

1. SEASON OF PLAY

Girls = Winter Season

Boys = Winter Season

2. LEVELS OF COMPETITION

Junior Level (High School)

Boys and Girls

Senior Level (High School)

Boys and Girls

Open

Boys and Girls

Para

Boys and Girls

3. ELIGIBILITY

Team Eligibility-OFSAA Swimming is classified as a Team Sport. Only bona fide members of a school team which is coached by a staff member from that school may enter the OFSAA Championship.

A school team is defined as members who train as a team 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.

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 competitions. This may still allow for coaching assistance of a purely technical nature.

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.

In the event of a lack of available pool time, a school can petition to be declared eligible under the signatures of the coach and principal.

Para athletes with a S14 classification are permitted to compete until the age of twenty-one (21) and shall be eligible for no more than seven (7) consecutive years from the date of entry into Grade nine (9).

Classification of swimmers is as follows:**Para Swimmers**

- All swimmers with a disability who meet the eligibility requirements and who are bona fide members of the school team compete in this division.
- All Para swimmers will compete in **ONE (1)** division.
- All Para swimmers must have classification provided by accredited classifiers, to compete in the NRHSAA Swimming Championships. All classification information and forms can be found on the OFSAA Swimming Championship website every year.
- Classification for Para swimming Competitors at the **OFSAA level only:**
 - S1-10 are physical impairment
 - S11, S12, S13 are visual impairment
 - S14 are intellectual impairment

Note: IPC chart will be used to score the S1-S14 categories

3. ELIGIBILITY (Cont.)**High School Division – Junior and Senior**

- A swimmer who exclusively trains with and competes with / for their high school and does not train or compete with / for any other competitive swimming program. The following programs are NOT considered to be competitive swimming 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 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 E standard is based on the swimmers age as of December 31 of the previous school year (e.g., OFSAA 2024 is the 2024-2024 school year s age is based 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.

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

Open Division

- All other swimmers (i.e. Not para swimmers or high school swimmers as defined above) who meet the eligibility requirements as outlined in the NRHSAA constitution and who are bona fide members of the high school team must compete in this division. **This includes:**
 - Any swimmer who has trained/competed with a competitive swimming program after November 1 of the current school year, regardless of whether they have met the Swim Ontario E Time Standard
 - Any swimmer who trained/competed with a competitive swim program during the PREVIOUS school year and has met the Swim Ontario E Time standard in any event.

4. ELIGIBILITY SHEETS

The eligibility sheets must be received by the Convener 5 days prior to the date of the Zone Meet.

5. START TIME

Meet dates and times will be determined by the NRHSAA Convener.

6. MEET AND CHAMPIONSHIP FORMAT

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

7. ENTRY

- Each competitor may enter a maximum of **THREE (3)** individual events and **TWO (2)** relay events.
- Three (3) entrants per event per school maximum for each category (Individual events). In addition, **exhibition swimmers** must be limited to a maximum of **three (3)** per event, per school. (as of October 2014)
- One (1) relay team per event per school maximum in each category (Relay events). In addition, **exhibition relays** be limited to a maximum of **one (1)** per event, per school. (as of October 2014)
- 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
- For the **OPEN** relays, teams may consist of swimmers from the HIGH SCHOOL Division; the OPEN Division; or ANY COMBINATION thereof.
- There will be an **ENTRY FEE** for each competitor to cover pool rental, ribbon costs and other incidentals.
- In Para swimming events, a school may enter any number of para-swimmers but only with the top TWO scoring in EACH event.

8. SUBSTITUTIONS

Substitutions are **NOT** allowed on the day of competition.

9. EVENTS

JUNIOR	SENIOR	OPEN	PARA
		200 m individual medley	
200 m medley relay	200 m medley relay	200 m medley relay	
200 m freestyle **	200 m freestyle	200 m freestyle	
100 m individual medley	100 m individual medley	100 m individual 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	100 m 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.

10. RULE BOOK

The Swimming Canada Rule Book shall govern competition.

11. SCORING

Individual Points Will Be Awarded as Follows:		Relay Points Will Be Awarded as Follows:	
1 st	9	1 st	18
2 nd	7	2 nd	14
3 rd	6	3 rd	12
4 th	5	4 th	10
5 th	4	5 th	8
6 th	3	6 th	6
7 th	2	7 th	4
8 th	1	8 th	2

- Ribbons will be awarded to the top six (6) winners in each category.
- The winning school shall be determined by who has the most points.

12. ZONE QUALIFICATION TO THE SOSSA MEET

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 each event at OFSAA.