



**SPECIFIC REGULATIONS
2021-2022 DIVISION 3 SWIMMING INVITATIONAL
PROVINCIAL CHAMPIONSHIP**

Note: In the event of any discrepancy between the French and English versions of these regulations, the French version shall prevail.

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Note : ** New article
 * Modification to the article

2021-2022 SWIMMING

Article 1 **Official Regulations in use**

- 1.1 The official regulations are issued by the Fédération de natation du Québec (FNQ).
- 1.2 Nevertheless, the following RSEQ Sport-Specific Regulations take precedence over the Official Regulations.
- 1.3 Provincial RSEQ High School Governing Rules must be respected.

Article 2 **Age Categories**

| Category | Date of birth for 2021-2022 season |
|-----------------|---------------------------------------------------|
| Bantam | From October 1, 2007 to September 30, 2009 |
| Midget | From October 1, 2005 to September 30, 2007 |
| Juvenile | From July 1, 2003 to September 30, 2005 |

Article 3 **Delegation**

- 3.1 The official delegation is comprised of 54 student-athletes. The distribution may not exceed 29 student-athletes of the same sex; a maximum of 10 chaperones is permitted.
- 3.2 During a championship, each student-athlete may participate in a maximum of three (3) events and two (2) relays or four (4) individual events.
- 3.3 An RSEQ regional association may enter one (1) relay team per category. The official composition must be submitted to event officials before the preliminary rounds begin.

Article 4 **Substitutions in events**

A maximum of five (5) substitutions in the events (no new entries) may be made. The substitution form (see Appendix) must be given to the event official before the start of the first warm-up period.

Article 5 **Competition format**

- 5.1 PRELIMINARIES: For all categories and genders, heats are determined based on registration times.

 FINALS: Events are swum by category/gender.

 Relay event finals are swum according to timed results.

5.2 Preliminary rounds will be held in events for which there are more registered student-athletes than there are lanes.

5.3 Student-athletes with the fastest times per event/category/gender advance to the finals. (The number of finalists is determined by the number of lanes available.)

In the event one of the finalists must forfeit, the next student-athlete becomes the substitute and may take part in the finals. The substitute must be ready to start.

Article 6 **Types of events**

| DAY 1 – SATURDAY | DAY 2 - SUNDAY |
|-----------------------------------|-----------------------------------|
| Event ▼ | Event ▼ |
| 200m Freestyle | 200m Individual Medley |
| 100m Backstroke | 50m Breaststroke |
| 50m Butterfly | 100m Butterfly |
| 100m Breaststroke | 50m Backstroke |
| 100m Individual Medley | 100m Freestyle |
| 50m Freestyle | 4x50 Freestyle Relay |
| 4x50 Medley Relay | |
| Award ceremonies for Day 1 events | Award ceremonies for Day 2 events |

Article 7 **Scoring**

The following points are awarded in the standings per team/regional association:

| Rank | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|------------------------|----------|----------|----------|----------|----------|----------|---------------|----------|
| | | | | | | | if applicable | |
| Pts / individual event | 9 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| Pts / relay event | 18 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |

Article 8 **Awards**

8.1 A commemorative banner is awarded to each student-athlete whose delegation has accumulated the most points in each category:

8.2 Three medals (gold, silver, bronze) are awarded per event and per category.

8.3 Medals presentation will be done at the end of each day.

Article 9 **Forfeits**

9.1 **Undeclared forfeits per delegation**

- Preliminary = no penalty
- Final = - 5 pts to the category ranking

9.2 All forfeits must be completed at least 90 minutes before the start of the finals.

Article 10 **Venue**

The competition must be held in a pool with a minimum of six (6) lanes.

Article 11 **Bathing caps**

Student-athletes taking part in the championship must wear a bathing cap that reflects the colors of their regional association. Any student-athlete who does not comply with this rule will be disqualified.



Appendix – Substitution Form for Events

THIS FORM MUST BE SUBMITTED TO THE CHAMPIONSHIP OFFICIAL BEFORE THE START OF THE FIRST SCHEDULED WARM-UP PERIOD

A MAXIMUM OF FIVE (5) SUBSTITUTIONS IN THE EVENTS IS PERMITTED (NO NEW ENTRIES)

EXAMPLE:

| CAT | SEX | STUDENT-ATHLETE | CANCELLED EVENT | EVENT ENTERED |
|-----|-----|-----------------|------------------|----------------|
| JUV | M | John Smith | 100 M backstroke | 50 M freestyle |

| |
|----------------|
| SCHOOL: |
| REGION: |

SUBSTITUTION 1

| CAT | SEX | STUDENT-ATHLETE | CANCELLED EVENT | EVENT ENTERED |
|-----|-----|-----------------|-----------------|---------------|
| | | | | |
| | | | Series: | Series: |
| | | | Lane: | Lane: |

SUBSTITUTION 2

| CAT | SEX | STUDENT-ATHLETE | CANCELLED EVENT | EVENT ENTERED |
|-----|-----|-----------------|-----------------|---------------|
| | | | | |
| | | | Series: | Series: |
| | | | Lane: | Lane: |

SUBSTITUTION 3

| CAT | SEX | STUDENT-ATHLETE | CANCELLED EVENT | EVENT ENTERED |
|-----|-----|-----------------|-----------------|---------------|
| | | | | |
| | | | Series: | Series: |
| | | | Lane: | Lane: |

SUBSTITUTION 4

| CAT | SEX | STUDENT-ATHLETE | CANCELLED EVENT | EVENT ENTERED |
|-----|-----|-----------------|-----------------|---------------|
| | | | | |
| | | | Series: | Series: |
| | | | Lane: | Lane: |

SUBSTITUTION 5

| CAT | SEX | STUDENT-ATHLETE | CANCELLED EVENT | EVENT ENTERED |
|-----|-----|-----------------|-----------------|---------------|
| | | | | |
| | | | Series: | Series: |
| | | | Lane: | Lane: |