

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
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2026 CIAC GIRLS SWIMMING AND DIVING INFORMATION

CIAC Girls Swim Committee Chairman

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IMPORTANT DATES

First Practice Date	August 24, 2026
Date of First Contest	September 8, 2026
Last Date to Count	November 7, 2026
Date All Entry Information Due by 12:00 p.m.	November 9, 2026
Corrections can be made to Entries by Coaches by 4:00 p.m.	November 9, 2026
Diving Proof Sheets Emailed to Mike Huffman by 4:00 p.m.	November 9, 2026
Class Diving	November 11, 12 & 13, 2026
Qualifying Meets	November 13, 14, 2026
Class Championships	November 17, 18, 2026
Open Diving	November 19, 2026
Open Championship	November 22, 2026

(All Championship Dates Are Tentative)

Appendix A Conversion Factors
Appendix B Certifications / Coaching Certifications

2026 CIAC GIRLS SWIMMING AND DIVING CHAMPIONSHIPS

1.0 **ALERTS**

1.1 **New!** There will be four (4) divisions arranged through the following process:

- 1) Non-cooperative teams will be sorted based on the 2025-26 girl enrollment in grades 9-12, and separated evenly* into four divisions.
- 2) Cooperative teams will be sorted based on the 2025-26 girl enrollment, and the CIAC cooperative enrollment formula, in grades 9-12, and separated evenly* into four divisions.
- 3) Final divisions, following step 1 and step 2, will be combined to form the four divisions for the state tournament. For example, the largest non-cooperative teams will be combined with the largest cooperative teams, etc.

*When determining the divisions in steps 1 and 2, consideration may be given where a team has not consistently entered its team into the tournament.

Note: Collaborative teams will be placed into their respective divisions along with other, non-cooperative teams.

1.2 **New! 6-Dive or 11-Dive Format** – Beginning with the 2026-2027 school year, divers may enter the CIAC divisional championships as either a 6-dive diver, or an 11-dive diver. 6-dive divers will not be allowed to compete in the Open. The Open will be an 11-dive event.

- 1) If less than 32 students are entered as 11-dive divers, then the remaining spaces up to 32 qualifying divers (with two (2) alternates) will be allowed to compete as 6-dive divers, ranked on their qualifying score. (Coaches should enter the highest score sheet for proof of entry for a diver that is competing a 6-dive list.)
- 2) When a divisional championship includes 6-dive divers the following procedures apply:
 - A) 6-dive divers will be scored on their 6 dives and their championship competition will be completed.
 - B) 6-dive divers total score will be ranked among all divers, however no 6-dive diver will be allowed to have a higher ranking than an 11-dive diver who completes their dive list.
 - C) Divers will score team points out to 24 places. Divers below 24th place will not earn points for their team. 6-dive diver scores will be ranked among the 24 places.
 - D) 6-dive divers must include all five (5) categories represented in the 6 dives.
 - E) 11-dive divers cannot change to 6 dives once the competition begins. 11-dive divers who are disqualified, withdraw, or are injured are out of the meet and cannot compete as a 6-dive diver, nor can they place or score points for their team.

3) **Entry and Scoring Process**

- A) For the 6-dive format coaches should submit their diver's best 6-dive proof of entry score sheet (only enter 6 dives).
- B) The proof of entry must meet the tournament auto cut requirements for either a 6-dive or 11-dive format.
- C) Coaches must submit a dive list for each diver, choosing either the 11-dive format or 6-dive format (the 6-dive list can just use the current 11 dive entry screen and input only 6 dives). Note: The dive lists can be modified up to the start of the competition, but a diver may not switch from 6-dive to 11-dive format or vice versa.
- D) An 11-dive format must meet the NFHS dive rules and have a voluntary DD of 10.8 or higher.

