



ALBERTA SUMMER SWIMMING

ASSA

# Rules and Regulations

APPROVED: MARCH 14, 2020

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# Rules and Regulations



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## GENERAL

### 1. Purpose

- 1.1. The ASSA Rules and Regulations outline the details of the competitive structure offered by ASSA to its members and are intended to provide information on the rules specific to ASSA as well as guidance to clubs regarding swimmers and swim competitions.

### 2. Implementation

- 2.1. These Rules and Regulations shall apply to all ASSA events and members. Where specific ASSA rules, regulations, policies and procedures do not exist, ASSA shall defer to Swim Alberta and Swim Canada rules, regulations, policies and procedures

### 3. Definitions

**Alberta Summer Swimming Association (ASSA)** – Is the organization that provides summer swimming opportunities from May 1 – August 31.

**Club** – a registered Club Member as defined in the ASSA Bylaws, also known as a “Swim Club”.

**Member** – a registered ASSA Member as defined in the ASSA Bylaws.

**Provincial Championship** – the provincial championships swim competition (“Provincials”) which is hosted and approved by the ASSA.

**Regional Championship** – the regional championship swim competition held in each Region (“Regionals”) which is approved by the ASSA and at which competitive swimmers from the Region qualify for participation in the Provincial Championship.

**National Registration System** - Registration Tracking and Results (RTR) - Swim Canada’s National Registration, Tracking, and Results database.

**Sanctioned Competition** – means a swimming competition approved under the authority of Swim Alberta whose authority is granted by Swimming Canada in an approved facility having the minimum standards of Swimming Canada with the expectation of qualified officials who conduct the competition under the published rules; and where the results of the competition are entered in the Swimming Canada results database.

**Senior seeding** – The seeding of an event and its heats based on time, regardless of swimmer’s age or age group.

**Summer Swimming Competition Sanction** – A sanctioned competition limited to swimmers registered as Summer or Summer-Open.

**Swim Alberta** – the provincial governing body for competitive swimming in Alberta which has been granted sanctioning authority by Swimming Canada. Swim Alberta

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does not have the authority to give its sanctioning ability to another organization or body.

**Swim Canada** - the national governing body for competitive swimming in Canada.

**Summer Swimming Season** – the period between May 1st and the final day of the ASSA Provincial Championship Competition, inclusive.

**SW** – Swimming Rule, as described in Part II of the Swim Canada Rule Book.

**Swimmer** – a registered Swimmer Member as defined in the ASSA Bylaws.

**Age Group Swimmer** – a swimmer registered with the ASSA who is under the age of 18 and who meets the ASSA's age group swimmer eligibility.

**Exhibition Swimmer** – a swimmer registered with the ASSA who is under the age of 18 and does not meet the ASSA's age group swimmer eligibility.

**Masters Swimmer** – a swimmer registered with the ASSA who is aged 18 or older.

**Para Swimmer** – a swimmer registered with the ASSA who has been classified as a para swimmer by Swimming Canada.

**Training** – Participating and receiving instruction in the skills of competitive swimming

**Year-Round Competition Sanction** – A sanctioned competition for swimmers registered with year-round club programs. Summer Swimming members may participate from May 1 to August 31 when registered as Summer-Open.

### 4. Amendment of Rules and Regulations

- 4.1. The Board shall have the sole power to adopt and amend the Policies of the Association. All proposed policies, procedures, rules and regulations made by Association Committees must be reviewed and approved by the Board.

## SWIMMER ELIGIBILITY

### 5. Purpose

- 5.1. The ASSA aims to provide a competitive structure in the sport of swimming that also supports athlete development for children and youth through participation in other sports, arts and extracurricular activities outside of the summer season. The ASSA encourages the active for life principle for our adult members through ease of access to, and participation in, the sport of competitive swimming. In the spirit of fair play to age group swimmers that do not have access to indoor pools, and to maintain the integrity of a summer only swim season for our youth members, the ASSA does not allow

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supervised training in the sport of competitive swimming outside of the summer swimming season except as specified in these rules. In pursuit of maximizing participation for para swimmers and masters swimmers, restrictions on off-season training do not exist in these categories.

### 6. Swimmer Registration

#### 6.1. Swimmer Categories

6.1.1. Two (2) registration categories

- (a) **Summer** - Swimmers with a summer registration may participate in any Summer Swimming sanctioned competition.
- (b) **Summer-Open** - Swimmers with a Summer-Open registration may participate in any summer or year-round competition that they qualify for that takes place between May 1 and August 31.- *(Available beginning in the 2021 swim season)*

6.1.2. Swimmer registration is the responsibility of the Club Registrar. The Swim Alberta Registrar (Manager Membership Services) or their designate has the authority to audit and correct swimmer registration as needed.

### 7. Eligibility

7.1. For the purpose of ASSA eligibility, a swimmer's age is determined as of May 1st of the current season.

7.2. Age Group Swimmers are permitted to participate in Summer Swimming sanctioned swim competitions in all events except Para-Swimming events; their times are eligible to be considered for race placing and ASSA provincial records. Age group swimmers are not permitted to have supervised off-season training in the sport of competitive swimming except as outlined below (sections 8-10). Swimmers who have received competitive training that do not qualify for an exception must compete as exhibition.

