



**YORK REGION ATHLETIC ASSOCIATION  
SWIMMING PLAYING REGULATIONS**



1. Season of Play: Coed Fall Sport
2. Divisions: Age Division Categories
  - Junior  
School Year: **2024-25**  
Year of Birth must be no earlier than: **2009**  
Date of Entry to grade 9 must be no earlier than August of: **2020**
  - Senior  
School Year: **2024-25**  
Year of Birth must be no earlier than: **2005**  
Date of Entry to grade 9 must be no earlier than August of: **2020**

**a) High School Division**

- I. 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.
- II. 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 so age is based on as of December 31, 2022). Refer to [www.swimontario.com](http://www.swimontario.com) for the most recent "championship standards by age group".
- III. 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.

**b) Open Division**

All other swimmers (i.e. not Para-swimmers or high school swimmers as defined above) and who are bona fide members of the school team must compete in this division.

- I. 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.
- II. 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.



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**c) Para-Swimmer**

All para-swimmers must have a classification provided by accredited classifiers, to compete in OFSAA. 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: SNC charts will be used to score the S1-S14 categories.

**3. Eligibility:**

- a) See YRAA transfer form.
- b) Only bona fide members of a school swim team, which is coached by a staff member from that school, are eligible to compete. A school team must have a minimum of six members who train as a team at least two (2) consecutive months, involving at least two (2) practices a week, under the direction of the school coach. 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.
  - i) 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.
  - ii) Attendance at eight (8) practices is to be verified by the completion of a practice eligibility form by the coach and principal.
- c) A student/athlete must be on the team roster (Jr/Sr) for a specific sport and tier, to be eligible to participate in that sport. The team roster must be completed on-line forty-eight (48) hours prior to the first meet. Team rosters are to include OPEN and HIGH SCHOOL swimmers.

**4. General Information:**

- a) Refer to the current OPHEA safety guidelines for this sport
- b) All swim meets will follow FINA rules and regulations.
- c) All OFSAA swim events are to be held at full day York Swim Meets, when possible.
- d) Timing Hierarchy: False starts will follow current FINA regulations. Races will be timed using electronic equipment whenever possible. Stopwatches will be used where electronic equipment is not available, and also as backup to electronic equipment. Times will be based on the following hierarchy:
  - 1) electronic time is used unless unavailable or obviously incorrect;
  - 2) if plungers are used, plunger time will be considered as backup if electronic time is incorrect;
  - 3) if none of the above are available, or obviously incorrect, stopwatch times will be used.

NOTE: Stopwatch times are calculated using the middle time of three OR the average time of two, rounded to the lower 100th of a second if necessary. Eg. stopwatch 1 reads 45.67, stopwatch 2 reads 45.68, and stopwatch 3 reads 45.81, race time is 45.68. Eg 2 stopwatch 1 reads 2:10.35, stopwatch 2 reads 2:10.46, race time is 2:10:41.



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- e) All events will be seeded, timed finals. If there is a tie in times for medal places at the York Region Championship, a swim off will be held at the discretion of the convenor. All other ties will be awarded identical ribbons.
  - f) Scratches will only be allowed at the beginning of each meet. They must be received by the marshall within a half hour before the start of the meet. Scratched cards will NOT be returned to the coaches at the end of the meet. You may not enter any swimmers on the day of the meet. Only coaches may enter scratches.
  - g) Substitutions are allowed on relay entries--you MUST list alternates on the entry card for Prep 1 & 2 and the York Region Meet. This counts as an entry for alternates. Substitutions not listed will be allowed for the Novice Meet
  - h) Warmups: Warmups will begin at least forty (40) minutes prior to the start of the meet, when an announcement is made that the pool is now open for warm-ups. Warm-up will be divided into two (2) twenty (20) minute sessions. Participating schools will each be assigned to one of these sessions. Swimmers may dive only during the last ten (10) minutes, when announced and lanes will be designated as slow, medium and fast.
  - i) Entries must be submitted by the entry deadline as decided by the meet convenor. The deadline for entries must be within 7 days of any prep or finals competition. Late entries can be added at a fee of \$20 per event, up until 2 days before the competition. There will be no late entries the day before or on the day of the competition.
  - j) Uniforms: all competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colours and logos. No female two-piece swimsuits will be allowed. No sport club insignia on uniforms shall be permitted at any time in the pool area while a meet is taking place. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi sport programs. Sponsorship recognition is permitted to be visible but must conform with the OFSAA placement guidelines in By-Law 8, Section 2(h) of the OFSAA regulations.
  - k) Swimmers will be permitted to wear swim suits that contradict the SNC guidelines for cultural and/or religious reasons at the discretion of the meet referee.
  - l) Appeals: Appeals can only be submitted by a school coach. A written appeal must be submitted within 30 minutes of the posting of the final result for that event. A \$20 fee will accompany any appeal. If the appeal is upheld the \$20 will be refunded.
  - m) For Prep Meets, the Jury of Appeal will be made up of three coaches, from three different schools. For the YRAA Championship meet, the Jury of Appeal will be made up of five coaches, from five different schools. If the appeal involves a school in which one of the jury members is associated with, another coach shall join the Jury of Appeal in their place. One of the members of the Jury must be the Meet Convenor.
5. Code of Behaviour:
- a) A swimmer who demonstrates any inappropriate behavior will be withdrawn from his/her events and a report will be sent to the Board of Reference. Inappropriate - disregarding pool rules, speaking inappropriately to an official, abusive language, etc.