- E) A 6-dive format must have a dive from each of the 5-dive groups. The first dive will have a maximum DD of 1.8 (if a diver uses a first dive that has a higher DD than 1.8, the DD is set to 1.8).
 - F) All competitors doing an 11-dive format are placed into the field. All those doing a 6-dive format will be seeded to fill the field up to 32 (with 2 alternates), based on their 6-dive proof of entry scoresheet (highest scores placed first).
 - G) After round 6, all 6-dive format divers will have their score frozen. There will be a break after dive 6. All 11-dive format divers will continue through round 8.
 - H) After round 8, if necessary, the 11-dive format divers will be cut to 24.
 - I) No 6-dive format diver may be placed in the standings ahead of an 11-dive format diver (even if an 11-dive format diver is cut after round 8. As with other events, places are scored to 24 places. A 6-dive or 11-dive format diver that is disqualified may not place in the scoring.
- 1.3 **New! Alternates** – Two alternates will be listed in the program, these alternates will be added to fill vacancies due to scratches or declared false starts. There will be two alternates for each Qualifying Meet, Divisional Championship Meet and Open Championship Meet. At the qualifying meet the heats will not be reseeded when alternates are added.
- 1.4 Due to instances at both the state meet and dual meets where a coach and diver have signed a dive sheet which lists dive(s) that the diver cannot perform safely and could ultimately put the diver at a safety risk, the following rule is being added and applies to both the regular season and postseason meets. It is fully understood that divers will attempt new dives at meets, this is not intended to be enforced on every failed dive, only when the officials believe that there is a clear inability on the part of the diver to perform the dive safely.
- This rule applies to regular season and post season meets.
 - Diving coaches must bring ALL diving sheets from all previous regular season and post season meets to ALL CIAC regular season and post season competitions.
 - In alignment with the by-laws regarding disqualifications by the diving referee, and in alignment with the safety of divers being the highest priority, if the dives listed on the diver's scoresheet are too difficult for the diver to perform safely, or, in the judgment of the officials, the diver did not make a sincere attempt to perform a dive, then the following process will be followed:
 - 1) The referee will confer with coach and diver upon disqualification, at which point the coach may provide the season's diving sheets to demonstrate clear and consistent proficiency.
 - 2) If, in the judgment of the officials, there is a lack of evidence that the diver can perform the dive, the diver is disqualified from the meet. Failure to demonstrate such will result in ejection and will be at the sole discretion of the officials after speaking with coach and athlete.
 - 3) The official will notify the CIAC of the ejection.
 - 4) The associated school Athletic Director from which the diver attends will be notified by the CIAC.
- 1.5 **New!** Backstroke ledges will be allowed for CIAC regular season meets beginning with the 2026 Fall season. Leagues can use them or not beginning in the Fall of 2026. Backstroke ledges will only be used in state trials and finals beginning in 2026 only if the pool has the required depth, AND only if they can be used in ALL the divisional championships. Backstroke ledges will be used in the Open beginning in the Fall of 2026 only if they are available at the site and only if the pool dimensions are within the rule.

2.0 REGULAR SEASON

- 2.1 **Schedules** – All schedules must be submitted to the CIAC in the arbiter by the first contest date as listed under “Important Dates.”
- 1) **Schools cannot add meets after the first contest date listed under “Important Dates.”**
 - 2) **All scheduled meets must be completed unless permission to cancel a meet is granted by the CIAC.**
- 2.2 **Scrimmages** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10-day requirement.
- 2.3 **Students with Special Needs** – Coaches are reminded to inform contest officials prior to each competition of any student with special needs who could be competing in the contest when his/her disability could impact the individual’s performance or the conduct of the competition.
- 2.4 No warm down laps are permitted when the pool has lane(s) available for that purpose.
- 2.5 Weekly limitations – Teams may schedule three (3) contests in a week three times during the regular season.
- 2.6 **Sportsmanship** – Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school. To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the “Class Act” sportsmanship program as these standards will be used in all CIAC post-season contests.
- CIAC Sportsmanship Guidelines** -- The CIAC Standards for sportsmanship as defined in the Class Act program are found at http://ciacsports.com/site/?page_id=10438
- 2.7 **Coach Ejection** – All coaches who are disqualified at any level will be suspended for the next two games (see Disqualification/Ejection Rule in the CIAC Handbook), take two NFHS coaching courses (“Teaching and Modeling Behavior” and “Sportsmanship”) and the school will pay a \$50 fine. In addition to the two-game suspension and fine, the CIAC reserves the right to review any incident that results in a coach’s disqualification and may assess additional game suspensions up to and including a one-year ban. The fine and proof of taking the coaching courses must be submitted to the CIAC office before the coach can resume his coaching responsibilities.
- Coach Ejection** – When a member school’s coach is ejected from a meet for an infraction as prescribed by the rules, the school may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified.

Coaches who are ejected from a meet may not coach for the next two meets.

2.8 **Participation in “Outside” Meets** – Swimmers of member schools may participate as “unattached” individuals (not representing the school or outside team), in a maximum of four (4) “outside” meets Per season (AAU, U.S., Boys and Girls Clubs, YMCA, etc). Choice of such outside meets to be made by swimmers with approval of the swimmer’s school administration. Present weekly swimming limitations will be maintained, one of which may be one of the four allowable “outside” meets.

2.9 **Qualifying Times** – Only scores and times that are achieved in CIAC regular season, or in CIAC league championship meets can be used to enter swimmers or divers in the CIAC Championships. Scores and times achieved in practice, preseason, scrimmages, outside events, or beyond the season limit for girls swimming are not allowed.

2.10 **Voluntary Dives**

Week of September 8-20	Forward
Week of September 21-27	Back
Week of September 28-October 4	Inward
Week of October 5-11	Twist
Week of October 12-18	Reverse
Week of October 19-25	Forward
Week of October 26-November 1	Back
Week of November 2-8	Inward

3.0 **2026-27 NATIONAL FEDERATION SWIMMING RULE CHANGES**

3-3-4b(2) – Bonded or taped seams on suits are permitted by rule.

