

COASTAL CITIES AQUATIC ASSOCIATION

October 2020

I. GENERAL

A. The Coastal Cities Aquatic Association (CCAA) swimming and diving program is to consist of an introductory meet to include all member teams. Meets among the member teams will follow this date. A schedule will be sent to each team. Changes of date, time, or locations may be made by mutual agreement of the teams involved.

The competition will be completed with the final championship meet. After completion of the CCAA regular summer season, teams may participate in additional CCAA sanctioned meets, the TAAF region, state, and winter games competition as an extension to the CCAA season. This includes stroke clinics during the winter / spring in preparation for the coming summer season. (Modified 3-4-12)

B. Each team that is a member of the CCAA will be required to pay dues. The dues for membership will be based on the estimated cost of awards for the season, any approved expenses, plus a \$200.00 operating budget to be administered by the league president. ~~The league President is also allotted a budget of up to \$500 for travel expense which will include but not be limited to fuel reimbursement, food, and hotel expenses for trips to meetings, and other CCAA activities.~~ The dues will be prorated to each team based on their previous year's membership list. This operating budget is to be used for mailing and telephone expenses required to administer the league business. New teams to the league will pay \$150 for their first year membership. (Modified 9-13-15)

C. If a swim meet is rained out, meaning that you can't start by 10 o'clock, the meet should be cancelled. A meet is considered official after 96 events have been completed. During meets with rain delays teams should consider only swimming the 18 and under events. The 19 and over events may be swum following the meet, weather and coach's permitting. If a meet cannot be officially completed equal places will be given to all the teams involved. Cancellation of a meet is to be agreed upon by coaches from all teams participating.

(Modified 9-11-11)

E. Rules of the National Federation of State High School Associations (NFHS) shall be observed at all meets unless modified by these rules. The NFHS diving rules will be observed for all diving events unless modified by these rules.

F. The CCAA will conduct a regular league business meeting each September in a centralized location.

G. There will be officer elections each year at the September (fall) meeting. The term of office will be one year with no limit to the number of consecutive terms.

H. A maximum admission fee of \$1.00 for adults may be charged for swim meets. A fee for admission to the Championship meet will be set as required to pay for any facility used for the event. (Modified 9-13-15)

I. If any coach is found guilty of cheating by the meet committee, that coach will be removed from the meet, and any swimmer(s) involved will be penalized according to the NFHS rule book.

J. All teams will bring stopwatches to each meet, and someone to use them.

K. There can be exhibition swimming or diving at any regular meet, but NO exhibition at the championship meet. ~~Any exhibition swimmers swimming in a season meet will NOT be entered in the meet as the CCAA swimmers in the meet entries. The exhibition swimmers will not be seeded in the meet, and they will be put in a heat at the meet as space is available. No additional heats will be made to accommodate exhibition swimmers.~~ Exhibition swimmers/relays can be included in entries sent to the host team. They must be marked as exhibition. They will not be scored or receive awards. (Modified 3/1/2020)

L. All swimmers will be judged for strokes, told what they are doing wrong, and will be disqualified for infractions.

M. Amendment to these rules will be made by a simple majority of the voting members present at the fall general meeting. Recession of any rule can only be made by a two-thirds (2/3) majority of the voting members present at the fall general meeting. A quorum of at least 60% of the member teams must be present at the meeting to conduct league business.

N. Swim caps must be a team cap or solid color cap according to the NFHS rule. (Modified 9/12/10)

O. An individual may be scratched from an individual event to swim on a relay if a relay member is out of the meet. The substitute swimmer cannot exceed his/her maximum number of events for the meet.

Note: If a swimmer is scratched from an individual event to swim on a relay, and the missing relay swimmer shows up a later time, the missing relay swimmer will not be allowed to participate in any other competition in the meet. If the substitute swimmer was a designated alternate on the relay, the missing relay swimmer is still eligible to compete.

