

ARTICLE 28 Swimming

28.1 GENERAL INFORMATION

28.1.1 The CAA shall adopt the current edition of the National Federation of State High School Association (NFHS) Swimming Rules and Regulations. These rules shall govern unless noted below.

28.1.2 Any discrepancies will be ruled upon by the league director and/or Executive Board.

28.1.3 The CAA delegates all responsibilities for swimming meets to the individual schools participating in these meets. The regulations listed here are intended to create a fair and consistent set of guidelines for these meets. The Meet Director is responsible for all questions regarding their individually held meet.

28.2 COACHING - Refer to Article 6

28.3 REGULAR SEASON MEETS

28.3.1 Entry fee: CAA Executive Board will determine the fee structure on an annual basis.

28.3.1.1 Schools will be invoiced according to the number of registered athletes.

28.3.2 Meet registrations must be completed by deadlines provided by the Hosting Swim Director.

28.3.3 Meet results will be posted on Bound..

28.3.4 Girls will start first on Even Years. Boys will start first on Odd Years.

28.3.5 Only one (1) heat of swimmers will be accepted in the following High School events: 200 Freestyle, 200 IM, and 500 Freestyle.

28.3.6 High School swimmers in the 100 freestyle, 100 backstroke, or 100 breaststroke are not permitted to swim if they can't complete the event in **under 2 minutes**. Junior High swimmers in the 50 freestyle, 50 backstroke, or 50 breaststroke are not permitted to swim if they can't complete the event in **under 1 minute**.

28.3.6.1 First Offense: Written warning to Athletic Director. Second Offense: \$50 fine to Member School. Third Offense: Athletic Director and Coach appear before the CAA Executive Board at the next scheduled Board Meeting. (2025)

28.3.7 Registered schools are required to provide a minimum of 1 volunteer for each division registered to assist with timing. This information must be communicated to the host no later than 3 days prior to the event. (2025)

28.4 EQUIPMENT AND UNIFORM GUIDELINES

28.4.1 Uniform - Refer to NFHS guidelines.

28.5 GAME TIME AND LATE ARRIVAL

28.5.1 The following CAA rules shall govern when a team arrives to the meet late:

28.5.1.1 Meet Time is Forfeit time.

28.5.2 All events run on a rolling meet schedule.

28.6 SPORTSMANSHIP AND EJECTION - Review Article 12

28.7 STATE CHAMPIONSHIP INFORMATION

28.7.1 The CAA will host a Swimming State Championship meet at the end of the season.

28.7.2 A CAA representative will be present to officiate and award trophies.

28.7.3 The CAA will collect all entry fees and pay for all costs to run the state meet.

28.7.4 High School Athletes must have competed in at least **five (5)** CAA approved meets in order to be eligible to register in the State Championships. Junior High Athletes must have competed in at least **four (4)** CAA approved meets in order to be eligible to register in the State Championships.

28.7.4.1 Athlete must meet time and/or mark standard of the registered event as determined by CAA.

28.7.4.2 A school may register a maximum of 4 eligible swimmers in each event.

28.7.5 Coaches may be asked to provide documentation that swimmer(s) are eligible for state meet.

28.7.5.1 Evidence may include copy of entry forms, printed meet results, etc.

28.7.6 State Entry fee will be determined by the CAA Executive Board on an annual basis.