

Canadian Amateur Synchronized Swimming Association Inc.



OFFICIAL RULE BOOK

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CASSA
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1. INTRODUCTION

1.1 Interpreting the Rules

The purpose of each rule is to ensure that all competitors have an equal opportunity to achieve. In applying and interpreting the rules or when confronted by a novel situation not covered by the rules, every effort should be made to apply this principle.

1.2 Applicability of Rules

All Members of CASSA shall abide by the present rules.

1.3 FINA Rules

All FINA rules apply to any Competition held in Canada unless specifically provided otherwise herein. In case of conflict, the present rules prevail.

This manual contains all the rules currently in force, which govern the conduct of Canadian synchronized swimming Competitions.

Meets other than these are the responsibility of the relevant Provincial Associations.

1.4 Rule Changes

There will be one opportunity to submit rule changes (spring). Emergency rule changes will be considered at any time during the season at the discretion of the Rules Leader. To pass, any emergency rule change must have the majority vote of the management team AND the majority vote of the provinces.

Changes made by FINA to rules are not subject to the rules ratification process deadlines. FINA rules are changed every four years during the summer. The next rule changes are scheduled for 2009 and 2013.

According to the Bylaws of Synchrono Canada "Rules" are defined as the authoritative principles that are set forth to **govern competitions** of CASSA. Any submissions that do not fit this definition will be returned.

1. DEFINITIONS

The terms listed in this section shall have the meaning attributed to it.

1. **“Atlantics”** means a Qualifying competition for COSSC and/or Espoir among the provinces of New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland-Labrador.
2. **“CASSA”** means the Canadian Amateur Synchronized Swimming Association, inc., the governing body of synchronized swimming in Canada, also known as “Synchro Canada”.
3. **“Championships” Includes Canadian Open Synchronized Swimming Championships (COSSC), Canadian Espoir, Masters, Provincials and Divisionals.**
4. **“Compete”** means to participate in an event in which there is ranking with others.
5. **“Club Team”** means a team composed of members of a Competitive Club.
6. **“COSSC”** means the Canadian Open Synchronized Swimming Championships. This Championship is for Senior FINA, Junior FINA, and Age Group 16 - 18 categories and will be considered the Canadian National Championships for these categories.

Events held at COSSC are to be as follows:

Senior FINA:	Solo tech/free Duet tech/free Team tech/free
Junior FINA:	Figures Solo Duet Team
Age Group 16 - 18:	Figures Solo Duet Team
Senior FINA/Junior FINA/Age Group 16 - 18:	Free Combination

7. **“Deck work”** means a set of movements’ part of a routine executed to music prior to entering the water.
8. **“Divisionals”** means a Qualifying Competition for COSSC and Espoir also known as Westerns, Easterns and Atlantics.
9. **“Easterns”** means a Qualifying competition for COSSC and Espoir among the provinces of Ontario and Quebec and the Territory of Nunavut.
10. **“Espoir”** means the Canadian Espoir Championships held for Age Group 13 - 15 Free Combination categories and will be considered the National Championship for this category.

Events held at Espoir are to be as follows:

Age Group 13 - 15	Figures - Solo - Duet - Team Free Combination
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11. **“Event”** means a portion of the meet for which awards are presented. Thus, "Senior Free Routine" is an event "AG 13 - 15" is an event.
12. **“Figure”** means a combination of positions and transitions performed in the water, as defined in the FINA manual.
13. **“FINA”** means Fédération Internationale de Natation also known as FINA.
14. **“Finals”** means the last portion of the Event, for which awards are presented.
15. **“Free Combination”** means a routine consisting of parts of solos, duets, trios, and teams.
16. **“Free Routines”** means presentations in the water consisting of strokes, figures, and parts and combinations of these, performed to music. These routines may have required elements.

17. **“International Competition”** means a Competition held under the jurisdiction of FINA or outside of Canada.
18. **“Junior FINA”** means a competition involving the Junior age category.
19. **“Meet”** means the entire competition for a particular age group, including all the routines and figure events.
20. **“Members of CASSA”** means a person (an individual or a legal person) duly registered with CASSA and who has paid applicable fees.
21. **“Nationals”** means the Canadian Championships for Masters. Events held are to be as follows:
 22. solo tech/free, duet tech/free, trio tech/free, team tech/free, and free combination in all age categories
23. **“Off-season meets”** means meets that take place from July 1st to December 31st.
24. **“Prelims”** means the preliminary portion of a routine event, from which routines qualify into Finals. If the competitors swim only once, they are considered to be competing in Finals.
25. **“Provincial Association”** means any one of Synchro Alberta, Synchro B.C., Synchro N.B., Synchro N.S., Synchro P.E.I., Synchro, Québec, Synchro Ontario, Synchro Saskatchewan, Synchro Manitoba, Synchro Newfoundland-Labrador or Synchro Yukon or any of their successors and assignees.
26. **“Provincial Team”** means a team made up of swimmers registered with the same Provincial Association.
27. **“Qualifying Competition”** means a Competition in which Competitors must compete in order to qualify for another Competition.
28. **“Routine”** means any of solo (1 member), duet (2 members), Trio (3 members), Team (see Team), or Free Combination.
29. **“Senior FINA”** means a competition involving the Senior Age Category in Tier 7.
30. **“Star Program”** means the Canadian synchronized swimming Star program as amended from time to time.
31. **“Technical Routines”** means a routine with required elements as defined in the FINA Manual (for Senior Competition and Masters).
32. **“Westerns”** means a Qualifying competition for COSSC and Espoir among Alberta, British Columbia, Manitoba, Northwest Territories, Saskatchewan, and the Yukon.

2. GENERAL RULES

2.1 ELIGIBILITY

2.1.1 Registration

Only duly registered Qualified Competitors may compete in a given event.

2.1.2 Qualified Competitor

a) “**Canadian Competitor**” means a competitor who is a Canadian citizen or a landed immigrant. A routine is considered a Canadian Competitor if all its members are Canadian citizens or landed immigrants (see rule 3.10.2.)

b) “**Competitive Season**” means the period from January 1st through June 30th.

c) In order to be a **Qualified Competitor**, one

- must comply with current FINA General Rules
- must be a Competitive Swimmer
- must be a Canadian Competitor
- must meet the Age Requirement
- where relevant, must have been chosen by the Selection Committee
- must be either a duly registered member of only one Club, Provincial Association or be an Unattached Competitor who has been authorized to enter the Meet
- shall participate without the use of substances identified on the International Olympic Committee document "Banned and Restricted Doping Classes and Methods" (available upon request).
- In team and free combination a maximum of 2 swimmers (team) and 3 swimmers (free combination) who are not Canadian competitors but are registered with a Canadian Club may compete as a member of a team and/or free combination.
- In a Master team or trio, a swimmer who is not a Canadian competitor but who is registered with a Canadian Club, may compete as a member of a Masters Team or Trio
- International competitors as per quotas of foreign competitors in 6.2

2.1.3 Unattached Competitor

a) Canadian Resident

Where no Club is available to an otherwise qualified swimmer, the swimmer may register directly with the Provincial Association of residence, or directly with CASSA for residents of the Northwest Territories and Nunavut. **Unattached Competitors** are counted in the membership of the Provincial Association. If more than three swimmers reside in one area, they must form a club; unattached status is not available to them.

b) Non-Residents (Canadian)

Otherwise qualified competitors who are residing outside of Canada may register directly with CASSA. These swimmers may be allowed to compete in certain meets, at the discretion of the

Board of Directors or a committee designated by the Board. Such swimmers would be additional to normal quotas at the meet of initial entry, but would form part of quotas for subsequent meets.

