

CENTRAL ILLINOIS COUNTRY CLUB ASSOCIATION SWIMMING AND DIVING CONFERENCE OFFICIAL RULES

The C.I.C.C.A. Swimming and Diving Conference has been in existence since 1937. Its official rules are subject to review and revisions each year at the annual meeting and other meetings of the coaches and pool chairs in a continuing effort to improve the competition program. The objectives of the conference are:

1. To promote a summer of competitive diving and swimming for as many of our children as possible and thereby stimulate in each member club an interest in aquatics, not only among team members, but also in those striving to make the team, in parents and in spectators.
2. To encourage skills in all competitive strokes and in diving through competent coaching during carefully supervised regular training periods.
3. To develop sportsmanship, self confidence, team loyalty and sociability among all participants.
4. To sponsor, in addition to a swimming and diving team, an all-around aquatics program to include swimming lessons, and swimming and diving events or programs for non-team members, all of which will help to achieve improved conduct and safety in the use of club pools.

The following rules have been divided into five divisions for simplicity and easier reading but each division is all-inclusive.

These divisions are:

- 100 General
- 200 Rules
- 300 Dual Meets
- 400 Championship Meets
- 500 Administrative/Pool Chairs

100 GENERAL

- 101. ELIGIBILITY.** All contestants must be children of bona fide members of a member Country Club.
- 102. DIVISIONS.** 6 and Under; 8 and Under; 10 and Under; 12 and Under; 14 and Under; Senior (15 through the summer after the fourth year of high school, or graduation from high school, whichever occurs first).
- 103. AGE.** A contestant's age for each summer of competition shall be determined by his or her age as of June 1.
- 104. SCHEDULE FOR MEETS.** The schedule for dual meets and the conference championship shall be proposed by the host club, and voted on each year at the Fall meeting of the pool chairs, with the dual meets to be held on the five or six preceding Sundays or another day of the week agreed upon by both clubs. In the event of a split vote of the participating clubs, the host club shall cast the deciding vote. The dual meet schedule shall be rotated so that each opponent will be met one week earlier than in the prior year, except the first week opponent from the prior year shall be the last week opponent in the current year.

200 RULES

201. Wherever the CICCAs rules do not specify otherwise, the conference members shall follow the IHSA/NFHS Rules.
202. Approved Swim Suits-At the Spring Meeting, the most current FINA approved swim suit list will be approved for use in the upcoming summer swim season. The list will be distributed to all teams and posted on the conference website.
203. **A. NUMBER OF EVENTS.** Each contestant may enter no more than one (1) diving event, three (3) individual swimming events [or four (4) if **one** of them is either an individual medley event or a 100 yard freestyle event] one (1) medley relay event and one (1) freestyle relay event for a maximum total of six (6) events [of seven (7) if one is either an individual medley event or a 100 yard freestyle event].
- B. ORDER OF EVENTS.** For all meets and events, the girls' events shall precede the corresponding boys' events.
204. There will be no false start disqualifications for the 6 & under and 8 & under age groups. False starts for these two age groups shall be recalled. Except for what is noted here, all other age groups false starts will not be recalled and the swimmer will be notified of false start disqualification after the race.
205. The 6 & under age group will not be disqualified unless the swimmer swims an incorrect stroke for three or more complete arm stroke cycles. Aside from that, as long as it appears that the swimmer is attempting to swim the correct stroke, there will be no disqualification.

206. The 8 & under age group will not be disqualified from breaststroke or butterfly unless the swimmer makes a swim infraction for three or more consecutive strokes, and then repeating, appearing to take advantage of this rule. A swimmer in this age group must comply with backstroke and freestyle NFHS rules except as noted in the backstroke turn.
207. The Backstroke turn need not be a continuous turning motion. So long as the swimmer does not turn onto the breast prior to the backstroke flags and complies with the arm pull rules, there will be no violation for gliding/kicking into the turn.
208. Dual Meet scoring shall be as follows: Individual events 6-4-3-2-1, with no more than three competitors from one team scoring, regardless of the number of entries. Relay events 8-4, with only one relay team scoring points regardless of the number of entries. Diving and swimming scores are combined for dual meets.
209. Consistent with Objective 1, disqualifications of competitors will be administered only if, in the opinion of the officials, an unfair advantage is gained by the rule violations.
210. Rules concerning logos and jewelry are waived in all CICCA events.
211. **COMPETING UP.** A swimmer may compete in an older age division and may compete in more than one age division at the same meet (dual or conference). A diver may only move up one age division. A swimmer may swim only one individual event in the same stroke in the same meet (dual or conference) and may swim on one medley relay team and one freestyle relay team in the same meet (dual or conference).
212. Each team shall have a pool chair or designated club member present at each event.

