

SUMMARY OF CIAC RULES LIMITING OUTSIDE HS SWIMMING

HS swimmers, you are responsible for following the CIAC rules limiting participation in outside meets – see summary below and/or check with your HS coach. These requirements cease to apply once you have finished competing for the season – you may be able to gauge when this will be by looking at your team meet schedules, including any HS Championships that apply to you.

Click here [CIAC Boys Website](#)

Click here [CIAC Girls Website](#)

CIAC rules summary. During your swimmer's HS season there are CAS CIAC rules that govern participation in "outside" meets. These rules can be found at www.casciac.org in their complete form. The key rules are summarized / paraphrased below. If anyone sees corrections needed to this summary please let us know.

- HS Swimmer "season" runs from the first contest date through the date of each athlete's last HS competition, which varies from athlete to athlete (ex, some progress to league conference (SWC, etc), some go to class trials/finals, and a few progress to the State Open level)
- HS Swimmer in their "season" must swim unattached in "outside" meets
- HS Swimmer in their "season" may not swim in a relay in an outside meet
- HS Swimmer in their "season" may not swim more than 4 "outside" meets (all Mako meets, USA and YMCA, are "outside" meets for a HS athlete)
- HS Swimmer in their "season" may not swim more than 2 meets of any kind per week (exception for HS boys and girls who are allowed to swim 3 non-consecutive HS meets per week 3 times during their season, excluding the first or last week of the season)
- A week runs from Sun – Sat
- A multi-day meet that straddles 2 weeks, say Fri-Sun, or Sat-Sun may be counted in either of the 2 weeks. A multi-day meet that is entirely within a Sun - Sat period shall be counted in that one week. A multi-day meet counts as 1 "outside" meet
- The HS Class Trial, Finals and Opens count as one HS meet even though they are on 3 non-consecutive days – each meet feeds up to the next level of Championships
- A HS meet that has been postponed, or rescheduled does not add to the HS meet count in the week in which it is ultimately rescheduled to.
- HS swimmer is required (per CIAC) to gain approval from HS Coach or HS AD to swim an "outside" meet. Since there may be rules relating to practice attendance, the HS athlete should also ask their HS Coach in order to participate in any meet that occurs after the first practice date, but before the first contest date, as well as all meets that are planned after the first contest date
- **It is the swimmer's responsibility to see that these requirements are correct for their HS team, and that they are applied correctly.** WCYM has attempted to prepare a useful summary of its understanding of the requirements but WCYM is not to be held responsible for misinterpretations or violations to the rules. Your HS Coach, Principal, or AD are excellent resources if you need help with CIAC rule interpretations.
- WCYM does not manage the HS swimmer's meet schedules; we can help to mark them unattached in their entries
- These rules do not apply to HS swimmers who are part of the NEPSSA. Swimmers who participate in that league (NE Prep schools) should contact their coaches to learn what, if any, limitations apply.