

**Coastal Carolina Aquatic Association
Rules and Regulations
Adopted 4/23/97**

1. The rules of the United States Swimming as outlined in the USS handbook currently in effect will be enforced this year except as modified herein. A swimmer's age on June 1 will determine the swimmer's primary age group for the entire CCAA summer session. The oldest age group will be 15-17, the exception being the 18 year old high school student or recent graduate [Clarification: The "18 year old" refers to the 18 year old who is either in high school or a graduate of the current academic year]. The swimmer may swim up in certain instances discussed later. Should a swimmer set a record in the year-end meet when the swimmer is in fact (by actual date of birth) out of the age group, the record will be asterisked and the in-age group record will also be maintained. Wherever 25M or 25Y appears in the CCAA rules, "one pool length" may be substituted; wherever 50M or 50Y appears, "two pool lengths" may be substituted.

2. The following age groups will compete in the following events, and this shall be the order of events. The 6&U events will count for ribbons only, not for team points and swimmers can't be disqualified; however 6&U's may swim up in 8&U events where the points they earn will count towards team totals and as such they can be disqualified for rule infractions.

MIXED MEDLEY RELAY: 100M 8&U (1 pool length each) 200M
9-10 (2 pool lengths each) 200M
11-12 (2 pool lengths each) 200M
13-14 (2 pool lengths each) 200M
15-17 (2 pool lengths each)

Each age group team shall consist of two girls and two boys swimming in any order. No more than two competing medley relays may be swum at the same time if there is only one qualified stroke judge.

FREESTYLE: 25M 6&U girls then boys, (1 pool length each)
25M 7-8 girls then boys, (1 pool length each)
50M 9-10 girls then boys, (2 pool lengths each)
50M 11-12 girls then boys, (2 pool lengths each)
50M 13-14 girls then boys, (2 pool lengths each)
50M 15-17 girls then boys, (2 pool lengths each)

BUTTERFLY Same as freestyle excluding 6 and under.

BACKSTROKE Same as freestyle excluding 6 and under.

BREASTROKE Same as freestyle excluding 6 and under.

INDIVIDUAL MEDLEY 100M 10&U girls then boys
100M 11-12 girls then boys
100M 13-14 girls then boys
100M 15-17 girls then boys

FREESTYLE RELAYS : 100M 8&U girls then boys, (1 pool length each)
200M 9-10 girls then boys, (2 pool lengths each) 200M 11-12
girls then boys, (2 pool lengths each) 200M 13-14 girls then
boys, (2 pool lengths each) 200M 15-17 girls then boys, (2
pool lengths each)

3. a. A swimmer may advance ONE age group. If a swimmer advances for ANY individual event, they must swim up for ALL events, including both relays. On the other hand, a swimmer may swim up for ONE or BOTH relays and still swim the individual events in their age group.
 b. For all INDIVIDUAL events the name of the designated swimmer must be in the appropriate block on the front of the heat sheet.
 c. For relays the names of swimmers must be in the appropriate blocks on the front of the heat sheet to indicate that a relay team will swim. However, swimmers actually participating in the relay need not be designated until they approach the starting blocks. The names of all alternates must appear on the back of the heat sheet in THEIR REGISTERED AGE GROUPS. Even though a swimmer may age up for a relay, their name should appear in their registered age group.
4. All events will be required events. If any team does not have any swimmer to enter in a particular event but the opposing team does have a swimmer or swimmers for that event, the event will be swum, and points awarded if the swimmer(s) is not disqualified.
5. Only two swimmers from each team may swim for points in any event. If additional lanes are available, one registered swimmer per team per event in that age group may swim (if there is a registered swimmer from each team). Otherwise, two registered swimmers from the same team in that age group may swim. Exhibition swimmers are designated as not counting for points before the event begins. Exhibition events must be determined 72 hours in advance and mutually agreed upon by both team representatives. If a facility only has four lanes only 6&U and 8&U may swim additional exhibition heats of freestyle. This may be modified by mutual agreement of team representatives.
6. Each swimmer may enter two stroke events plus the IM plus the relays unless a team is unable to fill an event because of lack of four registered swimmers. In an event where there is less than 4 registered swimmers in that age/gender group, each swimmer in that group may enter three stroke events plus the IM plus two relays. However, if a swimmer is aging up, he/she may not swim an extra event.
7. A complete roster of each swim team must be mailed (or emailed) to the league registrar. This list shall include the full name, age, and birth date of each swimmer. Mail this list by the Friday preceding the first scheduled swim meet. Any team failing to register their swimmers will forfeit all meets occurring before the swimmers are registered. Team coaches are responsible for insuring that all registered swimmers are eligible to participate in the CCAA. Any team that allows a person to swim who is not eligible under any of the CCAA rules may be penalized up

