

ROPSSAA CO-EDUCATIONAL SWIMMING

PLAYING REGULATIONS

1. DATE

- (a) The ROPSSAA Championship Swim Meet will be scheduled in February.
- (b) Any school may invite one or more schools to an invitational swim meet during the school year.

2. LOCATION

- (a) The ROPSSAA Championship Meet will be held at the Etobicoke Olympium, unless a change of venue is required as determined by ROPSSAA Council.

3. ELIGIBILITY

- (a) Divisions

- (i) *High School Division*

A swimmer is eligible to compete who exclusively trains with and competes for their high school. The student must not train/compete with any other competitive swimming program. The following programs are NOT considered to be competitive swim programs: diving, kayak, canoe, sailing, artistic swimming, water polo, lifeguarding and triathlon. A swimmer is eligible who has ceased to train/compete with a competitive swim program prior to November 1 of the previous school year.

A swimmer is eligible to compete who has ceased to train/compete with a competitive swim program prior to November 1 of the current school year AND has not met the Swim Ontario E Time Standard in any event during the previous school year. The age for the E Standard is based on the swimmer's age as of December 31 of the previous school year (e.g. OFSAA 2024 is the 2023 – 2024 school year, age is based on as of December 31, 2022). Refer to www.swimontario.com for the most recent "championship standards by age group".

A swimmer is eligible to compete who trains with a recreational (non-competitive) swim program for a maximum of 3 hours per week in addition to training with their high school.

- a) Junior high school

A swimmer who has not attained his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2024 – 2025 school year, born in 2009).

- b) Senior high school

A swimmer who has not attained his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2024 – 2025 school year, born in 2005 or later).

(ii) Para-Swimmer

- a) All para-swimmers must have a classification provided by an OFSAA designated classifier to compete at the OFSAA swimming Championship. All classification information can be found on the OFSAA Swimming Championship website. Classifications for Para-swimming Competitors:
- S1-10 are for physical impairment.
 - S11, S12, S13 are for visual impairment.
 - S14 are for intellectual impairment.

NOTE: IPC charts will be used to score the S1-S14 categories.

- b) Para-swimmers with a S14 classification and/or Special Olympics who have not attained his/her 21st birthday by January 1st prior to the start of the school year in which the competition is held (for the 2024 – 2025 school year, born in 2003 or later).

(iii) Open Division

- a) A swimmer who has not attained his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2024 – 2025 school year, born in 2005 or later).

- b) 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.

c) *This includes:*

- *Any swimmer who has trained/competed with a competitive swimming program after November 1 of the current school year, regardless of whether or not they have met the Swim Ontario E Time Standard.*
- *Any swimmer who trained/competed with a competitive swimming program during the PREVIOUS school year and has met the Swim Ontario E Time Standard in ANY event.*

- (b) All swimmers (junior, senior, open) are eligible for the ROPSSAA Meet if they have competed in at least 2 ROPSSAA exhibition meets.

(c) Team Eligibility

ROPSSAA Swimming is classified as a Team Sport. Only bona fide member of a school team which is coached by a staff member for the school may enter the ROPSSAA Championship.

- (i) A **school team** must conduct a 'bona fide' high school program that consists of a minimum of two (2) pool practices per week for at least two (2) consecutive months between September and March, under the supervision of a teach coach.

- (ii) 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 competitors. This may still allow for coaching assistance of a purely technical nature.

- (iii) A **bona fide school team member** is a student from that school who actively participated as a swimmer in the majority of practices of his/her school team.
- (iv) Attendance at (10) practices to be verified by the completion of a practice eligibility form by the coach and principal.

4. OPERATING STRUCTURE

- (a) Events
There will be competition for Junior, Senior, Open and PARA swimmers in the following events:

JUNIOR EVENTS

200 M medley relay*
50 M freestyle*
50 M butterfly*
50 M breast stroke*
200 M freestyle relay*
100 M individual medley*
100 M freestyle*
50 M backstroke*

SENIOR EVENTS

200 M freestyle*
50 M freestyle*
50 M butterfly*
100 M breaststroke*
200 M medley relay*
100 M individual medley*
100 M freestyle*
100 M backstroke*
200 M freestyle relay*

OPEN EVENTS

200 M freestyle*
200 M medley relay*
50 M freestyle*
100 M butterfly*
100 M breast stroke*
200 M individual medley*
100 M individual medley*
100 M freestyle*
100 M backstroke*
400 M freestyle relay*

PARA EVENTS

50 M freestyle*
100 M freestyle*
50m backstroke*

* indicates OFSAA Events

- (b) No exhibition events will be run at the ROPSSAA championship.
- (c) If less than 8 entries are entered in an event at the ROPSSAA Championship, then that event will only swim during the finals and not during preliminaries.
- (d) Competition will follow the OFSAA order of events (see Appendix A).

