

SOSSA SWIMMING CONSTITUTION NOV 2010-1
SOSSA INC. CO-EDUCATIONAL SWIMMING

(updated as of November 2010)

PLAYING REGULATIONS

1.

DATE

The SOSSA INC. Co-educational Swimming Championship will be held in January or February prior to the OFSAA Co-Educational Swimming Championship.

2.

LOCATION

The location shall be decided not later than the SOSSA INC. Annual Meeting held in June of the school year prior to the championship.

3.

ELIGIBILITY

A)

TEAM ELIGIBILITY

i)

SOSSA INC. Swimming is classified as a Team Sport.

ii)

Only bona fide members of a school team which is coached by a teaching staff member from that school may enter the SOSSA INC. Co-Educational Swimming Championship.

iii)

A school team is defined as a team composed of a minimum of (6) members who train as a team for at least two (2) consecutive months involving at least two (2) pool practices per week under the direction of a coach.

iv)

a coach is a teaching staff member of that school who is responsible for the team and is present at a majority of practices and all competitions. This may still allow for coaching assistance of a purely technical nature.

v)

a bona fide school team member is a student from that school who actively participates as a swimmer in the majority of practices of his/her school team.

vi)

in the event of a lack of available pool time, a school can petition to be declared eligible under the signatures of the coach and principal. This letter of petition will be sent to the SOSSA Swimming Convenor. This letter of petition will be sent prior November 1st of the swimming season.

i)

In order to qualify for OFSAA, coaches must submit list of names of all potential swimmers in December 15th to the SOSSA to verify eligibility only. Times and names of qualified swimmers can be submitted following the meet.

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B)

STUDENT ELIGIBILITY

i)

See Article VII and VIII

ii)

A 'Senior' swimmer is one who has not competed for and/or trained with and/or been registered with the C.A.S.A. or equivalent (ie. A.A.U.) as of September 1st of the year prior to the current school year. (C.A.S.A. - Canadian Swim Coaches Association)

iii)

Any individuals who is an Ontario swimmer carded by National is any event is eligible to compete in the Open section, provided he/she is a member of a bona fide school team.

iv)

S14 and SO classification of Para swimmers shall be permitted to compete until the age of 21.

v)

All athletes including Para swimmers must physically swim at the SOSSA Swimming Championships to be eligible to qualify for OFSAA.

4.

MEET STRUCTURE

i)

The SOSSA INC. Co-educational Swimming Championship shall be run as one meet in the High school, OPEN and Para divisions. Classifications of swimmers is as follows:

a)

PARA SWIMMERS

All swimmers with a disability who meet the eligibility requirements and who are bona fide members of the school team compete in this division.

All Para swimmers will compete in one division.

After SOSSA, all Para swimmers must be appropriately classified.

All paperwork required for their classification must be provided by an accredited classifiers, to compete at OFSAA meet. Classifiers can be contacted via:

S14 or SO Athletes contact:

Ontario Special Olympics -www.osoinc.com

c/o Chief School Services Officer

18 Wynford Drive.

Suite #300

North York, ON

M3C 3S2

1 888 333 5515 Toll Free Number

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For all other Para athletes

-S 1-10 physical disabled

-S 11, 12, 13 blind

Coaches must contact:

Swim Ontario -www.swimontario.com

Note: Please do this early in your season. Its take time to get a qualified person from Swim Ontario to assess your athlete.

b) OPEN DIVISION - JUNIOR AND SENIOR ARE COMBINED

A swimmer who has competed for and/or trained with and/or been registered with a SNC club or equivalent as of November 1st of the year prior to the current school year shall be eligible to compete in the Open Division only provided that he/she is a bona fide member of the school team. (SNC - Swimming/Natation Canada)

A swimmer who, during the currant school year, has competed for and/or trained with and/or been registered with a non SNC competitive swim club shall be eligible to compete in the Open Division only, provided that he/she is a bona fide member of the school team. If a grade 9 swimmer has ceased to compete for and/or practice with and/or is no longer registered with a club after November 1st of the current school year, he/she shall be eligible to swim in the high school division.

A "non-SNC competitive swim club" is defined as a club which practices outside the school curricular and/or extra curricular programs and whose athletes compete in scheduled swim meets for the club during the school swim season.

c)

HIGH SCHOOL DIVISION - JUNIOR AND SENIOR

All other swimmers (ie. Not PARA or OPEN swimmers as defined above) who meet the eligibility requirements and who are bona fide members of the school team compete in this division.

ii)

Age Classifications - See Article VII Section 2

iii)

The swim meet shall be operated according to time final events. The swimmer will swim only once in which the final placings are determined on the basis of his/her times.

iv)

The pool will be open one hour prior to the meet start time.

v)

A scratch meeting shall be held prior to the meet.