2.1.4 Transferring Swimmers

In sanctioned competitions, no synchronized swimmer can represent more than one (1) Club during the Competitive year, Sept 1 to August 31, except under the following circumstances:

- a) Swimmers taking up residence (permanent) in another province may be granted permission to transfer by the Provincial Association from which they have departed.
- b) Swimmers transferring club affiliation within a Provincial Association shall be bound by the rules and procedures of the Provincial Associations concerning transfers.

There shall be a mandatory waiting period of sixty (60) days for both a) and b), during which time the swimmer shall be known as a transfer swimmer. Transfer swimmers may compete only in individual events (i.e. solos and figures) during the waiting period. Extraordinary circumstances regarding the waiving of the waiting period shall be considered by the Presidents of the Provincial Associations concerned, in consultation with the National Registrar and Rules Leader.

- c) Members of schools, universities, YMCA, YWCA, armed forces, and similar organizations may represent their organization in competitions promoted by such organizations and may, at the same time compete for a Club in CASSA competitions, if properly registered as an amateur competitive swimmer through the Club.

However, if the swimmer is a registered amateur through said organization, at the close of the scholastic or other equivalent season, such swimmer may represent another Club after an official written release of the swimmer has been submitted to the Provincial Association registrar through an office of the organization concerned. The sixty-day waiting period shall be waived in such cases.

- d) Swimmers competing in the Canadian Championships as members of a sanctioned Provincial Team.

2.1.5 Competitor Levels

- a) **“Club”** means a club registered as such with CASSA. Clubs may be Recreational or Competitive. Competitive Clubs may have Competitive and Recreational swimmers but a Recreational Club may not have any Competitive swimmers.
- b) **“Competitive Swimmer”** means a swimmer who is registered with a Provincial Association or with CASSA directly, who is a Member of CASSA and competes.
- c) **“Recreational Swimmer”** means a swimmer who is registered with a Provincial Association and Synchro Canada but does not compete.
- d) Clubs must register as Competitive or Recreational. A competitive club may have a recreational component.
- e) No recreational registered athlete may compete.
- f) A competitor may enter a maximum of four (4) Events: 1 Team, 1 Free Combination, 1 solo, and 1 duet.

Notwithstanding the foregoing, a Junior FINA eligible age athlete may compete in both Junior and Senior FINA team. For any club entering the same athletes in both Junior and Senior FINA team the team make-up **MUST** be different for each event (alternates excluded.) Changing the number of athletes from the Junior FINA team to the Senior FINA team is not considered a difference.

A complete event consists of a Figures component and a Routine component in Solo, Duet and Team.

Notwithstanding the foregoing, a complete event for Senior FINA Competition consists of a Technical Routine OR a Free Routine OR both for each of Solo, Duet and Team.

Notwithstanding the foregoing, a complete event for Masters Competition consists of a Technical Routine component and a Free Routine component for each of Solo, Duet, Trio and Team.

The Free Combination event consists of a Routine component only.

- g) A Master competitor may enter a maximum of five (5) events: 1 team, 1 free combination, 1 trio, 1 duet, and 1 solo.

2.1.6 Exceptions to the Age Requirement for Team Composition

- a) **“Team”** means a group of at least four competitors but no more than eight for Senior FINA, Junior FINA, Age Group 16 - 18, Age Group 13 - 15, Age Group 12 & under, Age Group 10 & under AND not more than ten for Masters.
- b) An athlete may swim up one (1) age category in team and/or free combination. That athlete will compete in the figure competition of the age category of the team on which they are swimming. An athlete swimming up one age category for team but also entering solo and/or duet in their own age category must also swim the correct age group figures for their solo and/or duet. Note - a 16 - 18 athlete swimming in AG 16 - 18 for solo and duet but swimming on a Junior FINA team must compete in both AG 16 - 18 figures and Junior FINA figures.
- c) A team in Age Group 16 - 18 may have athletes nineteen years of age or older as members but the team age must average to **less** than but not equal to 18.500 (including alternates.) This exception will be in place for the 2010-2011 season only. Those older age athletes will compete in AG 16 - 18 figures but there will be no ranking or awards issued.

2.1.7 Entrants

- a) Figures Competition
All competitors including alternates and substitutes shall compete in the figures event except in Senior FINA and Masters Nationals Events and Free Combination. Athletes entered in Senior FINA and/or Free Combination may enter the appropriate figure event (age/tier qualified) if they wish.
- b) Routines
Divisionals:
All routines entered in a routine event are required to swim in the Prelims of that event, if they are held. The top 10 championship scores from Prelims will advance to Finals in solo, duet, team, and free combination

In Senior FINA competition routines may enter the Technical event or the Free event or Both.

Espoir:

All routines entered in a routine event are required to swim in Prelims of that event, if they are held. The top 10 championship scores from Prelims will advance to Finals in solo, duet, team, and free combination.

COSSC:

In Senior FINA competition all routine entries may compete in Technical or Free or both routine events.

In Junior FINA solo, duet, team all routine entries are required to swim in the Prelims of that event, if they are held. The top 10 championship scores from Prelims will advance to the Finals.

In Free Combination all routine entries are required to swim in the Prelims of that event, if they are held. The top 10 routine scores from Prelims will advance to the Finals.

3.1.8 Alternates and Substitutes

- a) **“Alternate”** means a competitor who is designated to replace a member of a duet, team, or free combination.
- b) **“Substitutes”** means routines which are selected by the relevant Selection Committee to compete in the named Event in case a selected routine is unable to compete.
- c) A Duet may have one alternate.
- d) A Trio may have one alternate.
- e) A Team/Free Combination may have one or two alternates.
- f) Number of Routine Entries - This rule (3.1.5 f) does not apply to alternates, (i.e. alternates may be listed on more than one entry but may not swim more than once in each event.)
- g) Substitutes must be entered according to the general criteria, except that the entry form should clearly indicate that this routine is a substitute.

3.1.9 Coach's Eligibility

- a) The Coaches Management Team will be responsible for gathering the following information each November from all clubs tentatively entering Divisionals, Canadian Open, and Espoir: Coaches Names, NCCP numbers and levels. It will be checked and then the clubs will be notified which Coaches will have to pay fines and that those fines must be included in their entry package.

Failure to include the fines in the entry package will be considered an incomplete entry package and rule 5.1.5 b) will be assessed.
- b) All coaches at Divisionals must be fully certified at Level 2 or Competition Introduction Synchro Coach in the new NCCP. If a coach does not meet this requirement, a fine of \$100 is payable before the first event begins.
- c) All coaches at Espoir, COSSC, and National Team Trials must be fully certified at Level 3. If the coach does not meet this requirement, a fine of \$100 is payable before the first event begins.
- d) Failure to pay the applicable fine will result in the coach not having access to the pool deck at any time for the duration of the meet.

- e) The fine under subsection a) and b) will be imposed for two years. In the third and subsequent years, if a coach fails to comply with said certification requirement, the coach will not be eligible to coach at the Event.
- f) Coaches at Masters Nationals do not need any level of certification.
- g) Coaches (Canadian or foreign) of International Entries are exempt from the coaching certification requirements as listed above.

3.2 SELECTION

3.2.1 International Competition

A Member may not compete in an International Competition unless approved by CASSA. The selection process to that effect occurs once a year. For more details, contact Synchro Canada's National Office in Ottawa.

3.2.2 Selection Committee

- a) Composition

A Selection Committee is struck for each Qualifying Meet. Members must not have a Conflict of Interest.

