

# **Christian Schools Sports Association**



## **Swimming Carnival Guidelines**

[www.cssa.net.au](http://www.cssa.net.au)

## GENERAL CARNIVAL GUIDELINES

For swimming, athletics and cross country carnivals, the following points need to be noted:

- Rule 1.1** Students must compete in their age group for all events.  
For relays at zone level only, exceptions may occur at the discretion of the zone convener.  
Mixed age relays cannot progress through to the State carnival
- 1.2** A student's age is determined by the age he/she turns in that year.
- 1.3** There are separate events for boys and girls.
- 1.4** No primary student is to compete in Secondary Carnivals and Gala Days
- Rule 2.1** For Primary School events, in an event classified as Junior (Jnr), the competitor must be 10 years or less in the year of the carnival. Eight year old events may include children who are younger than eight years of age.
- 2.2** Senior events involve competitors turning 11, 12 or 13 in the year of the carnival.
- Rule 3.1** For swimming and athletics, there shall be a Zone carnival which shall be used to determine the competitors for the State carnivals.
- 3.2** For Primary & Secondary State Swimming/Athletics Championships, there is a limit of **THREE** competitors per zone in each event and **THREE school-based teams for relay events**. The winning school relay teams at the Zone carnival represent the Zone at the State carnival.
- 3.3** For field events at Primary & Secondary State Athletics Carnivals a qualifying height/distance will be set by the state convener for 3<sup>rd</sup> place zone competitors only. If they do not achieve the qualifying height/distance they cannot enter that event. The qualifying height/distance DOES NOT affect 1<sup>st</sup> or 2<sup>nd</sup> place zone competitors progressing through to state.
- Rule 4.1** Age Championship points at any Primary Zone or State Carnival will be awarded from all events
- 4.2** Age Championship points at any Secondary Zone or State Carnival will be awarded from age events only. Open/non age events will not be counted towards the Age Championship point score.
- 4.3** For athletics and cross country, students must compete in proper school/zone sports uniform. Shoes must be worn at all times.
- Rule 5.1** For athletics and cross country, students must compete in approved school sports uniform. CSSA or CIS Representative uniforms are not to be worn. Shoes must be worn at all times.
- 5.2** Bicycle pants/skins, **compression socks or any other compression clothing** may be worn only if they are approved by their school and are the **same colour as their sports uniform or black or navy**.
- 5.3** Spikes are allowed at all carnivals except where the ground rules forbid this, or by agreement of participating schools.
- 5.4** Competitors must start & finish an event in the correct attire. At no time are competitors allowed to discard clothing throughout an event.
- Rule 6.1** If an equal placing occurs at a state carnival and the convener cannot determine which competitor qualifies through to the next level of competition, ie CIS, times/distances will be taken from their zone carnival.

# SWIMMING

CSSA carnivals shall be run in accordance with the rules of NSW Swimming and the aims and objectives of the CSSA. NSW Swimming Rules can be downloaded from their website: <https://nsw.swimming.org.au/page.php?id=80>

These rules are to be held by the convenor of the State carnival. Each sports master is responsible to ensure that all competitors and officials from their school are aware of the following rules:

## ORGANISATIONAL RULES:

**Rule 1.1** For Zone carnivals, schools must use Meet Manager Swim or Team Manager Swim Lite Program to enter their team. The “.zip” file produced by the computer program must be emailed to the zone convenor at least 7 days prior to the carnival. If a school cannot submit their entry on time they must contact the convenor prior to the closing date. Failure to do so can result in the school being withdrawn from the carnival by the zone convenor.

**1.2** For the State championship, Zone convenors must email their “zone team” file through to the state convenor at least 7 days before the Championships. If a zone cannot submit their entries on time the zone convenor must contact the state convenor prior to the closing date. Failure to do so can result in the zone being withdrawn from the carnival by the state convenor.

**Rule 2.1** Events in Primary School Swimming Carnivals are:

50m Freestyle	8 & under, 9, 10, 11, 12+ years
50m Backstroke	8 & under, 9, 10, 11, 12+ years
50m Breaststroke	8 & under, 9, 10, 11, 12+ years
50m Butterfly	Junior, 11, 12+ years
50m Freestyle SWD	Open Girls & Open Boys
50m Backstroke SWD	Open Girls & Open Boys
50m Breaststroke SWD	Open Girls & Open Boys
50m Butterfly SWD	Open Girls & Open Boys
100m Freestyle	Junior, Senior
200m Individual Medley	Junior, Senior
4x50m Freestyle Relay	Junior, Senior

