



## **CAAC Game Sheet**

### **Swim & Dive (Boys & Girls)**

(Established: February 2022)

(Updated: September 2025)

#### **Start Times:**

- All Division meets will begin at 6:00 p.m.

#### **Pre-Game Warm-up:**

- The pool will be available at least 60 minutes prior to the start of the meet

#### **Meet Format:**

- Electronic entries file shall be submitted by coaches prior to the dual meet
- Entries will not be shared with opposing coaches unless agreed upon by both coaches
- Coaches agree that alterations of the line-up may take place in accordance with the National Federation rules
- All dual meets will use six-lane scoring; alternate scoring may be used if agreed upon in advance (at least 24 hours) by both teams
- In diving, judging shall be done by one coach from each team and one official, or by one coach and two officials
  - If a school is unable to host the diving competition, the AD must notify all schools within 48 hours of the event



## CAAC Event Management Policies & Procedures

### Swim & Dive (Boys & Girls)

(Established: February 2022)

(Updated: September 2025)

#### General Procedures:

- When a host school conducts a special activity that will interrupt the meet, they shall be required to notify the visiting AD and/or coach no later than upon arrival
- No artificial noisemakers will be allowed
- Spectators will be prohibited from forming pep lines or tunnels on the pool deck
- **Playing Rules**
  - All MHSAA and National Federation rules will be followed
- **Officials**
  - Two officials will be assigned for each dual meet (if possible)
- **Make-Up Dates**
  - Postponed meets will be made up on the next available date as determined by participating school ADs & coaches
  - Division meets will take precedence over non-division meets
- **Media**
  - Bona fide media shall be provided access to the facility and press areas
  - Photography restrictions will be established by the host school consistent with similar indoor events
- **Results**
  - Host school will report results to local media and/or post on social media
  - Schools will report results to the MISCA representative or the designee within 48 hours
- **Host School Expectations**
  - Provide equipment and personnel necessary to run the meet
  - Water and ice for both teams
  - Locker room facilities for the visiting team
  - Certified athletic trainer or doctor (if possible)
  - Host school trainers will tape the visiting team (if asked), and as a courtesy, the visiting team should bring taping supplies
  - Have Emergency Action Plans (EAPs) in place for participating team(s) & officials
- **Weather Policies & Suspensions**
  - If a meet is to be cancelled in advance due to weather and/or pool conditions, the visiting team shall be notified prior to 2:00 p.m.
  - Once a meet begins, the decision to suspend lies with officials; resumption of play will be determined by host school management
  - If play cannot continue after suspension, the meet will resume from point of suspension
  - Delays for contests scheduled prior to 3:00 p.m. must not exceed 3 hours; delays for contests scheduled for 3:00 p.m. or later must not exceed 90 minutes
    - Delays on nights not followed by school from all the competing teams may be longer by mutual agreement of participating schools