For Divisionals, the Selection Committee shall have at least one member per province with one vote per province. The members can vary for the different categories.
- b) Selection of Competitors

The Selection Committee selects competitors in order of rank by Championship score. It **may** select competitors up to the limit of its quota (See Section 3.2.3) **Quotas need not be filled if competitors are considered to be below the caliber required for the meet in question.**
- c) Effect

No routine can be entered at COSSC or Espoir unless the Divisional Selection Committee has authorized it.

No routine can be entered at Divisionals unless its Provincial Selection Committee has authorized it.
- d) Substitutes

Substitutes may be selected to compete if the originally selected routines are unable to participate. The substitute shall be the next ranking routine by championship score.
- e) Exceptional Circumstances

The Selection Committee may, upon the advice of the entrant's Provincial Association, qualify for entry into COSSC or Espoir Championships competitors who are unable to swim in Divisionals events due to exceptional circumstances beyond the control of the swimmers. Such qualifiers shall be added to the Division's quota.

The same shall apply for competitors unable to swim in Provincials for Divisionals Competition.
- f) Divisional Results

The Divisional Results from all three Divisional competitions must be faxed or e-mailed immediately at the conclusion of each Divisional Championship by the Selection Committee Chair to the Meet Managers of COSSC and Espoir.

g) Masters

Master athletes are not subject to a selection process to enter Masters Nationals. They may enter directly from their club. There are no quotas. They may also enter International Master Competitions directly from their club.

3.2.3 Quotas for routines

a) COSSC	
	<p>Senior FINA, Junior FINA, AG 16 - 18 Solo and Duet: Top 20 from Easterns (at least 5 must be from each of Ontario and Quebec*), top 5 from Atlantics plus 1 each of PEI, NFLD & LAB, NB, and NS if not included in the top 5, top 15 from Westerns (at least 5 must be from each of Alberta and B.C.** plus 1 each of Saskatchewan, Manitoba, Yukon if not included in the top 15.)</p> <p>Senior FINA, Junior FINA, AG 16 - 18 Team: All teams that enter and compete at their respective Divisionals are eligible to enter COSSC.</p> <p>Free Combination: All routines that enter and compete at their respective Divisionals are eligible to enter COSSC.</p>

*If either Ontario or Quebec has less than 5 entrants the other province may make up the shortfall to a maximum of 20.

**If either Alberta or British Columbia has less than 5 entrants the other provinces may make up the shortfall to a maximum of 15.

***The quotas for Age Group 16 - 18 are for the 2010-2011 season only.

b) Espoir	
	<p>Age Group 13 - 15 Solo and Duet: Top 20 from Easterns (at least 5 must be from each of Ontario and Quebec*), top 5 from Atlantics plus 1 each of PEI, NFLD & LAB, NB, and NS if not included in the top 5, top 15 from Westerns (at least 5 must be from each of Alberta and B.C.**, plus 1 each of Saskatchewan, Manitoba, and Yukon if not included in the 15)</p> <p>Age Group 13 - 15 Team All teams that enter and compete at their respective Divisionals are eligible to enter Espoir</p> <p>Free Combination All routines that enter and compete at their respective Divisionals are eligible to enter Espoir</p>

*If either Ontario or Quebec has less than 5 entrants the other province may make up the shortfall to a maximum of 20.

**If either Alberta or British Columbia has less than 5 entrants the other provinces may make up the shortfall to a maximum of 15.

c) Divisionals	
	<p>Solo and Duet: 16 each from Ontario and Quebec, 10 each from B.C. and Alberta, 5 each from NFLD, P.E.I., N.S., N.B., Sask., Mb., 3 each from Yukon.</p> <p>Team/Free Combination: All teams that enter and compete at their respective provincials are eligible to enter Divisionals.</p>

d) **Pre-Swimmers for COSSC/Espoir** – The Selection Committee will also name pre-swimmers for COSSC/Espoir prelims - the pre-swimmers shall be the highest placing available routines, one from Easterns and one from Westerns.

e) **Figures** – Any eligible (age) athlete entered in a competition (solo, duet, team, free combination) may enter the figure event.

Exception: Should a figure Event be used as a selection process for National Teams, all eligible competitors may enter the Event.

f) **University Routines** – The top three University solos, duets, and teams at the University Championships are eligible to compete at the Canadian Open in the Senior FINA Free events without qualifying through Divisionals. The athletes competing at the Canadian Open must be registered athletes with Synchro Canada.

3.3 PROTESTS

3.3.1 Conflict of Interest

a) **“Conflict of Interest”**- the following categories of people are deemed to have a conflict of interest:

- a) a relative of a Competitor
- b) a Coach of a Competitor
- c) a parent, child, sibling or spouse of a Coach of a Competitor
- d) a Team Manager or relative of a Team Manager
- d) an inhabitant of the same household of any of a), b) ,c), or d)

For purposes of this rule, a "relative" includes step relationships and is any of parent, child, sibling, uncle, aunt, nephew, niece, first cousin, grandparent, or spouse, and a "coach" is any person who coaches figures and/or routines on a regular basis.

1.1.2 Solution of Disputes

a) Protests

- i) No protests shall be made against the judges' marks.
- ii) Protests may be made by anyone having an interest in the Meet.
- iii) Protests may initially be made verbally, but shall be made in writing to the Referee within 30 minutes from the end of the event involved. The Chief Referee shall arbitrate in case of protest; in the event that mediation is not possible, the matter shall be referred to the Jury of Appeal.
- iv) When a protest is forwarded to the Jury of Appeal, the announcer shall announce its subject and other interested parties who are members of CASSA **shall** be allowed to present a counter protest, in writing.
- v) For Technical Programs in Senior FINA - Protests must be submitted:
 - to the Chief Referee
 - in writing
 - by the head coach (or designate) of the club
 - together with a deposit of \$100 Canadian (returned if the protest is successful)
 - Within 30 minutes following the conclusion of the concerned event.

b) Jury of Appeal

- i) **“Jury of Appeal”** means a group of people without a Conflict of Interest appointed by the OMT Chair (for Divisionals, COSSC, and Espoir) or by the President of the Host Province (for Provincials) to resolve any protests that may be made pertaining to the Meet. It is composed of three members and one alternate.
- ii) The Jury of Appeal shall resolve any protests referred to it by the Chief Referee.
- iii) Responses from the Jury of Appeal may be made verbally but must be followed by a written decision that will be distributed to the Chief Referee and the parties involved in the protest and Competitors of the Event. The decision of the Jury of Appeal shall be final.
- iv) A report of the circumstances and the decision should be forwarded by the Chief Referee to the OMT to be available for discussion.

3.4 DOPING CONTROL

- a) An athlete who is a Member of Synchro Canada, or who is a member of a Provincial Association or Club which is a Member of Synchro Canada, may be subject to unannounced doping control.
- b) Failure to pass the Doping Control Test will initiate a process of retesting, review, access to appeal, and if the offence is proven, the application of sanctions, under the direction of the Competitions Leader and in co-operation with FINA and other sport governing bodies.
- c) Master athletes are not subject to doping control tests.

4. COMPETITIONS

4.1 AGE

- a) **“Age”** means the age of a competitor as of December 31st of the calendar year of the competitive season.

