

SCHOOL SPORT AUSTRALIA

10 - 19 Years & Under Swimming Championships

RULES AND GUIDELINES

Section A – Championship Overview

A - 1. These Rules and Guidelines should be read in conjunction with School Sport Australia Policies, Championship Protocols and the Sport Championship Organisational Manual.

A - 2. The Championships shall be conducted in accordance with the World Aquatics (Formerly known as FINA) and the International Paralympic Committee (IPC) rules unless otherwise stated.

Amended April 2023

A - 3. The Championships shall be conducted in accordance with a current Memorandum of Understanding between School Sport Australia and Swimming Australia.

A - 4. Championship Length

A - 4.1 Refer to rule B - 1 for the format and length of the Championship.

A - 4.2 The host member body will determine the start/finish days.

A - 5. Eligibility

A - 5.1 Member bodies are eligible to enter a range of competitors per event as stated in the schedule of events.

A - 5.2 Individual events shall be conducted for the following age groups and divisions. Ages are as at 31 December in the year of competition.

Amended December 2020

A – 5.2.1 Able Body Competitors

A – 5.2.1.1 Ten (10) years, Eleven (11) years, Twelve (12) years, Thirteen (13) years, Fourteen (14) years, Fifteen (15) years, Sixteen (16) years, Seventeen to Nineteen (17 - 19) years.

A – 5.2.1.2 Junior events are for swimmers in the Thirteen (13) years and Fourteen (14) years age groups.

A – 5.2.1.3 Intermediate events are for swimmers in the Fifteen (15) and Sixteen (16) years age groups.

A – 5.2.1.4 Senior events are for swimmers in the Seventeen to Nineteen (17-19) age groups.

A – 5.2.1.5 Open Events are for swimmers in any age group from thirteen (13) years to nineteen years (19).

Amended December 2018

A – 5.2.2 Multi-Class Competitors

Specific Rules for Multi-Class competitors.

A – 5.2.2.1.1 Ten to Twelve (10-12) years, Thirteen to Fifteen (13-15) years, Sixteen to Nineteen (16-19) years. Amended December 2018

A – 5.2.2.1.2 Multi Class Swimmers must hold a current, valid classification as recognised by the Australian Paralympic Committee (APC), Sport Inclusion Australia (SIA) and/ or Deaf Sports Australia (DSA) to participate at these Championships. These rules include Multi Class Swimming classifications S, SB and SM 1-19 Multi Class Swimming events should cover all International Paralympic Committee (IPC), International Sports Federation for Persons with Intellectual Disability (INAS) and Deaf Sport classifications. If students have been selected in their teams based on a provisional classification, they will be required to attend a classification session on the day prior to competition beginning to be officially classified. Added October 2020 Amended May 2022

A – 5.2.2.1.3 Places will be calculated using the most current Multi Class Point Score (MCPS) for the various classifications. This is calculated using the latest Meet Manager software at School Sport Australia swimming events that must be installed onto competition computer resources at the beginning of the Championship. Added October 2020

A – 5.2.2.1.4 Selection for Multi Class Swimmers will be determined by each individual State/Territory selection criteria. Added October 2020

A – 5.2.2.1.5 Verifications of classification of Multi Class Swimming team members will be done against the National Swimming Classification Masterlist and in conjunction with APC, SIA and DSA. Added October 2020

A – 5.2.2.1.6 Multi Class Swimming team members with a physical impairment who have a review status may be required to attend a classification session at the Championships. Where possible, teams will be notified by the National Swimming Advisor one week prior to the Championships that a student may be required to attend a classification session at the Championships. Added October 2020

A – 5.2.3 Competitors must compete in individual events within their own age group. In exceptional circumstances, approval to compete in an older age group may be sought from the National Swimming Advisor. An exception can be when a 12-year-old secondary student is unable, due to Jurisdictions policies that restrict participation in the 10 to 12 years SSA Swimming Championships and has a qualifying time in their state or territory for the 13-year age group. The student may compete in the 13-year event, provided there is agreement from the swimmer, parent, and their state or territory. Once a swimmer competes in an older age group, they are ineligible to compete in their original age group. If the swimmer has competed in the 12-year age group of the School Sport Australia Championship, they would be ineligible to compete in the 13 years age group. Notification of any swimmer in this exception category should be given to the National Sports Advisor at time of nomination. Amended November 2024

A – 5.3 Multi-Class swimmers can qualify to swim in able bodied events as long as they have qualified in the same manner and have been selected using the same procedures.