7.3. Masters Swimmers are permitted to participate in Summer Swimming sanctioned swim competitions in all events except Para-Swimming events.

7.4. Para Swimmers are permitted to participate in Summer Swimming sanctioned swim competitions in all events, including Para-Swimming events; their times are eligible to be considered for race placing.

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- 7.5. Exhibition Swimmers are permitted to participate in Summer Swimming sanctioned swim competitions, except the Regional and Provincial Championships, in all events except Para-Swimming events; their times are not eligible to be considered for race placing and/or ASSA provincial records.
- 7.6. All Swimmers before entering any competition must complete the Competition Readiness Standards, including the Swim Test and Dive Progression.
- 7.7. The ASSA Executive Committee shall make the final decision on swimmer eligibility.
- 7.8. Special circumstance requests regarding swimmer eligibility can be made to the ASSA Executive Committee.

### 8. Out of Season Training

- 8.1. Specific training dedicated to the sport of competitive swimming is not permitted.
- 8.2. Exception may be granted for the following off-season activities when considering a swimmer's eligibility for the Age Group Swimmer category:
  - (a) A one-time trial period with a year-round swim club of up to sixty (60) days between September 1st to November 30th.
  - (b) Additional trial period(s) with a year-round swim club of up to sixty (60) days between September 1st to November 30th upon written request to and approval by the Executive Committee.
  - (c) Participation in training sessions and/or competitions with an Alberta High School Swim Team will be permitted.
  - (d) Participation in recognized learn to swim programs in order for developing swimmers to be water safe will be permitted.

### 9. Multi-Sport Participation

- 9.1. Multi-sport participation is understood to be part of long-term athlete development and as such, the ASSA encourages swimmers to participate in other sports in order to support each athlete's development and interests.
- 9.2. Multi-sport participation – approved registration for other sports will be permitted, including but not limited to, water polo, diving, artistic swimming, triathlon, junior lifeguard club, underwater hockey, etc.

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## 10. Other activities

- 10.1. Other activities, for example swim camps, may be permitted at the discretion of the board provided a written request is submitted.

## REGIONS

### 11. Purpose

- 11.1. Regions serve the purpose of dividing the membership into groups based on their geographical location to facilitate conducting competitions during the summer swimming season and the hosting of Regional Championships.

### 12. Number and Name of Regions

- 12.1.1. There are six (6) Regions, named alphabetically as “Region A” through “Region F”
- 12.1.2. The number of Regions may be changed upon resolution of a majority of the Board of Directors

### 13. Assignment to a Region

- 13.1. New and renewed Clubs will be assigned to a Region by the Board of Directors in accordance with the following guidelines:
  - a) Regions shall be as equal as possible in the number of Clubs,
  - b) Regions shall be as equal as possible in the number of Swimmers,
  - c) Location of Clubs will be considered such that travel distances within a Region are minimized when possible.
  - d) Existing Clubs' Region assignment may be changed at the discretion of the board of Directors. The Region assignment guidelines as outlined above will be approved upon a vote of majority at a meeting of the Board.

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## EVENTS AND AGE GROUPS

### 14. General

- 14.1. For the purpose of ASSA events, a swimmer's age is determined as of May 1st of the current season.
- 14.2. Genders shall not be combined in races except for the 1500m Freestyle, 800m Freestyle as well as any para swimming or mixed relay events.
- 14.3. Age groups may be combined where the gender and distances are the same.
- 14.4. All Swimmers before entering any competition must complete the Competition Readiness Standards, including the Swim Test and Dive Progression.

### 15. ASSA Standard Events and Age Groups

	6 & U	7 – 8	9 – 10	11 – 12	13 – 14	15 – 17	Masters	Para
25 Free	.	.						
50 Free	.*	.*	.	.	.	.	.	.
100 Free			.	.	.	.	.	.
200 Free			.	.	.	.	.	
400 Free			.*		.*	.*	.*	
800 Free				.*		.*	.*	
1500 Free				.*			.*	
25 Back	.	.	.					
50 Back	.*	.*	.	.	.	.	.	.
100 Back				.	.	.	.	
25 Breast		.	.					
50 Breast		.*	.	.	.	.	.	.
100 Breast				.	.	.	.	
25 Fly		.*	.					
50 Fly			.	.	.	.	.	
100 Fly				.	.	.	.	
100 IM		.*	.	.	.	.	.	
200 IM				.	.	.	.	

\*Events subject to qualifying times – see sections 15.1 through 15.7.



