

CYO SWIMMING Rules and Modifications

(Approved 6/2025)

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 before December 31st 2025, going into program year 2026, they must participate in the next higher division. **EXAMPLE: 8U turns 9 on or before 12/31/25, they must swim up into the next classification of their division year (10U). If they are 8U and turn 9 on or after 1/1/2026, they can still swim in the classification of their division year (8U).**

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

- A swimmer may move up in a division (one age group) then back to his/her classification in an Individual or Relay Event 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.

Coaches/Volunteers ID Badge - Coaches/Volunteers will be issued a CYO Coaches Badge, once distributed the ID tags must be worn at ALL CYO meets. CYO Suggests that All Coaches take a picture of their CYO Badge in case the badge gets misplaced or left behind. A photo of your CYO Issued ID badge can be presented as a valid form of identification.

Requirements to obtain a Swim ID:

- Complete Virtus class, background check, and sign the Virtus Code of Conduct
- Coaches/volunteers from Track, Basketball, and Volleyball with valid CYO ID's are permitted to use that sports ID for swim
- ID's should be ordered while coach/volunteer is in the process of completing their Virtus requirement

Rosters- Rosters are required to be submitted to the CYO office with Team Registration forms.

- Swimmers must swim for the parish in which they reside, the parish school in which they attend, or be parishioners enrolled in Faith Formation for a minimum of two years
- If your parish does not have a swim program, you must swim for the next closest parish that has a swim program
- **No resident of Brooklyn/Queens is permitted to swim for CYO of Long Island (exception- the swimmer attends a Nassau/Suffolk parish school)**

Swimmer Eligibility-

- Interscholastic and club swimmers are eligible to swim with the CYO program, Varsity swimmers, from public and private schools may participate in program.
- Only Swimmers residing within the Diocese of Rockville Center are permitted to participate in CYO of Long Island, or attend a Parish School within the Diocese of Rockville Center.
- Swimmers must be listed on the approved roster from the CYO office.

Inquiries for a Swimmer's Eligibility

- An Inquiry for a swimmer's eligibility must be made directly to the CYO Office Compliance Department within 48 hours of the meet.
- Additional meets may be reviewed, and action taken once an Inquiry is open.
- Once the investigation is complete and a decision is reached, the Compliance Department will contact the coordinator of the team in which the inquiry, or the protest, is lodged against.
- Use of an ineligible swimmer can include, but not be limited to event forfeit(s) or disqualification.

Participation in Regular Season and CYO Championships- League competition shall consist of Teams in the same Division swimming each other in dual meets. 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.

- A swimmer may participate in three (3) events per meet, no more than two (2) of which may be individual events for both the Dual and the CYO Championship Meet.
- 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: No additional "Exhibition Races" will be during a CYO Swim Meet. A team can run their own exhibition or time trials before or after the meet without official involvement.
- Any home pool with more than 6 lanes can place exhibition swimmers in the additional lanes for all dual meet events. (Home Team in odd lanes, Visiting Team in even lanes) Team's timers can record the times of the exhibition lanes, the official will not be recording those times.
- 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.*

OFFICIALS: ONLY The Head Coach / Coordinators should be interacting with the Official. IF the Officials uses a "Runner" they MUST have 2, 1 runner representing each team at the Dual Meet.

THE HOME TEAM: The Home Team will designate where both Teams will sit on the pool deck. They will also designate an area where visiting coaches and volunteers should be on the pool deck.

AT NO TIME SHOULD A COACH OR VOLUNTEER FROM ONE TEAM INTERACT WITH A SWIMMER FROM THE OTHER TEAM.

All Communication is to go through the Head Coaches. Anyone violating these policies should be brought to the attention of the head coaches and the official, and will be asked to leave the venue. If the violator refuses to leave, the Meet will be forfeited by the offending team.

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. If a team doesn't have entries in an event, then the team with 3 entries are able to sweep, and no point are awarded to the team with no entry in that event.

Reporting scores/Game Results- It is the obligation of both coaches to report scores and submit score sheets to the CYO office within **48 hours** of the contest.

To report scores coaches must create a TeamSideline account (if they do not already have one) using the same email that your coordinator registered your team with and sign in. (Coaches will receive the game score email at games end which is an hour and 15 minutes after the scheduled start time –an additional email(s) will be sent within 48 hours from end of game if the score is still not reported.

Instructions to report Scores through the Auto Coach Scoring Email:

- Once you have received your Auto Coach Scoring email, click the "Score This Game" link.
- This will take you to the "Score This Game" page.
- On the "Score This Game" page, type in the scores.
- Click the Score button.

Meet sheets-

- ALL Meet sheets **MUST** be submitted after each meet. They can be scanned and emailed to the attention of the Recreation Specialist coordinating the program. (**Jennette- jennette@cyoli.org**)
- All Meet sheets **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)
- ALL Meet sheets **MUST** be sent in within 48hours of your meet date, or the meet will not count towards the Championship Qualification.

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.
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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, **and suit color** of the Team Uniform Swim Suit with their Registration.

- Pictures of the Team Suit & can also be submitted with the uniform information.
- **Uniform issues needing approval-MUST be submitted through the CYO office.**

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) Meets

There are only three reasons permitted for a meet cancellation:

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

If a scheduled meet 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 meet, 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) meets” as listed on the CYO Program Schedule. Any Unscheduled (TBA) meets may remain as “un-played” 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 Meets: BOTH TEAMS COORDINATORS’ **MUST** contact the CYO office to verify the new date/time/site. CYO will then schedule the meet in the appropriate venue and assign official(s) accordingly.

Unscheduled/TBA meets must be scheduled by the date as listed on the CYO Program Schedule. Unscheduled Meet Codes: Meet Dated 1/1 or 1/2 on your CYO schedule are TBA’s

CHAMPIONSHIP MEET

- **ALL Teams Must Submit a Sportsmanship Ballot to CYO. Teams failing to submit a ballot at the requested time will eliminate their team from competing in the 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, NO LATER than 72 hours prior to the Championship Meet date.**
- **Scratches / Substitutes accepted before the start of the meet, can ONLY be filled by alternates.**
- Only one adult (Coach) may be on the start deck with swimmer waiting to begin, for the 25 yard individual races only. All others are to be on the side pool deck.
- (A parish shirt must be worn by ALL on deck).
- **Failure to abide by ‘Only one adult (coach) on deck’ will be considered delay of meet, and disqualify the team from that event.**
- 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 or Team Volunteer interfering in the Championship meet will be ejected from the venue and their swimmer disqualified
- **CYO will assign team seating for all.**