4.1.1 Age categories

- a) Age categories are:

	Age Requirement
Age Group 10 and under	1 to 10
Age Group 12 and under	1 to 12
Age Group 13 - 15	13 to 15
Age Group 16 - 18	16 to 18
Junior FINA	15 to 18
Senior FINA	15 and over
Masters Solo/Duet	19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over
Masters Trio/Team	19-34, 35-49, 50-64, 65-79, 80 and over
Masters Free Combination	19-39, 40-64, 65 and over

A Competitor must meet the Age Requirement set forth herein above in order to be eligible to compete in a given Age Category.

- b) 12 year old and younger swimmers competing at Divisionals in Junior or Senior FINA, or COSSC Junior or Senior FINA must submit the required medical certification to CASSA (see Appendix A)

4.2 TIME LIMITS

4.2.1 Time Limits - Deck Work

Deck Work must not exceed 10 seconds.

4.2.2 Time Limits for Routines

Including Deck Work, routines shall have the following maximum times, in minutes:

	Solo	Duet	Team	Free Combination
Age Group 10 & Under				
Age Group 12 & Under	2:00	2:30	3:00	3:30
Age Group 13 - 15	2:30	3:00	3:30	Espoir 4:00
Age Group 16 - 18	3:00	3:30	4:00	COSSC 4:30
Junior FINA	3:00	3:30	4:00	COSSC 4:30
Senior FINA – technical	2:00	2:20	2:50	
Senior FINA – free	3:00	3:30	4:00	COSSC 4:30
Masters Technical	1:30	1:40	1:50	
Masters Free	3:00	3:30	4:00	5:00
Masters Free		3:30 TRIO		

For all routines, there shall be an allowance of fifteen seconds less or plus the allotted time limit, beyond which a penalty is incurred.

For all routines, there shall be a time limit for walk ons – see 4.2.4

For Masters, there is no minimum time.

Jeux Canada Games time limits shall follow those for the Junior FINA Category.

Note - the Free combination event for Age Group 16 - 18, Junior FINA, and Senior FINA is **one** event (not separated by age group.)

4.2.3 Timing

- a) A minimum of two timers shall time from the start of the walk-on to a stationary position, deck time from the start of the music until the last swimmer leaves the deck, and the total routine time from the start of the music to the end of the music.
- b) The overall time and the deck work time, and the routine walk on time shall be recorded on the master score sheet, to the nearest second.

4.2.4 The Start of a Routine

- h) The walk on of the athletes from the designated starting point to achievement of a stationary position(s) may not exceed 30 seconds. Timing shall begin when the first swimmer passes the starting point and when the last swimmer becomes stationary.
- b) Routines may start on the deck or in the water, but they must finish in the water
- c) In routine events, when the routine starts in the water, the time allowance for the walk-on of the athletes from the designated starting point to the achievement of a starting position in the water shall not exceed 30 seconds. Timing shall begin when the first competitor moves past the starting point and end when the last competitor assumes a starting position.

4.2.5 Time Violations

a) Overall Time Limits

A one-point penalty will be deducted from the routine score if there is a deviation from the specified routine time allowance (less than or more than).

b) Deck Drill Time Limits

- i) A one-point penalty shall be deducted from the routine score if deck walk on time limit is exceeded.
- ii) A one-point penalty shall be deducted from the routine score if the time limit for deck movements is exceeded.

c) Recording the Penalty

The timers shall advise the Referee of the penalty situation immediately following the completion of the routine. The Referee arranges to have the tape re-timed.

If the time violation is confirmed, the Referee shall immediately advise the competitors and their coach, and instruct the scorers to deduct the appropriate penalty from the routine score.

Note: a routine could receive three penalty points (deck walk on/deck movement/routine time.)

4.3 PENALTIES IN TECHNICAL ROUTINES

- a) A two (2)-point penalty shall be deducted from the Execution/Technical Merit score for each required element omitted from a Technical Routine (FINA SS18.3.1)
- b) A one (1) point penalty shall be deducted from the Execution/Technical Merit score for each part of a required element or action omitted by all competitors or if there is an incorrect and/or an additional sequence in an element or action performed by all competitors from a Technical Routine (FINA SS 18.3.2)
- c) A half point (0.5) penalty shall be deducted from the execution/Technical Merit score for each competitor omitting a part of the required element or action, or if there is an incorrect and/or an additional sequence in an element or action for each competitor, up to a maximum deduction of two (2) points from a Technical Routine (FINA SS 18.3.3)
- d) In case of dispute about required elements video recording may be used for the final decision by the Referee (FINA SS 18.3.5)

4.4 FREE COMBINATION

4.4.1 Routine

- a) There shall be a minimum of 4 and a maximum of 10 members.
- b) The start of the routine may be on deck or in the water.
- c) All of the following parts must start in the water.
- d) A new part begins where the previous part ends
- e) At least two (2) parts must have fewer than three (3) swimmers and at least two (2) parts must have four (4) to ten (10) swimmers.

4.4.2 Penalties

- a) A one-point penalty per infraction shall apply to all the parts of 4.4.1 (a - e)

4.5 FIGURES

4.5.1 Swimmers' Apparel

- a) Nose clips are allowed for all events. Goggles are allowed for figure events and with medical certification for routine events. Medical certification to be submitted to the Chief Referee at least 30 minutes prior to the event.
- b) For **figures** the swimmers must wear a plain black one-piece suit and white cap. The cap must be devoid of identifying marks. The suit must be devoid of identifying marks other than a manufacturer's logo not exceeding 16 square centimeters. Jewelry is not allowed.

4.5.2 Organization of Swimmers

a) Swimmer Identification

Swimmers shall be identified by number for the figures competition. Referees shall have access to the draw in order to be able to locate and organize swimmers, but names shall not be called.

4.5.3 Conduct of Figures Event

a) Event

- i) One group of four figures shall constitute the figures event.
- ii) In Junior FINA and Age Group 16 - 18 the athletes will be separated into two different events and will compete different optional figure groups.

b) The Draw for Figures Group

i) Timing

The figure group shall be drawn and posted by the Chief Referee or his/her designate 18-72 hours prior to the figures event. The figure group for Nationals and Divisionals shall be drawn no later than 72 hours prior to the start of the figure event and will be posted on the Synchro Canada website immediately after they have been drawn.

ii) Informing Coaches

All coaches must be informed of the group drawn at the same time.

c) **Figure Groups**

The National Office shall circulate the Competitive figure groups each September if there are any changes. The Chief Referee or his/her designate shall draw one figure group for each Tier level from the relevant figure list.

d) **The Pre-Swimmer**

Prior to the event, at least one swimmer not entered in the event may be judged by the judges officiating for the event.

4.5.4 Spin / Twist

In figures where a spin or twist is part of the figure, and the spin or twist is short of or beyond the amount called for (up to a max 1/4 of specified rotation), the judges will consider the error in their awards.

4.5.5 Coach behaviour during judges' conference

When a judges' conference is taking place the competitor shall not receive any coaching. The Panel Referee shall be the liaison between swimmers, coaches and judges when explanations or discussions are necessary.

4.5.6 Wrong Figure

a) **Two Point Penalty**

A two point penalty shall be deducted if:

- a competitor performs other than the figure posted for that panel and then performs the correct figure on the second attempt, after being informed of the nature of the error by the referee or head judge of the panel, or
- if a competitor stops during the figure and requests to do the figure again.

b) **Awarding Zero**

The judges shall award (but not flash) a zero if the competitor does not make a second attempt or if on the second attempt performs a wrong figure.