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The table below outlines the ASSA standard relay events:

Age Group	Medley Relay		Freestyle Relay	
	Boys/Girls	Mixed	Boys/Girls	Mixed
8 & U	100 m	100 m	100 m	100 m
10 & U	100 m	100 m	100 m	100 m
12 & U	200 m	200 m	200 m	200 m
14 & U	200 m	200 m	200 m	200 m
17 & U	200 m	200 m	200 m	200 m
Open	200 m	200 m	200 m	200 m

- 15.1. Entry into the 6 & U and 7 & 8 50 m Freestyle shall be permitted once a qualification time in the 25 m Freestyle of 40 seconds is achieved at an ASSA sanctioned competition.
- 15.2. Entry into the 6 & U and 7 & 8 50 m Backstroke shall be permitted once a qualification time in the 25m Backstroke of 40 seconds is achieved at an ASSA sanctioned competition.
- 15.3. Entry into the 7 & 8 50 m Breaststroke shall be permitted once a qualification time in the 25m Breaststroke of 40 seconds is achieved at an ASSA sanctioned competition
- 15.4. Entry into the 7 & 8 5 25 m Butterfly shall be permitted once a qualification time in the 25 m Backstroke or Freestyle of 40 seconds is achieved at an ASSA sanctioned competition.
- 15.5. Entry into the 7 & 8 100 m Individual medley shall be permitted once a qualification time in the 25m Backstroke, Freestyle, Butterfly and breaststroke of 40 seconds is achieved at an ASSA sanctioned competition
- 15.6. Entry into the 400 m Freestyle shall be permitted once a qualification time of 4:00.00 in the 200m Freestyle has been achieved.
- 15.7. Entry into the 800m and 1500m Freestyle shall be permitted once a qualification time of 7:00.00 in the 400 m Freestyle has been achieved.

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## 16. Para-Swimming

- 16.1. Para-Swimming events are restricted to Para swimmers only, the competition information package must outline the requirements for para swimming events.

## 17. Additional Events

- 17.1. Only ASSA standard events will be run at the Regional and Provincial Championships.
- 17.2. Additional events at club invitational shall outline the rules in the competition information package.

## SWIM COMPETITIONS - GENERAL

### 18. Purpose

- 18.1. The ASSA strives to provide as many competitive opportunities for swimmers as possible. The following outlines ways in which ASSA clubs can help in achieving this goal while providing a fair and consistent format across the province and ultimately provide the best experience for ASSA swimmers during the summer swimming season.

### 19. Competitions

- 19.1. All competitions will be approved as outlined in the Swim Alberta Competition Sanctioning Policy. Competitions will be sanctioned in pools that have been approved by Swim Alberta.

### 20. Eligible Participants

- 20.1. To be eligible to swim in any summer swimming competition, a swimmer must be a fully registered member prior to entering the competition.
- 20.2. In the event Clubs allow ineligible Swimmers to participate in competitions, the ASSA will:
- a) Fine the club the non-Member/ineligible swimmer is representing \$50 per non-Member/ineligible swimmer, per swim Competition up to a maximum of \$500 per club per competition,

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- b) Suspend the club from participating in ASSA sanctioned competitions until the sum of above mentioned fines is received by the ASSA
- c) In addition, the Swim Alberta Competition Sanctioning Policy will also apply, and additional fines and penalties may result.

### 21. Officials Roster

- 21.1. The Clubs Officials Administrator (COA) shall update the national official's database following each competition. When officials from other clubs assist at a competition, host clubs COA will share the official's participation with the other attending clubs.

## REGULAR SEASON COMPETITIONS

### 22. Hosting a Competition

- 22.1. Clubs are encouraged to independently host at least one (1) invitational or open sanctioned competition each season,
- 22.2. Small Clubs (approximately 20 swimmers or less) are encouraged to independently host at least one (1) invitational or open sanctioned competition, when possible, or co-host at least one (1) invitational or open sanctioned competition with another small club each season.

### 23. Scheduling of Competitions

- 23.1. Region Representatives are responsible for coordinating the sanctioned competition schedule within their respective Regions. The following should be used by Region Representatives as guidelines when establishing the competition schedule for their respective Region:
- 23.2. Sanctioned Competitions may be run on the same weekends and long weekends. Competitions must not be scheduled to conflict with other clubs hosting competitions. Example: Competitions may be held on Saturday and Sunday, but clubs must not host two meets on Saturday when there may already be a scheduled competition.
- 23.3. Competitions where limited events are offered due to pool size, pool availability or other hosting limitations should be scheduled for the earlier portion of the season to allow for larger sanctioned competitions to be scheduled later in the season when greater event availability is more critical.

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23.4. Competition dates should be listed on the RTR by March 1.

### 24. Location

24.1. Regular season competitions should be held in an approved pool with a 25-meter format

## REGIONAL CHAMPIONSHIP COMPETITIONS

### 25. Date and Location

25.1. Regional Championship Competitions shall be held annually the weekend prior to the Provincial Championship Competition, unless otherwise approved by the Executive Committee.

25.2. Regional Championship Competitions shall be held in a 25-meter pool that has a minimum of five (5) lanes. Competitions will be sanctioned in pools as per Swim Alberta's Competition Sanctioning Policy.