to 50 points for each meet in which that swimmer participates. Any swimmer who later joins a team must be registered with the league registrar by phone or by mail 24 hours prior to a meet. Once a swimmer is removed from his team's registration he/she cannot be reinstated by that team for the remainder of the season.

8. Swimmers must be members of the team, membership eligibility to be determined by the sponsoring organization. (ie. Membership at a club or civic organization) The CCAA governing body empowers the Executive Committee to make judgemental decisions where a swimmer's eligibility may be in question. and further, that member organizations request a decision prior to registering any swimmers who may be subject to questionable eligibility. Each team shall provide the Board with the rules for their team member's eligibility. These requirements shall be submitted with the dues each year. Each swimmer may swim for only one CCAA team during the season. To foster participation in the regular season, coaches shall make every effort to allow each swimmer to swim for points in a minimum of TWO dual meets.

9. Coaches shall make out FOUR official heat sheets before time for the meet to begin. As a minimum, each swimmer's first initial and last name shall be included on the heat sheets. One copy shall be given to each recorder and one to the Meet Referee fifteen minutes before meet time. Changes must be made to all four heat sheets. Changes may be made up to starting time. No alternates may be entered for individual events. Any team not having heat sheets completed on time may forfeit 10 points to the opposing team, subject to the discretion of the Meet Referee. In any dispute the Meet Referee's ruling and heat sheets shall be final.

10. Meets will be held as scheduled, usually on a Tuesday or Thursday at 7:00 pm. If there is a conflict with the use of the host pool, or if weather conditions dictate, the meet may be rescheduled on the first possible night available with the consent of both team representatives and the Meet Referee. The Executive Committee may order a double forfeiture if the meet is not rescheduled within two weeks.

11. Prior to the start of a meet, it is desirable for the coaches and team representatives to agree upon procedures to be followed in the event of a rain-out. If no agreement can be reached and the meet is completed through 15-17 boys backstroke, the meet will be continued where it left off within a two week period and no changes to the heat sheet will be allowed. If the meet is stopped prior to the 15-17 boys backstroke event, the meet will begin from scratch with new heat sheets within a two week period. Any other mutual agreement regarding a deviation from the above must be made in the presence of the Meet Referee. If substitutions are made, no swimmer can swim in a second meet that was not registered and eligible to swim in the first meet. If the agreement is to start where the meet left off and substitutions are allowed, no swimmer may swim more events than would be allowed in one total meet.

12. The home team provides the stroke and turn judge; the visiting team provides the Meet Referee. The home team will provide the referee if the visiting team has no registered referee. A Meet Referee is mandatory but if the visiting team cannot provide the referee then the Meet Referee may come from the home team. The starter may disqualify a swimmer for violation of the false start rule. The USA Swimming no fault rule will not apply; the swimmer will be disqualified after the second false start. Each new referee needs to attend 2 training nights. Former referees must attend as a minimum the USS class and exam. Any exceptions ruled on

by the head referee. Two referees must have passed the exam by “bag” night. Any team not providing the 2 referees will forfeit the right to have home meets.