300 DUAL MEETS

301. **RULES.** The host club shall have the current conference rules and a current I.H.S.A. rule book available at all dual meets.
302. **TUESDAY CALL.** The host coach shall call the visiting coach on Tuesday prior to the dual meets to clear any potential problems or details, such as lane assignment, exhibition heats, etc.
303. **STARTING TIME.** In all dual meets, diving warm-ups will begin at 9:00 a.m., events will begin at 10:00 (or earlier if mutually agree) with all diving events to be completed before the swimming events start. Swimming warm-ups will begin immediately following the diving, but not begin earlier than 11:30; events will not start earlier than 12:00 noon.
304. **AWARDS.** The host team shall supply ribbons to the first eight (8) places in individual swimming events, the first four (4) places in diving events and to both places in the relays. Participation ribbons will be provided to all other swimmers and divers in the 6 & under, 8 & under, 10 & under and 12 & under age groups only. Although there will not be a trophy to the winning team in dual meets, a special rivalry traveling award is encouraged.

305. DIVING.

(A) REQUIRED DIVES:

(1) Dives may be performed from either the one-meter or the three-meter board.

(2) Required dives by age group are:

8 and Under, 3 different dives, one meter only

(a) 8 and Under ONLY will be allowed to dive in a dual meet as Exhibition. Participants will have one (1) required dive and the other two (2) can be any combination of other dives, jumps, or entries. Jumps or entries will be given the degree of difficulty of 1.0 and be judged as other divers are judged.

10 and Under, 3 different dives

12 and Under, 3 different dives from 2 different groups

14 and Under, 4 different dives from 3 different groups

Senior, 5 different dives from 4 different groups

(B) **NUMBER OF CONTESTANTS.** Each team may enter up to four (4) contestants.

(C) **EXHIBITION DIVER.** An exhibition diver must be designated as such before the event begins and does then, from that event, meet the eligibility requirements for participation in the conference championships.

(D) **ENTRY FORMS.** Each team shall deliver one score sheet and individual diving calculator sheets, complete with their diving entries, to the host club at least 30 minutes prior to the start of diving on the day of the meet. No additions accepted once the diving competition has started.

(E) **DIVING JUDGES.** To aid in the training of more judges, five diving judges shall be used in each dual meet, two from the visiting team and three from the host club, all coaches excluded. High and low scores will be eliminated and the three remaining scores used to calculate the diver's award. The host club will provide someone to meet with the diving judges and scorers before the meet to explain the rules and other suggestions.

(F) SCORING.

(1) Points awarded for diving shall be as follows: 6-4-3-2-1. Only 3 places per team per event will be scored.

(2) All diving will be scored with the use of the official diving calculator.

(3) The Conference host club shall provide an official diving score sheet form to each club two weeks prior to the first dual meet.

306. SWIMMING.

(A) NUMBER OF CONTESTANTS: Each team may enter six contestants in six lane pools and eight contestants in eight lane pools.

(B) 6 AND UNDER EVENTS: Swimmers in the 6 and under category shall compete as a division in the 25 yard freestyle, 25 yard backstroke and Free Relay events.

(C) LANE ASSIGNMENTS: The visiting team shall designate choice of lanes in the Tuesday call. The usual practice is visitors in the odd numbered lanes; home in the even.

(D) ENTRIES: Each team should submit their entries via e-mail or flash drive by 5:00 PM the Saturday before the dual meet. No additions will be accepted once the meet has started. Substitutions are permitted, but name changes should be given to the scoring table for announcing and award purposes.

(E) RELAYS: The host club shall decide whether or not the relays will run simultaneously. Members of the relay team need not be listed in the dual meets. To gain eligibility for the Conference meet, the name or the names of the contestants who swim only on relay teams must be listed on the dual meet records.

(F) OFFICIALS: In all dual meets the watches on the lane with the fastest time will determine first place. The visiting team shall provide one timer and one watch per lane and one stroke judge. The host team shall provide all other necessary officials, clerks and runners as well as two timers and two watches per lane.

