

**SPECIFIC REGULATIONS  
 2023-2024 DIVISION 3 SWIMMING  
 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**

## 2023-2024 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**

<b>Category</b>	<b>Date of birth for 2023-2024 season</b>
<b>Bantam</b>	<b>From October 1, 2009 to September 30, 2011</b>
<b>Midget</b>	<b>From October 1, 2007 to September 30, 2009</b>
<b>Juvenile</b>	<b>From July 1, 2005 to September 30, 2007</b>

### **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) individual events and two (2) relays or four (4) individual events.
- 3.3            An RSEQ regional association may enter one (1) relay team per category for each event. 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 Friday evening before the end of the head of delegations meeting.

### **Article 5**    **Competition format**

- 5.1            PRELIMINARIES: For all categories and genders, heats are determined based on registration times.
- 5.2            FINALS: Events are swum by category/gender.
- Relay event finals are swum according to timed results.

5.2.1 Preliminary rounds will be held in events for which there are more registered student-athletes than there are lanes. When necessary, the event will be swum according to timed results.

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 that 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**

<b>DAY 1 – SATURDAY</b>	<b>DAY 2 - SUNDAY</b>
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:

<b>Rank</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
							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 Gold, silver, and bronze medals are awarded to the top three finishers per event and per category.

Medal presentations will be done at the end of each day.

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

**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

<b>SCHOOL:</b>
<b>REGION:</b>

**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: