

WCSSAA Co-Educational Swimming Rules and Regulations

1. Date

- 1.1 The Waterloo County Secondary School Athletic Association Swimming Program shall be swum in the months November to March unless extraordinary circumstances dictate a change.

2. Location

- 2.1 The locations of the regular season meets and championship meet shall be determined by available facilities.
- 2.2 The locations of the meets shall be as they appear in the WCSSAA Sports Schedule unless extraordinary circumstances dictate a change.

3. Events

- 3.1 The order of events shall match OFSAA order

1	Jr. 200 Freestyle Girls
2	Jr. 200 Freestyle Boys
3	Sr. 200 Freestyle Girls
4	Sr. 200 Freestyle Boys
5	Open 200 Freestyle Girls
6	Open 200 Freestyle Boys
7	Jr. 50 Breaststroke Girls
8	Jr. 50 Breaststroke Boys
9	Sr. 50 Breaststroke Girls
10	Sr. 50 Breaststroke Boys
11	Open 100 Breaststroke Girls
12	Open 100 Breaststroke Boys
301	Para 50 Breaststroke
415	Sr. 100 Breaststroke Girls (Non Qualifying OFSAA Event)
416	Sr. 100 Breaststroke Boys (Non Qualifying OFSAA Event)
13	Jr. 50 Backstroke Girls
14	Jr. 50 Backstroke Boys
15	Sr. 50 Backstroke Girls
16	Sr. 50 Backstroke Boys
17	Open 100 Backstroke Girls
18	Open 100 Backstroke Boys

302	Para 50 Backstroke
417	Sr. 100 Backstroke Girls (Non Qualifying OFSAA Event)
418	Sr. 100 Backstroke Boys (Non Qualifying OFSAA Event)
19	Jr. 100 Freestyle Girls
20	Jr. 100 Freestyle Boys
21	Sr. 100 Freestyle Girls
22	Sr. 100 Freestyle Boys
23	Open 100 Freestyle Girls
24	Open 100 Freestyle Boys
401	Jr. 200 Medley Relay Girls
402	Jr. 200 Medley Relay Boys
403	Sr. 200 Medley Relay Girls
404	Sr. 200 Medley Relay Boys
405	Open 200 Medley Relay Girls
406	Open 200 Medley Relay Boys
407	Sr. 200 Mixed Free Relay
303	Para 100 Freestyle
25	Jr. 100 I.M. Girls
26	Jr. 100 I.M. Boys
27	Sr. 100 I.M. Girls
28	Sr. 100 I.M. Boys
29	Open 100 I.M. Girls
30	Open 100 I.M. Boys
31	Jr. 50 Freestyle Girls
32	Jr. 50 Freestyle Boys
33	Sr. 50 Freestyle Girls
34	Sr. 50 Freestyle Boys
35	Open 50 Freestyle Girls
36	Open 50 Freestyle Boys
37	Jr. 50 Butterfly Girls
38	Jr. 50 Butterfly Boys
39	Sr. 50 Butterfly Girls
40	Sr. 50 Butterfly Boys
41	Open 100 Butterfly Girls
42	Open 100 Butterfly Boys

304	Para 50 Freestyle
409	Jr. 200 Freestyle Relay Girls
410	Jr. 200 Freestyle Relay Boys
411	Sr. 200 Freestyle Relay Girls
412	Sr. 200 Freestyle Relay Boys
413	Open 200 Freestyle Relay Girls
414	Open 200 Freestyle Relay Boys

4. **Competitive Divisions**

4.1 Competitive divisions will be held in:

Junior Ladies	Junior Men
Senior Ladies	Senior Men
Open Ladies	Open Men
Para Ladies	Para Men

4.2 Refer to WCSSAA Procedure 7.2.1 (iii) for age requirements.

4.3 i. High School Division

a. 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.

b. 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".

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

4.4 All Para-swimmers must have a classification provided by accredited classifiers, to compete in WCSSAA. 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.

4.5 iii. 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 Regulation #5, and who are bona fide members of the 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 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.

- 4.6 A junior will be permitted to swim in the senior relay(s) without having to swim all events as a senior.

