

**DIOCESE OF BROOKLYN AND QUEENS
CATHOLIC CHARITIES
CATHOLIC YOUTH ORGANIZATION
CYO SWIMMING**

**RULES AND REGULATIONS
(BOYS & GIRLS)**

A. General:

The Rules and regulations of CYO Sports as promulgated by the Diocese are all incorporated into these Swimming Rules and Regulations, EXCEPT as noted. All these rules apply equally for both Boys and Girls competition, except as noted.

B. ELIGIBILITY FOR COMPETITION:

1. **TEAM ELIGIBILITY:** any Parish of the Diocese of Brooklyn & Queens may sponsor a team to compete in CYO Swimming. Under conditions approved by CYO Swimming, two or more Parishes may combine to form a single team representing all the Parishes so combined. Except as noted in the following Rules and Regulations, the word Team will be used to define both an Individual Parish Team and a Combined Parish Team.

a. CYO Swimming has the right to re-evaluate the necessity for a Combined Parish Team, as circumstances warrant, and to require appropriate changes.

b. **Team Size:** there is no restriction on the maximum number of individuals on a Team which Parishes may sponsor. However, to avoid a forfeit a Team must have a minimum of 15 competitors at each meet.

c. **Team Fees:** CYO Swimming will charge an Entry Fee to each Team desiring to enter competition for a given season. The Entry Fee will be set, and must be paid, prior to the beginning of competition or the Team will be deemed ineligible to compete.

2. **INDIVIDUAL ELIGIBILITY:**

a. **Parish Resident:** Any resident of any Parish is eligible to compete for the Team sponsored by that Parish without regard to any previous swimming experiences.

b. **Out of Parish Competitor:** Individuals who reside in Parishes which do not sponsor teams are eligible to compete for any Parish which does sponsor a team provided:

1.) The individual meets all other applicable rules of the Diocese; and,

2.) The individual is accepted by, and meets the rules of eligibility of the Team; and,

3.) The individual has had no prior membership on either a United States Swimming (USS) Club, or on a high school team.

c. **School Enrollment:** Individuals who attend the parish school or religious education programs in parishes with teams may compete for that parish. If an individual lives in one participating parish and attends the school or religious education program in another participating parish, the individual may choose which team to participate on. Once chosen that participation will continue throughout the competitor's CYO Swimming career.

NOTE: an individual who participates in swimming with one parish **MUST** participate in all CYO sports programs in that parish. If a swimmer is a member of a combined team he/she must compete in the sports programs of the resident parish. If a parish only competes in swimming, the swimmer is free to enroll in sports programs of any other parish, subject to the CYO rules and the regulations of the parish Sports Committee.

3. **COMPETITORS:**

a. **AGE OF COMPETITION:** Individuals compete in one of four age divisions as follows:

1.) **NOVICE**-cannot be 9 years old before Jan. 1;

2.) **BANTAM**-cannot be 11 years old before Jan. 1;

3.) **JUNIOR**-cannot be 13 years old before Jan. 1;

4.) **SENIOR**-cannot be 15 years old before Jan. 1.

BIRTH CERTIFICATES should be collected by each Parish to verify age eligibility of an individual. If requested by CYO, Teams **MUST** present Birth Certificates to prove eligibility.

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b. **TEAM ROSTERS:** The roster is the official representation by a Team of the eligibility of the individuals whose names appear thereon.

1.) **Information required:** CYO Swimming will determine the information to be provided on the roster by each Team for each individual competitor, and shall supply each team with a template form to be used. Teams which have computerized rosters may submit those in place of the required form so long as all the information required by CYO Swimming appears on it.

2.) **Deadline for Submission:** A deadline for the submission of Team Rosters to CYO Swimming shall be announced at the beginning of each season. Usually this will be the first date of competition.

3.) **Replacements & Additions:** individual competitors may be added to Team rosters until December 25 of each season for boys; and until March 25 of each season for girls.

4.) **An Out of Parish Competitor Form** must be submitted for each individual meeting the requirements of paragraph B 2 b) above. Such forms will be provided by CYO. The information required on the Roster for any resident competitor is also required to be on the Roster for each Out of Parish Competitor.

5.) **Original Signatures** of each individual Swimmer, and of such adults as deemed necessary by CYO Swimming, must appear on the submitted Roster.