A – 5.4 Relay Events

States are eligible to enter a range of competitors per event as stated in the schedule of events.

A – 5.5 Qualifying Standards

There are no qualifying standards; member bodies develop their own standards where appropriate.

A - 6. Age Dispensation

There is no Age Dispensation granted to any State or Territory for these Championships.

A - 7. Team Size

There should be no maximum team size for States and Territories attending SSA Swimming Championships.

Amended October 2018

A - 8. Attendance at Championships

All students who participate in the School Sport Australia Swimming Championships must remain at the Championship location throughout the duration of the Championships and be bound by all Championship arrangements, except in exceptional circumstances as per School Sport Australia policy.

Added December 2020

Section B – Competition Structure

B - 1. Championship Format – Draft format for 2024

The following format is to be used for 2024:

Day 1	10 – 12 Years	- Teams arrive - Pre-Championship meeting (10-12 years) - Warm-up - Photos
Day 2	10 – 12 Years	- Opening Ceremony (10-12 years) - Sessions 1 and 2
Day 3	10 – 12 Years	- Sessions 3 and 4 - Post-Championship Meeting (10-12 years)
Day 4	10 – 12 Years	- Championship Team Experience - Sessions 5 and 6 - Closing Ceremony (10-12 years) - SSA Games Opening Ceremony (optional attendance for 10 to 12 years) - Team departure (Evening) - Combined Swimming Officials Dinner
	13 – 19 Years	- Teams arrive - Pre-Championship meeting (13-19 years) - SSA Games Opening Ceremony (13-19 years)

Day 5	13 – 19 Years	• Photos, Warm-up • Session 1 and 2
Day 6	13 – 19 Years	• Sessions 3 and 4
Day 7	13 – 19 Years	• Session 5 • Combined Sports Championship Team Experience
Day 8	13 – 19 Years	• Sessions 6 and 7 • Post-Championship Meeting (13-19 years) • Closing Ceremony (13-19 years) • Team departure (Evening)

Amended December 2018, Amended April 2023, Amended January 2024

B - 2. Schedule of Events

B – 2.1 The National Swimming Advisor is to develop a timeline for program and entries and all entries are available for checking on the SSA website.

B – 2.2 Individual Events

B – 2.2.1 Each event below is offered for both Boys and Girls.

B – 2.2.2 50m and 100m able body events will run on a Heats and Final basis. All other events run as Timed Finals.

B – 2.2.3 Where possible, Breaststroke and Individual Medley events be held in separate sessions.

B – 2.2.4 In the 1500m and 800m Freestyle, where the number of competitors entered is equal to half or less of the lane number in the competition pool (prior to the commencement of the carnival), teams may enter a second swimmer. Maximum of 1 extra swimmer per State/Territory per event. If the number of nominations exceeds the number of vacant lanes, the successful swimmers to be selected by a random draw with the representatives of at least 3 State/Territory to be in attendance for the draw. The second swimmer shall not be eligible for a medal, placing or points, but shall receive a certificate and times officially recorded.

Amended October 2024

B – 2.2.5 Secondary Multi-Class categories 13-15yrs and 16-19yrs to be allowed three entries per event.

B – 2.2.6 1, 2, 3, 4 – represent number of competitors per sex per state eligible per event at School Sport Australia.

B – 2.2.7 The only exception to the above grid is where there is a tie to the one-hundredth of a second, or in MC points, at an official State/Territory Championship, where full AOE timing and equipment is used. In this case, the State/Territory must email the National Sport Advisor for swimming informing them of this variation to entries.