5. Scoring

- 5.1 Scoring for the WCSSAA Championship Meet shall be on the basis of sixteen (16), thirteen (13), twelve (12), eleven (11), ten (10), nine (9), seven (7), five (5), four (4), three (3), two (2), one (1), and double for relays.

- 5.2 Points earned by Para and Open swimmers will be included in the Overall Team Totals

- 5.3 Any individual that places in any senior event who is of junior age, will score team points as a senior, but will score individual points in their age category.

6. League Structure

- 6.1 League swim meets will be held on Thursdays at the pools indicated on the meet schedule except when special circumstances dictate otherwise.

- 6.2 League swim meets will be dual, tri, or quad meets having timed trials.

- 6.3 Teams may arrive at the pool as per WCSSAA schedule.

- 6.4 Warm-ups should begin as close to the starting time as possible and last between 15 and 20 minutes.

7. **Championship Meet**

- 7.1 The WCSSAA Championships shall be determined by a one (1) day final swim meet held in the last week prior to the beginning of the Christmas holidays.
- 7.2 The swim meet will be timed finals.
- 7.3 All league teams will compete.
- 7.4 Teams shall not arrive at the pool more than ten (10) minutes in advance of the posted warm-up time.
- 7.5 The warm-up will last a minimum of thirty (30) minutes.
- 7.6 A mandatory break will occur after event 406 in the WCSSAA championship meet.
- 7.7 An individual can qualify for C.W.O.S.S.A. only in the corresponding event that they swim in at WCSSAA
- 7.7.1 The winner of the event at the WCSSAA Championship meet qualifies for CWOSSA as well as any other swimmer in that event making the time standard for that event.
- 7.7.2 For the new OFSAA events the top 6 swimmers at the district qualifying meets will be eligible to compete at CWOSSA in these events (JR 200 Freestyle, SR 50 Backstroke, SR 50 Breaststroke). This will take place for two years until OFSAA releases qualifying times in these events.
- 7.8 A jury of appeal consisting of the convenor and two (2) impartial coaches shall deal with any disputes which cannot be handled by meet officials. A protest must be submitted in writing within thirty (30) minutes of the incident. (If the convenor has a conflict of interest a third coach will be appointed.
- 7.9 Seven days prior to the WCSSAA championships all entries must be received by the official in charge of entries and the convenor. Entries must be sent as an attachment via waterworks. Late entries will not be accepted.
- 7.10 All entries will now come from the CWOSSA swim championship meet. Swimmers who do not compete in CWOSSA are not eligible to compete in the OFSAA meet.

8. **Seeding**

- 8.1 In the league swim meets seeding will not occur. No time standards will be used.
- 8.2 In the championship swim meet, swimmers will be seeded according to their best times in league meets prior to the championship meet.

9. Entries

- 9.1 Entries for league meets will be made at the meet site prior to the events, on proper entry cards provided for the coaches.
- 9.2 There will be no limit on the number of entries from one school in any given event. The fastest two (2) swimmers from one school will be eligible to score points in any one (1) event. If more than two (2) swimmers from one school place in the top twelve (12) finishers of any given event, those other than the fastest two (2) will be declared exhibition by the official scorer. Points will be awarded to the fastest twelve (12) finishers who are not declared exhibition.

10. Expenses

- 10.1 All costs will be equally shared by the schools and billed back by the WCSSAA treasurer.

11. Team Eligibility

- 11.1 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.
- 11.2 A school team is defined as a team composed of **team members** who train as a team for at least two (2) consecutive months from **November** to March involving at least two (2) pool practices per week under the direction of a coach;
- 11.3 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;
- 11.4 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.
- 11.5 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.
- 11.6 attendance at ten (10) practices is to be verified by the completion of a practice eligibility form by the coach and principal.
- 11.7 No team, on which a swimmer has been deemed ineligible after the start of the meet (i.e., start of the first event), shall receive any team awards; nor shall the

team be scored in the overall standings. However, the remaining members of the team are eligible to receive individual awards.

- 11.8 Coaches who have swimmers participating in recreational swim programs may petition for eligibility in the High School Division through their Association convenor to the Chairperson of the OFSAA Sport Advisory Committee for Swimming or designate. Applications must be made prior to the WCSSAA championships in December in order for a swimmer's eligibility to be determined by the OFSAA Sport Advisory Committee.

