

Coastal Carolina Aquatic Association
Rules and Regulations

Adopted 4/23/1997; last modified 2/17/2026

1. The individual strokes and relay rules in Article 101 of the USA Rulebook currently in effect will be enforced each year except as modified herein. A swimmer's age on June 1st 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]. A swimmer may swim up one age group in certain instances discussed later. 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.
2. The following age groups will compete in the following events, and this shall be the order of events. The 6&UNDER events will count as exhibition events competing for exhibition ribbons only, not for team points, and swimmers in these events can't be disqualified; however 6&UNDER's may advance or swim up in 8&UNDER events where the points they earn will count towards team totals and as such they can be disqualified for rule infractions as they are not exhibition events.

MIXED MEDLEY RELAY:

- 100M 8&UNDER (1 pool length each)
- 200M 9-10 (2 pool lengths each)
- 200 M 11-12 (2 pool lengths each)
- 200 M 13-14 (2 pool lengths each)
- 200 M 15-17 (2 pool lengths each)

Each age group team shall consist of two girls and two boys swimming in any order. No more than two competing medley relays may be swum at the same time. Each medley relay event must be conducted separately. Exhibition relays are permitted.

FREESTYLE:

- 25M 6&UNDER girls then boys, (1 pool length each)
- 25M 7-8 girls then boys, (1 pool length each)
- 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.

BREASTROKE: Same as freestyle excluding 6 and under.

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INDIVIDUAL MEDLEY

100M 10&UNDER girls then boys
100M 11-12 girls then boys
100M 13-14 girls then boys
100M 15-17 girls then boys

FREESTYLE RELAYS:

100M 8&UNDER 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, (2pool lengths each)

3. a. A swimmer may advance (swim up) ONE age group. If a swimmer advances (swims up) for ANY individual event, they must advance (swim up) for ALL events, including both relays. On the other hand, a swimmer may advance (swim up) for ONE or BOTH relays only and still swim the individual events in their age group.
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. The names of all alternates must appear on the back of the heat sheet in THEIR REGISTERED AGE GROUPS. Substitutions off the alternates list may be made in relay events up to the point of approaching the blocks. Even though a swimmer may age up for a relay, their name should appear in their proper registered age group.
4. All events ARE required events. If one 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/are not disqualified.
5. a. 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). 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. Exhibition events must be determined 24 hours in advance and mutually agreed upon by both team representatives or both coaches. If a facility only has four lanes, ONLY 6&UNDER and 8&UNDER may swim additional exhibition heats of freestyle. This may be modified by mutual agreement of team representatives or both coaches.
b. In any competitive situation where a CCAA swimmer can earn points for their team, whether in an individual event or relay event, and whether in an official dual meet or the

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CCAA Championship Meet, that swimmer must participate according to his or her sex assigned at birth.

6. Each swimmer may enter two stroke events plus the IM plus both relays unless a team is unable to fill an event because of lack of four registered swimmers in that age group and gender. In an event where there are fewer than 4 registered swimmers in that age/gender group, each swimmer in that group may enter three stroke events plus the IM plus both relays. However, if a swimmer is advancing (aging up), he/she may not swim an extra event.
7. A complete roster of each swim team must be submitted to the league registrar **according** to the instructions provided early in the season. This list shall include the full name, age as of June 1st that season, birth date of each swimmer, and the date you registered them with the league. Submit this list to the registrar by the Friday preceding the first scheduled swim meets. 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, by email, or by text 24 hours prior to a meet (by 6:30 p.m.). Any swimmer that quits or leaves his/her team after being registered with the league should be removed from that roster. Once a swimmer who is registered with the league is removed from his team's registration he/she cannot be reinstated by that team for the remainder of the season. Once registered with the league with one team, a swimmer may not register with another team for the remainder of the season.
8. Swimmers must be members of their team, whose membership eligibility is to be determined by the sponsoring organization. (i.e. Membership at a club or civic organization) The CCAA governing body empowers the Executive Committee to make judgment decisions where a swimmer's eligibility may be in question, and further, the Executive Committee requests that member organizations request a decision prior to registering any swimmers who may be subject to questionable eligibility. Each swimmer may swim for only one CCAA team during the season. 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.
9. Coaches shall make out FOUR official heat sheets before time for the meet to begin. 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. The fourth sheet is retained by the coach for himself/herself. Changes may be made up to the meet starting time. Changes must be made to all four heat sheets. No alternates may be substituted into individual events once the meet has started. 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 sheet in his/her possession shall be final.

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10. Meets will be held as scheduled, usually on a Tuesday or Thursday at 6:30 pm. If there is a conflict with the use of the host pool, or if weather conditions dictate, the meet may be rescheduled on the first possible night available with the consent of both team representatives and the Meet Referee. The Executive Committee may order a double forfeiture if the date for the rescheduled meet is not determined within two weeks from the date of the original cancellation.

11. Prior to the start of a meet,
 - A. The choice of lane assignments for a CCAA dual meet (odd-numbered or even-numbered lanes) is to be made by the visiting team. This choice may be made several days prior to the meet if necessary to accommodate the needs of home teams that use timing software. The home team's coach or team representative is required to directly contact the visiting team coach or team representative to allow this selection to be made in time to be entered into the timing software. However, the visiting team is not required to make a selection ahead of the day of the meet, especially if its coach is unfamiliar with the layout of the pool that his/her team will visit. If a decision about lane assignments is made ahead of the day of the meet, the decision must be agreed to in writing by both teams and will be binding.

 - B. It is also required that the coaches and team representatives agree upon procedures to be followed in the event of a rain-out. The standard rain agreement is that "if 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." Any other mutual agreement regarding a deviation from the above must be made in the presence of the Meet Referee. If substitutions are to be made, no swimmer can swim in a second, rescheduled 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.