Rationale: The NFHS suite specifications mirror the requirements established by World Aquatics, which is the testing agency that certifies suit construction. Testing protocols consider bonded or taped seams as compliant when measuring permeability to air and water.

3-5-1, 3-5-2 – No competitor shall wear any audio (microphone) or video (camera) device during the race or dive.

Rationale: The change clearly defines additional types of electronic devices that are prohibited.

8-2-3g, 8-2-4e – During the finish of the butterfly and freestyle, once some part of the swimmer’s head has passed the 5-yard/5-meter mark immediately prior to reaching for the finish, the swimmer may be completely submerged.

Rationale: Aligns with national trends of the sport.

9-4-2 Note – By state association adoption states may alter the number of dives for its state championship series of meets.

Rationale: Reducing the number of dives could expand participation opportunities in this event and help increase future diving participation numbers in general.

9-4-2h Notes – By state association adoption, the number of qualifiers advancing to the semi-final session may be increased.

Rationale: Permits flexibility based on specific needs of the state association.

2026-27 Swimming and Diving Editorial Changes

1-4-2, 3-2-2 Penalty 1, 3-2-3 & Penalty 1, 3-2-4 & Penalty, 3-2-6, 3-2-7, 3-6-1, 4-1-8, 5-2-1, 5-4-4 Note, 9-5-2 Note, 9-6-1, 9-6-5, 9-7-4, 9-7-5, State Association Adoption Chart, Appendix D

2026-27 Swimming and Diving Points of Emphasis

1. Relay Judging Platforms
2. Exiting the Pool
3. The Meet Referee’s Authority
4. Backstroke Flags
5. Appropriate Conditions for a Re-Swim

4.0 **RULES FOR QUALIFYING FOR THE STATE MEETS**

- 4.1 **Number of Events Per Swimmer** – Coaches may submit swimmers/divers in a maximum of two individual events. Any swimmer/diver who does not compete for two (2) individual events will be allowed to swim in two (2) relay events. If a swimmer does make the top 40 seeds then they may not compete in more than two relays at Trials, Finals or Open.
- 4.2 **Alternates** – There will be two alternates for each Qualifying Meet, Divisional Championship Meet and Open Championship Meet. At the qualifying meet the heats will not be reseeded when alternates are added.
- 4.3 **Divers Qualifying** – For safety reasons, divers may not compete unless they have met the minimum six or minimum 11 dive score. The signature of the coach and diver certifies that the diver can perform all the dives listed on the diving entry score sheet and confirms the accuracy of the entry score sheet submitted.
- 4.4 **New! 6-Dive or 11-Dive Format** – Beginning with the 2026-27 school year, divers may enter the CIAC divisional championships as either a 6-dive diver, or an 11-dive diver. 6-dive divers will not be allowed to compete in the Open. The Open will be an 11-dive event.
- 1) If less than 32 students are entered as 11-dive divers, then the remaining spaces up to 32 qualifying divers (with 2 alternates) will be allowed to compete as 6-dive divers, ranked on their qualifying score. (Coaches should enter the highest score sheet for proof of entry for a diver that is competing a 6-dive list.)
 - 2) When a divisional championship includes 6-dive divers the following procedures apply:
 - A) 6-dive divers will be scored on their 6 dives and their championship competition will be completed.
 - B) 6-dive divers total score will be ranked among all divers, however no 6-dive diver will be allowed to have a higher ranking than an 11-dive diver who completes their dive list.
 - C) Divers will score team points out to 24 places. Divers below 24th place will not earn points for their team. 6-dive diver scores will be ranked among the 24 places.
 - D) 6-dive divers must include all 5 categories represented in the 6 dives.
 - E) 11-dive divers cannot change to 6 dives once the competition begins. 11-dive divers who are disqualified, withdraw, or are injured are out of the meet and cannot compete as a 6-dive diver, nor can they place or score points for their team.
 - 3) **Entry and Scoring Process**
 - A) For the 6-dive format coaches should submit their diver's best 6-dive proof of entry score sheet (only enter 6 dives).
 - B) The proof of entry must meet the tournament auto cut requirements for either a 6-dive or 11-dive format.
 - C) Coaches must submit a dive list for each diver, choosing either the 11-dive format or 6-dive format (the 6-dive list can just use the current 11 dive entry screen and input only 6 dives).
NOTE: the dive lists can be modified up to the start of the competition, but a diver may not switch from 6-dive to 11-dive format or vice-versa.
 - D) An 11-dive format must meet the NFHS dive rules and have a voluntary DD of 10.8 or higher.
 - E) A 6-dive format must have a dive from each of the 5 dive groups. The first dive will have a maximum DD of 1.8 (if a diver uses a first dive that has a higher DD than 1.8, the DD is set to 1.8).