II. COMPETITIVE ELIGIBILITY

A. All participants must be members of the CCAA.

B. ~~Each league swimmer or diver that has previously participated in a USA/USSA swimming or diving program must not currently be a member of and/or must not have participated with, trained with, or competed with any USA/USSA program from January 1st of the current year (or Winter Games if they participate) to be eligible to swim in the current CCAA program. A form supplied by the league must be signed by the participant, parent, or legal guardian of a minor (age 12 and under) verifying this to be true for the participant to be eligible for the current season. The signed form must be available to the league president on request. CCAA rules regarding USA swimmers will follow the TAAF rules. For 12&under swimmers:~~ 1. January 1 (or TAAF Winter Games if participated) through April 30 will be considered off-season. 2. No participation in any non-school related meet is allowed during off-season. 3. Off-season practice shall be limited to 90 minutes per week with an organized swim group or coach unless it is part of an accredited school activity. (Modified 10/4/2020)

C. ~~During the CCAA summer league season, a person may only compete in the CCAA swim league. A competitor may not compete in any other swimming or diving competition during that time. The 13 and over swimmers are exempt from this rule. (see also rule II.K.)~~ (Removed 10/4/2020)

D. The eligibility of a participant for a particular age group will be determined by his/her age as of June 1 of that year.

E. The age groups are: midget-8 & under (5 & 6 only for the 25 freestyle and 25 backstroke events), 9 & 10, and 11 & 12; intermediate-13 & 14; senior-15 to 18; and masters-19 to 24, 25 to 39 and 40 & over. Masters relays will be 19 & over. Age groups for the championship meets are the same except there is no 19+ age groups. (Modified 9/12/10)

F. In regular and championship swim meets competitors must compete in their own age groups.

G. In regular season meets, one swimmer may swim up one age group to fill a relay. This exception does not apply to the 19+ group relays. No swimmers may swim up to fill a relay in the 19+ age group. (Modified 9/12/10)

H. During the regular season, no competitor may compete in more than five (5) events: maximum of three (3) individual and up to two (2) relay. Diving does not count as an event. For the championship meet, no competitor may compete in more than four (4) events: may be comprised of three (3) individual and one (1) relay or two (2) individual and two (2) relays. (Modified 10/4/2020)

I. Competitors must compete in at least one (1) regular season meet to be eligible to compete in the championship meet.

J. Minimum age for competition is to be 5 years old by June 1 of the year competing. (Added 9/13/09)

K. Swimmers must swim in their city of residence. Swimmers from outside the city must initially choose a city to swim with, and then stay with that team. Any exceptions are to be approved by the teams involved and the league president. Athletes wanting to switch teams must submit in writing a notice to the league president for approval. Once the move has been approved, the swimmer must then practice and participate with that team to be eligible to swim with the CCAA. (Added 9/13/09)

III. REGULAR SEASON MEETS

A. Starting time for the swimming meets will be 8:30 am. Diving will not be part of the swimming season competition. Diving participants will have their own season competition.

B. There will be as many swimmer heats as needed in every event in all age groups to accommodate all swimmers in that age group. Heat swimmers swim for place ribbons in each heat, and are to be timed. The top two swimmers per team in each event can score points in the meet. Using electronic entries the fastest heat will be seeded last. (Modified 9/13/09 and 9/12/10 and 9/9/12, clarified 9-13-15)

C. The coach of each team in the league is to receive the results of all the league meets. The league president is to receive an electronic Hy-Tek Meet Manager backup file from the host team of each meet by the Sunday following the meet. Electronic entries will be used and supplied using the Hy-Tek Team Manager swimming program. Entries are due by 6:00pm the Thursday before the meet. A backup copy of the meet and all timer sheets, and DQ slips are to be kept by the host team for verification of the meet results as necessary until the championship meet. The results will be made available to all the league teams as required above located on the CCAA website www.ccaaswim.org (Modified 9/13/09 and 9/12/10 and 9/9/12 and 9/9/19)

D. The final results of the season meets must be received by the following Sunday or the host team may forfeit each victory in the meet. All forfeits are subject to review and approval at the discretion of the league president.

E. The results of a regular season meets are final as of 8:00 am Saturday morning the week following the meet. Any protest of the meet must be made to the president of the league prior to that time. The league president shall notify the teams involved of the protest and resolve the situation as soon as possible.