### 26. Officials

26.1. Placement of advisory refs, referees and starters for the Regional Championships will be done in consultation with Swim Alberta and in accordance with Placement of Officials for Swim Alberta Designated Competitions.

### 27. Eligible Participants

27.1. To be eligible for the Regional Championships a swimmer must be a registered summer swimmer and have swam in at least one (1) individual event at a sanctioned competition during the current season prior to the Regional Championship Competition.

27.2. Exhibition Swimmers are not permitted to participate at Regional Championship Competitions. Clubs entering Exhibition Swimmers in Regional Championship Competitions may have their club's results disqualified, subject to review by the ASSA Executive Committee.

27.3. Only swimmers from clubs assigned to the Region hosting the Regional Championship Competition are eligible to compete at the Regional Championship Competition.

# Rules and Regulations

## 28. Qualification and Entry limit

- 28.1. There is no limit to the number of participants permitted to enter a Regional Championship Competition.
- 28.2. Relay teams may enter one (1) or two (2) swimmers from a younger age group, swimmers may participate on a relay a maximum of two age groups older than their current age.
- 28.3. Competitors may enter a maximum of:
  - a) Four (4) individual events,
  - b) One (1) Medley Relay event, and
  - c) One (1) Freestyle Relay event.

## 29. Deck Entries

- 29.1. Deck Entries are not permitted at Regional Championship Competitions, except where required to submit relay changes.

## 30. Entry Deadline

- 30.1. Entry Deadline for Regional Championships Competitions shall be the Monday prior to the Competition at 9:59 pm.

## 31. Entry Procedure

- 31.1. Entries for all individual and relay events must be submitted prior to the Entry Deadline.
- 31.2. Regardless of ASSA rules, regulations, policies and procedure, where an error negatively impacts an ASSA Swimmer when of no fault of the swimmer, and the error having been caused by adult and/or technology, the ASSA executive may provide an exception on a case by case basis.

## 32. Entry Fee

- 32.1. Region Representatives shall work with their Region's clubs to determine how to cover the costs of running the Regional Championship Competition. If clubs are unable to establish an appropriate entry fee, the Regional Representatives may independently set an entry fee or other cost recovery alternative.

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- 32.2. Clubs and/or Regions shall not use entry fees as a fundraiser. Clubs and/or Regions should charge a competition entry fee at a rate that will allow them to recover the costs associated with hosting the competition only.

### 33. Coaches Technical Meeting

- 33.1. A Coaches Technical Meeting shall be held no later than thirty (30) minutes prior to the start of warm up on the first day of the competition, unless otherwise dictated by competition management and detailed in the Meet Package.

One (1) coach from each club is permitted to attend.

### 34. Warm Up

- 34.1. Warm-ups shall be a minimum of thirty (30) minutes for each club, including a minimum fifteen (15) minute period where sprint /dive lanes are available
- 34.2. Warm up shall be run in compliance with Swimming Canada Warm-Up Procedures.

### 35. Event List

- 35.1. The event list for the Regional Championship Competitions shall be limited to the ASSA standard individual and relay events, as described in section 15.

### 36. Event Schedule

- 36.1. When hosted in four sessions, i.e. Saturday and Sunday only, the order of events shall be as outlined in Appendix A, except in extenuating circumstances (ex. weather delays, electronics/pool delays, etc.), at the Competition Manager's discretion on the day of the competition.
- 36.2. It is permitted for the host Club/Region to run the 1500 Freestyle on the Friday evening by adding a fifth session to the competition.
- 36.3. All ASSA standard individual and relay events will be run at the Regional and Provincial Championship Competitions, except the 6 & U events which will only be run at Regional Championship Competitions. Mixed Relay events will be offered at Regional and Provincial Championships.

# Rules and Regulations

36.4. Relay teams may enter one (1) or two (2) swimmers from a younger age group, swimmers may participate on a relay a maximum of two age groups older than their current age.

## 37. Format

37.1. The Regional Championship Competitions shall run using a heats and finals format, except for the 400, 800 and 1500-meter Freestyle events as well as relay events which shall run as time final events. Finals shall be single heat finals for each eligible ASSA event. Para swimmers will be seeded based on time within the event of their age and gender, all para swimmers who participate at regionals will qualify for provincials in the para events.

## 38. Seeding

38.1. Events will be senior seeded by event, slow to fast, separated by age category for finals and awards based on the chart below.

	6 & U*	7 – 8	9 – 10	11 – 12	13 – 14	15 – 17	Masters	Para
25 Free	.							
50 Free	.					.		
100 Free						.		
200 Free					.			
400 Free			12&U / 13-14 / 15-17 / Masters					
800 Free			14&U / 15-17 / Masters					
1500 Free			17&U / Masters					
25 Back	.							
50 Back	.					.		
100 Back						.		
25 Breast	.	.						
50 Breast	.	.				.		
100 Breast						.		
25 Fly	.	.						
50 Fly	.	.	.			.		
100 Fly	.	.	.			.		
100 IM	.	.	.	.	.	.	.	
200 IM	.	.	.	.	.	.	.	