- F) All competitors doing an 11-dive format are placed into the field. All those doing a 6-dive format will be seeded to fill the field up to 32 (with 2 alternates), based on their 6-dive proof of entry scoresheet (highest scores placed first).
- G) After round 6, all 6-dive format divers will have their score frozen. There will be a break after dive 6. All 11-dive format divers will continue through round 8.
- H) After round 8, if necessary, the 11-dive format divers will be cut to 24.
- I) No 6-dive format diver may be placed in the standings ahead of an 11-dive format diver (even if an 11-dive format diver is cut after round 8. As with other events, places are scored to 24 places. A 6-dive or 11-dive format diver that is disqualified may not place in the scoring.
- 4.5 **Proof of Swimming Times** – Coaches must bring proof of the submitted swimming qualifying times to the swimming trials. The meet referee or meet committee may request this proof at these meets.
- 4.6 **Qualifying for Divisional Meet** – The best twenty-four (24) performances in each swimming event at the Trials will qualify for Divisional Championships. In Divisional Championships all heats are locked.
- 4.7 **Open Championships** – The best twenty-four (24) performances in each event from the Divisional Championships combined will qualify for the Open Championship Meet. Any of the twenty-four (24) finalists can advance in the finals.
- 1) Two alternates will be listed in the program, these alternates will be added to fill vacancies due to scratches or declared false starts.
- 4.8 **Open Diving Championships** – In diving the twenty-four (24) top divers plus any divers in the top three (3) of each Divisional Championships not already included in the top twenty-four (24) will automatically qualify for the state Open Championship Meet. Only students who enter as an 11-dive diver in the divisional championships may advance to the Open Diving Championship.

5.0 **ENTRY PROCEDURES**

- 5.1 Scores and times achieved in CIAC regular season events, as listed on the original schedule submitted to the CIAC at the start of the season, can be submitted for entry.
- 5.2 Scores and times achieved in CIAC league championships can be submitted for entry.
- 5.3 No other scores and times are permissible.
- 1) Scores and times achieved unattached or in non-CIAC competition cannot be submitted for entry.
- 2) Scores and times achieved in practice or in scrimmages cannot be submitted for entry.
- 5.4 Coaches are responsible for having the names of all swimmers that potentially could swim on a relay, on the school entry form.
- 5.5 **Entry Form** – Entry form must be submitted on the CIAC website at <https://ciac.fpsports.org/> by 12:00 p.m. on Monday, November 9, 2026.
- Schools may put their entries on at any time before the deadline and do not have to wait until the deadline.
 - To complete the entry click “Eligibility Center” in the left column
 - Then click “Swimming Entry Form”
 - Click each swimmer that you wish to be part of the meet, include relay swimmers who are not entered into individual events.

- Enter diving and diving scores, then enter the dive list
- Upon completing your entries click “Save”

Once you click “Save” you will get an automatic email with all your entries. Check it immediately. You will have until 4:00 p.m. to make corrections on your own. After that it will require contacting the CIAC, FusionPoint support, and your meet director to make corrections.

Anyone not listed cannot compete. Email any late entries and corrections to:

- Joe Velardi – jvelardi@casciac.org
- The tournament director Scott Butler – Redsox98@sbcglobal.net
- The meet director listed in this packet, and
- Support@fpsports.org

*Email late entries and corrections to **all four** email addresses.

5.6 Late entries will be fined \$50 per student. Late entries will be seeded in the first heat.

5.7 **Seeding and Event Sheet** – The seeding and event sheet must be presented before entries become official. It must indicate what events each swimmer is entered in and the seeding time and date for each event or highest score for diving. It must also insure that no swimmer is in more than two (2) individual events. (Diving is an individual event.) No swimmer may actually swim in more than four (4) events, no more than two of which may be individual events. No more than three (3) of which may be relay events.

Trials, finals and Open are considered one meet. Only names on the seeding and event sheet may compete. All names on the entry form must comply with the rules and regulations of the CIAC.

5.8 **Diving Entries** – All diving entries must be submitted with the swim entries on the same form on the CIAC website by 12:00 p.m. on Monday, November 9, 2026.

- **The diving proof forms must be emailed to Mike Huffman at mhuffman99@gmail.com** by Monday, November 9, 2026 at 4:00 p.m.
- Confer with National Federation rule 9-4-1 for order of dives and DD requirement.
- The diving entry form must have a minimum 10.8 DD for the six optional dives

5.9 **Names on Relays** – Names of the four competing swimmers, designating the lead-off swimmer, must be on a 3 x 5 card and turned in at the start of the specific relay event. (Prior to the first heat.) An individual does not become a relay participant until they swim in the event.

5.10 **CIAC Late Entry Policy** – Late entries will be fined \$50 per student. Late entries will be seeded at the discretion of the CIAC. Email any late entries and corrections to Joe Velardi – jvelardi@casciac.org, the meet director listed in this packet, tournament director Scott Butler – Redsox98@sbcglobal.net, and Support@fpsports.org. (*Email late entries and corrections to all four email addresses.)