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- b) Teams are expected to stay for the duration of each meet. Each school must provide three (3) timers for the entire meet, at least one of who is a dedicated timer. Schools that leave a meet early or do not provide enough timers may have to use swimmers to time, may be assessed a \$25.00 fine per occurrence, and may have their participation in the sport reviewed by the Executive Committee.
- c) Coaches must endeavor to determine the proper division a swimmer is to be placed in (i.e. open or high school). Students that misrepresent their level of competition or swim club affiliation will be suspended until they can appear before an executive review of coach's conduct.

**6. Awards and Results:**

- a) Results will be posted during the meet as they are available. Complete results will be made available at a later time.
- b) At all meets coaches will be given all the awards their team has won at the end of the day, to distribute.
- c) Ribbons will be given out at the Prep 1 & 2 meets (for 1-6).
- d) At the York Region Championship, ribbons will be awarded for 1<sup>st</sup> to 6<sup>th</sup> place
- e) Points will be awarded in each event individual event as follows;  
  
1st =20 points, 2nd =17 points, 3rd =16 points and so on to 16th place =1 point  
Points in Relay events are worth double the value  
  
1st =40 points, 2nd = 34points, 3rd =32 points and so on to 16th place =2 points  
  
At the end of the YRAA Championships, a trophy will be awarded to the team with the highest accumulated points in each of the following categories;

Boys Team, Girls Team, Overall team

**7. Costs:**

The cost of running the meets and purchasing ribbons will be shared by all participating schools. The three championship trophies will be provided by the YRAA.

**8. Meets:**

- a) There will be four (4) league meets during the season. These dates can be changed by the league convenor. These dates are:  
  
Prep 1 Meet        held in the 3<sup>rd</sup> week of October  
Prep 2 Meet        held in the 2<sup>nd</sup>/3<sup>rd</sup> week of November  
  
York Region Championship Meet held in the 3<sup>rd</sup> week of December.  
OFSAA usually held in the 1<sup>st</sup> week of March.
- b) The region will be divided into zones at the discretion of the convenor(s) in consultation with the Athletic Coordinator. The Prep 1 and Prep 2 meets will be held within each zone. All zones will come together for the YRAA Championship Meet.



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9. Criteria for Each Meet:

a) Prep Meets:

- i) Open swimmers may only swim in Open events (individual and relay). Senior High School swimmers may swim in Senior High School events (individual and relay) and Open relays. Junior High School swimmers may swim in Junior High School events (individual and relay), any Senior High School events (individual and relays), and Open Relays. Also, coaches may exchange up to 2 relay swimmers on like relay events on the day of the meet before the meet can only be exchanged for free relay swimmers, and medley relay swimmers, and medley relay swimmers can transfer to other medley relays. JR HS relay swimmers can be transferred to a SR HS or Open relay of the same type, and a SR HS relay swimmer can transfer to an Open relay of the same type, 200 free relay to 400 free relay is OK, but not to medley relay). Note: swimmers must be eligible for the event (a SR HS swimmer may NEVER swim on a JR HS relay). It is up to the coaches to keep track of actual swimmers for ribbon distribution. Hard copies of the exchange paperwork must be submitted to the convenor for YRAA qualifying verification.
- ii) events may be swum together to increase the efficiency of the meet.
- iii) a maximum number of six (6) swimmers per school may swim per event, with the exception of a maximum number of ten (10) swimmers per school in the 50 breast and in the 50 free. There is maximum of two (2) relays per school.
- iv) a swimmer may swim a maximum of four (4) events, of which there is a maximum of three (3) individual events or three (3) relays.
- v) the events for each meet will be designated at the first meeting in the fall. vi) for the Open 400 meter relay, teams shall consist of four (4) swimmers from the high school division, open division or any combination thereof.
- vii) Event order and age classifications may be changed to match OFSAA entries.
- viii) All entries for events must be submitted with entry times. Failure to submit entry times will result in swimmers without times not being allowed to swim in that event.

b) York Region Championship Meet:

- i) A school may enter 4 swimmers per event and two relays per relay event.
- ii) **Each swimmer may swim a maximum of three (3) events, of which there is a maximum of two (2) individual events or two (2) relays.**
- iii) Each swimmer must have competed in an YRAA sanctioned swim meet during the current school year, **and have met the qualifying standard. The standard will be the 14<sup>th</sup> place time from the previous year's YRAA Championship meet. If fewer than 20 athletes achieve the qualifying time the best 20 qualifying times from all the YRAA prep meets will qualify for the YRAA Championships.** Relay swimmers do not need to have swum or qualified at a prep meet, but the school must have **had a qualifying time** at a Prep meet in order to enter a relay team. Relay exchanges will be permitted at the championship for swimmers competing in the same event but up an age category or division (ie. From junior to senior or high school to open).



