

PLAYING REGULATION 15.0 – SWIMMING

1. **SAFETY GUIDELINES:** Each HSSAA Member School shall ensure that the current Physical Education Safety Guidelines - Secondary Inter School Module, outlined according to the following critical components: EQUIPMENT, CLOTHING / FOOTWEAR, FACILITIES, SPECIAL RULES / INSTRUCTION and SUPERVISION, be adhered to at all times. Specific details on the Critical Components will be provided at the Pre-Season Coaches Meeting.

2. SUPERVISION:

A swimmer may not compete in any HSSAA Swim meet unless accompanied by a **teacher-coach** or a **teacher-supervisor**.

3. RULES GOVERNING COMPETITION:

S.N.C. rules for high schools shall govern all HSSAA swim meets.

4. OFFICIALS:

At the convener's discretion, the meet officials are to be of the highest caliber.

5. UNIFORMS:

All swimmers from the school shall wear the school team bathing cap or team swim suit.

6. DATES:

The HSSAA Swim Championships will be held in February, at least one week before the GHAC Swim (OFSAA Qualifying) Meet each year.

The coaches meeting will take place within the last two weeks of October.

The season will start with a meet that may include a Rookie category. This category will pertain only to those swimmers who have never raced in a competition

The HSSAA swim season shall consist of league meets and the Halton & GHAC Swim Championships.

The league meets will be held from November until mid-December.

7. LOCATION:

The HSSAA Swim Championships will be held at the pool the convener schedules.

8. AGES:

All competitors shall meet the age requirements as per Article XI, Section VII of the Constitution.

9. CLASSIFICATION:

There shall be a **boys'** and a **girls'** competition in each of the following classifications:

PARA Division: All Swimmers with a Disability must have a classification provided by accredited classifiers. See OFSAA Swim Regulation 3(a)(i) for detailed information. PARA swimmers will compete under the following classifications:

S1-10 physical disability

S11-13 blind

S14 intellectual disability

High School Division:

1. 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.
2. A swimmer in grade 9 is eligible who has ceased to compete with/for any other aquatic program with an aquatic component prior to the high school swim season.
3. A swimmer in grade 10 or above is eligible who has ceased to compete with/for any other aquatic program or program with

an aquatic component prior to the previous high school season.

Open Division: Junior and Senior

All HSSAA Swim Meets shall follow the OPEN classification guidelines of the OFSAA Swim Regulations that read as follows:

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. 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.

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.

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 1st of the current school year, he/she shall be eligible to swim in the High School Division. If a **grade 9 swimmer** has ceased to receive coaching and/or training, outside of his/her high school curricular or extra-curricular program after November 1st of the current school year, he/she shall be eligible to swim in the High School Division

Grade 7 and 8 Students:

Grade 7 and 8 students from Aldershot School, Burlington Central School and Robert Bateman School are permitted to train with the high school students from their respective schools in recognition of the unique organizations at those schools. Students enrolled in LEAP programs at Halton Schools are also permitted to train with their respective high schools. Further, these student athletes are ineligible for Halton/GHAC Championship competitions. These students are eligible to compete in league and invitational meets*space providing.

10. ELIGIBILITY:

As governed by HSSAA Constitution Article XI, Section V.

- "Club swimmers"/Open must compete only in open events.

- All swimmers must attend at least 50% of the school swim practices.

- In addition, in order to compete at the Halton Swim Championships, the athlete must have participated in, and be listed in the results of, at least two league swim meets.

- In the case of extraordinary circumstances (e.g. injury, lengthy illness), the swim convener(s) may make exceptions to this request based on a **written request from the coach received prior to the submission of the school's Halton entries. PARA swimmers are exempt from this regulation.**

11. ENTRY FEES:

Entry fees will be determined by the convener(s).

12. EVENTS:

Will follow the OFSAA numbering and order. These will change as / if the OFSAA event numbering / order changes. Refer to OFSAA swimming for details

The following format will be provided at the Halton and GHAC Swim Championships.

<p>The HSSAA Swim Championships shall include the events, and follow the order, of</p>		
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the OFSAA Swim Championships for the current school year.		
Girls	Day 1	Boys
1	Open 200 Freestyle	2
3	Senior 200 Freestyle	4
5	Junior Medley Relay	6
7	Open Medley Relay	8
9	Junior 50 Freestyle	10
11	Senior 50 Freestyle	12
13	Open 50 Freestyle	14
15	Junior 50 Butterfly	16
17	Senior 50 Butterfly	18
19	Open 100 Butterfly	20
21	Junior 50 Breaststroke	22
23	Senior 100 Breaststroke	24
25	Open 100 Breaststroke	26
27	Senior Medley Relay	28
Girls	DAY 2	Boys
29	Open 200 I.M.	30
31	Junior 200 Freestyle Relay	32
33	Senior 100 I.M.	34
35	Open 100 I.M.	36
37	Junior 100 I.M.	38
39	Senior 100 Freestyle	40
41	Open 100 Freestyle	42
43	Junior 100 Freestyle	44
45	Senior 100 Backstroke	46
47	Open 100 Backstroke	48

49	Junior 50 Backstroke	50
51	Senior 200 Freestyle Relay	52
53	Open 400 Freestyle Relay	

13. HSSAA LEAGUE MEETS AND CHAMPIONSHIP MEET:

-Entry to the HSSAA Swim Championships must be made in accordance with the published timelines for the current year. Failure to comply will result in the denial of entry to the competition. In extenuating circumstances (e.g. illness), a decision regarding entry will be made by the convener(s).