IV. CHAMPIONSHIP MEETS

A. The championship meet will be a timed final meet. The seeding will be done with verifiable times from the season meets of the current season. Any meter times will be converted to yards with a standard conversion of meter times in seconds multiplied by 0.91 equals yard times in seconds. (See section VI for details on entries). Times turned in electronically will be converted in the swimming meet software. If a swimmer does not have a season time for the meet, the team coach may have the swimmer swim for a time to be used in the meet approved by the League President. (9/9/12)

B. All entries to the championship meet are due to the host team by 7:00pm on the Wednesday preceding the meet unless otherwise stated in the meet instructions. Corrections to the entries can be made up to 7:00pm that Thursday. All corrections will be final at that time. An entry consists of a team meet entry file from Team Manager and a copy of the entries from a Team Manager Entry report. Relay entries with verifiable seed times must be submitted with the individual entries to be considered as entered in the championship meet. Each team is to send a copy of the entries to the league president by the entry deadline for verification of entries.

C. The host team will be reimbursed for reasonable expenses for running the championship meet.

D. For the championship meet only the top age group will be the 15 to 18 group.

E. At the championship meet, any eligible swimmer may be designated on the entries for swimming on a relay. Swimmers actually swimming on a relay do not have to be designated until the time of the event. A relay is not counted as an event for a swimmer until he/she has participated in the event. A swimmer is allowed to scratch from an individual event to swim on a relay (see section I P).

F. The league may pay for officials to work the championship meet as follows: meet referee \$50, starter \$30, head timer \$20, and stroke and turn judges \$15. Any official working only a part of the meet will receive a proportioned amount equal to the number of sessions worked. The minimum number of officials required is: (1) meet referee, (1) starter, (1) head timer, and (3) stroke and turn judges.

G. A scratch meeting will be held one hour before the start of the swimming championship meet or as stated in the meet instructions. The scratch meeting is for the purpose of deleting swimmers from the meet, not just from individual events. Diving is not part of the swimming championship and therefore will not be considered as one of the entries at the meet.

H. The host of the championship meet will give the league president a Meet Manager electronic back-up copy of the meet. The results from the meet will be posted on the CCAA website.

I. There will be an executive meeting comprised of a representative from each team to meet no later than one (1) week after the championship meet to finalize the results if necessary. After this meeting all objections towards scoring and placing will be disallowed.

V. DIVING

A. All diving will observe the NFHS diving rules unless modified by these rules.

B. All diving will be one (1) meter.

C. Diving is to be considered as an individual event, and will follow all the rules and restrictions as such.

D. Diving is not considered a part of the regular season swim meet. (see section IIIA) teams are to have separate diving invitational meets. The host team shall inform the league president of their intention to host an invitational diving meet.

E. Diving age groups are to be consistent with the swimming age groups.

F. The splash meet diving will consist of any three (3) dives. No dive may be repeated. Only dives completed successfully will be scored. No penalty for no-dives.

G. In regular invitational meets diving will consist of the following dives:

8&U and 9&10 - any three (3) dives

11&12 and 13&14 - any four (4) dives

15-24, 25-39 and 40 + - any five (5) dives

H. All divers must successfully complete a minimum of three (3) dives from at least two (2) groups to receive awards or to score points in a meet. No dive may be repeated. Dives receiving zero points and fail-dives cannot be used to meet the minimum required dives. The 8&U and 9&10 age groups are exempt from this rule.

I. At the diving championship meet, divers may choose up to five (5) dives from at least four (4) groups. All divers must successfully complete a minimum of four (4) dives from at least four (4) groups to receive awards or to score points in the meet. No dive may be repeated. Dives receiving zero points and fail-dives are unsuccessfully completed dives. The 8&U and 9&10 age groups are only required to enter any three (3) dives with no award penalty for failed or no-dives.

J. The championship diving meet shall be a separate meet from the swimming championship meet, and only held if diving has been held during the regular season.