5.11 It is recommended that coaches advise their student-athletes to take SAT or ACT tests that are not in conflict with the CIAC swim championships.

6.0 **TOURNAMENT RULES AND PROCEDURES**

6.1 Coaches should bring proof of swimming entry times to the swimming trials. The proof may be requested at the discretion of the meet referee or meet committee.

6.2 At CIAC state meets, coaches will be prohibited from being in the area directly behind the starting blocks without approval from the officials.

- 6.3 **Photography and Video Recording** – Meet management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) from the deck is prohibited by all individuals other than participating coach and athlete members unless prior authorization from the meet referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Additionally, the following “non-camera zones” shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups.
- Additional “non-camera zones” may be designated by meet management.

Any individual failing to abide by these rules may be ejected from the facility.

- 6.4 There will be a five-minute break after the 200 Medley Relay, the 500 Freestyle, the 200 Freestyle Relay, and the 100 Breaststroke at all trials, finals and open meets. This is in addition to the 15-minute break after the 50 Freestyle. The pool is open during swim breaks.
- 6.5 **Rules** – All meets shall be governed by the National Federation Swimming and Diving Rules. (Exceptions – State Open Meet where participants are not locked into heats and scoring system for Divisional Finals and Open.)
- 6.6 **Coaches** – An individual or team may not compete in the championships unless accompanied by the coach or an authorized certified coach as noted on the principal’s or his/her designee’s written authorization. (The written authorization must be presented to the meet director upon arrival.) This rule applies to diving and swimming trials, finals and Open.
- 6.7 **Trials, Finals, Open One Meet** – The championships are one (1) meet from the trials through the Open meet. A declared false start may be taken during trials, finals or Open. A competitor does not gain further eligibility once they have competed at any level of competition (Rule 3-2-1). A competitor who declares a false start is considered to have participated in that event for the duration of the championship meets.
- 6.8 **Declared False Starts** – Declared false starts are permitted in Trials, Finals and Open. The event will be reseeded at finals and open but at trials the alternate will be placed in the lane and heat of the swimmer that scratched or declared a false start. When possible, meet directors should be advised prior to the seed meeting that a swimmer, diver or relay will not compete in order to enter alternates at Finals and Open.
- 6.9 **CIAC Swimming Committee** – The decision of the CIAC Swimming Committee relative to the operation of the championships shall be final.
- 6.10 **Ineligible Competitor** – When it is discovered that an ineligible competitor participates in a CIAC individual type tournament / meet / match, the competitor will be disqualified from the competition and his/her last opponent will advance in his/her place. Teammates of the ineligible competitor remain in the competition and score points for their team. Team points earned by the ineligible competitor will be subtracted from the team’s total score. If the ineligible swimmer is part of a relay, that relay team is disqualified and their points are subtracted from the team’s total score. Team rankings will be readjusted if warranted. Opponents eliminated prior to the last competition may not re-enter the tournament. This applies to the following CIAC sports: swimming, wrestling, indoor track, outdoor track, tennis, cross country and golf.

- 6.11 **Coach Ejection** – When a member school’s coach is ejected from a meet for an infraction as prescribed by the rules, the school may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified.
- Coaches who are ejected from a meet are not allowed to coach for the next two meets.
- 6.12 **Coaches Meeting** – At least one coach from each school must attend the coaches meeting which will be held 30 minutes before the scheduled start of the meet for **swimming and diving**.
- 6.13 **Warm-up Procedure for All CIAC Tournament Meets** – Teams will be assigned by the meet director to specific lanes at specific times depending on the number of participants in the meet and the number of lanes available. Every attempt will be made to follow the National Federation guidelines for warm-ups.
- 6.14 **Swim Down** – There will be one length of swim down after each heat of an event during all tournament meet trials, finals and Open except that there will be no swim down after the 50 free and relays. **No warm down laps permitted when pool has lane(s) available for that purpose.**
- 6.15 **Shaving Down** – Shaving down at the meet sites is prohibited during regular season meets and CIAC championship meets. Violators will be disqualified from the meet. Application of substances to the body is never to be done on the pool deck. Meet directors will designate the only area where such substances may be applied. Substances applied must be dry before swimmer may leave the application area.
- 6.16 **Inclement Weather** – In case of inclement weather check the CIAC web site – www.ciacsports.com – to find out if the event has been postponed.
- 6.17 **Designated Areas** – Coaches and athletes entered in the meet are to remain in the area designated for them by meet management or referee. Violators are subject to disqualification or ejection. This rule will be rigidly enforced.
- 6.18 **Swim-Offs** – When swim-offs are needed the National Federation rules will be followed. **Swim-offs must be completed the day of trials.**
- 6.19 **Open Diving** – In diving the twenty-four (24) top divers plus any divers in the top three (3) of each divisional championships not already included in the top twenty-four (24) will automatically qualify for the state Open championship meet.
- 6.20 **Starting Wedges** - At finals, starting wedges may not be used unless they are available at all final sites. At trials they may be used.