4.5.7 Figures Swimmer Absent

a) **Extraordinary Circumstances**

Throughout this sub-section, extraordinary circumstances beyond the control of the swimmer shall be considered.

b) **Missing a Figure**

A competitor's number shall be called three times. If the competitor does not answer the call, a zero shall be awarded for that figure.

c) **Missing the Figures Event**

A swimmer who misses the entire figure event receives a score of zero for that event.

d) **Competing with a Wrong Competitor Number**

If an athlete competes in a figure competition using an incorrect competitor number they shall be assessed a 1.0 penalty per figure swum under the wrong number.

4.6 ROUTINES

- a) **“Team”** means a group of at least four competitors but not more than eight for Senior FINA, Junior FINA, Age Group 16 - 18, Age Group 13 - 15, Age Group 12 & under, Age Group 10 & under AND not more than ten for Masters.

4.6.1 Swimmers' Apparel

- a) Nose clips are allowed for all events. Goggles are allowed for figure events and with medical certification for routine events. Medical certification to be submitted to the Chief Referee at least 30 minutes before the event.
- b) For routines, bathing suits shall conform to FINA specifications. Jewelry is not allowed.

4.6.2 Pre-Swimmer(s)

- a) **The Requirement**
Before a routine event, it is recommended that at least one routine not entered in the event shall be judged by the judges officiating at the event.
- b) **Finals**
The pre-swimmers shall be the highest placing routines from prelims, by routine score, which did not qualify for finals. If there is a tie in routine results among possible pre-swimmers, the routine with the highest championship score will be selected to pre-swim.

4.6.3 Conduct of the Event

- a) **Control of Event**
The Referee controls the event, under the direction of the Chief Referee
- b) **The Start of the Routine**
 - i) For the deck work in team/free combination, duet, and trio competitors may not execute stacks, towers, or human pyramids (i.e. each competitor must have some part of their body touching the deck.)
 - ii) The accompaniment shall begin upon a signal from the referee.
 - iii) The judges shall commence judging when the accompaniment begins, and shall award marks, which indicate the level of performance of the routine.

4.6.4 Substitute Routines

Substitute routines must be declared as competing no later than one hour prior to the first event of the competition for that age group. In prelims at COSSC/Espoir only a substitute routine from the appropriate Divisional competition may replace a competitor who has withdrawn.

4.6.5 Entry Position Violation

A one - point penalty shall be assessed to a routine which does not start at the end designated by the Meet Manager.

4.6.6 Deck Movement Violation

A two - point penalty shall be assessed if during the deck movements in team/free combination routines competitors are executing stack, towers, or human pyramids.

4.6.7 Routine Swimmer Absent

- a) **Extraordinary Circumstances**
Throughout this sub-section, extraordinary circumstances beyond the control of the swimmer shall be considered.
- b) **Entire Routine Absent**
During a routine event, a competitor shall be called three times. If the competitor does not answer the call, the routine shall be awarded a zero.

c) Routine Member(s) Absent

i) Before the Beginning of Event Portion

In duet and team events, competitors *who are listed on the entry forms* (members and alternates) may be interchanged before or after prelims.

The Chief Referee and the Chief Scorer shall be informed if there are any changes in the listed members of the routine not later than one (1) hour before the event. The figures score for the routine shall be recomputed. See Section 4.7.1 b) iv). Failure to comply with this rule shall result in the assessment of a \$100 fine, per infraction, to be paid by the club to the Chief Referee prior to the start of the event portion. If the fine is not paid, a one-point penalty shall be deducted from the routine score.

ii) After Beginning to Swim

If any swimmer fails to swim the complete team routine, the judges in conference may assess a penalty. If assessed, the penalty shall be five points, to be deducted from the routine score.

Failure of any competitor to swim the complete solo or duet routine shall result in disqualification of the routine.

d) After Routine Deck Display

If athletes other than the alternates to a duet or team routine are present in the deck display following the swim, a \$100 fine shall be assessed to the coach/club, to be paid prior to the medal presentation.

4.6.8 Interruption of a Routine

a) Referee's Discretion

A performance may be stopped at the discretion of the Referee.

b) Re-Swim

If the interruption is deemed to be beyond the control of the swimmers of the routine, the Referee shall allow the routine to be performed again during the event.

4.7 SCORING AND DRAWS

- a) “**Chief Scorer**” means the person who supervises all facets of the scoring process. The Chief Scorer is responsible for ensuring that all marks are correctly recorded and calculated.

4.7.1 Figures

a) The Draw

The draw for order of performance for figures shall be at random.

b) Scoring

i) Procedures

The Chief Scorer shall determine and enforce the necessary procedures to ensure that scoring is carried out accurately and as quickly as possible.

ii) Recording Scores

The scorers shall record the marks on the correct entry form/score sheet as the Panel Referee reads them. If there is any confusion, a scorer shall ask for a re-read. Should that happen, it must be noted on the score sheet and initialed by the Panel Referee.

iii) The Individual's Figure Score

- 1) After all the marks for the figure have been recorded, one highest and one lowest mark shall be eliminated.
- 2) The remaining marks shall be added and averaged and the result multiplied by the Degree of Difficulty assigned to the figure. .
- 3) The sum of the four figures shall be divided by the total of the degree of difficulty of the group and multiplied by 10, and then the Penalties shall be deducted. This result will be multiplied by 50%.

iv) The Routine Figures Score

The figures score for a routine in prelims is the average figures score for all the swimmers who swim in that routine in prelims. The figures score for a routine in finals is the average figures score for all the swimmers who swim in that routine in finals. See also 4.6.7 c) i).

4.7.2 Routines

a) Scheduling

- i) Prelims and Finals shall be held in all Events at Divisionals, Espoir, and COSSC except for Senior Competition.
- ii) For Divisional events with fewer than 15 competitors at the time of the draw for order of swim, the Meet Manager in consultation with Synchro Canada's Competition Leader and the Chief Referee of the competition may decide to hold only "Finals". In such a case, the draw shall be as per the draw for prelims.
- iii) For COSSC and Espoir events with fewer than 15 competitors at the time of the draw for order of swim, the Meet Manager in consultation with Synchro Canada's Competition Leader and the Chief Referee of the competition may decide to hold only "Finals". In such a case, the draw shall be as per draw for prelims.

b) Draw for Order of Swim - Prelims

- i) The Meet Manager shall be responsible for conducting, supervising, or delegating responsibility for the draw for prelims. When using the Synchro Canada Scoring Program, the Meet Manager will forward all entry forms to the Chief Scorer (meet scorer) for the purpose of conducting the draw. The draw must be completed immediately upon receipt of the entry forms and returned to the meet manager.
- ii) The draw for order of performance for routine prelims, Senior FINA Technical Routines and Senior FINA free routines shall be at random. Exception see rule 4.7.2 d) i)
- iii) In prelims of a solo or duet event or Senior FINA Technical routine solo or duet, a competitor may be drawn in first, second, or third position only once.

c) Draw for Order of Swim – Finals – Age Group 13 - 15, Age Group 16 - 18, Junior FINA Solo, Duet, Team and Free Combination

- i) Routines placing in the second half of those eligible from prelims shall be drawn in the first half of the order of performance.
- ii) Routines placing in the first half of those eligible from prelims shall be drawn in the second half of the order of performance.

iii) In the event of an uneven number, the larger number shall be drawn in the first half of the order of performance.

iv) The order of performance for the finals shall be drawn by the competitors or their representative in alphabetical order as follows:

- Solo - surname of swimmer
- Duet - surname which is first alphabetically
- Trio/Team/Free Combination - Name of Registered Club, and thereafter alphabetically by surname of the coach.