(G) DISPUTES: All disputes shall be resolved at the scoring table by the proper meet official. If a dispute is not resolved, the matter shall be given over to the pool chair of the host team. On the Monday following the meet, a poll will be conducted with the other five pool chairs and a majority vote will resolve the questions. The pool chair from the host of the Conference shall have two votes in case of a tie.

(H) SCORING:

(1) Points awarded for individual swimming events shall be as follows: 6-4-3-2-1. Only 3 places per team per event will be scored.

(2) Points awarded for relay swimming events shall be as follows: 8-4. Only one (1) relay entry per team may score.

400 CONFERENCE CHAMPIONSHIP MEET

401. **SCHEDULE OF CONFERENCE MEETS:** The Conference championship meet shall be rotated among the member clubs in the following sequence: Country Club of Peoria, Danville Country Club, Champaign Country Club, Country Club of Decatur, Bloomington Country Club and Illini Country Club.
402. **ELIGIBILITY:** A swimmer must swim in at least one event in a dual meet to be eligible to swim in the Conference meet. A diver must dive in at least one dual meet (exhibition included) to be eligible for the Conference meet. If they entered to compete in a dual meet and that meet is cancelled due to inclement weather they will be considered eligible to compete in the Conference meet.
403. **ENTRIES:**
- (A.1.) **Diving Entries:**
On the Monday morning following the last dual meet, each club shall submit its team's diving entries, name and age of each contestant competing, via email to the host club by 10:00 AM. Diving sheets for the meet shall be emailed by 2:00 PM the Thursday following the last dual meet to the host club. Diving sheets shall include club name, diver's first and last name, dive number, description, position and degree of difficulty.
- (A.2.) **Swimming Entries:**
On Monday morning following the last dual meet, each club shall submit its team's swimming entries to the host club by 10:00 AM via email through HyTek Team Manager software. Name, phone number, fax number and email address for the coach must be included.
- (B) The host club will email a preliminary copy of your team's roster only back to each coach by 2:00 PM Monday following the last dual meet.
- (C) Coaches will proof and email corrections back to the host club by 12:00 (Noon) Tuesday following the last dual meet as their final line-up.
- (D) Coaches should be discouraged from rearranging their line-up. The purpose of the proofing step is to catch errors and make corrections, not changes. Changes should be minimal.
404. **AWARDS:** The winning team in diving and the winning team in swimming shall each receive a traveling trophy. Each team shall receive a trophy for second through sixth place, for both swimming and diving. Medals shall be given to all swimmers and divers and to the members of each relay team. Specific medals will be awarded for first place through twelfth place. All other places in the 6 & under, 8 & under, 10 & under and 12 & under age groups will receive participation medals.

405. DIVING:

- (A) **DURAFLEX BOARDS:** All diving championships shall be held at a member pool that has at least one 16 foot Duraflex one meter diving board.
- (B) **SUBSTITUTIONS:** An eligible diver will be allowed to substitute for a sick diver or an absent diver in the case of an Act of God involving a diver. These substitutions shall be made at the scratch meeting Friday before the diving portion of the meet; and there may be no change of diver(s) after the Friday scratch meeting.
- (C) **NUMBER OF CONTESTANTS:** Each team may enter up to four divers per event in the Conference Meet.
- (D) **DIVING ORDER:** The diving order shall be determined by an annual rotation so that each team will dive in an earlier position than in the preceding year, except the first team to dive from the prior year shall be the last team to dive in the current year. The diving order for the meet shall begin with the Conference host, followed by next year's host, and so on in that order.
- (E) **DIVING JUDGES:** The host club will provide five (5) diving judges. There must be a minimum of one (1) IHSA official to act as referee. The other judges must be IHSA officials, college coaches, or USA Diving Certified coaches.
- (F) **SCORING:** The first sixteen places in diving shall be scored as follows: 24-22-20-18-16-14-12-10-8-7-6-5-4-3-2-1. An official diving calculator shall be used. Only three places per team will be scored.