7.0 **ENTRY FEES AND ADMISSION FEES**

- 7.1 **Entry Fee** - \$100 per team, plus \$10 per entry (including relays) to a maximum of \$250 made payable to CIAC.
- 7.2 **Admission Fee** - Diving Meets, Qualifying Meets, Championship Finals, Open Meet **
- Free – Children five (5) and under
 - Free – Military in uniform or with I.D.
 - \$5.00 - Students (grades 1-12 and Senior Citizens (age 65 and older)
 - \$10.00 – Adults (all others not in the above categories)

****All ticket sales for CIAC tournament games will be sold and redeemed via digital ticketing.** All tournament tickets are purchased online at casciac.org.

- 7.3 **Passes** – During the championships only the following passes will be honored at each site.
- Principal and/or Athletic Director (or designee) of participating schools with identification
 - Press Card
 - CIAC **swimming officials ONLY** membership card
- 7.4 **Tickets for Team Members** – Team members not participating in a meet (trials, finals or Open) must pay an admission fee. Team members participating in the trials will be admitted at no charge for finals and the Open.
- 7.5 **Supervision** – Team coaches (limit of three), athletic director and administrative personnel assigned to supervisory responsibilities will be allowed free admission.

8.0 **SCORING AND AWARDS**

- 8.1 **Scoring – Divisional and Open Championships** – At the divisional championships there will be three (3) heats of eight (8) swimmers in the finals. Swimmers will be “locked” in their heats for the divisional finals. Relay points are double the individual points awarded. At the Open Championships the top 24 individual finishers may move up or down the 24 places.

1 st place – 30 points	9 th place – 19 points	17 th place – 9 points
2 nd place – 27 points	10 th place – 17 points	18 th place – 7 points
3 rd place – 26 points	11 th place – 16 points	19 th place – 6 points
4 th place – 25 points	12 th place – 15 points	20 th place – 5 points
5 th place – 24 points	13 th place – 14 points	21 st place – 4 points
6 th place – 23 points	14 th place – 13 points	22 nd place – 3 points
7 th place – 22 points	15 th place – 12 points	23 rd place – 2 points
8 th place – 21 points	16 th place – 11 points	24 th place – 1 point

8.2 **Awards**

- a. **Divisional Championship Meets** – Medals awarded for first six (6) places
- b. **Open Meet** – Medals awarded for first six (6) places.
- c. **Team Award** – CIAC plaques will be given to each Divisional and Open Meet champion and runner-up.

9.0 **OFFICIALS**

- 9.1 **Meet Committee** – A meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during the meet. Judgment calls are not subject to review by the committee. The decision of the meet committee is final. The meet director shall create a committee comprised of at least three coaches that will comprise the meet committee.
- 9.2 **Timers** – In a meet where six lanes are used every team with a 400 yd. free relay team must supply a qualified timer for the entire meet. In a meet where eight lanes are used each team with three relays competing must supply a second qualified timer for the entire meet. The qualified timers with a watch must report 15 minutes before the scheduled start of the meet. The meet director may assign teams to a specific lane.
- 9.3 **CIAC Rules Interpreter** – Questions on swimming or diving rules should be referred to the CIAC rules interpreter – Mike Huffman, mhuffman99@gmail.com – (860) 539-9895.

10.0 PROTESTS

- 10.1 **Tournament** – On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of the CIAC and the Chairman of the Tournament Committee in question, in consultation with the CIAC swimming/diving interpreter will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 10.2 **Decisions by Game Officials** – Protests arising from judgment calls by officials during the contests will not be allowed. Protests arising from misinterpretation or misapplication of the National Federation or CIAC rules by officials or others will be considered. The record of the official scorekeeper at the conclusion of the contest is final unless an administrative error is discovered. Such errors will be corrected as covered by specific contest rules.

11.0 DIVISIONS

- 11.1 **New!** There will be four (4) divisions arranged through the following process:
- 1) Non-cooperative teams will be sorted based on the 2025-26 girl enrollment in grades 9-12, and separated evenly* into four divisions.
 - 2) Cooperative teams will be sorted based on the 2025-26 girl enrollment, and the CIAC cooperative enrollment formula, in grades 9-12, and separated evenly* into four divisions.
 - 3) Final divisions, following step 1 and step 2, will be combined to form the four divisions for the state tournament. For example, the largest non-cooperative teams will be combined with the largest cooperative teams, etc.
- *When determining the divisions in steps 1 and 2, consideration may be given where a team has not consistently entered its team into the tournament. NOTE: Collaborative teams will be placed into their respective divisions along with other, non-cooperative teams.