The alphabetical order shall be maintained but the starting point in the alphabet shall be drawn for each final event.

d) Senior FINA - Free Routine

i) If all routines in an event are competing in both technical and free then the order of the draw for the free routine shall be in groups of six. See rule 4.7.2 d) ii)

ii) Order of draw shall be in groups of six (6) based on Technical Routine results. The six lowest placing Technical Routines shall draw in the first six places and so on until all routines are drawn. If there are not sufficient competitors to form a group of six then the smallest group must start first. For the final draw, the highest qualifier in each group shall draw first, with the next qualifier drawing in order of placement. If there is a tie for the placement within the same group of six, the names of the tied competitors will be drawn to see who will draw first in the group draw. If there is a tie for places 6 and 7 (different groups) those routines will form their own group in the draw (i.e. 1 – 5, 6 – 7, 8 – 12.)

e) Deadline for Entry to Finals

i) No routine may be qualified to enter the final of an event after the event has started. For the purposes of the present rule, the final shall be deemed to have started when the first pre-swimmer enters the water. In instances where there is no pre-swimmer, it shall be deemed to have started when the first competitor enters the water.

ii) In finals at Divisionals no routine will advance to the final draw due to the withdrawal of one of the final competitors.

iii) In finals at COSSC and/or Espoir it is recommended **that** if the withdrawn competitor is in the first half of the draw, the substitute will replace the competitor; if the withdrawn competitor is in the last half of the draw the substitute will be the first swimmer of that half, e.g. 5a.

f) Scoring

i) Recording Scores

1) The marks for Technical Merit and for Artistic Impression shall be recorded separately.

ii) Computing Scores

1) One highest and one lowest mark shall be eliminated from each of the two groups of marks.

2) For each group, the remaining marks shall be added and averaged and the result multiplied by five for Technical Merit and five for Artistic Impression. The marks are then added to obtain the **Routine Score**.

iii) Routine Adjusted Score

- 1) Applicable penalties and deductions shall be subtracted to obtain the Routine Adjusted Score.

iv) The Championship Score

- 1) In championship events, the final result is determined by adding the results of the events in which competition was held.
- 2) Championship score shall be calculated on the basis of 50% routine and 50% figures.
- 3) Championship score for Senior FINA Events shall be calculated on the basis of 50% technical routine and 50% free routine.
- 4) In Free Combination championship score shall be calculated on the basis of 100% routine score.

v) Ranking Routines

- 1) Competitors are ranked twice, for purposes of awards.
- 2) Rank in "Routine" is determined by Routine Adjusted Score; and is based on Free Routine Adjusted Score for Senior FINA.
- 3) "Championship" is determined by Championship Score.
- 4) Placings for purposes of qualifying for finals and selection to subsequent meets are by Championship Score.
- 5) Swimmers' placings in all events shall be determined by the scores received in finals.

vi) Ties

- 1) Ties shall not be broken in routine in prelims.
- 2) Tie breaker for Championships/Final Routine results:
 - For events where championship score is determined from figure and routine results, the higher routine score shall be utilized to determine the highest placing.
 - For events where championship score is determined from technical and free routine results the higher technical routine score shall be utilized to determine the highest placing.
 - For events where there is only a technical routine or a Free routine the tie will not be broken.

vii) Qualifying for Finals

- 1) COSSC/Espoir Championships
The top ten Canadian routines shall qualify for finals. Ties in the last qualifying position shall also qualify for finals.
- 2) Divisionals
The top ten routines plus ties in 10th place shall qualify for finals, if finals are held.

4.8 MUSIC

4.8.1 Music Copies

- a) Competitors shall provide two (2) copies of their music (compatible with the music system in use at the competition) for Divisionals, Espoir, and COSSC, one to be labeled "Competition" and the second "Double". The two copies shall be handed in at registration.

- b) In Masters Nationals, competitors shall provide one (1) copy of their music (compatible with the music system in use at the competition) labeled Competition and while the swimmers are competing, the coach must have a backup copy immediately available for the music person.

4.8.2 Two Copies of Music Violation

a) The Fine

If the two copies of the music are not provided as required, there will be a \$100 fine, to be paid immediately. At Masters Nationals if the music is not available as stated in 4.8.1, there will be a \$100 fine, to be paid immediately.

b) Non-Payment of Fine

There shall be a one-point penalty if the fine is not paid prior to the event. The Referee shall instruct the scorers to deduct this penalty from the routine score.

4.8.3 Failure of Music/Disrupted Sound

If, for any reason, the sound is disrupted during a performance, the Referee shall take no action unless requested to do so by the coach. The coach must inform the referee prior to the announcing of the marks. If the coach requests action, see Section 4.8.4, 4.6.8.

4.8.4 Music Tests

- a) Music tests shall be conducted only when technical difficulties make them necessary.
- b) The Referee shall order a music test when there is reason to believe there is a technical difficulty, after the currently competing routine has finished.

4.8.5 Sound Level

A decibel (sound level) meter shall be used to monitor the sound level and ensure that no person shall be exposed to average sound levels exceeding 90 decibels or momentary peak sound levels exceeding 100 decibels.

4.9 EXHIBITION COMPETITORS

- a) If a routine does not meet the defined requirements for a routine or has ineligible athletes as members of a routine (see rules 3.1 and 3.2) that routine may, at the discretion of Synchro Canada's Competition Chair, enter the competition (Atlantic/Eastern/Western Divisionals, Canadian Espoir, Canadian Open)
- b) An exhibition routine:
 - i) Must pay all competition entry fees and meet entry deadlines
 - ii) Will be drawn as if a qualified competitor in the event
 - iii) Will be listed on all draws/programs as an exhibition routine
 - iv) Will be announced, following their swim, as an exhibition routine
 - v) That qualifies for a final event shall be drawn to swim in the first half of the draw regardless of their placing in the preliminaries
 - vi) Is not eligible for awards
- c) If an exhibition routine qualifies for finals there must be 10 qualified routines in the event

4.9.1 Centre of Excellence Athletes

- a) If a Centre of Excellence athlete wishes to participate in COSSC, that athlete may at the discretion of Synchro Canada's National Team Programs Head Coach and Competition Chair, enter the competition.
- b) A Centre of Excellence athlete:
 - i) Must pay all competition entry fees and meet entry deadlines
 - ii) Will be drawn as a qualified competitor in all events
 - iii) Will be listed on all draws and programs as a Centre of Excellence competitor
 - iv) Will be announced, following their swim, as a Centre of Excellence routine
 - v) That qualifies for a final event shall be added to the finals quota of that event and shall be drawn to swim based on their placing in preliminaries
 - vi) Is eligible for duplicate awards.

5. COMPETITION MANAGEMENT

- a) **"Meet Manager"** means an individual appointed by the host provincial association to handle all the meet arrangements prior to the meet, to assist the referee in the efficient conduct of the actual meet, and to carry out the meet wrap-up.
- b) **"Timer"** means a person responsible for timing the routines. The timer shall see that the times are recorded on the master score sheet.

5.1 HOSTING MEETS

5.1.1 Nationals, COSSC, Espoir

The Board of Directors of CASSA shall vote on the recommendation of the Competitions Leader and decide whether to grant sanction to a Provincial Association applying to host Nationals, COSSC, or Espoir. A club may apply for sanction to host Masters Nationals.

5.1.2 Divisionals

- a) Divisionals shall be held at least 30 days before COSSC or Espoir, whichever is scheduled to be held first.
- b) Hosting of Divisionals is by rotation agreed to by the member Provincial Associations.

