

1. Boys' and Girls' - WINTER Sport		SWIMMING		2. Junior: ZONE/SOSSA/OFSAA; Senior: ZONE/SOSSA/OFSAA; Open: ZONE/SOSSA/OFSAA Para-swimming.: ZONE/SOSSA/ OFSAA	
<p>Many of the Policies in this sport specific section make a direct reference to a specific ARTICLE or SECTION in the NRHSAA CONSTITUTION/ POLICY MANUAL. Where relevant, you will find direct reference(s) to the ARTICLE and/or SECTION of the NRHSAA CONSTITUTION/ POLICY MANUAL. If you want to refer to the NRHSAA CONSTITUTION log on to http://www.dsbn.edu.on.ca and then click on "schools link". Or, use http://www.dsbn.edu.on.ca/schools.htm. The policies that follow are specific to this sport and should be adhered to, by every member of the NRHSAA.</p>					
3. N.R.H.S.A.A. Zone members' phone/fax numbers - See Appendix A					
4. Executive Board of Reference - GENERAL (Responsibilities; Procedures);					
5. Athletic Convenors					
6. Soliciting	7. Insurance	8. Personal Property	9. Team Selection	10. Safety	11. Supervision of Interschool Teams
12. Eligibility for...					
<p>Section 1:</p> <p>a) School TEAM:</p> <p>Swimming is classified as a TEAM sport.</p>	<p>Section 2:</p> <p>b) an Individual:</p> <ul style="list-style-type: none"> - Open Division: Junior/Senior; - High School Div: Junior/Senior; - Para-swimming <p>c) Special Considerations;</p>	<p>13. Transfers:</p> <ul style="list-style-type: none"> -Sect.2, Board of Reference - TRANSFER (Procedures); -Sect. 1, Transfer Policy,; -Transfer Form; (Appendix); -Transfer Meeting Dates; -Sect.2, Ineligible Ruling; -Sect.3, SOSSA Appeal Process; 		<p>14. Scheduling:</p> <ul style="list-style-type: none"> -Sect.1, Declaration of play; -Sect.2, School Classification; -Sect.3, League and Play-off format; -Sect.4, Stages of Scheduling. 	
Sport Specific Policies that may or may not be in the NRHSAA Constitution and Policy Manual.					
15. Eligibility Sheets;	19. Substitutions;	25. Suspensions;		26. Board of Reference - SANCTIONS And PROTESTS:	
16. Start time;	20. General Policies;	<ul style="list-style-type: none"> - Ejection- - Physical or verbal altercation - 		<p>Sanctions:</p> <p>Procedures,</p> <p>Penalties,</p> <p>Protests:</p> <p>Procedures.</p>	
17. Meet & Championship Format;	21. Events;				
18. Entry;	22. Rule Book;				
	23. Scoring;				
	24. Zone entries and Advancement to OFSAA.				
27. SOSSA Boys' and Girls' Swimming;				28. Convening SOSSA Championships	
				29. SOSSA "HOST" TEAM FOR OFSAA CHAMPIONSHIPS:	

Swimming is classified as a team sport.

A school team is defined as a team composed of a minimum of six (6) members who train 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. In the event of a lack of available pool time, a school can petition to be declared eligible. That letter of petition must be sent by the Coach/Staff Advisor/Administration (signed by the sending Principal) to the Zone Convenor and to forwarded to the SOSSA Convenor.

A coach is a teaching staff member of the 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.

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.

Section 2 - Individual

Open Division - (This would include Junior and Senior 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.

A swimmer who, during the current 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. 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.

If a grade 9 swimmer has ceased to compete for and/or train 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.

- Junior: the individual’s birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held
- Senior: the individual’s birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held

High School Division - Junior and Senior Events

All other swimmers (i.e. not Para-swimmers or OPEN as defined above) who meet the eligibility requirements and who are bona fide members of the school team compete in the High School Division.

