



## SCOTIA SPRINTS COMPETITION RULES 2023-2024 SEASON

1. The competition will be swum under Swim Nova Scotia and Swimming Canada rules as outlined below
2. The competition will be sanctioned by Swim Nova Scotia
3. Swim Nova Scotia will prepare a template meet package for all league and championship meets to be used by all Clubs
4. Home Clubs are responsible for all swim meet arrangements and bookings, a copy of the facility invoice should be sent to Swim NS. Away Clubs should provide at least 1 timer per lane and 1 stroke judge. Additional officials are welcome.
5. League meets in year 1 are set for November 24<sup>th</sup> or 25<sup>th</sup>. Any date changes are the responsibility of the Clubs and should be agreed between them. The normal day for the league meets is Friday or Saturday. League meets can be held on other days by agreement of both/all Clubs in the Region. It is the responsibility of the Home Club to arrange a suitable date and facility. All league dates have been arranged by Swim Nova Scotia. If a league meet cannot be swum on the agreed date due to unforeseen circumstances such as pool closure, inclement weather, etc. both Clubs should endeavor to find an alternative date or facility and notify Swim Nova Scotia. **All league meets must be finalized at least one month in advance. If a league meet is cancelled (or not swum), the Club responsible for the cancellation shall forfeit the meet and receive no League points. The Club not responsible for the cancellation shall receive 3 League points and its average league points as on completion of all other meets.**
6. League meet entries must be submitted through the SNC National database at a mutually agreeable time by both teams in advance of the competition start time
7. League meet results must be uploaded to the SNC National site within 48 hours of conclusion.
8. In the event of a dispute regarding the age of a swimmer, team lists with dates of birth of each swimmer must be available for examination at the time of the league meet.
9. There shall be no entry fees.
10. Age groups:

Group	Approx. Age	Year of Birth
A	8-9	2014-2015
B	10	2013
C	11	2012
D	12	2011

*Swimmers will compete using Year of Birth.*

11. Swimmers may swim up in older age groups to count for points but must remain in that age group for that meet for both individual and relay events. A competitor may swim out of their age group in any event as an exhibition swimmer without affecting their ability to contribute to points in their own age group in other events. These exhibition swims must be clearly marked as exhibition.

12. Swimmers competing in Group A who have difficulty executing the stroke technique correctly will not be disqualified. Disqualification of Group A swimmers will, however, still occur for false starts (under a two-start rule), 'flyers' in relays swimming the incorrect stroke, swimming a relay in the incorrect order.
13. Individual events: 25m of all strokes, girls, and boys. Home Club shall use even numbered lanes, visiting Club to use odd numbered lanes. 6 lanes shall be eligible to count for points (lanes 2 to 7 in an 8-lane pool). The top two finishing swimmers from each Club will count for points. Clubs should agree prior to the meet the team to use the extra boy's lane and team to use the extra girl's lane throughout the meet. Relay events are 4 x 25m, mixed, two boys and two girls per team, one team per Club to count, using lanes 3 and 4. In 4 lane pools, all four lanes will count for points and scoring relays will swim in lanes 2 and 3.
14. Points scoring individual events: 4, 3, 2, 1; Relays: 7 and 3 (400 points per meet).
15. Order of events:

Distance	Stroke
100m	Mixed Medley Relay (2 Boys & 2 Girls)
25m	Backstroke
25m	Breaststroke
25m	Butterfly
25m	Freestyle
100m	Mixed Freestyle Relay (2 Boys & 2 Girls)
A Group, followed by B, C, & D groups, girls than boys	

16. In 2023-2024 Clubs will swim in the following three Regions:

North	South	Central
CBD	GDSC	DCSC
CSSC-PCM	KES	HTAC
PHAST	WTSC	SWAT - HWAC-SBSC
TCSC	YW	

17. Following the conclusion of the league meets, the championships will be held on **Saturday December 16<sup>th</sup>** at Centennial Pool (and hosted) by Swim NS. The top team in each Region qualifies for the championship meet, where a trophy will be awarded to the winning team.
18. For the league championships swimming in a 6-lane pool, the Club finishing highest in the League will swim in lanes 2 & 5. The Club finishing next in the League will swim in lanes 1 & 4 and the remaining Club will swim in lanes 3 & 6. For an 8-lane pool; 3 & 6, 2 & 5, 4 & 7.
19. In the league championships, the point scoring shall be 6, 5, 4, 3, 2, 1 for individual events, and 11, 7, & 3 for relays. Each team must provide at least one timer per lane and two stroke/turn judges. Other officials are welcome.
20. In the league meet and championship, if a Club intends not to allow its swimmers to dive in shallow water, they must notify the visiting club by ensuring it is in the meet information.
21. In the event of a disputed results, Swimming Canada rules must be complied with.
22. Regarding relay races, where the swimmer is starting in the water for a takeover, the hand of the swimmer starting in the water must remain in contact with the starting wall until the incoming swimmer has completed their length and touched the wall. The team of the swimmer whose hand loses contact with the starting wall before the preceding swimmer touches the wall should be disqualified.