12. The home team provides the stroke and turn judge; the visiting team provides the Meet 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 and vice versa. 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. Each new referee needs to attend 2 training sessions and pass a written exam. Once certified for two continuous seasons, referees need only take the written exam, though they may periodically all be requested to attend classes again as a refresher course. Any exceptions will be ruled upon by the head referee. Two referees from each team must have passed the exam by "bag night" (the final preseason meeting of team representatives at which all the

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of the season's supplies are distributed.) Any team not providing the 2 referees will forfeit the right to have home meets until they meet the requirement.

13. There shall be four place judges, one for each place. They should stand so as to see the finish clearly. When feasible, the optimal position for place judges is on the sides of the pool at the finishing end. 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. Stop watches are NOT to be used for place determinations. 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. Disputed events not settled in this manner will be scored a tie. When either or both of the judges is/are not willing to accept the referee's arbitration, the Referee should privately and discreetly speak with the judge whom they feel was in error and indicate 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.
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 and the Meet Referee's signature must be submitted to the recording secretary or other league designee in compliance with the instructions provided at the beginning of each season. Submit only the referee's heat sheet. No other attached sheets, such as rosters, need to be submitted.
16. Any team protesting the outcome of a meet must do so to the Chairman of the Executive Committee, generally the league president, in writing, within ten (10) days following the meet. Email is accepted as "in writing." Protests are accepted only from team reps and coaches and must be submitted through them if originating from other sources.
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/league dues. The home team will have the ribbons, a USA Swimming 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&UNDER events will be awarded exhibition/participant ribbons.

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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 boys or girls 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 USA Swimming insignias or those of established local year-round teams may be worn by CCAA swimmers at any meets or warm-ups prior to meets. High school suits and logos are acceptable. The use of these suits is not grounds for disqualification from the meet, but rather should prompt a warning and an opportunity to change the suit without unduly delaying the meet. No Technical Suits shall be worn by any CCAA swimmer in competition at the CCAA Championship Meet or at any official CCAA dual meet (whether scheduled by the league or directly by the competing teams). A Technical Suit is one that has the following components:

- a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- b. Any suit with woven fabric extending past the hips.

A swimmer who approaches the starting blocks for an individual or relay event in an official CCAA meet while wearing a Technical Suit shall be disqualified from that event but is eligible to compete in his or her remaining events provided that he or she is no longer wearing the Technical Suit in question.

20. Any team taking part in the Championship Meet shall not be allowed to enter any swimmer who has not swum for points in at least two CCAA dual meets during the regular season. If a swimmer has swum in two meets for points, the swimmer may swim any desired stroke in the year-end meet even if the swimmer never swam the stroke during the regular season.

21. (rule deleted 5/20/2025)

22. If there is a safety issue, the Meet Referee will make the decision regarding the format of the meet. Both sides will adhere to the Meet Referee's decision. If the facility manager is present at the meet, he/she may supersede the Meet Referee and STOP a meet for a safety issue and prevent its restarting until they believe the safety issue is resolved. The facility manager, however, may not force the Meet Referee to restart the meet if the Meet referee does not feel the safety issue has resolved.

23. If a team's insurance does not allow swimmers to dive from blocks into a specified water depth, 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.

If a team's insurance does not allow swimmers to dive from the side of the pool into a specified water depth, whether at their pool or visiting pool, then both teams will be required to start swimmers in the water so that the competition remains consistent for both teams during the meet.

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The team in question must notify their opponent of this requirement at least the day before the meet.

24. Diving: The CCAA will use the same standard for Racing Starts as USA Swimming Article 103.2.3. Minimum water depth for racing starts during practice and competition shall be measured for a distance 3 feet 3-1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall. Starting requirements shall be:
 - a. In pools with water depth less than 4 feet (1.22 meters) at the starting end, the swimmer must start in the water.
 - b. In pools with water depth 4 feet (1.22 meters) or more at the starting end, starting platforms shall be no more than 30 inches (0.762 meters) above the surface of the water.

25. Backstroke turn rule (same as NFHS): The turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flags, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed, provided such rotation is accompanied by an initiation of the turning action or continuation into the wall. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by an upward or downward, underwater movement of the head. After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted. The swimmer shall assume a position on the back before the feet leave the wall.

26. The CCAA has adopted rules for teams to follow in the event of a weather related delay before or during the course of a meet. These rules are adopted to provide consistency from site to site, from team to team if weather causes a delay. It is included as a separate document to be utilized when necessary.

27. The CCAA has adopted a policy concerning alcohol and tobacco use at CCAA events. It is included as a separate document. In summary, alcohol and tobacco are prohibited at all CCAA events in the pool deck area.

28. In the 6 & under age group, the only event that may be conducted in a CCAA dual meet is the 25 meters / yards freestyle. This event will be an exhibition event. Swimmers in the 6 & under age group may swim strokes other than freestyle in the 7-8 age group, either as exhibition swims or swimming for team points.

29. In the 6 and under age group, a swimmer must be able to swim 25 yards of freestyle in 1:10 (one minute, ten seconds) or less, or 25 meters of freestyle in 1:15 (one minute, fifteen seconds) or less, in order to participate in a CCAA dual meet.

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30. Conduct of exhibition freestyle heats: Coaches should attempt to organize their exhibition heats by time from fastest to slowest, with the fastest swimmers in a given age group swimming in the first exhibition heat. If one team has no more exhibition swimmers remaining in an age group, the other team should fill empty lanes in order to minimize future exhibition heats in that age group.