

**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].<sup>a</sup> 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.<sup>b</sup> 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.

<sup>a</sup> In the early 1980's, several teams asked for the 15-17 age group to be expanded to include 18-year-olds that have not begun college yet. The motivation for this was to provide a healthy activity to keep 18-year-olds busy and out of trouble. In the late 90's, the possibility of including 19-year olds who have not begun college. This was overwhelmingly opposed, primarily due to the physical differences between 15-year-olds and 19-year-olds.

<sup>b</sup> Although this is listed a rule, it unfortunately has not been adhered to. No separate records for swimmers "out of the age group" have been recorded for at least 20 years. Perhaps this part of the rule should be considered for deletion, since swimmers are listed in the CCAA results by their "swimming age" (age as of June 1), not by their actual age, and have been for many years.

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<sup>a</sup>, 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.

<sup>a</sup> 6 and unders at one time received 1<sup>st</sup> through 4<sup>th</sup> place ribbons like the other events. This age group currently only receives exhibition ribbons (regardless of order of finish), in order to make this a lower-pressure age group.

<u>MIXED MEDLEY RELAY:</u>	100M 8&U	(1 pool length each) <sup>b</sup>
	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)

<sup>b</sup> Note that this is an 8&U event. 6 and unders may participate on mixed medley relays.

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

<sup>c</sup> "Any order" refers to the order of boys and girls. Strokes are swum in the following order: backstroke, breaststroke, butterfly, freestyle.

<u>FREESTYLE:</u>	25M	6&U	girls then boys,	(1 pool length each)
	25M	7-8	girls then boys,	(1 pool length each) <sup>d</sup>
	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.

BREASTSTROKE Same as freestyle excluding 6 and under.

<sup>d</sup> 6 & U swimmers may compete for points in the 7-8 age group. In an exception to rule 3a, 6 & U swimmers may compete in the 7-8 age group in butterfly, backstroke, or breaststroke and still compete in the 6 & U freestyle. This is because there are no separate 6 & U events for these three strokes, and because the 6 & U freestyle is essentially an exhibition event.

<u>INDIVIDUAL MEDLEY</u>	100M	10&U	girls then boys <sup>e</sup>
	100M	11-12	girls then boys
	100M	13-14	girls then boys
	100M	15-17	girls then boys

<sup>e</sup> Since there is no 8 & U individual medley event, the first IM event is referred to as the 10 & U individual medley.

<u>FREESTYLE RELAYS :</u>	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<sup>1</sup>. If a swimmer advances for ANY individual event, they must swim up for ALL events, including both relays.<sup>2</sup> On the other hand, a swimmer may swim up for ONE or BOTH relays and still swim the individual events in their age group.<sup>3</sup>

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.<sup>4</sup> The names of all alternates must appear on the back of the heat sheet in THEIR REGISTERED AGE GROUPS.<sup>5</sup> Even though a swimmer may age up for a relay, their name should appear in their registered age group.

<sup>1</sup> i.e., a swimmer may be aged up, but only to the next age group. A 10-year-old may swim in an 11-12 event, but not in a 13-14 event.

<sup>2</sup> Example: A coach may enter a 10-year-old in the 11-12 backstroke. However, this then precludes the swimmer from competing in any 9-10 events (individual or relay) for the entire meet.

<sup>3</sup> Example: A coach may enter a 10-year-old in the 11-12 freestyle relay. This swimmer is still allowed to compete in the 9-10 age group for individual events, and/or the 9-10 mixed medley relay.

<sup>4</sup> This means that substitutions may be made in **relay** events during the meet. Rule 9 means that substitutions are not permitted in **individual** events after 15 minutes before the start of the meet.

<sup>5</sup> Teams generally list all possible relay alternates by including their entire roster (by age group) on the back of the official heat sheet. If alternates (or a roster) are not listed on the back of the heat sheet, substitutions are not permitted in a relay. A swimmer that is not listed on the back of the heat sheet is not permitted to be substituted into a relay.

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).<sup>a</sup> 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.<sup>b</sup> Exhibition events must be determined 72 hours in advance<sup>c</sup> and mutually agreed upon by both team representatives.<sup>d</sup> If a facility only has four lanes only 6&U and 8&U may swim additional exhibition heats of freestyle.<sup>e</sup> This may be modified by mutual agreement of team representatives.

<sup>a</sup> The aging up rules from rule 3a apply here.