12. Student Eligibility

- 12.1 Each competitor must be eligible under all the rules and regulations of WCSSAA
- 12.2 Refer to WCSSAA Procedure 7.2.1 for individual eligibility.
- 12.3 Participates with their school team two (2) times per week.
- 12.4 To be eligible to swim in league meets, a swimmer's name must be submitted to the league convenor before the swimmer is eligible to compete as determined by the WCSSAA Constitution.
- 12.4.1 Coaches must indicate Open and Para swimmers on the eligibility sheets submitted to the convenor at the beginning of the season.
- 12.5 No swimmer may compete in more than four (4) events:
- two (2) individual and two (2) relay; or
- three (3) individual or one (1) relay.
- 12.5.1 If the rule 12.5 is broken, disqualification from that event will result.
- 12.6 A swimmer will only be eligible to compete in the WCSSAA Championship if he/she has competed in two (2) league meets during the current meet schedule.
- 12.7 Swimmers who are Nationally carded may compete in WCSSAA and C.W.O.S.S.A. Swim Meets.

13. Rules and Officials

- 13.1 The official rule book governing swimming shall be the Swimming/Natation Canada Rules, latest revision.

- 13.2 For league meets, the home team will be responsible for providing the following:

Dual-Meets

one (1) starter/referee
one (1) indoor starter's pistol
one (1) scorer
one (1) runner
one (1) stroke and turn judge
six (6) timers
six (6) stop watches
score sheets;
publicity

Tri-Meets

one (1) starter/referee
one (1) indoor starter's pistol
one (1) scorer
one (1) runner
one (1) stroke and turn judge
four (4) timers
four (4) stop watches
score sheets
six (6) clipboards
publicity;

Quad-Meets

one (1) starter
one (1) indoor starter's pistol
one (1) scorer
three (3) timers.
publicity

- 13.3 For league meets, the visiting team will be responsible for providing the following:

Dual-Meets

six (6) timers
six (6) stop watches
one (1) scorer;

Tri-Meets

four (4) timers
four (4) stop watches
one (1) scorer;

Quad-Meets

one (1) scorer
three (3) timers.

- 13.4 For the WCSSAA Championship, the convenor will be responsible for providing all officials, except that each school will be responsible for four (4) timers.

14. Uniforms and Equipment

- 14.1 Uniforms shall conform to Swimming/Natation Canada Regulations. No club insignia (other than high school) will be allowed on the pool deck, e.g. swim suits, towels, swim caps, jackets, etc. Failure to abide by this regulation will result in disqualification.
- 14.2 For league meets, the swimming pool shall be divided into a minimum of four (4) lanes using lane ropes.

- 14.3 The championship final shall be held in a six or eight lane pool using proper equipment as outlined in the Swimming/Natation Canada rules and regulations.

15. Awards

- 15.1 The WCSSAA Championship plaque will be presented to the combined girls' and boys' winning team.
- 15.2 WCSSAA plaques will be presented to the overall girls' winning team and to the overall boys' winning team.
- 15.3 WCSSAA plaques will be presented to the winning overall junior boys' team, overall junior girls' team, overall open girls team, overall open boys team, and overall senior girls' team and overall senior boys' team.
- 15.4 The individual champion in each of junior/senior/open, boys'/girls' will receive a WCSSAA individual plaque. (jr girls, sr girls, open girls, junior boys, senior boys, and open boys).

16. Department

- 16.1 A staff member from each school represented, must be present and responsible for the behaviour of his/her students.

17. First Aid Procedures

- 17.1 All coaches are required to follow the OPHEA guidelines for their sport.
- 17.2 Coaches shall provide all consumable medical supplies (e.g. tape, band aids) for their athletes.
- 17.3 Each school must have a First Aid Kit on site during competition.

18. Jury of Appeal

- 17.1 For all protests, complaints, and suspensions refer to WCSSAA Procedure 9.6

19. Length of Season

- 18.1 The training and competitive season for a swimming team shall be from the first day of November to the O.F.S.A.A. Championship.

20. Voting Procedures for Coaches' Meetings

- 20.1 Voting at the swimming meetings will be limited to one (1) vote per school in attendance.