



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA SWIMMING NEWS - FALL 2025

*Newsletter for YMCA Competitive Swimming Coaches,
Volunteers and Local YMCA Leaders*

Rules That Govern YMCA Competitive Sports

This document establishes the rules by which YMCA competitive sports are to operate. Issued by YMCA of the USA, these rules address the purpose of competitive sports in the YMCA, eligibility, governance, YMCA affiliation and brand fidelity. They establish the basis of fair competition among YMCA teams and apply to the activities of YMCA affiliated teams in both closed and open competition.

The Rules That Govern document has been updated as of October 2025, with some new rules and several rules in which existing language was clarified or strengthened.

All YMCA coaches, officials, supervisors and leadership staff are responsible for reading and following the Rules That Govern.

A webinar was conducted on Nov. 18 to review the Rules That Govern and highlight new additions. [Recording](#) and [Slides](#) are posted on Link.

Swimming Addendum to the Rules That Govern

This document expands on the Rules That Govern, putting those rules into swimming terms. This is an extension of the Rules That Govern. The updated document will be posted by Dec. 1.

YMCA Sanctioned Meet Rules

The rules for YMCA sanctioned invitational and championship meets is also updated to reflect the Rules That Govern. It will be posted by Dec. 1. The deadline to submit a sanction request is 45 days prior to the start of a meet. Meet information may not be distributed or posted until the sanction is issued. Meet directors are responsible for ensuring the rules are followed, checking team and coach registrations, checking that each 18 & older athlete has completed Athlete Protection Training, submitting results and the signed declaration form from the CEO of each team participating.

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Key Resources

The following [People](#) will assist you in running your program and participating in the larger Y swimming community.

Reach out to your [Regional Representative](#) for any question about rules, meets, sanctions, eligibility, leagues, registration, etc. This is your go-to resource.

Contact your [Regional Officials Coordinator](#) with questions around officials training, technical rules, meet officiating needs or questions. Share your team officials coordinator's name and email with your regional coordinator.

[Y Partners](#) is a group of local Y CEOs, COOs and Alliance Directors who advocate for YMCA swimming programs in the Y Movement. They are available to talk with other local Y leaders about the benefits and

2025-26 YMCA Team & Coach Registration

- **Annual Y team and coach registration** – This is for **ALL teams and coaches**. Team registration is \$50/year and coach registration is free until Dec. 1 and then includes a \$100/coach charge to your YMCA. These are also required for participation in all sanctioned Y meets. Registration link [HERE](#).
*****If you are experiencing difficulty in accessing registration, please contact your Regional Representative for your team's direct URL. There is currently a glitch in the system but your Regional Representative can assist.*****
- **Team registration** – Provides valuable data on the size and scope of Y swimming in the U.S. **Please review your team information and update annually**. Make sure to update your officials coordinator, aquatics director and executive director. In accordance with the Rules That Govern YMCA Competitive Sports, your team name should include your YMCA name.
- **Coach registration** – Not only ensures all coaches are certified to be on deck, but national and regional **communication is sent only to registered coaches** and to aquatics directors indicated on the team registration. After Dec. 1, only registered coaches will receive e-mails. Please refer to the YMCA Coach Certification Requirements document before updating or submitting certifications. This can be found on [Link](#) or the [YMCA Swimming and Diving site](#).

YMCA Swim Coaches Forum

Learn from fellow coaches and guests on the bi-monthly forum. Each forum features a topic, open conversation and updates from the YMCA and USA Swimming.

Next Forum: Wednesday, Dec. 10 at Noon ET

[Zoom Link](#)

Find monthly topics and Zoom link on the [Coaches Forum section](#) under the Coaches tab in the YMCA Swimming and Diving website.

New Swimming Technical Rules

A number of new USA Swimming technical rules (which all YMCA meets are to follow) took effect after the USA Swimming Annual Summit. A summary

best practices of Y swimming programs.

Annual Tom Warrick Virtual Invitational Meet

Information [HERE](#).

Local meets held Sept. 26 – Nov. 2 or Dec. 1-14 in states that restrict club participation during high school season.

Remember to use the event file without changing event numbers or ages.

Read submission instructions carefully so that your meet's results are included in the final tabulation.

Deadline to submit meet results is **Dec. 19**.

Participate in the Aspen Institute Project Play Youth Sports Survey

This survey is being shared with youth serving organizations across the country to gather data around youth sports participation, why youth do and do not participate in sports, they benefits they perceive and in what sports they

of these rules changes can be found under the [Officials tab](#) on the YMCA Swimming and Diving website.

2026 YMCA National Aquatics Event Schedule

YMCA National Short Course Swimming Championships

March 30 – April 3
Greensboro Aquatic Center
Greensboro, NC

YMCA National Diving Championships

April 9 – 11
Rosen Aquatic Center
Orlando, FL

YMCA National Masters Meet

April 16 – 19
Selby Aquatic Center
Sarasota, FL

YMCA National Long Course Swimming Championship

July 28 – August 1
Florida Aquatics Swimming & Training
Ocala, FL

All event information will be posted on the [YMCA Swimming and Diving site](#).

Athlete Representatives

Four YMCA swimming committees include the participation of current athletes, selected through an application process. These athletes also form the Athlete Council, which meets monthly to participate in leadership and communications workshops and to discuss ways to further the positive impact of YMCA swimming.

2025-26 YMCA Swimming Athlete Representatives:

National Advisory Committee

Klara Cloutier – Greater Waterville YMCA (ME)
Aubrey Mitchell – YMCA of the Triangle Area (NC)
Cassidy Gifford – Springfield YMCA (OH)

National Championship Meet Committee

Gabe DeVizia – YMCA of the Triangle Area (NC)
Keelyn Maines – Countryside YMCA (OH)
Luke Mignery – Powel Crosley, Jr. YMCA (OH)

participate. It is intended to be completed by youth ages 10-17 but parents may assist their child. No personally identifiable information is collected and all questions are optional and may be skipped.

Please share this information with your families. If they would like to participate, the deadline is Nov. 30 for responses to be included in the national data set with the Aspen Institute. The YMCA-specific data will be collected through Dec. 31.

Share this link with families:
<https://rezed.io/1PTL7X>

National Eligibility Committee

Vedha Kongettira – Wilton YMCA (CT)
Cameron Morris - YMCA of the Triangle Area (NC)
Abigail Westnedge – Coffman Family YMCA (OH)

National Officials Committee

Katie Caplinger - YMCA at the Heights (OH)
Colin Schenck – Upper Pee Dee YMCA (SC)
Sadie Wills – Outer Banks YMCA (NC)

USA Swimming Opportunities

YMCA of the USA and USA Swimming enjoy a Memorandum of Understanding, sharing resources and opportunities for the advancement of competitive swimming and the enrichment of its athletes, coaches and volunteers.

Watch for future announcements around coach education, sport development and programmatic opportunities.

Please visit the [USA Swimming website](#) for a large quantity of resources, including many that are free to all, regardless of membership.