Amended October 2024

AGE GROUP/ EVENTS	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	50 Fly	100 Fly	200 Fly	50 Brst	100 Brst	200 Brst	50 Bck	100 Bck	200 Bck	200 IM	400 IM
10 years	4	3					3	3		3	3		3	3		3	
11 years	4	3					3	3		3	3		3	3		3	
12 years	4	3					3	3		3	3		3	3		3	
12& under years			3														
13 years	3	2					3	2		3	2		3	2			
14 years	3	2					3	2		3	2		3	2			
Junior 13 – 14 years			2	2					2			2			2	2	2
15 years	3	2					3	2		3	2		3	2			
16 years	3	2					3	2		3	2		3	2			
Inter 15 – 16 years			2	2					2			2			2	2	2
17 - 19 years	3	2	2	2			3	2	2	3	2	2	3	2	2	2	2
Open					1boy 1girl	1boy 1girl											

Table 1 - Able body event competitor numbers

Amended April 2023

AGE GROUP/ EVENTS	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	50 Fly	100 Fly	200 Fly	50 Brst	100 Brst	200 Brst	50 Bck	100 Bck	200 Bck	150 IM (SM 1-4)	200 IM
10-12 years MC	4	3	3				3	3		3	3		3	3		3	3
13-15 years MC	3	3	3				3	3		3	3		3	3		3	3
16-19 years MC	3	3	3				3	3		3	3		3	3		3	3
Open																	

Table 2 - Multi-Class event competitor numbers

Amended October 2018

B – 2.3 Relays

B – 2.3.1 Each event below is offered for both Boys and Girls with the exception of Mixed Medley Relays and all Multi-Class relays which may be mixed teams.

Amended December 2018

B – 2.3.2 All events run as Timed Finals. This

B – 2.3.3 Relays to be held at the end of the day, where possible.

B – 2.3.4 10 x 50m Freestyle Relay - 5 boys and 5 girls, 13 – 19 Years, swim in any order, one team per state.

Amended December 2018, 8x50m All Age Freestyle Relay event removed December 2018

B – 2.3.5 6 x 50m Time Handicap Relay - 1 swimmer from each age group (13, 14, 15, 16, 17/19 and a Captain's Choice) swim 50m freestyle in any order. All swimmers are to have a freestyle time from the Championships, in the first instance, or an official time from the National results database no later than 30th October in the year proceeding the Championships. Teams will be handicapped at the start according to these times and awarded medals on the overall finishing positions. One boy and one girl team per state.

Amended October 2018. Amended December 2018, Amended April 2023. Amended November 2023, Amended October 2024.

B – 2.3.6 4 x 50m Time Handicap Relay - 1 swimmer from each age group (10, 11, 12 and a Captain's Choice) swim 50m Freestyle in any order. All swimmers are to have a freestyle time from the Championships, in the first instance, or an official time from the National results database no later than 30th October in the year proceeding the Championships. Teams will be handicapped at the start according to these times and awarded medals on the overall finishing positions. One boy and one girl team per state.

Added December 2018, Amended April 2023 Amended November 2023, Amended October 2024.

B – 2.3.7 Swimmers may swim up an age group in a relay provided that they only compete in one 4 x 50m Freestyle, one single gender medley relay and one 4x50 Mixed Medley relay

Amended November 2023, Amended October 2024.

B – 2.3.8 Mixed Medley Relays – 4x50m mixed medley relays, comprising two (2) boys and two (2) girls, for each age group 10-17+ able bodied.

Amended October 2018

B – 2.3.9 The lead off split in relays at School Sport Australia swimming championships shall be considered eligible for a School Sport Australia swimming record. (This will come into effect from the 2024 Championships)

Amended October 2024

AGE GROUPS/EVENTS	4x50m Freestyle Relay	4x100m Freestyle Relay	4x50m Medley Relay	4x50m Mixed Medley Relay	10x50m Freestyle Relay	10 – 12 Years 4x50 Time Handicap Relay	13 – 19 Years 6x50 Time Handicap Relay
10 years	2		2	1 mixed			
11 years	2		2	1 mixed			
12 years	2		2	1 mixed			
Junior 13 – 14 years	2		2	2 mixed			
Intermediate 15 – 16 years	2		2	2 mixed			
17-19 years	2		2	2 mixed			
Open		2			1 mixed		
All Age							
10-12 years MC	2		2				
13-15 years MC	2		2				
16-19 years MC	2		2				
All Divisions						1 boys and 1 girls team	1 boys and 1 girls team

Table Amended October 2025

B - 3.

Championship Protocols / Specific Rules / Results

B - 3.1 The National Swimming Advisor is to seek sanctioning for the meet through Swimming Australia and IPC.

B - 3.2 Warm-up procedures – where possible

B - 3.2.1 Swimmers will be permitted to warm-up in the Competition Pool forty five (45) minutes before the first session of each day of competition. The following procedures must be observed and the cooperation of all swimmers, coaches and parents is sought in this matter.