38.2. \*6 & Under age group does not have finals, and will be ranked as time final based on preliminary results only. Time Standards outlined in the general competition rules for the 6 & Under age group apply.

## Rules and Regulations

- 38.3. Finals and time finals shall be seeded in accordance with SW 3.2
- 38.4. Time Final events may be senior seeded and separated by age category for awards. Where Time Final events are combined, swimmers from each distinct age category shall be seeded in adjacent lanes. The 800 and 1500 Freestyle events may be combined by gender.

### 39. Scratches and Penalties

- 39.1. Scratch Rules for the Regional Championship Competitions shall be:
- Prior to the start of the competition, coaches are requested to submit any known scratches to the Competition manager.
  - During the competition, coaches are to submit known scratches to the Clerk of Course no later than thirty (30) minutes prior to the start of each session.
  - As a courtesy, scratches occurring during a session should be submitted to the Clerk of Course
  - There shall be no penalty for swimmers who 'No Show' for their event, financial or otherwise.

### 40. Relay Change

- 40.1. Relay change rules for the Regional Championship Competitions shall be:
- Relay changes shall be submitted no later than thirty (30) minutes prior to the start of the session hosting the relay event(s)
  - Relay changes may not be used to create additional relay entries, but may be used to switch relay team members and move a relay team from one age group to another where applicable (based on the age of the relay team's members).

### 41. Scoring

- 41.1. For the Purpose of Regional Championship Competitions, scoring for individual and relay events shall be:
- Top eight (8) places - 9, 7, 6, 5, 4, 3, 2, 1 - when hosted in an 8 lane pool, or
  - Top seven (7) places - 8, 6, 5, 4, 3, 2, 1 - when hosted in a 7 lane pool, or
  - Top six (6) places - 7, 5, 4, 3, 2, 1 - when hosted in a 6 lane pool, or
  - Top five (5) places - 6, 4, 3, 2, 1 - when hosted in a 5 lane pool.



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## 42. Medals

42.1. The top three (3) finishers in each individual and relay event shall receive a medal:

- a) 1st place – Gold
- b) 2nd place – Silver
- c) 3rd place – Bronze

## 43. Ribbons

43.1. Where the Regional Championship is hosted in an eight (8) lane pool, swimmers and relay teams placing 4th to 8th shall receive a ribbon.

43.2. Where the Regional Championship is hosted in a seven (7) lane pool, swimmers and relay teams placing 4th to 7th shall receive a ribbon.

43.3. Where the Regional Championship is hosted in a six (6) lane pool, swimmers and relay teams placing 4th to 6th shall receive a ribbon.

43.4. Where the Regional Championship is hosted in a five (5) lane pool, swimmers and relay teams placing 4th to 5th shall receive a ribbon

## 44. Team Awards

44.1. Banners will be awarded to the top small and large club based on points earned during the competition for all age group (17 & U) and para events. Team size will be based on each clubs' percentage of provincial competitive registrations, rounded to the nearest tenth, as of the entry deadline. The small team will be under 1.5%, the medium team will be 1.5-2.4% and the large team will be 2.5% and over. Team Scoring will be as per the scoring outlined in section 41.1

## 45. Masters Team Provincial Champions Award

45.1. The Club earning the highest Masters score shall be awarded the Masters Team Provincial Champions Trophy. Master's Team Award will be calculated based on a sum of the scores from the individual events and open relays swam at the competition.

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## 46. Tie-Breaking for Provincial Qualifiers

- 46.1. In the case(s) where there is a tie for first (1st) place in the 800 and/or 1500 Freestyle or a tie for second (2nd) place in all other events at a Regional Championship Competition, both swimmers will advance to the Provincial Championships

## 47. Expenses Covered by ASSA

- 47.1. The ASSA will reimburse Individuals and/or Clubs and/or Regions for the cost of certain expenses associated with hosting Regional Championship Competitions in accordance with the ASSA Finance Policy.

## PROVINCIAL CHAMPIONSHIP COMPETITION

### 48. Date and Location

- 48.1. The Provincial Championship Competition shall be held annually on the second weekend following the long weekend in August, whenever possible.
- 48.2. The Board of Directors shall choose the venue and announce the date and venue selection at either the Annual General Meeting or Spring General Meeting.
- 48.3. The Provincial Championship Competition shall be held in a 25-meter pool that has a minimum of eight (8) lanes. Competitions will be sanctioned in pools as per Swim Alberta's list of Approved Competition Pools.

### 49. Hosting and Competition Manager

- 49.1. Each Region shall take turns hosting the Provincial Championship Competition based on the following order of rotation:
- a) Region A
  - b) Region D
  - c) Region E
  - d) Region B
  - e) Region C
  - f) Region F

## Rules and Regulations

- 49.2. Under special circumstance, a Region may defer their turn by submitting a formal request to the ASSA President. A decision on this request shall be rendered by the ASSA Executive committee.