<sup>b</sup> The league standard has become to allow as many exhibition heats of freestyle as needed to give all available swimmers from both teams the opportunity to participate in the meet. The standard procedure for exhibition freestyle heats is to run the competition (points) heat for an event first, followed by exhibition heats for that event. This allows officials, scorers, and place judges to know that exhibition heats have ended and the points heat is ready, because the change in swimmer gender from one event to the next is noticeable.

<sup>c</sup> 72 hours may not be feasible, but teams must discuss exhibition plans at least 24 hours before a meet.

<sup>d</sup> Many team reps defer to coaches in this area. Regardless, teams must communicate about exhibition plans.

<sup>e</sup> See annotation b for rule 5.

6. Each swimmer may enter two stroke events plus the IM plus the relays<sup>a,b</sup> 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.<sup>c,d</sup> However, if a swimmer is aging up, he/she may not swim an extra event.<sup>e</sup>

<sup>a</sup> The general maximum number of events a swimmer can participate in for points is four events for an 8 & under (two strokes plus both relays), and five events (two strokes, the IM, and both relays) for other age groups. The maximum is raised to five events (8 & under) or six events (other age groups) for teams that are shorthanded in an age group. An 8 & under may participate in five events if one of them is the 10 & under IM.

<sup>b</sup> A swimmer that is entered in the maximum number of events for points may still swim other events as exhibition.

<sup>c</sup> The key in this rule is four **registered** swimmers. This rule only applies if a team has three or fewer swimmers listed on their CCAA roster in a particular age group. This rule **does not apply**, for example, if a team has five swimmers listed on their roster in the 15-18 girls age group, but two are out of town. The intent of this rule is to allow smaller teams (or teams with a small age group) to make up for the possible inability to fill out a relay in an age group (or to do so without aging up from a lower age group.) A team may fall below four registered swimmers by withdrawing a swimmer from its roster. However, that then makes that swimmer ineligible for the remainder of the season.

<sup>d</sup> This “extra event” rule does not apply in the CCAA Championship Meet.

<sup>e</sup> Example: A team is shorthanded in 13-14 boys. An 11-12 swimmer is aged up to 13-14 for a meet. The 11-12 boy may only swim in two strokes, the IM, and both relays in the 13-14 age group. Up to two other 13-14 boys may swim in three strokes instead of two.

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<sup>a</sup>, and birth date of each swimmer.<sup>b</sup> 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.<sup>c</sup> Once a swimmer is removed from his team's registration he/she cannot be reinstated by that team for the remainder of the season.<sup>d</sup>

<sup>a</sup> Age as of June 1

<sup>b</sup> The date of registration should also be included.

<sup>c</sup> This registration can also be made by e-mail. In order for a swimmer to participate for points in a meet, the swimmer must be registered with the league registrar by 24 hours prior to the start of the meet (generally, by 7:00 the night before the meet.) Swimmers that are not registered in time may swim exhibition events.

<sup>d</sup> As seen in rule 8, a swimmer that is removed from a team's roster is also ineligible to swim for any other CCAA team during that 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)<sup>a,b</sup> 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.<sup>c</sup> 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.<sup>d</sup>

<sup>a</sup> This rule means that each team has the ability to set its own eligibility requirements, but that the organization that sponsors the team must set eligibility requirements. This rule was added in the mid-1980's, when swimmers were competing for some CCAA teams without being members, for example, of the country clubs that sponsored the teams. Teams were allowing these swimmers to compete by having them hired as lifeguards or swim lesson instructors. Some other CCAA teams asked for new CCAA rules prohibiting this from occurring. These rule changes were voted down, but a rule was passed requiring that teams must provide the board with their rules for eligibility for participation. At least one club in question amended its eligibility requirements to prohibit a club employee from swimming on the team unless the employee's family has a club membership.

<sup>b</sup> Off and on during the history of the league, proposals have been made to exclude either year-round swimmers, or swimmers that exceed various time standards, from participating. Until the mid-1970's, the CCAA was known as the Coastal Carolina Novice Swim League. The name was changed to the Coastal Carolina Aquatic Association to eliminate the word "Novice," and to emphasize that the league is open to swimmers of all abilities. Proposals to change general league eligibility have always been voted down by the general membership. When proposals have been made to prevent year-round swimmers from participating in the CCAA or to exclude swimmers that are faster than certain time standards (A times, AA times, Top 16 times), some of the following have been used as counter-arguments:

- The league should not exclude young people that are participating in a healthful, life-long athletic activity.
- Many year-round swimmers are actually slower than swimmers that do not swim year-round.
- Many of the most successful athletes in local swimming history started swimming year-round only to make themselves stronger for their summer teams.
- The top-level swimmers serve as role models for fellow swimmers.

