

**CYO SWIMMING**  
**Rules and Modifications**  
(updated 5/15)

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 1st of the program year, (year is determined by registration date) they must move to 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 received in the CYO office two weeks prior to the first meet of the season. 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.

**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](http://www.cyons.org) "Coaches Corner"; emailed to the CYO Recreation Specialist handling this program, email to [scores@cyons.org](mailto:scores@cyons.org), or faxed to 516-433-1238 using game # which appears on your schedule.

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 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.

Contestants may swim in only three events. A swimmer may participate in three (3) events per meet, no more than two (2) of which may be individual events (Includes Championship Meets). 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 shall be formed 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.

## STARTING PLATFORMS

### Water Depth

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

### Maximum Height of Platform/Deck Above Water Surface

-30 "  
-18" 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:

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

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

### Parish entries -

6 lane pool	3 in each individual event, only 2 score 3 in each relay event, only 1 scores
5 lane pool	2 in each individual event 2 in each relay event, only 1 scores

The CYO office will assign officials – 1 official per meet

Officials shall make decisions on all points not specifically covered by the rules.

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.

Swim suits must be team suits or close in color, NO outside team suits such as

**ANEESKIN or ARENA or they will be disqualified. TEAM Bathing caps must be worn and NO JEWELRY is allowed.**

### RESCHEDULES/TBA (TO BE ARRANGED) GAMES:

There are only three reasons permitted for a game cancellation: inclement weather, a parish religious event or loss of facility. If a scheduled game date is moved without CYO approval, both teams will receive a forfeit. Two forfeit losses will eliminate a team from playoff contention. Any officially postponed game, or TBA should be rescheduled by the coaches within 2 weeks. Notify the CYO office of the new date for the assignment of officials

If it becomes clear that an opposing coach is NOT cooperating in rescheduling a game, Coach / Coordinator MUST contact your Recreation Specialist at CYO and advise him/her ASAP. A forfeit may be declared to an uncooperative party.

**For an APPROVED reschedule or a TBA game, BOTH COORDINATORS MUST contact the CYO office to verify the new date/time/site.**

**Unscheduled/TBA games must be scheduled by the required date as listed on the CYO Program Schedule/Calendar/"Dates to Remember" as posted on the CYO website.**

**Unscheduled Game Codes: Games Dated 1/1, 1/2 or 1/3 on your CYO schedule are TBAs**

### **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.**

**CHAMPIONSHIP rosters must be submitted to CYO within 5 days of the Championship. (No Exceptions)**

**Only one adult may be on deck with swimmer waiting to begin (must have on a parish shirt).**

**All others are to be off the deck and to the side of the pool.**

**Each team will need two timers to record time for each event. If a record is expected to be broken, bring to our attention before the race so a third timer can be on the lane. If no third timer is placed on the race no new record will be recorded. **CYO will supply a 3<sup>rd</sup> timer for each event.****

**Protest 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.**

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