



LOSSA SWIMMING PLAYING REGULATIONS 2016 – 2017

(updated June 2015)

Classification: JR/SR/OPEN/PARA Boys and Girls

A **“Senior”** swimmer is one who has not competed for and/or trained with and/or been registered with the S.N.C. or equivalent (i.e. A.A.U.) As of November 1st of the year prior to the current school year. Any individual who is an Ontario swimmer carded by National in any event, is eligible to compete in the Open Section, provided he/she is a bona fide member of the school team. If a Grade 9 swimmer has ceased to compete for and/or practice with and/or no longer registered with a club after November 1st of the school current year, he/she shall be eligible to swim in the high school division.

A **“Junior”** swimmer is the same as a senior swimmer in all respects and has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is being held. OFSAA team eligibility defines a school team as a team composed of a minimum of six (6) members who train as a team for a least two (2) consecutive months from September to March involving at least two (2) pool practices per week under the direction of a coach.

Para-Swimmer: All para-swimmers must have a classification provided by accredited classifiers, to compete in this division at LOSSA.

Open Division: A swimmer who has competed for and/or trained with and/or been registered with an SNC club or equivalent as of November 1st of the year prior to the current 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 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 complete 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 an 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.

High School Division – Junior and Senior events: All other swimmers (not OPEN or PARA as defined above) who meet the eligibility requirements and who are bona fide members of the school team may compete in this division.

Official Rules: S.N.C. rules to apply.



Exceptions: *Eligibility:*

- a) The team must train at least two (2) consecutive months from September to March involving at least two (2) pool practices per week, equivalent to a minimum of sixteen (16) practices.
- b) A school swim team member must actively participate as a swimmer in the majority of practices of his/her team.
- c) A school team member must compete in at least one pre-LOSSA swim meet to be eligible to compete at LOSSA of the same school year.
- d) Eligibility sheets are due to the convenor two (2) months prior to the LOSSA Championships.**

Competition Format: *Championship*

The LOSSA swimming Championship event format will reflect the OFSAA event format.

Entries:

Every individual and relay entry must be accompanied by an entry time.

1. Each team is required to submit their preliminary LOSSA Championship entries by the date specified on the season schedule (two weeks prior to the Championship). Schools with late entries will be fined \$50.00. The fine is due prior to the LOSSA Championship, in order for the swimmers to be able to compete.
2. Any submissions without times will not be entered into the meet. Each school may enter **four** swimmers in each individual event and **two** teams per relay event. Each swimmer may enter **four** events, swimming a maximum of **three** individual events. In individual events, scratches only will be permitted. No substitutions will be allowed. (Scratches should be recorded on the scratch sheet and given to the meet manager prior to the start of the meet.)
3. **For the relay events the following rules shall apply. Four swimmers must be declared for Team A (and cannot be changed) and four swimmers must be declared for Team B (and cannot be changed). Each school can declare two alternate swimmers per relay team entered. They may be substituted for swimmers on any relay event that the alternate swimmer meets the classification requirements. This must be done on the day of LOSSA, prior to the marshalling of that event.** The relays count as an event for all alternates, even if they do not swim in that event.
4. Senior swimmers may swim in either senior or open events, or both, up to their maximum of four events. Junior swimmers may swim in any combination of junior, senior, or open events up to their maximum of four events. Open swimmers may only swim in Open events up to their maximum of four events. Para swimmers may swim in High School or Open division events as well as PARA, however, they may not swim the same event twice (i.e. 50 FREE) up to their maximum of four events.
5. Coaches must declare in writing all of their school's swimmers who win each event, plus any swimmers making the OFSAA Time Standard for his/her event and any OFSAA scratches the day of the LOSSA championship meet before the convenor will submit the entries to the OFSAA swimming committee.



LAKE ONTARIO SECONDARY SCHOOL ATHLETICS

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Points: Place 1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th

Individual events: 12 10 8 7 6 5 4 3 2 1

Relay events: 24 20 16 14 12 10 8 6 4 2

Disqualifications:

As per the SCN Swimming Rules with any adaptations in effect at OFSSA. Appeals may be made to the meet appeals committee (comprised of the LOSSA Convenor, and two coaches - selected by the convenor prior to the meet) within **30 minutes** of a swim disqualification by a SNC official. Further committee, eligibility, entry or other LOSSA by-law violation appeals may be made to the LOSSA executive as per the LOSSA bylaws.

OTHER SWIMMING INFORMATION

Awards:

a) Trophies (Team)

LOSSA Women's Open Champion

LOSSA Men's Open Champion

LOSSA Women's High School Champion

LOSSA Men's High School Champion

LOSSA Over-all Team Champion

b) Medals (Individual) First to third place in each individual and relay event.

c) Ribbons (Individual) Fourth to sixth in each individual and relay event.

Timers: Each school is required to bring two trained timers to all pre-LOSSA meets and the LOSSA Championship. If a school does not provide two timers at the beginning of the meet, none of their swimmers will be able to participate in that meet until the timer requirements are met.

Results: Meet results must be forwarded to all schools participating in the league within one week of the meet date.

Recommendation: The host schools of any pre-LOSSA swim meet should set event caps on the number of entries per school.