VI. ENTRIES

A. Electronic entries will be used for entries for each event for the splash meet (kick-off invitational meet) and all regular season meets using the Hy-Tek Team Manager (TM) program. Event cards will not be used for entries. The swimmers first and last name and birth date must be correctly entered into TM to assure the correct identification of each swimmer. (Modified 9/13/09 and 9/9/12))

B. For regular season meets the electronic entries will include all the individual swimmers and relay swimmers names. The entries will be entered using seed times from the splash meet or any of the regular season meet. The electronic entries will not require any special designation for ribbon heat swimmers. The events will be seeded using the entered times with the fastest heat swimming last. (Modified 9/13/09 and 9/12/10)

C. In regular meets two swimmers per team for each event may score. All eligible swimmers shall be entered in an event to fill the lanes available. The event will count as one of the eligible events for all swimmers. Heat ribbon heat awards will be awarded according to actual places finished in each heat. The top three swimmers in the event will score points for their team. In the championship meet a team may enter any number of swimmers from the same team in the individual events. (Modified 9/12/10 and 9/9/12, clarified 9-13-15)

D. Each team may enter any number of relays in each relay event for regular season meets. At the championship meet only one relay per team is allowed. Note: at regular meets only the top place relay per team can score. The event will count as one of the eligible events for all the relay swimmers. Ribbons will be awarded according to the actual places finished. NO heat ribbons will be awarded. (Modified 9/13/09)

E. The entry for all diving competition will be the league supplied diving sheet or approved equal and filled out completely and signed by both the competitor and their coach before diving.

VII. OFFICIALS

A. A CCAA certified meet referee shall be appointed by the host team before the meet begins and shall decide all questions pertaining to rules infractions or interpretations. The referee's decision will be final. A judge(s) for stroke and turn shall be appointed. A head timer will be responsible for supervising all timers and recording all times. A starter is required but can act as another official in the meet if required.

B. The host team will designate a diving meet referee before the diving will start.

C. Every effort shall be made to accurately time each swimmer in each event. When using only stopwatches, a minimum of two shall be used per lane. When automatic electronic timing is being utilized, it will determine the placing of the finishers except as outlined in the NFHS rules.

D. At least two CCAA certified officials are required at all regular season meets. Each team is to have certified officials to help at meets attended by their team. The meet referee must be a CCAA certified official.

E. NFHS, league certified, and/or Texas UIL or TISDO officials for referee, starter, and stroke judges shall be used for the championship meet. See article IV. Section F. for other information. (Clarified 9/13/15)

F. Only the swimmer(s) and the coach of the swimmer(s) involved in an infraction may talk to the officials or meet referee concerning an infraction. Spectators and other swimmers may not talk to the meet referee.

VIII. SCORING

A. Regular meets (For use by teams for team awards):

1. Dual meets - individual events 4-3-1-0; relay events 6-3-0
2. Tri meets - individual events 6-4-3-2-1-0; relay events 8-4-2-0
3. Quad meets - individual events 8-6-5-4-3-2-1-0; relay events 10-5-3-1-0

B. Championship meets: 8 Places; - individual events 9-7-6-5-4-3-2-1; relay events 18-14-12-10-8-6-4-2

C. Diving event: Score the same as individual events in a meet.

IX. AWARDS

A. Introductory (splash) meet – heat ribbons for 1st, 2nd, and 3rd places in each heat. Participation ribbons will be available for all participants in the splash meet. The participation ribbons will be given to the respective team coaches for distribution to their team. Each participant is to receive at least one ribbon.

B. Regular meets – each event will have as many heats as is required for the entered swimmers. For each heat the first three finishers will receive a heat ribbon for their respective places. Carded ribbons will be given to the top three times in each event for 1st, 2nd, and 3rd places. A participation ribbon will be given to any participant in the 10 and under 25 freestyle event who does not receive another ribbon in that event swimmer in the meet by the team coach. Participation ribbons will be supplied to each team for their use in the regular season meets. This ribbon can be used at the discretion of the team coaches and not for general distribution. Each team is to inform the league president at the spring meeting of how many ribbons they expect they will need for the season. (Modified 9/13/09, modified 9/13/15)

C. Championship meets - medals for 1st, 2nd, and 3rd places in each event, and ribbons for 4th through 8th places.

D. Announcement of winners at championship meets will be done as soon as possible during the meet. Results will be posted and will become official after being posted for 30 minutes. Swimmers will pick up their awards at the awards table during the meet, or as designated in the meet instructions or coaches meeting.

E. There will be team scoring in the championship meets to determine team placement. (Modified 9/13/15)

F. Ties will be awarded as is no tie breaking system.