<sup>c</sup> The intent of this rule is to prevent swimmers from switching teams on a whim during a season, for example, because they are unhappy with the number of events their coach enters them in. The CCAA Board reserves the right to grant exceptions to this rule on **rare** occasions. One example of an exception is when a swimmer joined a team at the beginning of a summer after many years of swimming with another club. She switched teams because she was convinced by a friend to come and swim with her team and lifeguard at that pool. The friend then decided not to swim or work as a lifeguard at that pool. The swimmer in question had not participated in any meets, and asked to be withdrawn from the new team and to be allowed to join her old team for that season. The CCAA Board agreed to her request.

<sup>d</sup> For many years, some teams had large numbers of swimmers that competed only as exhibition swimmers in all of those teams' meets due to their teams' emphasis on winning the meets. In the early 1990's, a team proposed a rule that would **require** teams to swim each swimmer for points in at least two dual meets. After discussion, it became clear that with some teams, some age groups were too large to permit this to occur. For example, some teams had over 30 8 & under girls, many of whom could not legally swim butterfly or breaststroke. In addition, some swimmers are not physically or emotionally ready to swim in anything but exhibition events, due to the likelihood of disqualification. Finally, some swimmers miss large portions of the summer, making it difficult for teams to comply with the proposed rule. The final sentence in rule 8 was added instead, to emphasize the CCAA's intent of encouraging participation by as many swimmers as possible. The dual meets mentioned in this rule are regularly scheduled CCAA dual meets. In 2006, coaches will be required to submit to the CCAA a participation checklist, detailing which meets each swimmer has swum in "for points." The submissions must be made at the midpoint and the end of the season.

9. Coaches shall make out FOUR official heat sheets before time for the meet to begin.<sup>a</sup> 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.<sup>b</sup> 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.

<sup>a</sup> Official heat sheets must be on 11 X 17 inch (ledger-size) paper.

<sup>b</sup> This means that substitutions are not permitted in individual events after the meet has started. Substitutions are permitted after the meet starts in relay events only (see rule 3c)

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<sup>a</sup>, or if weather conditions dictate<sup>b</sup>, the meet may be rescheduled on the first possible night available<sup>c</sup> 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.<sup>d</sup>

<sup>a</sup> There are very few acceptable reasons for switching the site of a scheduled dual meet. Examples include a pool closing (pump failure, DHEC shutdown, etc.), lack of two certified meet officials by the home team, or pool inavailability on the scheduled date. The preference of the visiting team to avoid swimming in a pool that is not of standard size or standard number of lanes, or to avoid travel, is not an acceptable reason for a switch of site.

Teams should make an effort to reschedule a meet before agreeing to switch the site to the visiting team's pool. Both teams must agree to a switch of site.

<sup>b</sup> In cases where weather conditions may be interfering with the continuation of a meet, the host pool's manager or operator has the primary right to ask that a pool be cleared. Secondary to this pool official, the meet referee (supplied by the visiting team) is to be the decision-maker about whether a meet should be stopped. If the host pool's manager/operator says that the meet must be stopped, the meet must be stopped regardless of the opinion of the meet referee. If the host pool's manager/operator says that the meet can continue, but the meet referee believes the meet must be stopped, the meet must be stopped.

<sup>c</sup> Meets may be rescheduled to days other than Tuesday or Thursday, as long as both teams are in agreement on the new date.

<sup>d</sup> This does not mean that the make-up date for the meet must be within a two week window. Rather, it means that an agreement on rescheduling the meet must be reached 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.<sup>a</sup> 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.<sup>b</sup>

<sup>a</sup> The statements above are referred to as the "standard rain agreement."

<sup>b</sup> Occasionally, when a meet is stopped due to weather, one team has already accumulated enough points to win the meet (269 points). In these cases, there may only be several free relays, or all free relays and a few IM events, left to swim. If both teams agree, the meet may be declared complete at this point, and the remaining events may be cancelled. Again, this depends on the agreement of both teams.

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.<sup>a</sup> 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.<sup>b</sup> 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.<sup>c</sup>

<sup>a</sup> This means the second false start called against that particular swimmer in that event, not the second false start altogether in that event. For example, if lane 4 is called for a false start, and the next time the swimmers are lined up for the start, lane 5 is called for a false start, lane 5 is not disqualified. However, if either lane 4 or lane 5 are called for a second false start in the same event, that swimmer will be disqualified.