**2.2** Events in Secondary School Swimming Carnivals are:

50m Freestyle	12 & under, 13, 14, 15, 16, 17, 18+years
50m Backstroke	12 & under, 13, 14, 15, 16, 17, 18+years
50m Breaststroke	12 & under, 13, 14, 15, 16, 17, 18+years
50m Butterfly	12 & under, 13, 14, 15, 16, 17, 18+years
50m Freestyle SWD	Open Girls & Open Boys
50m Backstroke SWD	Open Girls & Open Boys
50m Breaststroke SWD	Open Girls & Open Boys
50m Butterfly SWD	Open Girls & Open Boys
100m Freestyle	12 & under, 13, 14, 15, 16, 17, 18+years
200m Freestyle	12-14, 15-16, 17-18+yrs
200m Individual Medley	12-14, 15-16, 17-18+yrs
4x50m Medley Relay	12-14, 15-16, 17-18+yrs
4x50m Freestyle Relay	12-14, 15-16, 17-18+yrs
6x50m Super Relay	12, 13, 14, 15, 16, 17-18+yrs Girls & Boys (fastest swimmer from each age group, swim any order)

- Rule 3.1** For Zone championships there is a limit of **THREE** competitors per school in each event and **THREE** school relay teams per relay event.
- 3.2** For the State Championships, there is a limit of **THREE** competitors per Zone in each event, (this includes **THREE** competitors for all 200m individual events at primary & secondary carnivals) and **THREE school-based teams for relay events**. The winning school relay team at the Zone carnival should represent the Zone at the State carnival.
- 3.3** All relay teams claiming records at State Carnivals, are to be school-based. Substitutions may occur from within the zone on the day of the State Carnival in the case of illness or injury, however such teams may not claim records, place, go to a higher level or get zone points.
- 3.4** All competitors participating in the State Championships will have competed first at the Zone level in that event to be eligible for State competition.
- 3.5** Age Championship points at any Secondary Zone or State Carnival will be awarded from age events only. Open/non age events, will not be counted towards the Age Championship point score.

## CHAMPIONSHIP RULES

A carnival convenor shall be appointed and he/she shall have full control and authority over the running of the swimming meet. They have the right to appoint a separate, qualified referee to assist in the smooth running of the carnival.

Swimming NSW Rules can be downloaded from their website:

<https://nsw.swimming.org.au/page.php?id=80>

## Swimming Costumes

The object of these rules is to debar immodest costumes.

- Rule 4.1** (a) For Secondary events, the band extending from the front to the rear of male costumes must not be less than approximately 7.5cms in width.
- (b) For Primary events, male costumes must be of a modest size and design.
- 4.2** Female costumes are to be one piece and devoid of open work except at the back in which the area should be less than 20cm, should not show any part of the bottom and should not be cut at the side of the swimmer, also be of fully modest design. Costumes must have a round neck and not be shaped to the breast area.
- 4.3** The texture of all costumes is to be non-transparent.
- 4.4** NSW approved SWIMSUITS only are permitted at any CSSA swimming carnival
- 4.5** The check starter is responsible for reporting to the referee anyone who does not comply with these rules.

**GR19 SWIMWEAR**  
FINA GR5

**General Swimsuit Rules**

- 19.1.1 The swimwear (swimsuit, cap and goggles) of all swimmers shall be in good moral taste and suitable for the individual sports discipline.
- 19.1.2 Swimsuits worn by Competitors in Open Events, including ‘& Over’ events, conducted in NSW by Swimming NSW and any member Associations shall be non-transparent and conform to the following design:
- (i) All swimsuits must be FINA approved;
- or
- 19.1.3 Swimmers may wear swimsuits provided the suits meet the following criteria:
- (i) Men’s swimsuits are limited to one (1) suit that covers at most the body surface from hips to knee. Swimsuits may not extend above the waist or below the knees;
  - (ii) Women’s swimsuits are limited to one (1) suit that is of “open back” and “open shoulder” designs that may extend down to the knee. Swimsuits must not extend below the knees.
  - (iii) No zippers or other fastening devices are allowed except for a waist tie.
  - (iv) Swimsuits must be of textile material and must not contain any non textile material such as polyurethane or neoprene.
- 19.1.4 Modification of Swimsuits worn by swimmers with a disability to accommodate a competitor’s disability is permitted. Proposed modifications shall be submitted in writing to the Company for approval at least 14 days prior to the meet. Approved swimsuits shall be presented to the Meet Director/Technical Manager prior to the swimmer’s first event at the competition.
- 19.1.5 The Referee of a competition has the authority to exclude any swimmer whose swimsuit does not comply with this Rule.

FINA GR5.4

- 19.1.6 Swimsuits are limited to one (1) suit.

NB: Australian Open Records can only be broken by wearing a FINA approved swimsuit.

**Protests**

- Rule 5.1** Any protests must be made to the Referee through the student's sports teacher within 15 minutes of the completion of the event. The Referee's decision in all such cases is final, and if there is any doubt the Referee should follow the advice of his/her officials. No parents at Zone or State carnivals are to approach the Referee or carnival Coordinator in regard to decisions at any time.

**Records**

- Rule 6.1** Records shall be kept for all Zone and State Championships and shall be printed on the Programme.