B - 3.2.2 The warm-up / cool-down pool (Laned area in Diving Pool) will be available throughout the day for use by swimmers. There is to be NO use of the Diving Boards.

B - 3.2.3 Only accredited team personnel will be allowed on pool deck during this time.

B - 3.2.4 Transfer of accreditation is not allowed under any circumstances.

- B - 3.2.5** Swimmers must only swim in a clockwise direction.
- B - 3.2.6** Swimmers must not touch, grab or climb over timing pads.
- B - 3.2.7** Two lanes in the warm up area are dedicated for Multi-Class competitors only during daily warm up session. Amended February 2018
- B - 3.2.8** Warm-up will cease 15 minutes before competition start time.
Amended December 2018
- B - 3.2.9** Feet first entry only is permitted in any warm up / cool down lane with the exception of specified Dive Start lanes.

B - 3.3 Starting Positions

- B - 3.3.1** Starting positions will be determined by the seeding of the meet from the individual/relay times submitted.
- B - 3.3.2** Substitutions will not alter original starting positions.

B - 3.4 Marshalling

- B - 3.4.1** There will be a maximum of 2 marshalling calls. Swimmers are to move to the marshalling area as soon as their event is called. If swimmers have not reported, they will risk elimination. A Team Manager from that State/Territory may report to the Marshall if a swimmer is in another race.
Amended October 2024
- B - 3.4.2** Once competitors have reported to the Marshall they must remain in the marshalling area until directed to their starting positions by the Check Starter.
- B - 3.4.3** Coaches and parents are not permitted to be in the marshalling area.

B - 3.5 Starting Instructions

- B - 3.5.1** The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive.
- B - 3.5.2** On the long whistle from the Referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks" competitors will immediately take up their starting positions with at least one foot at the front of the starting platform. The position of the hands is not relevant. When all competitors are stationary, the Starter shall give the starting signal.
- B - 3.5.3** The start in Backstroke and Medley Relay races shall be from the water.
- B - 3.5.4** On the first long whistle from the Referee the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without delay to the starting position. When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary the Starter shall give the starting signal.

B - 3.5.5 Any swimmer initiating a start before the signal may be disqualified.
Amended October 2024.

B - 3.5.6 If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race.

B - 3.5.7 If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back, be reminded by the starter of the penalties, and start again.

B - 3.6 After the Event

B - 3.6.1 Swimmers must start, finish and stay in the lane in which they start for the duration of the race. On the signal of the Referee competitors are to leave the water by the nearest side of the pool or as directed by the referee.

B - 3.6.2 In an Individual Medley event the sequence of strokes is Butterfly, Backstroke, Breaststroke, and Freestyle.

B - 3.6.3 In a Medley Relay event the sequence of strokes is Backstroke, Breaststroke, Butterfly, and Freestyle.

B - 3.6.4 If, because of the length of the program “starting over the top” is used, competitors from the preceding heat are to move to the side of the lane hold onto the lane rope, and remain still. When the next heat has started they should leave the pool by the nearest side as quickly as possible. If “starting over the top” is used in backstroke, competitors from the preceding heat are to move 5m out and to the side of the lane. They must hold onto the lane rope, and remain still. When the next heat has started they should leave the pool by the nearest side as quickly as possible.

B - 3.6.5 “Starting over the top” will not apply to Multi-Class events. Swimmers are to be cleared from the pool before the next event commences.
Amended October 2014

B - 3.7 Multi-Class Relays

B - 3.7.1 Multi-Class relays are to be judged using a percentage calculation based off the individual swimmers Multi-Class Standard Time (MCST) for the year of competition and the stroke and distance swum.

B - 3.7.2 The teams total MCST will be compared to the teams time swum at the event and a percentage calculation used to judge the final placings. Highest percentage is deemed the winner -closest to MCST. e.g.

Swimmer 1 - MCST - 26.09

Swimmer 2 - MCST - 28.55

Swimmer 3 - MCST - 29.08

Swimmer 4 - MCST - 32.99

Total Relay Team MCST - 116.71 seconds

Relay Time swum - 2:38.09 = 158.09 seconds

Calculation - $116.71/158.09 \times 100 = 73.82\%$ (highest percentage wins - closest to MCST time).

Amended February 2018

B - 3.8 Coaching

B - 3.8.1 Once competitors are in the marshalling area they are not to receive any coaching or advice.