12.0 QUALIFYING STANDARDS

- 12.1 **CIAC Member Schools** – In order to qualify, individuals must be members of a team which has had a minimum of four (4) dual meets with CIAC member schools and in addition must meet the following minimum standards. The last date to count is Saturday, November 7, 2026. All times indicated on entry forms must show times to the hundredths of a second and be times from CIAC or National Federation sanctioned meets. **The number of entries per school per event must be in accordance with National Federation Rules.**

12.2	<u>Automatic Qualifying Times</u>	<u>LL</u>	<u>L</u>	<u>M</u>	<u>S</u>
	200 yd. Medley Relay		Automatic		
	200 yd. Freestyle	2:14.99	2:16.99	2:22.99	2:19.99
	200 yd. I.M.	2:32.99	2:36.99	2:37.99	2:39.99
	50 yd. Freestyle	26.99	27.99	28.99	27.99
	Diving -- All Divisions:	Minimum 6 dive score of 155 and D.D. of 8.8 on 5 optional dives Minimum 11 dive score of 240 and D.D. of 10.8 on 6 optional dives			
	100 yd. Butterfly	1:10.99	1:14.99	1:17.99	1:13.99
	100 yd. Freestyle	59.99	1:02.99	1:02.99	1:03.99
	500 yd. Freestyle	5:57.99	6:09.99	6:14.99	6:19.99
	200 yd. Freestyle Relay		Automatic		
	100 yd. Backstroke	1:09.99	1:15.99	1:13.99	1:13.99
	100 yd. Breaststroke	1:19.99	1:20.99	1:24.99	1:24.99
	400 yd. Freestyle Relay		Automatic		

Coaches may submit swimmers/divers in a maximum of two individual events. Any swimmer/diver who does not compete for 2 individual events will be allowed to swim in 2 relay events. If a swimmer does make the top 40 seeds then they may not compete in more than two relays at Trials, Finals or Open.

12.3 **Relays** – Each team is allowed one entry in each relay event without regard to qualifying time.

12.4 **Swimmers that Do Not Meet Automatic Qualifying Time** – Coaches should submit four swimmers with times for each event including times that do not make the automatic qualifying times. Swimmers will be added after the automatic qualifiers until the 36th time is reached. The top 36 times in each swimming event qualify to swim at Trials including any ties for 36th place. Only those in the top 36 will be charged an entry fee.

13.0 **DATES / SITES / TIMES / MEET DIRECTORS**

**** ALL DATES AND TIMES OF MEETS ARE SUBJECT TO CHANGE WITHOUT NOTICE**

<u>Event</u>	<u>Trials/Finals</u>	<u>Class</u>	<u>Date / Site</u>	<u>Warm-up</u>	<u>Start</u>	<u>Meet Director</u>
Diving	Trials/Finals	S	Friday, November 13, 2026 Plainville High School	4:00 pm	5:30 pm	Dan Wostbrock
Diving	Trials/Finals	M	Wednesday, November 11, 2026 Middletown High School	4:00 pm	5:30 pm	Trevor Charles
Diving	Trials/Finals	L	Thursday, November 12, 2026 Middletown High School	4:00 pm	5:30 pm	Trevor Charles
Diving	Trials/Finals	LL	Wednesday, November 11, 2026 Plainville High School	4:00 pm	5:30 pm	Dan Wostbrock
Diving	Trials/Finals	Open	Thursday, November 19, 2026 Middletown High School	4:00 pm	5:30 p.m.	Trevor Charles

<u>Event</u>	<u>Trials/Finals</u>	<u>Class</u>	<u>Date / Site</u>	<u>Warm-up</u>	<u>Start</u>	<u>Meet Director</u>
Swim	Trials	S	Saturday, November 14, 2026 Cornerstone	4:15 p.m.	5:30 p.m.	Scott Butler
Swim	Trials	M	Friday, November 13, 2026 Cornerstone	4:15 p.m.	5:30 p.m.	Brendan Heller
Swim	Trials	L	Saturday, November 14, 2026 Cornerstone	10:30 a.m.	11:45 a.m.	John Smachetti
Swim	Trials	LL	Friday, November 13, 2026 Cornerstone	10:30 a.m.	11:45 a.m.	Rick Lewis
Swim	Finals	S	Wednesday, November 18, 2026 Cornerstone	12:00 p.m.	1:00 p.m.	Scott Butler
Swim	Finals	M	Tuesday, November 17, 2026 Cornerstone	12:00 p.m.	1:00 p.m.	Brendan Heller
Swim	Finals	L	Wednesday, November 18, 2026 Cornerstone	5:00 p.m.	6:00 p.m.	John Smachetti
Swim	Finals	LL	Tuesday, November 17, 2026 Cornerstone	5:00 p.m.	6:00 p.m.	Rick Lewis
Swim	Finals	Open	Sunday, November 22, 2026 Yale University	11:00 am	1:00 pm	Rick Lewis

