then back to his/her classification during a meet

There is no limit on the number of participants per division on a roster. Rosters must be submitted when The Team Registration is due. Complete rosters must be present at each meet.

Eligibility - see CYO Policy and Procedures Manual. Note that interscholastic and club swimmers are eligible to swim with the CYO program, Varsity swimmers, public and private may participate in program.

Relays are to be followed by Composition of Relays allowing athletes' to swim up one division. (One age group)

If there is an ineligible swimmer, regardless of when reported, the event shall be forfeited or disqualified.

Participation in Regular Season and CYO Championships:

Contestants may swim in only three events in the regular season Dual Meets as well as in the CYO Championship Meet.

- A swimmer may participate in three (3) events per meet, no more than two (2) of which may be individual events.
- If a swimmer swims more than the allowed amount of races (3 events) they shall be disqualified from their last events.

Any Team found to be entering swimmers in more than 3 events (as outlined above) in 2 or more dual meets will disqualify their team from the CYO Championship Meet.

Exhibition Races: Teams may run up to 4 (total) additional exhibition races per meet (individual races only). It is up to the Home Team to determine how many exhibitions they plan to run and they need to communicate that to the visiting team and the official prior to the date of the meet.

- **Any home pool with more than 6 lanes can run exhibition races in the additional lanes for all dual meet events. (Home Team in odd lanes, Visiting Team in even lanes)**

League competition shall consist of a schedule of dual meets.

The number of teams registered shall determine the number of leagues.

Leagues will be formed based on the number of parishes participating with consideration given to the strengths of the overall team, based on their previous year's record.

The final win/loss record of scheduled league meets shall determine the league winner and the lane assignments in the CYO Championship Meet.

No one (individual or team) should enter or use any of the facilities (lockers, pools) until approved by the host parish.

STARTING PLATFORMS

Water Depth

4 feet or more
3 ½ - 4 feet
Less than 3 ½ feet

Maximum Height of Platform/Deck Above Water Surface

30 inches
18 inches- Start from deck or in water
Start in Water

Scoring - individuals and teams must complete an event in order to score points.

Points will be awarded as follows for Dual Meets:

	<u>Individual Events</u>	<u>Relay Events</u>
First Place	5 points	6 points
Second Place	3 points	3 points
Third Place	1 point	1 point

In the event of a tie, points for all places involved shall be divided equally among the tying contestants.

Reminder: No One Team can sweep all the points for any CYO Dual Meet Event as long as both teams have representation in that event.

Reporting scores/Game Results: It is the obligation of the coaches to report scores and submit score sheets to the CYO office within 72 hours of the contest.

CYO scores can be reported on the CYO website www.cyons.org "Coaches Corner"

ALL Scoresheets MUST be submitted via fax 516-433-1238 or can be scanned and emailed to the attention of the Recreation Specialist coordinating the program.

All Scoresheets MUST have the EVENTS AND the LANE ASSIGNMENTS in Chronological Order. (Home Teams starting with Lane 1, Visiting Teams starting with Lane 2, and exhibitions clearly marked)

Parish entries -

6 lane pool: Home Team Entries for Individuals & Relays:
Lane 1- 3 -5
Visiting Team Entries for Individuals & Relays:
Lane 2- 4 -6

- There are three relays in the pool for each team. Relay scoring, two relays per team have the potential to score.

5 lane pool: Home Team Entries for Individuals & Relays:
Lane 1 & 3
Visiting Team Entries for Individuals & Relays:
Lane 2 & 4

- There are two relays in the pool for each team. Relay scoring, one relay per team have the potential to score.

The CYO office will assign officials – 1 official per meet
Officials shall make decisions on all points not specifically covered by the rules.

Protests:

A protest on the misapplication of rules must be filed with the official immediately following the event in question, and whenever possible, disposition made immediately.

Questions involving the judgment of officials are not subject to protest.

Ejections:

Any Coach, Coordinator, Swimmer or parent ejected from the swim venue, cannot return to the deck after the ejection and will earn an additional ONE meet suspension as well as an incident report reviewed by the discipline committee for further action if warranted.

UNIFORMS:

All Team Participants MUST wear the Team Swim Suits (Uniform) of their Parish to ALL CYO Meets (Dual Meets & Championships)

IF a Bathing Cap is worn, it should also be the parish issued Team Bathing Cap.

Any other swim suit or cap will result in a disqualification of that swimmer.

Coordinators can include the Make & Model of the Team Uniform Swim Suit with their Registration.

- Pictures of the Team Suit & can also be submitted with the uniform information.

All Coaches / Timers / Scorers...MUST wear a shirt identifying their parish at all CYO Meets while on the pool deck.

NO JEWELRY ALLOWED TO BE WORN BY SWIMMERS

RESCHEDULES/TBA (TO BE ARRANGED) GAMES

There are only three reasons permitted for a game cancellation:

- Loss of facility
- A parish religious event
- Inclement weather making travel hazardous

If a scheduled game date changes without CYO approval, both teams will receive a forfeit. Two forfeit losses will eliminate a team from participating in the CYO Championship Meet.

Any officially postponed game, or TBA should be rescheduled by the coaches within 2 weeks of becoming unscheduled and **must** be scheduled by the “last day to schedule unscheduled games” as listed on the CYO Program Schedule.

Notify the CYO office for the assignment of officials

- **It is the responsibility of both coaches to schedule their TBA games.**
- **If it becomes clear that an opposing coach is NOT cooperating in rescheduling a game, the Coach/ Coordinator MUST contact their CYO Recreation Specialist and advise them ASAP.**

All situations MUST be reported to the CYO Office by the “last day to schedule unscheduled (TBA) games” as listed on the CYO Program Schedule. Any Unscheduled (TBA) games may remain as “unplayed” if not reported to CYO by the last day to schedule games as noted on the CYO Program Schedule.

In some circumstances the CYO Office will determine proper procedure.

For Rescheduled Games: BOTH TEAMS COORDINATORS' MUST contact the CYO office to verify the new date/time/site. CYO will then schedule the game in the appropriate venue and assign official(s) accordingly.

Unscheduled/TBA games must be scheduled by the date as listed on the CYO Program Schedule.

Unscheduled Game Codes: Games Dated 1/1 or 1/2 on your CYO schedule are TB

CHAMPIONSHIP MEET

- A contestant must have swum in at least four (4) scheduled CYO league meets to be eligible.
 - Parish entries – two in each individual, 1 in each relay event.
- A roster of Championship Meet participants must be submitted to CYO within 5 days prior to the Championship Meet. (No Exceptions)
- Scratches / Substitutes accepted up to 24 hours after meet. (No Scratches accepted during meet)
- Only one adult (Coach) may be on the start deck with swimmer waiting to begin, for the 25 yard races only. All others are to be on the side pool deck.
(A parish shirt must be worn by ALL on deck).
- Each team will supply two timers / per lane to record time for each event. CYO will supply a 3rd timer for each event.
- All Records Must have 3 Times Recorded (2 from parish timers & 1 from CYO 3rd Timer).
- Only Coaches, Timers and 1 Table person from each parish allowed on the pool deck
 - All spectators who are not working at the meet MUST be in the grandstands
- Any Spectators interfering in the Championship meet will be ejected from the venue and their swimmer disqualified