-Outside officials may be used at the discretion of the Swim Convener(s).

- An HSSAA league meet is defined as a meet designated by the Convener or an invitational meet that includes at a minimum 5 HSSAA schools.

-Only schools that are HSSAA members (with a minimum of 4 athletes) in good standing, and whose athletes have met all of the eligibility requirements, are permitted to enter swimmers in the HSSAA Swim Championships.

-Entries will be completed as directed by the convener. All entries should include a short course metres best time. Seeding will be completed after the entries are received and before the meet starts.

-Swimmers may be entered in a **maximum of four (4) events** and, 2 individual events and 2 relay events. Swimmers may be entered in 5 events ONLY if the fifth event is the Open 4X100 Freestyle Relay. Any, or all, of these events for junior swimmers may be at the senior level. Seniors may not swim events at the junior level.

- At the Championship Meet, schools may enter a maximum of three (3) swimmers in individual events (50's and 100's of each stroke), if time permits. This will be up to the discretion of the convenor(s). Only the best two (2) finishes for any school will count for points in scoring the Championship team result. NOTE: In HSSAA League Meets, schools may enter any number of swimmers in each event to a maximum of 4 events per swimmer (2 individual and 2 relay) Note: a 5th event at HSSAA League Meets may be permitted as a deck entry only; based on empty lanes in a heat.

-At the HSSAA Championships, schools may **only enter two (2) relay teams** and may list up to six (6) swimmers in a relay – 4 to swim and 2 as alternates. If listed, either as swimmer or alternate, the entry counts toward the limits set above – all participants must complete a positive check-in during the event, on the day of the championship meet

-For the OPEN 400 METRE RELAY and the OPEN MEDLEY RELAY, teams may consist of swimmers from the High School Division, the Open Division, or any combination thereof.

Note: These events are only contested at the Championship Meet and may only take place at the league meets if time permits.

-Schools are limited to two (2) entries in any individual Championship final. In addition, **only the best two (2) finishes for any school will count for points in scoring the Championship team results.**

-A PARA swimmer who chooses to swim in the PARA division may not swim in the *corresponding event* in the High School or Open Divisions. For any other events, he/she may swim in only one of the High School or Open Divisions.

- PARA swimmers are permitted to swim on relay teams in the appropriate age category.

-The pool will be available for warm-ups prior to the start of the meet.

-A warm-up schedule shall be provided prior to the meet. SNC warm-up procedures shall be in effect.

-At the discretion of the convener, all of the events at the HSSAA Championship meet may be run as times finals.

-PARA events will be swam as timed finals.

-If there are preliminaries and finals and if a swimmer is disqualified in finals your time from the preliminary heats will be used for qualifying for GHAC Swim Championship.

-Scratches for the HSSAA Championships are to be submitted to the marshal as early as possible, and at least 20 minutes, prior to the start of the meet. No substitutions will be allowed.

THERE WILL BE NO DECK ENTRIES.

14. GHAC QUALIFYING:

- Entries are awarded as per the GHAC Constitution.
- all athletes, except for PARA swimmers, must physically swim at the HSSAA Swimming Championships to be eligible to qualify for GHAC and OFSAA. If a PARA swimmer is unable to swim at the HSSAA Swimming Championships, a written request from the coach with a medical note or reasoning must be submitted to the convenor(s) in order for them to advance to GHAC.

Time permitting, a time trial will be run at the end of the meet for those who qualify based on the following criteria:

50m Swims – official time must be less than or equal to 0.5 seconds off the OFSAA times.

100M Swims - official time must be less than or equal to 1.0 seconds off the OFSAA times.

Coaches must submit an entry to the referee within 30 minutes after the race is completed (not at the end of the meet.)

15. AWARDS:

No awards will be given out for league meets.

a) The HSSAA Overall Team Championship and the Junior and Senior Boys and Girls Divisional Championships will be based on points earned in the High School Divisions only. The Open and PARA Divisions Championship will be determined by points earned in the OPEN and PARA events.

The Combined Team Championship will be determined by the total number of points in the High School, Open and PARA events.

c) Points in– **HIGH SCHOOL, OPEN or PARA - will be as follows:**

Finish	Individual Events	Relays
1	16	32
2	13	26
3	12	24
4	10	20
5	9	18
6	8	16
7	7	14
8	6	12
9	4	8
10	3	6
11	2	4
12	1	2

c) Only the best two (2) finishes for any school will count for points in scoring the Championship team results.

- d) Individual gold and silver medals will be awarded to the top 2 finisher(s) only in each event final (including relays).
- e) Trophies will be presented to the winning school team in the following divisions:
Junior HS Girls, Junior HS Boys, Combined HS Junior
Senior HS Girls, Senior HS Boys, Combined HS Senior
Overall HS Team Champion
Overall OPEN Team Champion
Overall PARA Team Champion