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5. EVENTS

Boys' and Girls' competition shall be conducted over one day in the following events:

i)

HIGHSCHOOL DIVISION:
SENIOR EVENTS

*

200 Metre Medley Relay

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*
200 Metre Freestyle Relay
*
200 Metre Freestyle
*
100 Metre Freestyle
*
100 Metre Backstroke
*
100 Metre Breaststroke
*
100 Metre Individual Medley
*
50 Metre Freestyle
*
50 Metre Butterfly
JUNIOR EVENTS

*
200 Metre Medley Relay
*
200 Metre Freestyle Relay
*
100 Metre Freestyle
*
100 Metre Individual Medley
*
50 Metre Freestyle
*
50 Metre Backstroke
*
50 Metre Breaststroke
*
50 Metre Butterfly
ii)
OPEN DIVISION:

*
400 Freestyle Relay
*
200 Metre Individual Medley
*
200 Metre Freestyle
*
200 Metre Medley Relay
*
100 Metre Freestyle
*
100 Metre Backstroke
*
100 Metre Butterfly
*
100 Metre Breaststroke
*
100 Metre Individual Medley
*
50 Metre Freestyle
iii)
PARA DIVISION:

*
100 Metre Freestyle
*

50 Metre Freestyle

*

50 Metre Backstroke

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6. ENTRY

i) Entries will be accepted from zone convenors or designates only.

ii) Entries must be received by the SOSSA INC. Convenor no later than one week prior to the Championship.

iii) Only the top three (3) times from each zone shall enter each event unless the size of the pool can handle four event times in order to limit each event to two (2) heats.

iv) Each swimmer must swim in one category only for all events with the following exception:

A swimmer may move to the OPEN category for a relay but the swimmer may not swim in more than one relay event.

v) Each zone may enter three (3) competitors per event in the SOSSA INC. meet.

Each zone may hold a qualifying meet and the cost of this meet will be paid for by the zone. At the conclusion of the zone meet, the convenor will confirm all entries for the SOSSA INC. Meet. The convenor will send in all entries for the zone and not the coaches unless an exception is made by the convenor.

vi) The junior competitor at zone may replace a senior if his/her time is better.

vii) A competitor may enter a maximum of three (3) events, and if he/she is entered in the maximum number, at least one event must be a relay. This is for High school and OPEN events only.

viii) A maximum of two (2) entrants per school will be accepted for each event at the SOSSA INC. Meet in the High school and OPEN events.

ix) Para swimmers are eligible to swim all three events at the SOSSA INC. meet. They will have to choose only two (2) events to swim at OFSAA.

x) In Para events, a school may enter any number of Para swimmers with only top two (2) scoring in each event.

xi) A relay team may be made up of six (6) competitors, any four (4) of whom may swim, but for all six (6) listed the relays is considered an event.

xii) For the Open Metre Relays, teams shall consist of swimmers from the High School Division, Open Division, or any combination thereof.

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xiii)

A Para competitor who chooses to swim in the Para division may not swim in the corresponding event in the High School or the Open division. For the other events, however, he/she may swim in the High School division only or the Open division only.

ix)

The SOSSA INC. Convenor shall be responsible to ensure that the OFSAA entries are submitted.

xv)

There shall be time allotted for swimmers to rest between Individual Medley and 50 metre fly, as well as the finals relay.

xvi)

Scratches made on the day of the championship will be allowed, but NO new entries and/or replacement swimmers shall be allowed.

xvii)

No entries shall be made no later than the Friday prior to the Championship meet.”

xviii)

The convenor, if at all possible shall make available a warm up and cool down lane, separate from the competition pool, throughout the championship meet.

xx)

There shall be NO on deck entries on the day of the Championship meet.

xxi)

Swimmers will be permitted to wear swim suits that contradict the SNC guidelines for cultural and/or religious reasons at the discretion of the meet referee.

7.

EXPENSES

i)

An entry fee shall be charged to cover all incurred costs to run the SOSSA INC. meet. See Article IV

ii)

A financial convenor report shall be submitted to the Administrative SOSSA INC. Secretary-Treasurer following the Championships.

8.

RULES AND OFFICIALS

i)

C.A.S.A. rules for high school shall govern competition at the SOSSA INC. Championship. Rule Book may be obtained from:

Ontario Section C.A.S.A.
559 Jarvis Street
Toronto, ON
M4Y 2J1

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ii)

The meet convenor shall be responsible for obtaining competent officials for the SOSSA INC. Championship.

iii)

School coaches, competitors and officials only shall be allowed on the pool deck and local rules, ie. Clothing on deck, etc... shall be adhered to and broadcast by the host school.

9.

SCORING

Scoring shall be:

- 1st place 9 points
- 2nd place 7 points
- 3rd place 6 points
- 4th place 5 points
- 5th place 4 points
- 6th place 3 points
- 7th place 2 points
- 8th place 1 point

It shall be double points for the relays.

10.

AWARDS

i)

SOSSA INC. Ribbons are available to all competitors. The convenor will contact the Administrative SOSSA INC. Secretary-Treasurer to obtain them prior to the Championship.

ii)

An overall team Championship shall be declared by including ALL CATEGORIES.

11.

MEDICAL

Qualified first aid personnel and equipment shall be available at the Championship site. Coaches shall provide all consumable medical supplies (ie. Tape, bandaids) for athletes.

12.

APPEALS AND PROTESTS

See Article IX.

13.

DEPARTMENT

See Article X and XI.

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