<sup>b</sup> Since the passing of this rule, CCAA head referees have come up with different plans for referee eligibility. Team representatives must be aware of the current referee qualification requirements.

<sup>c</sup> If a team does not have two certified officials by the date declared by the CCAA's head referee, that team's home meets will be moved to the visiting team's pool(s) until the team has two certified officials.

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.<sup>a</sup> 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.<sup>b</sup> Disputed events not settled in this manner will be scored a tie.<sup>c</sup> 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.

<sup>a</sup> This particularly refers to timers. All times taken with stopwatches at dual meets are unofficial for the purposes of those dual meets. Times recorded by timers are not to be used to determine the order of finish of a race. See rule 14.

<sup>b</sup> The referee is not to provide an opinion on the order of finish of a race unless the place judges in question ask for his/her opinion. If two place judges determine that two swimmers finish in a tie, and they do not ask for a ruling from the referee, the race is called a tie.

<sup>c</sup> In the event of a tie, the points for the places in question will be added together and split evenly between the swimmers involved in the tie. For example, in a tie for first place, 5 points for first place and 3 points for second place will be split to award each swimmer 4 points. A tie for third place results in each swimmer receiving ½ of a point.

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.<sup>a</sup> Pre-addressed envelopes will be provided to each team for all home meets and must be provided to the Referee.

<sup>a</sup> Only the heat sheets, and not the score sheets, are to be mailed to the recording secretary. Including heat sheets and score sheets in the envelope to the recording secretary may result in the envelope becoming overweight for its postage. If a team has taped its roster to the back of the heat sheet, this should be removed before mailing. Recorders must be sure that both teams' scores are written in the designated spaces on both teams' heat sheets and that the referee signs both teams' heat sheets.

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.<sup>a</sup>

<sup>a</sup> Each season, teams will receive written guidelines describing policies for distributing ribbons, particularly exhibition 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.<sup>a</sup>

<sup>a</sup> This sentence was added in the early 1990's in response to parental concerns. Parents had stated that swimmers saw competitors wearing USS team caps next to them on the starting blocks and felt defeated before the race even began. Discussion of the matter was split until a team rep mentioned that swimmers should be wearing caps with the logo of their CCAA team in a CCAA meet, and the logo of their USS team in a USS meet. After this statement, this sentence was overwhelmingly approved. The accepted way for this event to be handled is for a referee to ask a swimmer to turn their cap inside-out or to wear another suit over the suit with the offending logo. Note that this rule only addresses USS insignia, not the insignia of high school teams.

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.<sup>a</sup> 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.

<sup>a</sup> The requirement of participating in two meets includes **only** meets scheduled by the CCAA. The mention of tri-meets refers to three-team meets that were once swum at the end of the regular season, with the teams based on regular season league standings. The "out-of-league" meets currently on the CCAA schedule fall into the category of crossover meets. The intent of this rule is that the qualification of "participation" is met when a swimmer swims "for points", not for exhibition. This may include individual events and/or relay events. **Example:** A swimmer that swims in seven meets as an exhibition swimmer and one meet on a "points" free relay is ineligible to participate in the Championship Meet.

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.<sup>a</sup> Both sides will adhere to the Meet Referee's decision.

<sup>a</sup> The manager or operator of the host pool may supersede the Meet Referee and require that a meet must be stopped. For further discussion of this matter, see note b for rule 10.

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.<sup>a</sup>

<sup>a</sup> The team in question must notify their opponent of this requirement at least 24 hours prior to 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.<sup>a,b</sup>

<sup>a</sup> This rule comes from the NCAA swimming rule book. This is the only CCAA stroke rule that differs from the USA Swimming rule book. In the early 1990's, the head referee of the CCAA, who was also an NCAA official, proposed that the CCAA adopt the NCAA backstroke turn rule. He felt that the NCAA rule was less strict than the USA Swimming rule, and was easier for CCAA swimmers to follow; this would result in fewer disqualifications. He also felt that the NCAA rule was easier for CCAA officials to interpret. The NCAA turn rule was overwhelmingly adopted by the CCAA.

<sup>b</sup> If a swimmer turns over onto the breast as part of a backstroke turn, finds himself too close to the wall, and grabs the wall before pushing off on the back, the turn is legal and the swimmer should not be disqualified. This interpretation can be found in the Rules Interpretation section of the 2005 NCAA Swimming Rules.