5. ENTRIES

I. ROPSSAA Championships ONLY

- (a) Individuals may enter up to three events including relay events.
- (b) Each school may enter a maximum of 2 swimmers in all individual events (do not enter alternates). Depending on team size, teams may use wildcards to enter additional swimmers in individual events to a maximum of 5 (2 entries + 3 wildcards). Wildcards will be allocated as follows:

- (i) Teams with less than 20 swimmers - 0 wildcards
 - (ii) Teams with 21 - 30 swimmers - 5 wildcards
 - (iii) Teams with 31 - 40 swimmers - 10 wildcards
 - (iv) Teams with more than 41 swimmers - 15 wildcards
- (c) Open relays may consist of four (4) swimmers of the same sex, from the high school division, open division or any combination thereof.
- (d) Each school may enter one relay team in each event. Eight competitors may be entered as a relay team and four may swim the event. It is only considered an event for the four that swim.

II. ROPSSAA Championship and Pre-ROPSSAA meet

- (a) Junior swimmers may enter senior events but those events count as part of their three allowed. Juniors may exercise this combination method of entry until they become eligible for senior events.
- (b) A reminder of the entry deadline will be sent out 1 week prior to the date. There will be no deadline extensions for entries received after the deadline.
- (c) (i) Entries are due by 12:00noon, five school days prior to the event. Confirmation will be sent out by 9:00pm (same day).
- (ii) Teams will have until 12:00noon four days prior to the meet to make any minor corrections. The exceptions report will then be sent out.
- (iii) Schools will have until the end of the third school day (6:00pm) prior to ROPSSAA (or pre-ROPSSAA) to make any scratches, based on the exceptions report. After 6:00pm, scratches will be randomly done by the convenor.
- (d) A school is allowed 6 scratches. The 7th scratch will be subject to a \$14.00 fee that is inclusive of the previous 6 scratches. Scratches after the 7th will incur a fee of \$2.00 each.

6. EXPENSES

- (a) Fees for the final meet will be covered by ROPSSAA.

7. RULES AND OFFICIALS

- (a) The SNC Rule Book of last publication shall be the official rule book for the ROPSSAA Meets. With the following exceptions:
- (i) In pools where the shallow end is used for competition all starts will be in the water.
 - (ii) IPA swimming rules shall govern the Para-Swimming portion of the completion.
- (b) A swimmer who misses their event will be scratched from that event with the discretion of the head official and convenor.

- (c) Positive check ins are to occur for all ROPSSAA final events. Positive check ins must occur prior to the event moved to behind the blocks. Any available spots for the alternates will be determined at that time. Once an alternate is moved to behind the blocks, the qualifying swimmer will be scratched.

8. AWARDS

- (a) ROPSSAA gold medallions shall be presented to all first-place individuals and all relay team members in Junior, Senior, and Open events.
- (b) ROPSSAA silver medallions shall be presented to all second-place individuals and all relay team members in Junior, Senior and Open events.
- (c) ROPSSAA bronze medallions shall be presented to all third-place individuals and all relay team members in Junior, Senior and Open events.
- (d) Ribbons shall be presented to all 4th - 6th place individuals and all relay members in Junior, Senior and Open events.
- (e) A trophy will be awarded to the best team in each division of Senior Girls, Senior Boys, Junior Girls, Junior Boys, Open and Overall Combined (Junior, Senior and Open).
- (f) Awards will be presented at regular intervals throughout the finals, time permitting.

Note: Should there be fewer than 6 participating schools or individuals in a sport, gold medallions only will be distributed (ROPSSAA Constitution Article XI).

9. UNIFORMS

- (a) All competitions are expected to dress in uniforms that are neat clean, and which maintain the integrity of the school's/Association's name, colour and logo. No sports club insignia on swimsuits, caps, track suits or other apparel shall be permitted. Sports club insignia to include any regional, provincial or national team.
- (b) Athletes may not change their clothing in the competition area. For all outdoor sports, athletes must arrive dressed to compete. Visiting teams requiring the use of washroom facilities must send a staff member into the school with the team member(s). For all indoor sports, athletes must move to the designed locker room or change area to change their clothing.
- (c)
 - (i) Male swimsuits must be below the navel and above the knee.
 - (ii) Female swimsuits can't over the shoulders, must be below the shoulders and about the knee.
 - (iii) All swimmers must wear one swimsuit and the suit cannot have any zippers or other fasteners.

