

SOSSA SWIMMING - COEDUCATIONAL

PLAYING REGULATIONS - revised January 2018

1. Date

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

2. Location

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

3. Eligibility

A) Team eligibility.

a) SOSSA Swimming is classified as a Team Sport.

b) 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 from September to March involving at least two (2) pool practices per week under the direction of a coach.

c) 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.

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

e) 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. Attendance of ten (10) practices is verified by your eligibility signed by your coach and principal.

f) 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 Convener. This letter of petition will be sent prior to November 1st of the swimming season and forwarded to the OFSAA SAC Chair.

g) In order to qualify for OFSAA, coaches must submit a list of names of all potential swimmers by December 15th to the SOSSA Convener to verify eligibility only.

B) Student eligibility

To represent the school the student must be eligible under the SOSSA and OFSAA constitution. See SOSSA Article VII and Article VIII.

4. Classifications

Classification of swimmers is as follows:

I) Para-swimmers:

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

b) All Para-swimmers will compete in one division.

c) All Para-swimmers must have classification provided by accredited classifiers, to compete in SOSSA Swimming Championship. All classification information and forms can be found on the OFSAA Swimming Championship website every year.

d) Classification for Para-swimming competitors at the OFSAA level only:

- S1-10 are physically impairment.

- S11, S12, S13 are visual impairment.

- S14 are intellectual impairment.

NOTE: IPC chart will be used to score the S1-14 categories.

II) High school division - junior and senior competition.

a) A swimmer who exclusively trains with and competes with/for their high school and does not train or compete with/for any other aquatic program or program with an aquatic component.

b) A swimmer in grade nine is eligible who has ceased to train or compete with/for any other aquatic program or program with an aquatic component prior to the high school swim season. For the purpose of classification the high school swim season begins November 1st.

c) A swimmer in grade ten or above is eligible who has ceased to train or compete with/for any other aquatic program or program with an aquatic component prior to the previous high school season (as stated in (b) above).

III) Open division - junior and senior are combined.

All other swimmers (i.e. not Para or high school swimmers as defined above) who meet the SOSSA and OFSAA eligibility requirements and who are members of the school team must compete in this division.

5. Meet Structure and Events

- a) The SOSSA Co-educational Swimming Championship shall be run as one meet in the High School, Open, and Para divisions.
- b) 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.
- c) The pool will be open for warm-ups prior to the heats and finals. The warm-up schedule shall be determined by the convening committee and shall be distributed in the school information package.
- d) A coaches meeting shall be held prior to the meet.
- e) If time permits, a ten minute break will be given between the Medley Relays and 50 meter fly, as well as between the 100 meter individual and the Freestyle.
- f) Boys' and Girls' competitions shall be conducted over one day in the following events:

i) HIGH SCHOOL DIVISION:

SENIOR EVENTS

- | | |
|-------------------------------|-----------------------------|
| * 200 Meter Medley Relay | * 200 Meter Freestyle Relay |
| * 200 Meter Freestyle | * 100 Meter Freestyle |
| * 100 Meter Backstroke | * 100 Meter Breaststroke |
| * 100 Meter Individual Medley | * 50 Meter Freestyle |
| * 50 Meter Butterfly | |

JUNIOR EVENTS

- | | |
|--------------------------|-------------------------------|
| * 200 Meter Medley Relay | * 200 Meter Freestyle Relay |
| * 100 Meter Freestyle | * 100 Meter Individual Medley |
| * 50 Meter Freestyle | * 50 Meter Backstroke |
| * 50 Meter Breaststroke | * 50 Meter Butterfly |

ii) OPEN DIVISION:

- | | | |
|-------------------------------|---|-------------------------------|
| * 200 Meter Individual Medley | * 200 Meter Freestyle | * 50 Meter Freestyle |
| * 200 Meter Medley Relay | * 100 Meter Freestyle | * 100 Meter Individual Medley |
| * 100 Meter Backstroke | * 100 Meter Butterfly | |
| * 100 Meter Breaststroke | * 400 Freestyle Relay (as defined in 6 (k) under entry) | |

iii) PARA DIVISION:

- | | |
|-----------------------|----------------------|
| * 100 Meter Freestyle | * 50 Meter Freestyle |
| * 50 Meter Backstroke | |

6. Entry

- a) Entries will be accepted from zone conveners or designate only.
- b) Entries must be received by the SOSSA convener no later than one week prior to the Championship.
- c) 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.
- d) Additional junior swimmers may be added to the 100 Breaststroke, 100 Backstroke, and 200 Freestyle if their qualifying time positions them in the top four of their Zone.
- e) A competitor may enter up to three (3) events, only two (2) of which may be individual events.
- f) A school may have a maximum of two (2) competitors in each individual event in each division and (one) 1 school relay in an relay event.
- g) Para-swimmers are eligible to swim all three (3) events at the SOSSA meet. After the SOSSA Swimming Championship meet, the coach will inform the convener of the two (2) events the athlete will swim in at OFSAA.
- h) In Para events, a school may enter any number of Para-swimmers with only top three (3) scoring in each event.
- i) A Para-swimmer who chooses to swim in the Para division may not swim in the other corresponding events in the High School and/or the Open divisions. However, he/she may swim in the High School division only or the Open division only. If he/she chooses to swim at either of the above level, they continue at that same level of competition. They cannot go back and forth from Para division to High school division or Para division to Open division.
- j) 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.
- k) For the Open Meter Relays, teams may consist of swimmers from the High School Division, Open Division, or any combination thereof.
- l) Scratches made on the day of the championship will be allowed, but NO new entries and/or replacement swimmers shall be allowed.
- m) No entries shall be made later than the Friday prior to the Championship meet.
- n) There shall be NO on deck entries on the day of the Championship meet.
- o) 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

- a) An entry fee shall be charged to cover all incurred costs to run the SOSSA Meet.
- b) A financial convener report shall be submitted to the SOSSA administrative director following the Championship.
- c) The SOSSA Convener shall be responsible to ensure that the OFSAA entries, registration fees and OFSAA participation fees are submitted to the OFSAA Championship convener by the entry deadline.
- c) Since SOSSA is responsible for any losses incurred in running the Championship, then SOSSA should realize any profit. (After expenses - 60% to school, 40% to SOSSA)

8. Rules and Officials

- i) SNC rules for high school shall govern competition at the SOSSA Championship.
- ii) The meet convener shall be responsible for obtaining competent officials for the SOSSA Championship.
- iii) Only school coaches, competitors and officials are allowed on the pool deck.

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

- a) SOSSA championship medals are provided to event winners. Ribbons (2nd to 5th place) are available to all competitors. The convener will contact the Administrative SOSSA Secretary-Treasurer to obtain them prior to the Championship.
- b) An overall team Championship shall be declared by including ALL CATEGORIES.

11. Department

Any school team entering SOSSA sponsored or approved competition must be under the control of a staff member of the school which it represents.

12. Medical

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

13. Appeals and Protests

If a school(s) wishes to proceed with a protest, see Article #9 of the SOSSA Constitution.