5.1.3 Requirements and Procedures for Meets

a) Meet Management

The Provincial Association or club in the case of Masters Nationals, hosting a Championship shall arrange for all facilities and activities for the efficient running of the Meet, including pools, meeting rooms, accommodation, publicity, and awards. Refer to Meet Manager's Handbook.

b) Notifications - (6 months)

- i) At least six months prior to the Championships, the Meet Manager shall send notification to the Chief Executive Officer of the National Office, Board of Directors, OMT, Competition Leader, Chief Scorer, and the Chief Referee(s).
- ii) Notifications include:
 - date and location of Championship
 - name and address of the pool and meeting places

- photo showing inside area of pool
 - diagram of the pool with dimensions, depths of the pool, locations of exits and diving boards, size and type of deck, placement of overhead and underwater lighting, lane markers, and spectator areas
 - tentative schedule
 - entry deadline, which shall be no earlier than thirty days prior to the event
 - schedule of entry fees
 - where to obtain entry forms/score sheets
 - where to send entries
- c) **Notifications - 30 days**
 At least 30 days before the Championships, the meet management shall send final meet information and schedules.

5.1.4 Events for COSSC, Espoir, Divisionals, and Masters Nationals

a) **Events at COSSC**

Level	Age Category	Events
Age Group 16 - 18	16 - 18	Solo Duet Team Figures
Junior FINA	Junior	Solo Duet Team Figures
Senior FINA	Senior	Technical Solo Duet Team Free Solo Duet Team
Age 16 - 18/Junior/Senior FINA	Junior, Senior, AG 16 - 18	Free Combination

Note - although AG 16 - 18 and Junior FINA perform the same figures they will perform different optional groups in two separate figure events held at any one competition.

b) **Events at Espoir**

Level	Age Category	Events
Age Group 13- 15	13 - 15	Solo Duet Team Figures Free Combination

c) **Events at Divisionals**

Level	Age Category	Events
Age Group 13 - 15	13 - 15	Solo Duet Team Figures Free Combination
Age Group 16 - 18	16 - 18	Solo Duet Team Figures
Junior FINA	Junior	Solo Duet Team Figures
Senior FINA	Senior	Technical Solo Duet Team Free Solo Duet Team

AG 16-18/Junior/Senior FINA	AG 16 - 18, Junior, Senior	Free Combination
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d) Events at Masters Nationals

Level	Age Category	Event
Masters	19 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 & over	Solo Duet
Masters	19 – 34, 35 – 49, 50 – 64, 65 & over	Trio Team Free Combination

5.1.5 Entries

a) Forms

- i) All completely filled out entry packages, including those for alternates shall be in the possession of the Meet Manager by the stated deadline. Original or copies of entry forms must be forwarded to the chief scorer of the meet no later than seventy-two (72) hours after the entry deadline by the Meet Manager. Faxed/e-mailed entry forms shall also be considered as official. The complete entry package, including hard copy of the entry forms, must be received no later than ten (10) days after the conclusion of the divisional competition. Extenuating circumstances shall be considered. Slow mail delivery is not an extenuating circumstance.
- ii) Registrants must use the current official entry form, and must include the coach's certification number and Synchro Canada Membership number, as well as the athlete's amateur number.
- iii) Where a club believes that a swimmer's coach may change after an entry is submitted, it is acceptable to name more than one certified coach, any of who may act as the coach during the competition.
- iv) The entry package is defined by the Meet Manager of the meet in question, and includes at least the entry forms, accommodation and arrival information, practice time requests, and any coaching fines due.

b) Late Entries

Each routine whose entry package had not been received or was incomplete by the stated deadline(s) is automatically assessed a \$100 fine. It is the coach's and/or swimmer's responsibility to pay this fine to the appropriate official by one hour before the beginning of the competition for that category. Failure to do so shall result in disqualification. The **final** deadline for late entries is two weeks prior to the start date of the competition. **No entries will be accepted after this date.** Only foreign entries are exempt from this rule.

5.1.6 Conduct of the Meet

a) Personnel

- i) The Meet Manager is in charge of the meet until the Chief Referee arrives. The Meet Manager provides scorers, announcers, runners, timers, music person, etc. The Meet Manager shall certify all entry forms for eligibility and completeness, prior to the draw.
- ii) The OMT shall determine the judges and referees for the meet.
- iii) A Jury of Appeal shall be named by the OMT.
- iv) The deck shall be open to:
 - official competitors
 - official coaches
 - officials of the meet
 - official news media
 - others who have been granted pool privileges by the Chief Referee

b) Activities on Deck

- i) Filming or videotaping is allowed with the permission of the Chief Referee.
- ii) Interviews with competitors will not be allowed in the immediate swimming area of the pool deck just before or during the events.
- iii) Appropriate space will be provided for televised openings and closings.

c) Pre-Competition Meetings

- i) The judges shall meet under the chairmanship of the Chief Judge before the Meet to review and resolve any points at issue. The announcement of the Jury of Appeal shall also be made at this meeting.
- ii) The Chief Referee shall chair a meeting of the coaches before the meet to clarify rules **and** procedures.

d) Announcing Competitors

- i) Competitors in prelims and finals shall be known by name and swim according to numbers assigned in the draw. Names of the competitors shall be printed in the program.
- ii) Before each competitor's swim, the announcer shall announce names as follows:
 - for solos and duets, the name(s) of the swimmers, but not the club
 - for trios the registered name of the club
 - for teams, the registered name of the club or the team.
- iii) Following each competitor's swim, the announcer shall announce the names of the club, the coach and the swimmer(s).

e) Announcing Marks

- i) For all events, the individual judge's marks may be announced following each competitor's performance, in numerical order by judge number. The list of Technical Merit marks is announced before the list of Artistic Impression marks. The list for Execution is announced before the list of Overall Impression for Technical Routines.
- ii) For prelims, routine scores may be read when available. Neither figure scores nor championship scores shall be announced during prelims.

- iii) For finals, the championship scores may be read when available.
- iv) Scores are unofficial until certified by the Chief Scorer.

5.1.7 Meet Wrap-up / Reports

a) COSSC/Masters Nationals/Espoir

- i) The Meet Manager shall send to the National Office of CASSA after the Championships:
 - a complete financial statement (copies to **Treasurer** and Finance Chair)
 - judges' slips
 - all original entry forms / score sheets, certified by the Chief Scorer
 - five copies of the program, complete result sheets, newspaper clippings, composite listings of competitors' final placings.

b) Divisionals

- i) The Divisional Meet Manager shall send results and selection committee minutes to:
 - Provincial Presidents - of respective Division
 - National Competitions Leader
 - OMT Leader
 - Meet Managers for COSSC/Espoir
 - Chief Executive Officer of Synchro Canada

5.2 AWARDS

- a) “**Modified Ordinal Point System**” means a system which uses swimmers’ placings in figures and routine finals (or routine prelims for non-finalists,) to calculate an overall ranking, for each individual swimmer, as follows:

- for teams, placing times 1
- for duets, placing times 2
- for solos, placing times 3
- for figures, placing times 4

The swimmer with the lowest score ranks highest.

In Senior competition, the Free Routine placing shall be used and there shall be no score for figures.

5.2.1 Recipients

The list of awards is found in Appendix B. They are attributed to the highest ranking participant in a particular event.

5.2.2 Ties

- a) In case of a tie, additional medals or ribbons shall be awarded.
- b) In the event of a first place tie, the trophy will be engraved with both winners’ names.