Note: Swimmers will be permitted to wear swimsuits that contradict SNC guidelines for cultural, gender and/or religious reason at the discretion of the meet referee.

10. SCORING

- (a) The point system to be used at the ROPSSAA Swimming Championships is given below.

In the case of a disqualification in the finals, that swimmer shall receive "0" points. The remainder of the finalists shall move up in the point standings. Points to swimmers in positions 9-12 will remain the same.

In the case of scratches in the finals, the swimmer(s) involved shall receive "0" points and alternates (up to two) shall be moved up to swim in the finals. First through twelfth place points shall be awarded.

Individual Events

Relays

1 st – 16 points	7 th – 7 points	1 st – 32 points	7 th – 14 points
2 nd – 13 points	8 th – 5 points	2 nd – 26 points	8 th – 10 points
3 rd – 12 points	9 th – 4 points	3 rd – 24 points	9 th – 8 points
4 th – 11 points	10 th – 3 points	4 th – 22 points	10 th – 6 points
5 th – 10 points	11 th – 2 points	5 th – 20 points	11 th – 4 points
6 th – 9 points	12 th – 1 point	6 th – 18 points	12 th – 2 points

11. EQUIPMENT

- (a) Not specified

12. DEPORTMENT

- (a) It is expected that all competitors and coaches will conduct themselves in a manner that reflects the objectives of the ROPSSAA as outlined in Article XVI, Section 2 of the ROPSSAA Constitution.

13. JURY OF APPEAL

- (a) A Jury of Appeal constructed at the pre-season meeting will rule on all disputes which do not fall within the jurisdiction of the officials. This Jury will consist of the Meet Convenor and four coaches from participating schools.
- (b) Competitors with questionable eligibility will be allowed to swim "Under Protest" until the completion of the meet. At the earliest opportunity, the swimmer's eligibility will be researched by the Jury of Appeal and a decision will be made to either have the swimmer maintain his/her swim status, or to disqualify him/her.
- (c) If the swimmer in question was in a final, and he/she was indeed ineligible, then the seventh place competitor would automatically become eligible for the next competition.

14. MEDICAL PERSONNEL

- (a) The Convenor may arrange for medical coverage at the Championship Meet.

15. GENERAL

- (a) Only records set at the ROPSSAA Swimming Championships will be listed as ROPSSAA Records.

- (b) Each school will be required to help with the organization of all ROPSAA hosted meets. Duty lists will be available prior to the meet.
- (c) Each school must provide two additional individuals (not athletes who are swimming) to assist with the timing of events. Schools with teams that are larger than 10 must bring a third timer. Timers must be registered when entries are due. Coaches who fail to provide the required number of timers at the meet are expected to fill the position(s) (either by a coach, a parent or scratch a swimmer) or the entire team will be DQ'd.

16. QUALIFICATION TO OFSAA

- (a) Only those swimmers who participate in the ROPSSAA Championship are eligible to advance to OFSAA competition.
- (b)
 - (i) A school may have a maximum of 2 competitors in each individual event in each division and 1 school relay team in each junior relay event, in each senior relay event and in each open relay event.
 - (ii) Coaches must notify the convenor of any OFSAA scratches within 30 minutes of the completion of the meet. If not, scratches will be done by the convenor.
- (c) Competitors may enter up to 3 events. A maximum of two of these may be individual events.
- (d) The winner of each event plus any swimmer making the time standard for their event at the ROPSSAA Championship is eligible for OFSAA.
- (e) All PARA swimmers who participate in the ROPSSAA Championship are eligible to compete at OFSAA. There are no time standards for PARA events.
- (f) A relay team may be made up of 6 competitors, any 4 of whom may swim but for all 6 listed the relay is considered an event.
- (g) For all Open relays, teams shall consist of 4 swimmers of the same sex, from the high school division, open division, or any combination thereof.