### 50. Officials

- 50.1. The ASSA Officials Chairperson shall not participate as an on-deck official at the ASSA Provincial Championship Competition, but shall be present in their official board capacity as Officials Chairperson.
- 50.2. Placement of advisory refs, referees and starters for the Provincial Championships will be done in consultation with Swim Alberta and in accordance with Placement of Officials for Swim Alberta Designated Competitions.
- 50.3. Each Pool at the Provincial Championship shall have two (2) Session Referees.

### 51. Eligible Participants

- 51.1. To be eligible a swimmer must have swam in the Regional Championship Competition and be a registered summer swimming member.

### 52. Qualification and Entry Limit

- 52.1. Qualification selections will be based on the results from the six (6) Regional Championship Competitions; swimmers who qualify for individual or relay events as a Region Qualifier or a 'Wild Card' Qualifier.

#### **Region Qualifiers consist of:**

- a) The top one (1) placing swimmer in the 800 and 1500 Freestyle events,
- b) All classified Para swimmers will advance to the Provincial Championships in any para events they have swam at Regionals.
- c) The top two (2) placing swimmers in all ASSA standard individual events except as listed above, and
- d) The top two (2) relay teams in all ASSA standard relay events.
- e) In the case(s) where there is a tie for first (1st) place in the 800 and/or 1500 Freestyle or a tie for second (2nd) place in all other events at a Regional Championship Competition, both swimmers will advance to the Provincial Championships

#### **“Wild Card” Qualifiers consist of:**

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- a) The number of available positions for each event to fill all eight (8) or sixteen (16) lanes for individual and relay events after the Region Qualifiers have been finalized.
  - The 800m and 1500m freestyle will only have one heat per age group, wild card selections will fill these events up to a maximum of 8 swimmers.
  - All other individual and relay events will have a maximum of two heats per age group, wild card selections will fill these events up to a maximum of 16 swimmers.
- b) "Wild Card" Qualifiers will be selected in accordance with the above criteria following the Wild Card Draw Procedure listed in Section 52.1
- c) In the case where there is a tie for eighth (8th) place in the 800 and/or 1500 Freestyle or a tie for sixteenth (16th) place in all other events the swimmer who has the most other provincial qualifying events or the highest ranking in their other qualifying events if neither swimmer qualify, shall break the tie.
- d) Alternates for each event will be identified as part of the "Wild Card" Draw Procedure.
- e) If there is a scratch following step seven (7) in the Wild Card Draw Procedure (Section 53) or a Swimmer is a "No Show" for an event during the competition, the next available alternate will become a "Wild Card" qualifier and be substituted in to fill the position in the lane in which the scratched/"No Show" Swimmer was seeded.

### 53. Entry Procedure and "Wild Card" Draw Procedure

- 53.1. The Swim Alberta Office will set-up an online Declaration of Participation form.
- 53.2. Regional entrants complete the online form if they are available to attend Provincials. This form can be opened at any time during the season and will close at the end of Regionals.
- 53.3. Following the end of Sunday's events, the full results will be posted and Swim Alberta will follow the below process.
- 53.4. Swim Alberta will download the results from all regional Competitions on Monday, compile the region qualifiers per event and identify the Wildcards compared to the declarations.
- 53.5. A list of all qualifiers including wildcards and alternates will be posted on the Website on Monday. Communication regarding wildcards will be sent to all coaches, club contacts and region reps when the list is posted.

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- 53.6. The list of qualifiers will be sent to all emails provided via the Declaration of Participation.
- 53.7. Once all qualifiers (Region Qualifiers + Wildcards) are identified and communicated, Swim Alberta will do all Competition entries based on results achieved at regionals. (download all competition results to Team Manager, use the provincial Hy-Tek template and do entries based on their regional results.)

### 54. Relay Changes

- 54.1. Substitutions are only allowed for medical reasons with a current doctor note received in writing and approved by the ASSA appointed Provincial Swim Competition Committee
- 54.2. A Club relay team member may be substituted by another swimmer from the same Club at the Provincial Championship Competition, provided that the following criteria are met:

The Provincial Competition management team will consist of:

- a) ASSA Coaches' Representative
- b) ASSA Officials' Chairperson
- c) ASSA Vice President
- d) Up to two (2) other ASSA Board Members

\* The Competition management team will not exceed 5 members."

- 54.3. A Club's relay substitution request shall be received no later than ninety (90) minutes prior to the start of the relay event in question.
- 54.4. A Club relay substitution swimmer shall be an eligible ASSA swimmer registered with the Club in question who:
- a) Participated at the Regional Championship Competition during the current season, and
  - b) Has not qualified for the Provincial Championship Competition on a relay team in the same type of relay event.

### 55. Coaches Technical Meeting

- 55.1. A Coaches Technical Meeting shall be held no later than thirty (30) minutes prior to the start of warm up on the first day of the Competition.

