

# **SOSSA INC. CO-EDUCATIONAL SWIMMING**

(updated as of May 2014)

## **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**

- a) SOSSA INC. 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 INC. 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 Convenor. 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 Convenor to verify eligibility only.

## **B) STUDENT ELIGIBILITY**

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

### **4. MEET STRUCTURE**

- a) 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:

#### **i) PARA-SWIMMERS**

- a) All swimmers with a disability who meet the 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. Inc 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: SNC chart will be used to score the S1-14 categories.**

#### **ii) OPEN DIVISION - JUNIOR AND SENIOR ARE COMBINED**

- a) 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)
- b) A swimmer who, during the current school year, has competed for and/or trained with and/or been registered with a non-SNC competitive aquatic club shall be eligible to compete in the Open Division **only**, provided that he/she is a bona fide member of the school team.

- c) A “**non-SNC competitive aquatic club**” is defined as a club OR program in which athletes practice AND/OR compete outside the school curricular and/or extra-curricular programs. Clubs or programs may include, but are not limited to, swimming, synchronized swimming, water polo and triathlon.
- d) A swimmer who, during the current school year, receives any coaching and/or training outside of his/her high school curricular or extra-curricular program shall be eligible to compete in the Open Division **only** provided that he/she is a bona fide member of the school team.
- e) If a **grade 9 swimmer** has ceased to compete for and/or train with and/or is no longer registered with a SNC or non-SNC competitive aquatic club after November 1<sup>st</sup> of the current school year, he/she shall be eligible to swim in the high school division.
- f) If a grade 9 swimmer has ceased to receive coaching and/or training, outside of he/her high school curricular or extra-curricular program after November 1<sup>st</sup> of the current school year, he/she shall be eligible to swim in the High School Division.

### **iii) HIGH SCHOOL DIVISION - JUNIOR AND SENIOR**

- a) 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.
- 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 the 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 metre fly, as well as between the 100 I.M. and the Freestyle Relays.

## 5. EVENTS

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

### i) HIGH SCHOOL DIVISION:

#### SENIOR EVENTS

- \* 200 Metre Medley Relay
- \* 200 Metre Freestyle
- \* 100 Metre Backstroke
- \* 100 Metre Individual Medley
- \* 50 Metre Butterfly
- \* 200 Metre Freestyle Relay
- \* 100 Metre Freestyle
- \* 100 Metre Breaststroke
- \* 50 Metre Freestyle

#### JUNIOR EVENTS

- \* 200 Metre Medley Relay
- \* 100 Metre Freestyle
- \* 50 Metre Freestyle
- \* 50 Metre Breaststroke
- \* 200 Metre Freestyle Relay
- \* 100 Metre Individual Medley
- \* 50 Metre Backstroke
- \* 50 Metre Butterfly

### ii) OPEN DIVISION:

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

### iii) PARA DIVISION:

- \* 100 Metre Freestyle
- \* 50 Metre Backstroke
- \* 50 Metre Freestyle

## 6. ENTRY

- a) Entries will be accepted from zone convenors or designates only.
- b) Entries must be received by the SOSSA INC. convenor 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 INC. meet. After the SOSSA Inc. Swimming Championship meet, the coach will inform the convenor 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 can not 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 Metre 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.
- p) The SOSSA INC. Convenor shall be responsible to ensure that the OFSAA entries, registration fees and OFSAA participation fees are submitted to the OFSAA Championship convenor by the entry deadline.

## 7. **EXPENSES**

- a) An entry fee shall be charged to cover all incurred costs to run the SOSSA INC. Meet.
- b) A financial convenor report shall be submitted to the Administrative SOSSA INC. Secretary-Treasurer following the Championships.

## 8. RULES AND OFFICIALS

- i) SNC rules for high school shall govern competition at the SOSSA INC. Championship.
- ii) The meet convenor shall be responsible for obtaining competent officials for the SOSSA INC. 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 INC. Ribbons are available to all competitors. The convenor will contact the Administrative SOSSA INC. Secretary-Treasurer to obtain them prior to the Championship.
- b) 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 AND SUPERVISION

See Article X and XI.