



LOSSA

Lake Ontario Secondary School Athletics

LOSSA SWIMMING PLAYING REGULATIONS 2024 – 2025

(updated June 2018)

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

High School Division: A swimmer who exclusively trains with and competes for their high school team and does not train or compete with/for any other aquatic program or program with an aquatic component. A swimmer in grade 9 is eligible who has ceased to train or compete with/for any other aquatic program or program with an aquatic component prior to the high school swim season (November 1st). A swimmer in grade 10 or above is eligible who has ceased to train or compete with/for any other aquatic program or program with an aquatic component prior to the previous high school season (November 1st). Junior and Senior classification is done according to LOSSA and OFSAA playing regulations.

Para-Swimmer: All para-swimmers must have a classification provided by OFSAA designated classifier, to compete in this division at LOSSA and at OFSAA. Para-swimmers with an S-14 classification are permitted to compete until the age of 21 and shall be eligible for no more than 7 consecutive years from the date of entry to Grade 9.

Open Division: All other swimmers (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.

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. Attendance at ten (10) practices minimum is required in order to qualify for LOSSA and OFSAA.
- 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.

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 OFSAA. 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

SA Men's High School Champion

LOSSA Men's Open Champion

SA Over-all Team Champion

LOSSA Women's High School 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.

Uniforms: Swimmers will be permitted to wear swim suits that contradict the SNC guidelines for cultural, gender, and/or religious reasons. Coaches should approach the Chief Official in order to have these suits approved prior to the meet start.