# Rules and Regulations

One (1) coach from each club is permitted to attend

## 56. Warm Up

56.1. Warm-ups shall be a minimum of sixty (60) minutes, including a minimum thirty (30) minute period where sprint lanes are available; the Meet package shall detail:

- a) Start and end times
- b) Sprint / Dive lane designation
- c) Sprint / Dive lane start and end times
- d) Warm up shall be run in compliance with Swim Canada Warm Up Procedures
- e) There shall be no lane assignment, other than to designate sprint and/or pace lanes.

## 57. Format

57.1. All events at the Provincial Championship Competition shall run as time finals.

57.2. A maximum of two (2) heats shall be run in all ASSA standard individual and relay events except the 800,1500 Freestyle where only one (1) heat shall be run. Para Events may run additional heats as required.

## 58. Seeding

58.1. Entry times will be based on Regional Championship Competitions' Finals results.

58.2. Time finals shall be seeded in accordance with SW 3.1.2

58.3. In the event there is a tie for 8th place, the swimmer with the fastest seed time at the Regional Championship Competition in the event in question shall be seeded as the 8th place qualifier and the swimmer with the slower seed time at the Regional Championship Competition in the event in question shall be seeded as the 9th place qualifier.

58.4. Para Swimmers may swim as combined gender.

## 59. Scratches and Penalties

59.1. Scratch Rules for the Provincial Championship Competition shall be:

## Rules and Regulations

- a) Following the Wildcard draw procedure but prior to the start of the Competition, coaches are requested to submit any known scratches to the Competition manager.
- b) During the competition, coaches should submit scratches to the Clerk of Course thirty (30) minutes prior to the start of each session.
- c) There shall be no penalty for swimmers who 'No Show' for their event.

### 60. Event List

- 60.1. The event list for the Provincial Championship Competitions shall be limited to the ASSA standard individual and relay events, as described in section 15.

### 61. Event Schedule

- 61.1. When run in two pools, the order of events for the Provincial Championship Competition shall be as outlined in Appendix B.

### 62. Scoring

- 62.1. For the Purpose of the Provincial Championship Competition, scoring for individual and relay events shall be:  
Top eight (8) places - 9, 7, 6, 5, 4, 3, 2, 1
- 62.2. Team Scores shall consist of the sum of points awarded to all swimmers and relay teams representing the club in age groups involving swimmers 17&U, including para events, excluding the Open Relays.
- 62.3. Clubs' Masters Scores shall consist of the sum of points awarded to all swimmers and relay teams representing the club in 18&O events, including Open Relays.
- 62.4. Regions' Scores shall consist of the sum of points awarded to all swimmers and relay teams within the Region, regardless of event age group.

### 63. Medals

- 63.1. The top three (3) finishers in each individual and relay event shall receive a medal:
  - a) 1st place – Gold
  - b) 2nd place – Silver
  - c) 3rd place – Bronze

# Rules and Regulations

## 64. Ribbons

64.1. Swimmers and Relay Teams placing 4th to 16th shall receive a ribbon.

## 65. ASSA Award of Excellence & Rachor Trophy

65.1. The ASSA Award of Excellence shall be presented annually to the Top Age Group male who accumulates the most points in the 15-17 age category in his four individual events at the Provincial Championship Competition. The award includes the engraving of the recipient's name on the large ASSA trophy and a giveaway trophy for the Swimmer to keep.

65.2. The Rachor Trophy shall be presented annually to the Top Age Group female who accumulates the most points in the 15-17 age category in her four individual events at the Provincial Championship Competition. The award includes the engraving of the recipient's name on the ASSA trophy and a giveaway trophy for the Swimmer to keep.

65.3. In the event of a tie for the ASSA Award of Excellence or Rachor Trophy, all ties shall be broken based on the individual swimmers top FINA points swim. If required the swimmers next highest FINA point swim will be used, until the tie is broken.

## 66. Team Awards

66.1. Banners will be awarded to the top small, medium and large club based on points earned during the competition for all age group (17 & U) and para events. Team size will be based on each clubs' percentage of provincial competitive registrations, rounded to the nearest tenth, as of the entry deadline. The small team will be under 1.5%, the medium team will be 1.5-2.4% and the large team will be 2.5% and over. Team Scoring will be as per the scoring outlined in section 6.2.

## 67. Masters Provincial Champions Team Award

67.1. The Club earning the highest Masters score shall be awarded the Masters Team Provincial Champions Trophy. Master's Team Award will be calculated based on the sum of the scores from the individual events and open relays swam at the competition.

## 68. Region Award



## Rules and Regulations

- 68.1. The Region earning the highest score shall be awarded the Region Trophy.
- 68.2. All team awards include the engraving of the recipient's name on the ASSA trophy.

### 69. Expenses Covered by ASSA

- 69.1. Expenses for Provincial Championship Competition will be covered by ASSA in accordance with the ASSA Expense Policy.

