

1. Boys' and Girls' - WINTER Sport		SWIMMING		2. Junior: ZONE/SOSSA/OFSAA; Senior: ZONE/SOSSA/OFSAA; Open: ZONE/SOSSA/OFSAA S.W.A.D.: 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.dsbns.edu.on.ca and then click on "schools link". Or, use http://www.dsbns.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; - Swimmers with Disability (SWAD) <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;	- Ejection-		Sanctions:	
17. Meet & Championship Format;	21. Events;	- Physical or verbal altercation -		Procedures,	
18. Entry;	22. Rule Book;			Penalties,	
	23. Scoring;			Protests:	
	24. Zone entries and Advancement to OFSAA.			Procedures.	
27. SOSSA Boys' and Girls' Swimming;			28. Convening SOSSA Championships		
			29. SOSSA "HOST" TEAM FOR OFSAA CHAMPIONSHIPS:		

N.R.H.S.A.A. SPORT SPECIFIC POLICIES - Boys' and Girls' Swimming

IMPORTANT:

The policies that follow are specific to this sport and must be adhered to by every member of the NRHSAA. Each sport policy is numbered. 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.dsb.edu.on.ca> and then click on "schools link". Or, use <http://www.dsb.edu.on.ca/schools.htm> . Make sure that you are familiar with each one.

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|-----|--|----------------------|------------------------------|
| 1. | Season of Play | | |
| | Girls = Winter Season | Boys = Winter Season | |
| 2. | Levels of Competition | | |
| | Junior Level | Boys and Girls | ZONE; S.O.S.S.A.; O.F.S.A.A. |
| | Senior Level | Boys and Girls | ZONE; S.O.S.S.A.; O.F.S.A.A. |
| | Open | Boys and Girls | ZONE; S.O.S.S.A.; O.F.S.A.A. |
| | S.W.A.D. | Boys and Girls | ZONE; S.O.S.S.A.; O.F.S.A.A. |
| 3. | Members: | Appendix A | |
| 4. | Executive: | | |
| | EXECUTIVE COMMITTEE | | ARTICLE VI |
| | ROLES OF THE EXECUTIVE | | ARTICLE VII |
| | STANDING COMMITTEES | | ARTICLE IX |
| | Section 1 - Board of Reference - GENERAL | | |
| 5. | CONVENORSHIPS | | ARTICLE XIV |
| | Section 1 - Athletic Convenors | | |
| | Section 2 - Athletic Convenor Packages | | |
| 6. | SOLICITING STUDENTS | | ARTICLE XVIII |
| 7. | INSURANCE | | ARTICLE XIX |
| 8. | PERSONAL PROPERTY | | ARTICLE XX |
| 9. | TEAM SELECTION | | ARTICLE XXII |
| 10. | SAFETY | | ARTICLE XXIII |
| 11. | SUPERVISION OF INTERSCHOOL TEAMS | | ARTICLE XXIV |
| 12. | ELIGIBILITY | | ARTICLE XI |

Athlete eligibility is the sole responsibility of the principal and coach of each school.

Section 1 - Team

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 SWAD 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

Swimmers with a Disability (S.W.A.D.)

Classifications for S.W.A.D. competitors (to be determined by accredited classifiers via Special Olympics Ontario or Swim Ontario)

- ▶ S1 - S10 are physically disabled
- ▶ S11, S12, S13 are blind
- ▶ S14 are mentally disabled } They shall be permitted to compete until the age of 21
- ▶ so are Special Olympic Athletes } They shall be permitted to compete until the age of 21

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	S.W.A.D.
		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:

1st	-	9
2nd	-	7
3rd	-	6
4th	-	5
5th	-	4
6th	-	3
7 th	-	2
8 th	-	1

Relay points will be awarded on the following basis:

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

S.W.A.D. EVENTS: A secondary school may enter any number of S.W.A.D. swimmers with only the top TWO scoring in each event at OFSAA.

25. SUSPENSIONS: ARTICLE XXV
Section 1 - Ejection from competition
Section 2 - Physical or Verbal Altercation

26. STANDING COMMITTEE(S): ARTICLE IX
Section 3 - Board of Reference - SANCTIONS AND PROTESTS
Procedures
Penalties
Protests
Procedures

27. SOSSA INC.: BOYS' AND GIRLS' SWIMMING:
Constitution and By-Laws: pages 1 to 25 of the SOSSA handbook;
BOYS' AND GIRLS' SWIMMING: pages 69 to 72 of the SOSSA handbook.
The championship will held in the fall at least one week prior to the OFSAA. Check ofsa.com for that date.

28. CONVENING S.O.S.S.A. CHAMPIONSHIPS ARTICLE XXIX

29. SOSSA "HOST" TEAM FOR OFSAA CHAMPIONSHIPS:

If a school hosts an OFSAA Championship, the school has the first right of acceptance or refusal of the SOSSA Championship for that activity, in the same school year, as the OFSAA Championship