

CYO SWIMMING
Rules and Modifications
(Updated 5/17)

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).

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.

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

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.

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.

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. Any meet score not reported within 72 hours will result in a double loss (0-0) for both teams.

CYO scores can be reported on the CYO website www.cyons.org "Coaches Corner" Recreation Specialist handling this program.

ALL Scoresheets MUST be submitted via fax 516-433-1238 / 1259 or can be scanned and emailed to the attention of the Recreation Specialist coordinating the program.

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 application of rules must be filed with the office immediately following the event in question, and whenever possible, disposition made immediately.

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

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

UNIFORMS

All Team Participants are expected to wear the Team Swim Suits of their Parish. 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 while on the pool deck.

NO JEWELRY allowed.

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 is changed 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 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).

Any Protest during the meet must be done with a signature within 30 minutes of the completion of the event in question noted on the scoring sheet and initialed by official scorer. (See Protest section)