B - 3.8.2 Penalty may be DISQUALIFICATION.

B - 3.9 Progression to Finals

B - 3.9.1 Where a 10 lane pool is used the fastest 10 swimmers, and where an 8 lane pool is used the fastest 8 swimmers shall progress to the finals with the next 2 fastest swimmers being named as alternates.

B - 3.9.2 In the event that two or more swimmers register equal times to 1/100th second for tenth position in the final, that position will be decided by a swim off at the completion of the heats session.

B - 3.9.3 If heats are collapsed after the commencement of a session the event be reseeded and swum at the advertised finals time.

B - 3.10 Withdrawal from Finals

A competitor withdrawing from an individual final must do so in writing, through the State Team Manager, to the Technical Director within 30 minutes following the posting of the respective event timing sheet. Any competitor who withdraws after this time may be scratched from the next event entered.

Amended October 2014

B - 3.11 Timekeepers

B - 3.11.1 Timing will occur through use of Automatic Officiating Equipment. Each lane will also have up to three button times.

B - 3.11.2 All times (including splits) will be forwarded to Australian Swimming for verification at the conclusion of the meet.

B - 3.12 Heat Sheets and Results

Team Officials receive updated heat sheets prior to the start of competition each day

Section C – Facilities / Equipment

C - 1. Swimming Pool 50 metres in length.

C - 2. Electronic Timing with Touch Pads at both ends.

C - 3. Meet will be run using the most current Meet Manager Software.

C - 4. Where possible a warm-up / cool-down pool be available.

Amended February 2018

Section D – Uniform

D - 1. Swimming caps may be worn, if worn they must be a State or Territory Cap.

Section E – Injury Management

Refer to School Sport Australia Championship Protocols and Policy for the management of injuries. This policy will override any sport specific injury management Protocols.

[School-Sport-Australia-Injury-Management-Policy.pdf\(schoolsportaustralia.edu.au\)](https://schoolsportaustralia.edu.au/School-Sport-Australia-Injury-Management-Policy.pdf)

New Policy Dec 2023

Section F – Officials

F - 1. The host member body shall appoint a Meet Director for the Championships.

F - 2. The host member body shall appoint a Technical Delegate for the Championship.

F - 3. Australian/State recognised Swimming Referees.

F - 4. Appropriate number of Judges of Stroke / Timekeepers / Marshals / Check Starters / Announcers / Meet Manager Computer Operators.

F - 5. All technical officials be provided with the School Sport Australia Swimming Rules and Guidelines.

Section G – Protests

G - 1. Protests to the Referee by a Team Manager on behalf of a swimmer must be made through the Meet Director.

G - 2. Protest must be submitted:

G - 2.1 in writing,

G - 2.2 by the responsible team leader only,

G - 2.3 within 30 minutes following the posting of the respective event result sheet.

G - 3. All protests shall be considered by the Referee. If he/she rejects the protest, he/she must state the reasons for his decision. The Team Manager may appeal the rejection by the Referee to a Jury of Appeal (refer rule H - 1) whose decision shall be final.

Section H – Tribunal / Judiciary

H - 1. The Jury of Appeal shall consist of the Meet Director and/or National Sport Advisor, Technical Official and Team Manager both who are not involved in the incident. The Meet Director and/or National Sport Advisor shall appoint the Technical Official and Team Manager when required. The format of the Jury of Appeal to be nominated at the Pre Event meeting.

Section I – Trophies / Awards / Medals

- I - 1.** School Sport Australia Medallions will be awarded to the first three placegetters in each event.

In the 10-12 Years School Sport Australia Swimming Championships, finalist ribbons will be awarded in individual events in finals and timed finals events (4th – 10th place in a 10 lane pool, and 4th – 8th place in an 8 lane pool).

Amended November 2023

- I - 2.** Swimmer of the Meet – 4 awards.

13 – 19 Years: The male and female (able-bodied and multi-class) swimmers of the meet will be determined by the following:

- (i) Swimmer must be 13 years or above.
- (ii) 1st – 5 points
- (iii) 2nd – 3 points
- (iv) 3rd – 2 points
- (v) 4th – 1 point
- (vi) Breaking an existing record – 5 points.

Amended December 2018

- I - 3.** Competitors shall receive a certificate for all championship events in which they break the School Sport Australia Record.