## RECORDS

- 69.2. ASSA records shall be maintained in all ASSA standard individual events, except 18&O events. And, ASSA records shall be maintained in all ASSA standard relay events, including the Open Relays.
- 69.3. To establish an ASSA record, the existing record time must be tied or bettered.
- 69.4. To be eligible for records, times must have been achieved in a 25m facility approved for records as per Swim Alberta's Approved Competition Pool list.
- 69.5. Only official results from Summer Swimming sanctioned competitions occurring during the summer swimming season shall be eligible for ASSA Records.
- 69.6. The ASSA shall review and approve (or decline) all pending records,
- 69.7. For ASSA records set during the season, certificates will be delivered to the region reps August board meeting. For ASSA records set at ASSA Provincials, certifications will be delivered to the region reps at the fall board meeting.

# Rules and Regulations

## APPENDICES

### Appendix A

#### ASSA Regional Championship Competition Schedule of Events

Saturday	
Prelims	Finals
<input type="checkbox"/> 25 Fly (10 & Under)	<input type="checkbox"/> 1500 Free*
<input type="checkbox"/> 50 Fly	<input type="checkbox"/> 400 Free*
<input type="checkbox"/> 50 Back (10 & Under)	<input type="checkbox"/> 25 Fly (10 & Under)
<input type="checkbox"/> 100 Back	<input type="checkbox"/> 50 Fly
<input type="checkbox"/> 25 Breast (10 & Under)	<input type="checkbox"/> 50 Back (10 & Under)
<input type="checkbox"/> 50 Breast	<input type="checkbox"/> 100 Back
<input type="checkbox"/> 50 Free (8 & Under)	<input type="checkbox"/> 25 Breast (10 & Under)
<input type="checkbox"/> 100 Free	<input type="checkbox"/> 50 Breast
<input type="checkbox"/> 100 IM	<input type="checkbox"/> 50 Free (8 & Under)
	<input type="checkbox"/> 100 Free
	<input type="checkbox"/> 100 IM
	<input type="checkbox"/> 100 Medley Relay (10 & Under)*
	<input type="checkbox"/> 200 Medley Relay*
Sunday	
Prelims	Finals
<input type="checkbox"/> 200 Free	<input type="checkbox"/> 200 Free
<input type="checkbox"/> 50 Fly (10 & Under)	<input type="checkbox"/> 50 Fly (10 & Under)
<input type="checkbox"/> 100 Fly	<input type="checkbox"/> 100 Fly
<input type="checkbox"/> 25 Back (10 & Under)	<input type="checkbox"/> 25 Back (10 & Under)
<input type="checkbox"/> 50 Back	<input type="checkbox"/> 50 Back
<input type="checkbox"/> 50 Breast (10 & Under)	<input type="checkbox"/> 50 Breast (10 & Under)
<input type="checkbox"/> 100 Breast	<input type="checkbox"/> 100 Breast
<input type="checkbox"/> 25 Free (8 & Under)	<input type="checkbox"/> 25 Free (8 & Under)
<input type="checkbox"/> 50 Free	<input type="checkbox"/> 50 Free
<input type="checkbox"/> 200 IM	<input type="checkbox"/> 200 IM
	<input type="checkbox"/> 800 Free*
	<input type="checkbox"/> 100 Free Relay (10 & Under)*
	<input type="checkbox"/> 200 Free Relay*

\*Timed finals

Note: the 1500 free is held on Friday evening or Saturday morning depending on the Region.

# Rules and Regulations

## Appendix B

ASSA Provincial Championship Competition Schedule of Events

Friday Distance Events	
<input type="checkbox"/> 1500 Free	
Saturday	
Morning Events	Afternoon Events
<input type="checkbox"/> 400 Free	<input type="checkbox"/> 50 Free ( <b>8</b> & Under)
<input type="checkbox"/> 25 Fly (10 & Under)	<input type="checkbox"/> 100 Free
<input type="checkbox"/> 50 Fly	<input type="checkbox"/> 100 IM
<input type="checkbox"/> 50 Back (10 & Under)	<input type="checkbox"/> 100 Medley Relay (10 & Under)
<input type="checkbox"/> 100 Back	<input type="checkbox"/> 200 Medley Relay
<input type="checkbox"/> 25 Breast (10 & Under)	
<input type="checkbox"/> 50 Breast	
Sunday	
Morning Events	Afternoon Events
<input type="checkbox"/> 200 Free	<input type="checkbox"/> 25 Free (8 & Under)
<input type="checkbox"/> 50 Fly (10 & Under)	<input type="checkbox"/> 50 Free
<input type="checkbox"/> 100 Fly	<input type="checkbox"/> 200 IM
<input type="checkbox"/> 25 Back (10 & Under)	<input type="checkbox"/> 800 Free
<input type="checkbox"/> 50 Back	<input type="checkbox"/> 100 Free Relay (10 & Under)
<input type="checkbox"/> 50 Breast (10 & Under)	<input type="checkbox"/> 200 Free Relay
<input type="checkbox"/> 100 Breast	

# Rules and Regulations

## Appendix C

### Revision Record

Revision No.	Approval Date
0	20 MAR 2011
1	12 AUG 2011
2	20 NOV 2011
3	27 OCT 2012
4	23 MAR 2013
5	21 MAR 2015
6	22 MAR 2018
7	30 MAR 2019
8	14 MAR 2020