13. There should be at least four place judges, one for each place. They should stand so as to see the finish clearly. The host team is responsible for designating place judges for places 1 and 3, and the visiting team for places 2 and 4. NO ONE can designate the finishing place of a swimmer except the place judges. In the event of a disputed finish, the Meet Referee may offer to arbitrate, provided that he or she clearly saw the finish and both of the disagreeing judges are willing to accept the Referee's decision. Disputed events not settled in this manner will be scored a tie. When either or both of the judges is/are not willing to accept the referee's arbitration, the Referee should privately and discretely warn the judge whom they feel was in error and that they did not agree with the call. If the Referee subsequently notices another such mistake by the same judge during the meet, it will be the duty of the Referee to require that judge be replaced.

14. Timers are highly desirable to record pool records and to give the swimmers their times, as well as to provide accurate times for seeding the year-end meet. If times are taken, however, they shall in no way be used to determine place finishes.

15. There shall be two (2) recorders, one provided from each team. They shall keep a running score during the meet so that the winning team may be announced as soon as the meet ends. Heat sheets and score sheets of every meet must be kept by the home and the visiting teams. The Referee's heat sheets with the final score must be mailed to the recording secretary by the Referee immediately following the meet. Pre-addressed envelopes will be provided to each team for all home meets and must be provided to the Referee.

16. Any team protesting the outcome of a meet must do so to the Chairman of the Executive Committee, in writing, within ten (10) days following the meet.

17. Ribbons and USA Swimming Handbooks will be purchased by the CCAA. The cost of the ribbons and the handbooks is included in the membership fee. The home team will have the ribbons, handbook and a copy of the current CCAA Rules and Regulations at the meet.

18. Ribbons are to be distributed by the host team at the event. All 6&U events will be awarded exhibition/participant ribbons.

19. Because several pools involved have rules concerning suits and caps, the host pool may require that standard bathing suits must be worn (not necessarily tank suits) and that any boy or girl whose hair is over a specified length may be required to wear a bathing cap. The rules of each pool must be followed by all persons attending the meet. However, it is the responsibility of the host team to notify the visiting team of any specific pool rules 72 hours prior to the meet. No caps or suits with USS insignia may be worn by CCAA swimmers at any meets or warm ups prior to meets.

20. Any team taking part in the Championship Meet shall not be allowed to enter any swimmer who has not participated in at least two meets during the regular season. This includes tri and/or crossover-meets. If a swimmer has participated in two meets, the swimmer may swim

any desired stroke in the year-end meet even if the swimmer never swam the stroke during the regular season.

21. During the Championship Meet the CCAA Board will award scholarships. The number of scholarships will depend on the profits available. If there is not enough money to award each eligible senior a scholarship, those names submitted will be drawn from a hat. To be eligible for a scholarship a swimmer must meet the following criteria: (a.) currently reside in the Tri-County Area; (b.) Be a graduating Senior currently swimming with CCAA; (c.) Have swum a minimum of 2 years with CCAA; (d.) Eligibility exceptions to be screened by Board.

22. If there is a safety issue, the Meet Referee will make the decision regarding the format of the meet. Both sides will adhere to the Meet Referee's decision.

23. If a team's insurance does not allow swimmers to dive from blocks into a specified number of feet of water, whether at their pool or visiting pool, then both teams will be required to dive from the side of the pool so that the competition remains consistent for both teams during the meet.

24. Backstroke turn rule: Some part of the swimmer's person must touch the end of the racing course during each turn. After any part of the swimmer's head has passed the backstroke flags, the swimmer's upper shoulder is allowed (but not required) to rotate past the vertical toward the prone position before the touch is completed provided such rotation is accompanied by an immediate initiation of the turning action. The immediate initiation of the turning action shall be accomplished by a single-arm or double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head. 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.