Order of Events

(1)	OPEN (13-18)	GIRLS	200M	FREESTYLE
(2)	OPEN (13-18)	BOYS	200M	FREESTYLE
(3)	SENIOR (15 & O)	GIRLS	200M	FREESTYLE
(4)	SENIOR (15 & O)	BOYS	200M	FREESTYLE
(5)	JUNIOR (14 & U)	GIRLS	200M	MEDLEY RELAY
(6)	JUNIOR (14 & U)	BOYS	200M	MEDLEY RELAY
(7)	OPEN (13-18)	GIRLS	200M	MEDLEY RELAY
(8)	OPEN (13-18)	BOYS	200M	MEDLEY RELAY
(9)	JUNIOR (14 & U)	GIRLS	50M	FREESTYLE
(10)	JUNIOR (14 & U)	BOYS	50M	FREESTYLE
(110)	PARA		50M	FREESTYLE
(11)	SENIOR (15 & O)	GIRLS	50M	FREESTYLE
(12)	SENIOR (15 & O)	BOYS	50M	FREESTYLE
(13)	OPEN (13-18)	GIRLS	50M	FREESTYLE
(14)	OPEN (13-18)	BOYS	50M	FREESTYLE
(15)	JUNIOR (14 & U)	GIRLS	50M	BACKSTROKE
(16)	JUNIOR (14 & U)	BOYS	50M	BACKSTROKE
(17)	SENIOR (15 & O)	GIRLS	100M	BACKSTROKE
(18)	SENIOR (15 & O)	BOYS	100M	BACKSTROKE
(19)	OPEN (13-18)	GIRLS	100M	BACKSTROKE
(20)	OPEN (13-18)	BOYS	100M	BACKSTROKE
(120)	PARA		50M	BACKSTROKE
(21)	JUNIOR (14 & U)	GIRLS	50M	BREASTSTROKE
(22)	JUNIOR (14 & U)	BOYS	50M	BREASTSTROKE
(23)	SENIOR (15 & O)	GIRLS	100M	BREASTSTROKE
(24)	SENIOR (15 & O)	BOYS	100M	BREASTSTROKE

(25)	OPEN (13-18)	GIRLS	100M	BREASTSTROKE
(26)	OPEN (13-18)	BOYS	100M	BREASTSTROKE
(27)	SENIOR (15 & O)	GIRLS	200M	MEDLEY RELAY
(28)	SENIOR (15 & O)	BOYS	200M	MEDLEY RELAY
(29)	OPEN (13-18)	GIRLS	200M	INDIVIDUAL MEDLEY
(30)	OPEN (13-18)	BOYS	200M	INDIVIDUAL MEDLEY
(31)	JUNIOR (14 & U)	GIRLS	200M	FREESTYLE RELAY
(32)	JUNIOR (14 & U)	BOYS	200M	FREESTYLE RELAY
(33)	SENIOR (15 & O)	GIRLS	100M	INDIVIDUAL MEDLEY
(34)	SENIOR (15 & O)	BOYS	100M	INDIVIDUAL MEDLEY
(35)	OPEN (13-18)	GIRLS	100M	INDIVIDUAL MEDLEY
(36)	OPEN (13-18)	BOYS	100M	INDIVIDUAL MEDLEY
(37)	JUNIOR (14 & U)	GIRLS	100M	INDIVIDUAL MEDLEY
(38)	JUNIOR (14 & U)	BOYS	100M	INDIVIDUAL MEDLEY
(39)	SENIOR (15 & O)	GIRLS	100M	FREESTYLE
(40)	SENIOR (15 & O)	BOYS	100M	FREESTYLE
(140)	PARA		100M	FREESTYLE
(41)	OPEN (13-18)	GIRLS	100M	FREESTYLE
(42)	OPEN (13-18)	BOYS	100M	FREESTYLE
(43)	JUNIOR (14 & U)	GIRLS	100M	FREESTYLE
(44)	JUNIOR (14 & U)	BOYS	100M	FREESTYLE
(45)	SENIOR (15 & O)	GIRLS	50M	BUTTERFLY
(46)	SENIOR (15 & O)	BOYS	50M	BUTTERFLY
(47)	OPEN (13-18)	GIRLS	100M	BUTTERFLY
(48)	OPEN (13-18)	BOYS	100M	BUTTERFLY
(49)	JUNIOR (14 & U)	GIRLS	50M	BUTTERFLY

(50)	JUNIOR (14 & U)	BOYS	50M	BUTTERFLY
(51)	SENIOR (15 & O)	GIRLS	200M	FREESTYLE RELAY
(52)	SENIOR (15 & O)	BOYS	200M	FREESTYLE RELAY
(53)	OPEN (13-18)	GIRLS	400M	FREESTYLE RELAY
(54)	OPEN (13-18)	BOYS	400M	FREESTYLE RELAY