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- iv) All entries for events must be submitted with entry times. Failure to submit entry times will result in swimmers without times not being allowed to swim in that event
- v) Bill Crothers Secondary School is ineligible to win team awards. For scoring purposes, Bill Crothers SS team and individual results will be omitted after the competition scoring has been done. Final results for events will be posted with Bill Crothers SS student- athletes included in the results.

**10. Running a Meet Responsibilities**

All schools must complete their assigned responsibility in order to participate in the meet. Please see Appendix A for a description of the meet responsibilities.



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Appendix A

Title	Responsibilities
MEET CONVENOR TEACHER-COACH ONLY	<ul style="list-style-type: none"><li>-responsible for coordinating the officials</li><li>- resolving appeals</li><li>-receives entries, organizes the cards in the events</li><li>-checks for eligibility</li><li>-prepares score sheets, packages with awards</li><li>-sends out final results of that meet</li><li>-ensures that clean up takes place prior to departure</li><li>-ensures that the meet runs smoothly and efficiently</li></ul>
STARTER(1) TEACHER-COACH ONLY or QUALIFIED PARENT VOLUNTEER	<ul style="list-style-type: none"><li>-starts events</li><li>-keeps meet moving</li><li>- uses an appropriate starting device</li><li>- records placement of swimmers</li><li>-assists with strokes and turns judging in deep end</li></ul>
REFEREE (1) TEACHER-COACH or PARENT VOLUNTEER ONLY	<ul style="list-style-type: none"><li>-decisive vote in disqualification or placement discrepancy</li><li>-records placement of swimmers as they touch the wall</li><li>-records heat number, lane, placement</li><li>- signal swimmers to get in water or on the block</li><li>- disqualifies false starts or delegates</li><li>- signs time cards to validate DQ</li><li>- assists with strokes and turns judging in deep end</li></ul>
CHIEF TIMER (1) TEACHER-COACH or PARENT VOLUNTEER ONLY  Timers (students) Runners (students)	<ul style="list-style-type: none"><li>-speaks to timers about procedures and tests watches</li><li>-keeps time on fastest swimmer</li><li>-ensures that timers are ready when the starter calls the event to start</li><li>- responsible for monitoring performance of student timers</li><li>-12 students per meet (each school competing is responsible to bring 2 timers)</li><li>-pick up cards from the timers and gives them to the car/time sorter.</li></ul>
CARD/TIME SORTER (2) TEACHER- COACH or PARENT VOLUNTEER ONLY Runner	<ul style="list-style-type: none"><li>-sorts</li><li>-calculates times</li><li>-reconciles placement of judges over timers' results</li><li>-sends cards to scorers</li></ul>
CLERK OF THE COURSE / MARSHALL (3) TEACHER-COACH Or PARENT VOLUNTEER ONLY	<ul style="list-style-type: none"><li>-organizes time cards, slowest to fastest, circle seeded</li><li>Lane 1   Lane 2   Lane 3   Lane 4   Lane 5   Lane 6</li><li>5<sup>th</sup>   3<sup>rd</sup>   1<sup>st</sup>   2<sup>nd</sup>   4<sup>th</sup>   6<sup>th</sup></li><li>-hands out time cards</li><li>-organizes swimmers, sends swimmers to stand behind the blocks</li><li>-announces events, keeps meet moving</li><li>- responsible for processing scratches</li></ul>
AWARDS & SCORING (2) AT LEAST ONE TEACHER- COACH or PARENT VOLUNTEER	<ul style="list-style-type: none"><li>-prepares awards for coaches</li><li>-post results</li></ul>
STROKES & TURNS JUDGE (2-4) TEACHER-COACH ONLY OR	<ul style="list-style-type: none"><li>*disqualifies starts, touches, finishes, turns, incorrect strokes and relay exchanges</li><li>*at least one judge in the shallow end and one judge in the</li></ul>



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QUALIFIED PARENT VOLUNTEER	deep end *if four judges are available, two judges at each end of the pool on either side of the pool deck
NLS QUALIFIED LIFEGUARD (3) STUDENT VOLUNTEERS	*the student must possess a current NLS certification *the student must not be competing at the meet *the student must bring proof of certification to the meet *all 3 lifeguards to be present during warmup and then based on a rotational basis – 1 lifeguard supervising the pool during the meet *student volunteers will be eligible for community service hours.

**JUNE 2024**