- Junior: the individual’s birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held
- Senior: the individual’s birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held

Para-Swimming

Classifications for para-swimming. competitors (to be determined by accredited classifiers via Special Olympics Ontario or Swim Ontario)

- ▶ S1 - S10 are physically disabled
- ▶ S11, S12, S13 are blind

- ▶ Para-swimmers with an S14 classification are permitted to compete until the age of 21
- ▶ so are Special Olympic Athletes } They shall be permitted to compete until the age of 21

Section 3 - Special Consideration

13. TRANSFERS ARTICLE XIII
 STANDING COMMITTEE(S) ARTICLE IX
 Section 2 - Board of Reference - TRANSFER
 Transfer meeting dates will be published the first week in Sept. of the current school year.
 Section 1 - Transfer Policy
 Section 2 - Ineligible Ruling
 Section 3 - S.O.S.S.A. Appeal Process

14. SCHEDULING ARTICLE XV
 Section 1 - Declaration of Play
 Section 2 - School Classification
 Section 3 - League and Play-off Format
 Section 4 - Stages of Scheduling

15. ELIGIBILITY SHEETS ARTICLE XII

Note: For Swimming, the eligibility sheets must be received by the Convenor prior to the start of the Zone Meet. This is different than in ARTICLE X11.

Eligibility sheets must indicate experience category (as outlined in #12 - Section 2). Eligibility sheets are to verify that each swimmer is a bona fide member of the school team. Eligibility sheets must be signed by both coach and school principal.

16. Start Time:

ARTICLE XV; Section 4, is not applicable for swimming. Meet starting times will be determined after the organization meeting held by the Convenor.

17. Meet and Championship Format:

The format for zone meet competitions and championships will be discussed at the Convenors Individual Sport Body Meeting. All schools participating are to send a representative to the Convenor's Individual Sport Body Meeting otherwise forfeit all **rights for input in** the Meet and Championship format.

18. ENTRY:

- (a) Each competitor may enter a maximum of three individual events and two relay events.
- (b) Three entrants per event per school maximum for each category (individual events).
- (c) One relay team per event per school maximum in each category (relay events).
- (d) 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 relay is considered an event
- (e) For the OPEN relays, teams may consist of swimmers from the HIGH SCHOOL Division; the OPEN Division; or ANY COMBINATION there of.
- (f) There will be an **ENTRY FEE** for each competitor per event including relays to cover pool rental and ribbon costs.
- (g) In Para swimming. events, a school may enter any number of para-swimmers but only with the top TWO scoring in EACH event.

19. SUBSTITUTIONS:

Substitutions are not allowed on the day of competition.

20. GENERAL POLICIES:

21. EVENTS: The following events will be held at the Zone Championships:

Junior	Senior	Open	Para-Swimmers
		200 m medley relay	
200 m medley relay	200 m medley relay	100 m Individual Medley	
200 m freestyle	200 m freestyle	200 m freestyle	
100 m Ind. medley	100 m Ind. medley	200 m Ind. medley	
50 m freestyle	50 m freestyle	50 m freestyle	50 m freestyle
50 m butterfly	50 m butterfly	100 m butterfly	
100 m freestyle	100 m freestyle	100 m freestyle	100m freestyle
50 m backstroke	*50 m backstroke		50 m backstroke
50 m breaststroke	*50 m breaststroke		
100 m backstroke	100 m backstroke	100 m backstroke	
100 m breaststroke	100 m breaststroke	100 m breaststroke	
200 m freestyle relay	200 m freestyle relay	400 m freestyle relay	

* These events are not qualifying events for OFSAA but provide inexperienced swimmers an opportunity to compete.

22. RULE BOOK:

Canadian Amateur Swimming Association Rules shall govern competition.

23. SCORING:

Individual points will be awarded on the following basis:

Relay points will be awarded on the following basis:

1st	-	9	1 st	-	18
2nd	-	7	2 nd	-	14
3rd	-	6	3 rd	-	12
4th	-	5	4 th	-	10
5th	-	4	5 th	-	8
6th	-	3	6 th	-	6
7 th	-	2	7 th	-	4
8 th	-	1	8 th	-	2

Ribbons will be awarded to place winners in each category.

The winning school shall be determined by who has the most points.

24. Zone Entries and Advancement to the OFSAA Competition through a SOSSA MEET:

(OFSAA) "Entries are only accepted from an Association Swim Championship meet or OFSAA Qualifying meet."

SOSSA must hold a meet each year for any athlete to qualify for OFSAA.

The top three (3) or four (4) swimmers in each individual event and the top three (3) or four (4) teams in each relay event from each Zone will advance to the SOSSA championships. This will be determined by the SOSSA convener. Only OFSAA events will be offered at the SOSSA championships.

Para-swimming EVENTS: A secondary school may enter any number of para-swimmers with only the top TWO scoring in

