



**SPECIFIC REGULATIONS  
2024-2025 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

## 2024-2025 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 2024-2025 season</b>         |
|-----------------|---|
| <b>Bantam</b>   | <b>From October 1, 2010 to September 30, 2012</b> |
| <b>Midget</b>   | <b>From October 1, 2008 to September 30, 2010</b> |
| <b>Juvenile</b> | <b>From July 1, 2006 to September 30, 2008</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 coordinator the Friday evening before 8 pm.

### **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 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 30 minutes after the results of the last event swum in the preliminary session are posted and/or published.

**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.

**Article 12** **Claim requests\*\***

12.1 Claims must be submitted:

- By the delegation leader or team head coach
- Via the RSEQ claim form
- To the event referee
- Within 30 minutes of the end of the event
- A fee of \$50 will be charged for all unsuccessful protest requests.

12.2 All claim requests will be examined by the referee. If the referee rejects a claim, they must give reasons for their decision. The delegation leader or team head coach may appeal to the Jury of Appeal, whose decision is final.

12.3 Jury of Appeal:

- The Jury of Appeal is made up of an odd number of officials, appointed by the Match Director.
- None of the members of the Jury of Appeal may have been involved in the disputed decision or disqualification.
- The claim will be handled at the very end of the meet. In the event of a positive response to the request, the results and ranking will be corrected accordingly.



**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:         |