

## **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 first 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 run by the convenor will be held from November until mid-December. The dates of the league meets will be communicated to the coaches by October 1st. At the coaches meeting, coaches will sign up for the league meets run by the convenor. After the coaches meeting, coaches will have one week to sign up for the league meets. If no sign up occurs, teams will be slotted into a minimum of 2 meets to a maximum of 3 (space permitting).

If a team withdraws from a league meet run by the HSSAA less than one week before that meet, their team will be declared ineligible for GHAC. If declared ineligible for GHAC, a team can appeal to the HSSAA Executive Council and request a Board of Reference.

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 VI, Section III](#) of the HSSAA 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 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. For the purposes of classification, the high school season begins November 1st.

Open Division: All other swimmers (i.e. not Para-swimmers or high school swimmers as defined above) who meet the eligibility requirements and who are bona fide members of the school team must compete in this division.

**Grade 7 and 8 Students:**

Grade 7 and 8 students from Aldershot School, Burlington Central School and Acton District High 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 VI](#).

- "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.**

- An HSSAA league meet is defined as a meet designated by the convener. For a meet to count as an HSSAA League meet, it must be in compliance with the HSSAA Playing Regulations.

11. **ENTRY FEES:**

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

12. **EVENTS:** An HSSAA league meet is defined as a meet designated by the convener. For a meet to count as an HSSAA League meet, it must be in compliance with the HSSAA Playing Regulations.

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).

-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 convener(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 REPRESENTATION:**

- As governed by HSSAA Constitution [Article XVI, Section XI](#)

- If a relay advances to GHAC, the swimmers on the relay can change from the HSSAA Championship to GHAC. Any changes need to be submitted before the deadline as established at the Coaches Meeting. This deadline will be at the discretion of the convener.

- 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