C. SWIMMING COMPETITION:

CYO Swimming will conduct three types of Swimming Competition for Teams, and Individuals representing those Teams as follows:

1. Weekly Dual Meets are competitions between two Teams to determine a winner;
2. The Diocesan Championship Meet brings together a predetermined number of Teams to compete for the title of CYO Swimming Diocesan Champion. *The Teams competing in this Meet are those achieving the greatest number of Wins in the Dual Meet Competition. In the case of ties in the standings, the winner of the head to head competition between the two teams will take the higher place.*
 - a. The first two teams from each geographical division automatically gain entry into the Diocesan Championship Meet;
 - b. A system of crossover/playoff meets will determine the remaining teams to enter the Diocesan Championships;
 - c. Those remaining teams (after 2.a, and 2.b, are completed) will compete each season in a Diocesan "B" Championship Meet.
(In the Girls League, this will be extended to a third, or "C" Championship Meet.)
 - d. The system of crossover/playoffs will be determined by the League Coordinator in a manner that insures as much as possible that two teams from the same geographical division will not meet, unless that meet determines the final spot in the Diocesan Championship Meet.
3. The Diocesan Olympics (and, by extension, the Trials/Sectionals leading to the Olympics if held) brings together individual members of Teams to swim for the Title of Diocesan Olympics Champion. The Regulations promulgated in the INSTRUCTION SHEET FOR THE OLYMPICS, TRIALS and/or SECTIONALS governs this competition.

D. RULES OF COMPETITION:

The Rules for High School Swimming as published by the **National Federation of State High School Associations** (The Federation) shall govern all phases of CYO Swimming Competition, except as noted below:

1. **Individual Entry:** a competitor may swim in only one Official event (i.e., an Individual or relay event in which the competitor scores points) per meet;
2. **Team Entries:** a team may enter only two (2) competitors in each Individual Event; and one relay team in each relay event in each Dual Meet.
 - a. Unofficial Swimmers (or Relay Teams) who do not score points may swim in any event within their appropriate age group provided the official and the opposing coach are notified before the event. Unofficial swimmers should swim in the extreme outside lanes assigned their team.
 - b. The unofficial swim **MAY NOT** be the individual competitor's first swim.

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3. Swimmers are allowed one false start. A second false start will result in a disqualification of the swimmer or relay team.

4. The Jewelry Rule in effect.

5. Entry in the Olympics or Diocesan Championships by Individuals is restricted to those who have swum in at least three (3) dual meets during any season.

6. Conduct of Meets:

a. Each dual meet shall consist of the following events in which the Individual Competitor may score points for the Team. All competition is conducted in yards.

NOVICE	BANTAM	JUNIOR	SENIOR
25 FREESTYLE	25 FREESTYLE	50 FREESTYLE	100 FREESTYLE
25 BACKSTROKE	25 BACKSTROKE	50 BACKSTROKE	50 BACKSTROKE
100 FREESTYLE RELAY	100 FREESTYLE RELAY	100 FREESTYLE RELAY	200 FREESTYLE RELAY
	100 MEDLEY RELAY	100 MEDLEY RELAY	100 MEDLEY RELAY

b. The CYO SWIMMING ENTRY Form signed by the head coach must be completed and handed to the official on Deck before the beginning of each Dual Meet. Once the form has been handed to the official no changes are permitted. The form should be signed by each coach upon the completion of the meet.

c. SCOREKEEPING:

1.) The scoring of dual meets is as follows:

Individual 5 - 3 - 1
Relays 6 - 3

2.) The Scoring of the Diocesan Championship Meet is as published at the time of the entry distribution.

d. FORFEIT of a Meet: A Meet is declared Forfeit and the Win given to the opposing Team if:

1.) A Team does not have a minimum of 15 swimmers dressed and ready to swim within 10 minutes of the scheduled Start Time as promulgated in each year's League Schedule; or,

2.) A Team is found to have used an ineligible competitor;

e. PROTESTS about the ELIGIBILITY of any individual competitor must be written to the League Coordinator, who will convene a committee to discuss the protest and to hear testimony from both sides. The League Coordinator may, under circumstances, decide such questions after hearing from both parties.

E. CHANGING THE RULES

The above rules may be changed by a simple majority vote of coaches present at the annual pre-season Meeting held each year, or at any other meeting called specifically for the purpose of changing such rules.