## Division Championship Determination

- **Regular Season**
  - Will count one-half toward the overall championship
  - A win is worth 2 points in the standings, a tie 1 point, and a loss 0 points
  - Regular season champion will get the same number of points as there are teams in the division
  - Points will be awarded to other teams in descending order of finish
- **Division Meet**
  - Will count one-half toward the overall championship
  - Division meet champion will get the same number of points as there are teams in the division (minus 1)
    - Points will be awarded to other teams in descending order of finish
    - All points will be multiplied by 2
  - The meet will be conducted on the Friday and Saturday two weeks prior to the MHSAA Finals Meet
  - The meet will be held in an 8-lane pool, with a separate warm down area (if possible)
  - 16 places will be scored
  - Electronic timing and judging devices shall be utilized
  - Swimming and diving preliminaries will be held at the discretion of the host school
  - Each school will be allowed 36 individual entries
    - Additional scoring or non-scoring entries may be allowed at the discretion of each division by simple majority vote
  - There is no limit to the number of entries that can be made in any individual event
  - Individual best times from the current season will be submitted for seeding purposes
  - Relay Entries:
    - Relays will be conducted in both the Prelims and the Finals
    - Schools may enter up to 2 relay teams per event, designated "A" and "B"
    - "B" relays will be marked as exhibition for both Prelims and Finals, and therefore, may not score or place ahead of a qualified "A" relay team
    - All "A" relay teams will swim in the Championship Finals; remaining spots in the Championship Finals heat will be filled by "B" relays based on their Prelim times
    - A coach shall designate relay entries prior to the meet by submitting entry times for both "A" and "B" relays; names are not required at that time
      - Relay cards listing at least 4 names per relay and up to 8 names must be given to the meet director at least one hour before the start of the Prelims
    - The actual 4-person lineup order shall be declared in writing at least 15 minutes before the start of the meet; they may be changed any time before the "call to the starting platform" is announced
      - A copy of the relay entry card submitted at the Prelim competition shall be given to each coach so they can declare which of the swimmers (up to 8) will swim in the Final or Consolation Final
    - Once a swimmer is designation as a participant in a relay event on an "A" or "B" team, it shall count as one of the four events allowed; however, a swimmer may move from a prelim "A" relay to the same or a different Finals "B" relay without penalty as long as the swimmer does not violate entry limitations on the second day of the meet
- **Overall Champion**
  - Regular Season points will be added to Division Meet points to determine overall finish
  - The team with the highest point total will be declared the champion (if 2 or more teams earn the same final number of points, they will be named co-champions)

## All-Conference Selection Format

- Each division or combination division will select All-Conference Teams for CAAC recognized sports
- Players will be selected to the CAAC Divisional All-Conference Team
- There will not be a designation of first team or second team
- The athletic director/manager of the Division tournament will provide coaches with medals and the school honoring the student will provide a completed certificate using the supply of certificates annually provided by the CAAC Commissioner, for the athletes placed on the All-Conference Team
- Each school will properly complete certificates for their school and distribute them to the proper student(s)
- The CAAC Commissioner will release All-Conference results to the media when CAAC teams are no longer competing in MHSAA tournaments

## All-Conference Awards Determination

- All-Conference: Top 3 in each event
  - Medal and Certificate
- Honorable Mention: 4<sup>th</sup> place
  - Certificate

## Academic All-Conference Award Criteria

- Award will be presented at the end of each season
- Athlete must have a 3.5 cumulative grade point average
- Athlete must have been awarded a Varsity Letter

## MHSAA Handbook Regulations

- A student who, after practicing with (including tryouts) or participating in an interscholastic scrimmage or contest as a member of a high school athletic team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next three (3) days of competition and maximum of the remainder of that sport season in that school year
  - Swimming & Diving shall apply the limited team membership rule from the point of a student's first participation in an interscholastic scrimmage or contest, rather than practice (p. 54)
- During the high school season in swimming & diving, a member of the school team in that sport may participate in a maximum of two non-school contests in that sport while not representing his or her school; an event held on not more than three consecutive calendar days is considered a single meet
  - Times or records established shall not count toward any qualifying requirement for MHSAA meets (p. 55)
  - Meets entered under the above provision shall not affect the number of games, contests, or days of competition specified for each school team and individual (p. 55)
- A student or team shall participate in no more than 17 days of competition, exclusive of the MHSAA tournament (p. 69)
- A student shall participate in no more than four events per meet, no more than two of which shall be individual events; diving only competitions held on one day, which are scored as part of a swimming & diving meet held on a day other than the swimming events are held, will count as the same day of competition as the swimming event (p. 69)

## **MHSAA Handbook Regulations (continued)**

- Water Depth (p. 119):
  - DEQ Regulation states a pool must have 79 inches of water in order to use starting platforms; Pools with at least 60 inches of water have been grandfathered by the DEQ
- Step-Up starts will be used (p. 119)
- Final Meet Qualifying (p. 119)
  - At the MHSAA Finals, the qualifying criteria has been modified so as to qualify approximately 32 individuals or relay teams per event, per division
- Events (p. 119):
  - Schools may request approval from the MHSAA to modify events for invitationals
- Swim Caps (p. 119):
  - Swimmers may wear caps that read “State Team” for both regular season and postseason competition provided all other NFHS regulations with regard to caps are followed