Contacts:

Scott Butler	Email: redsox98@sbcglobal.net	Cell – (203) 623-9463
Trevor Charles	Email: charlest@mpsct.org	Home – (860) 395-7852 / School (860) 704-4558
Erica Fangiullo	Email: efangiullo@windsorct.org	Cell – (860) 604-9885
Brendan Heller	Email: Brendan.heller@gmail.com	Cell – (203) 510-6026
Rick Lewis	Email: lewisshark@aol.com	
John Smachetti	Email: johnsmachetti@gmail.com	Cell – (860) 712-8824
Brian Verrastro	Email: verrastrob@plainvilleschools.org	Cell – (860) 716-2879
Joe Velardi	Email: jvelardi@casciac.org	(203) 250-1111 x 3903
Dan Wostbrock	Email: dwostbrock@wallingfordschools.org	Cell – (203) 376-5954

CIAC TOURNAMENT SPECTATOR EXPECTATIONS (INCLUDING PARENTS)

Positive Cheering and Behavior

- Spectators will cheer positively to support their team, not negatively against the opponent. “No Negatives, No Names, No Numbers”.
- Spectators will show respect for the game officials and their decisions.
- Spectators will respect CIAC tournament/site directors, tournament staff, and security when behavior is addressed and if asked to leave the event.

Dress Code

- For CIAC tournament contests, all spectators should be appropriately attired according to their school’s policy. No attire with visible degrading or demeaning writings/logos is permitted.

Signs, Banners, Flags and Powder

- Any signs must be positive in nature, reference only the school supported by the sign maker, be small enough not to obstruct the view of other spectators and be pre-approved by the school’s athletic director reference in the sign. Spectators are not permitted to bring flags for safety reasons. When asked to remove a sign, banner, or flag, participating schools will respect and follow the direction of any CIAC tournament/site director, tournament staff, or security personnel.
- All signs, banners and flags may be restricted pending facility usage requirements or at the discretion of the CIAC tournament director. CIAC tournament directors/staff will notify the athletic director when such restrictions are necessary.
- Powder or powder-like substances are prohibited at all visiting and neutral sites.

Noisemakers

- Outdoor Sports – No air horns, horns of any kind, or whistles will be used. Any other noisemakers may be allowed with approval from the host athletic/site director and the spectator’s school athletic director. Noisemakers can only be used during “dead ball” situations to celebrate good play.
- Indoor Sports – No noisemakers will be allowed. Pep bands are allowable with the prior approval of the CIAC tournament and site director, provided the school band has adult supervision, and the band only plays during “dead ball” situations.

Tailgating

- Tailgating is prohibited on the grounds of any CIAC tournament or championship event.

Streaming

- CIAC championships are streamed on the NFHS Network. Any streaming, broadcasting, or reproduction of a CIAC tournament game or championship without the expressed written consent of the CIAC is strictly prohibited.

APPENDIX A

25 YARD / METER AND 25 METER / YARD CONVERSION FACTORS

MEN

	<u>Yard/Meter</u>	<u>Meter/Yard</u>
200 yd. Medley Relay	1.115	0.8969
200 yd. Freestyle	1.108	0.9025
200 yd. Ind. Medley	1.111	0.9001
50 yd. Freestyle	1.119	0.8937
100 yd. Butterfly	1.114	0.8977
100 yd. Freestyle	1.111	0.9001
500 yd. / 400m Freestyle	0.8780	1.1391
500 yd. / 500m Freestyle	1.100	0.9091
200 yd. Free Relay	1.116	0.8961
100 yd. Backstroke	1.111	0.9001
100 yd. Breaststroke	1.110	0.9009
400 yd. Freestyle Relay	1.114	0.8977

WOMEN

200 yd. Medley Relay	1.116	0.8961
200 yd. Freestyle	1.108	0.9025
200 yd. Ind. Medley	1.110	0.9009
50 yd. Freestyle	1.115	0.8969
100 yd. Butterfly	1.111	0.9001
100 yd. Freestyle	1.112	0.8993
500 yd. / 400m Freestyle	0.877	1.140
500 yd. / 500m Freestyle	1.100	0.9091
200 yd. Free Relay	1.117	0.8953
100 yd. Backstroke	1.111	0.9001
100 yd. Breaststroke	1.112	0.8993
400 yd. Freestyle Relay	1.114	0.8977

APPENDIX B

CERTIFICATIONS / COACHING CERTIFICATIONS

For a list of all coaching certifications and links to forms go here:

<https://docs.google.com/document/d/1KnzXy81GK9x88bY1-5JBSuP-8SY34sdc/edit?usp=sharing&oid=104830910406558409235&rtpof=true&sd=true>

Volunteer Coaches

The state of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for, or instruct students in any way must follow Connecticut State Law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.