406. SWIMMING:

- (A) **NUMBER OF CONTESTANTS:** Each team may enter up to five (5) swimmers in each event in the Conference Meet.
- (B) **SUBSTITUTION:** An eligible swimmer will be allowed to substitute for a sick swimmer or an absent swimmer in the case of an Act of God involving a swimmer. These substitutions shall be made at the scratch meeting Saturday before the swimming portion of the meet.
- (C) **SEEDING:**
 - (1) **BEST TIME:** Swimmers shall be seeded in the Conference Meet according to their best dual meet time. A swimmer's best time shall be used regardless of what age group he/she was competing in when he/she swam his/her best time for the same stroke and distance.
 - (2) **NO TIME-ENTRIES:** A swimmer may be entered in an event as a no-time (N.T.) entry provided he/she has completed the qualifications for eligibility to compete in the Conference Meet. No-time entries shall be placed in first heat. **EXAMPLE:** A swimmer swam freestyle in a dual meet and did not compete in any other dual meets. He may be entered in the butterfly event in the Conference Meet as a no-time entry. **NOTE:** A swimmer's dual meet qualification shall be listed with his/her no-time entry.
 - (3) **MINIMUM NUMBER IN HEAT:** There shall be at least three (3) swimmers in each heat.

- (D) **FINAL PLACEMENT:** All conference swimming events will be judged on time only and final places determined by best times. If times as recorded are inconclusive, the judges' decisions shall be used to determine place.
- (E) **TIMING DEVICES:** The host club shall provide an automatic timing device with back-up stop watches.
- (F) **SCORING:** The first sixteen places in swimming shall score as follows: 24-22-20-18-16-14-12-10-8-7-6-5-4-3-2-1. Only three places per team event will be scored. Relays shall be scored as follows: 48-44-40-36-32-28. Only the "A" entry relay may score for each team.

500 ADMINISTRATIVE/POOL CHAIRS

501. COACHES' AND POOL CHAIRS' MEETING:

- (A) A pool chairs' and diving coaches' meeting shall be held on the Friday night preceding the Conference diving meet. A pool chairs' and swimming coaches' meeting shall be held on the Saturday night preceding the Conference swimming meet. Pool chairs and spouse, head swimming or diving coach (as appropriate) and an incoming assistant pool chair may attend the meeting from each club (not to exceed four (4) persons). The Conference chairs from the host club are welcome. Temporary changes to rules may be made for the Conference meet only.
- (B) **Proposed Rule Changes:**
Any permanent changes to the rules shall be made at the Fall or Spring meeting subsequent to the meeting when the proposal was first introduced and discussed. All proposed changes in the rules shall be submitted in writing to all the pool chairs prior to the Fall or Spring meeting where it is to be discussed. Changes to the bylaws that are reflective of clarification to specific language within may be proposed and voted on at the same meeting of the pool chairs so long as the proposed change is submitted in writing prior to the meeting.
- (C) **Voting on Rule Changes:**
(A) All motions in regards to permanent changes to the official rules shall be made, seconded and votes sounded by the club pool chairs only, or by someone designated to act in his or her behalf. All decisions shall be by majority vote of the pool chairs. Pool chairs may vote absentee by phoning the CICCAs chair person, which is appointed by the host club.

(B) All motions in regard to permanent changes to the official rules shall be made, seconded and votes sounded by the club pool chairs only or by someone designated to act in his/her behalf. All voting shall be held on a majority vote of the pool chairs.
All proposed changes in the rules shall be submitted in writing to all pool chairs prior to the Fall or Spring meeting. Any changes to rules shall be made at the Fall or Spring meeting after the proposal was first discussed.

502. CONFERENCE HOST DUTIES

(A) The club hosting the Conference championships shall print and distribute to each club two weeks prior to the opening of the swim season the following (the number of copies to be at the discretion of the host club):

- (1) Score Sheets
- (2) Official Lane Cards
- (3) Coaches; Master Entry Sheets
- (4) Official Diving Calculator
- (5) IHSA and CICCAs Rules

(B) Exact procedures for the Conference meet, as approved by the Conference coaches and pool chairs, will be issued by the host club in communication prior to the Conference Meet.

(C) Host club is responsible for providing all awards and trophies for CICCAs meet.

(D) Following the Conference Meet, the host club shall print and distribute the following:

- 1) The newly-revised Conference rules, which shall be in force for the following swim season.
- 2) Order of events with updated Conference records.
- 3) Schedule of next season's dual meets.
- 4) Minutes of the annual meeting.
- 5) An itemized statement of income and expenses for the Conference meet.

503. EXPENSES: The host club may spend up to \$30,000 for the Conference meet (to be reviewed annually) and bill each member club for \$5,000. Any expense in excess of \$30,000 shall be born by the host club