6. INTERNATIONAL COMPETITORS

6.1 **QUALIFIED COMPETITORS** - In order to be a Qualified Competitor, one must be a:

- International competitor as per quotas of foreign competitors in 6.2

6.2 **QUOTAS FOR ROUTINES**

a) **COSSC**

of Foreign Competitors
Junior FINA/Senior FINA – Solo and Duet – 2 per country
Team/Free Combination – 1 per country

b) **ESPOIR**

of Foreign Competitors
1 per country per event

c) **DIVISIONALS:**

of Foreign Competitors
None, except as exhibition swimmers in prelims. An exhibition swimmer who places in the top 10 may pre-swim finals

6.3 **QUALIFYING FOR FINALS**

a) COSSC/Espoir Championships

Foreign competitors – the top placing routine in prelims from each country entered shall qualify for finals regardless of placing

6.4 **FOREIGN COMPETITOR AWARDS**

a) Foreign competitors are not eligible to hold trophies.

b) Foreign competitors placing in the top six of any event shall be awarded duplicate medals or ribbons.

7. OFFICIALS

a) **“Alternate Judge”** means a judge named to a judges’ panel to judge an event, whose marks are recorded but not flashed or announced. The alternate judge’s marks may be used as provided herein.

b) **“Chief Judge”** means the person appointed by the OMT to oversee the assignment of Judges and Referees for a particular competition.

For COSSC and Espoir, a Chief Judge shall be named for each Category. The Chief Judge for Senior FINA Events will be considered the Chief Judge for COSSC. The Chief Judge for Age Group 13 - 15 will be the Chief Judge for Espoir.

- c) **“Chief Referee”** means the person in charge of a particular competition, responsible for carrying out the rules and ensuring that they are obeyed. The Chief Referee acts as liaison among the scorers, judges, competitors and announcers and sees that the competition is run efficiently. The Chief Referee assigns duties to the Panel Referees.
- d) **“Head Judge”** means the member of the judges panel designated to be the panel leader. The Head Judge leads any discussion among the judges of its panel and acts as the panel spokesperson. In the figure competition, the Head Judge shall sit in the back row furthest from the referee. **“Judge”** means an individual appointed to evaluate the performance and assign marks according to the criteria laid out in the rules.
- e) **“Judge”** means an individual appointed to evaluate the performance and assign marks according to the criteria laid out in the rules. The OMT assigns judges for Divisionals, Espoir, COSSC, and Canada Games. The Provincial Association assigns judges for Provincial and other Inter-provincial meets.
- f) **“Judges’ panel”** means a group of at least five judges to judge an event. One member is named to act as Head Judge. In addition, each panel may have an alternate judge named to it. For Free Routines there may be two panels, one to judge Technical Merit and the other, Artistic Impression. For Technical Routines there may be two panels, one to judge Execution and the other to judge Overall Impression. Members of the judges’ panels for prelims and finals of a same event do not have to be the same.
- g) **“Judges Slip (Chit)”** means the paper on which the judge’s mark is recorded for each routine. Judges’ slips should have a place to record the judge’s number, the event, the competitor number, and the judge’s score(s). In all instances, the Judges slip is the official score.
- h) **“OMT”** means the Officials’ Management Team (formerly the Officials’ Technical Committee – OTC), the area of the management team of CASSA that oversees the training, certification, and assignment of judges and referees.
- i) **“Panel Referee”** means the official in charge of a particular event, including the officials and the swimmers, under the direction of the chief referee who has no conflict of interest.
- j) **“Qualified Judge”** means a Judge who meets the criteria set out by the OMT and who has no conflict of interest. For COSSC, a qualified judge is a level IV or level V, for Espoir, Divisionals, and Canada Games, a qualified judge may be either level III or level IV. For COSSC and Espoir FINA or ASUA judges may judge at these meets if international entries are competing. A judge must re-qualify every two years, or more often as determined by the OMT.
- k) **“Qualified Referee”** means an individual who has completed the requirements of the referee certification program as outlined by the OMT.

- l) “Technical Assistants”** means a group of three persons who check that each required element is present in a routine. The conflict of interest rule does not apply to these persons.

7.1 OFFICIALS APPAREL

- a) All judges shall be dressed in black pants, beige Synchro Canada golf shirts, and appropriate black footwear. Black pants just below the knee are acceptable for figure and preliminary events.
- b) Referees shall be dressed in black pants, red Synchro Canada golf shirts, and appropriate black footwear.

7.2 OFFICIALS CONFLICT OF INTEREST

No person with a Conflict of Interest may act as a Judge or Referee or in any other official position in a Meet unless specifically provided otherwise herein. The conflict of interest rule does not apply to Technical Assistants.

7.3 FIGURES

7.3.1 Number of Panels

A minimum of two and **preferably** four Panels shall judge any figures event.

7.3.2 Panel Meeting

- a) The Head Judge of each panel shall convene a meeting to review and discuss the figures to be judged, just before the event.
- b) The Head Judge of each panel shall call a brief conference to discuss the marks awarded to the pre-swimmer and to make certain that everyone has an adequate view of the swimmer.

7.3.3 Assigning Marks

a) Mark Range

Marks from 0 - 10 using tenths shall be awarded by each judge for each figure, in accordance with the level of performance of the figure. The judgment shall consider from a standpoint of perfection. Design: the accuracy of positions and transitions as specified in the figure description. Control: extension, height, stability, clarity, and uniform motion (unless otherwise specified in the figure description.) Figures are executed in a stationary position (unless otherwise specified in the figure description.)

b) Flashing Marks

The judges shall flash their marks **simultaneously**, on the Panel Referee's signal.

c) Alternate's Marks

Alternate judges shall record their marks for each figure and submit them to the Panel Referee after the event, to be forwarded to the OMT member responsible for judges' statistics.

d) The Judges' Conference

- i) Calling a Conference

Any panel judge or referee who perceives a potential penalty situation should call a conference of the judges on the panel. The judges in conference will decide what shall be done, and the Head Judge will inform the Panel Referee.

e) **Recording a Penalty**

If a penalty is in order, the **Panel Referee** will instruct the scorers to deduct the appropriate penalty from the score. Once the Panel Referee is satisfied that the penalty has been recorded properly, she/he will initial each score sheet.

7.3.4 Figure Judge Absent

a) **Missing One Figure**

If a judge is unable to flash a mark, an average of the marks of the rest of the panel shall be taken to determine the mark for that judge. This mark shall be rounded to the nearest tenth of a point.

b) **Missing Remainder of Event**

If a judge is unable to complete the judging of a figures event, the alternate judge will take over, and the marks of the alternate judge will be used from the time the original judge withdraws until the end of the event.

7.4 ROUTINES

7.4.1 The Panel

One or two Judges' Panels may judge a routine event. If it is only possible to have one dual panel (Technical and Artistic) then the Senior FINA competition, has priority over any other level competing.

7.4.2 Judge Identification

Each judge is assigned a number, and the number is marked on the judge's slips

7.4.3 The Pre-Swimmer Conference

Prior to commencement of the actual competition, the Head Judge may call a conference with the judges' panel to discuss the marks awarded to the pre-swimmer(s), and to make certain each judge has a clear view of the swimmers

7.4.4 Assigning Marks

a) **Marks**

Two Scores shall be awarded, 0 - 10 points each, using tenths, (i.e. 10, 9.9, 9.8, 9.7, etc.)

b) **Free Routines**

Element	% Weightings			
	Solo	Duet	Team	Combo
FIRST SCORE				
TECHNICAL MERIT				
EXECUTION of strokes, figures and parts thereof; propulsion techniques, precision of patterns	50	40	40	40
SYNCHRONIZATION one with the other and with music	10	30	30	30
DIFFICULTY of strokes, figures and parts thereof, patterns, synchronization	40	30	30	30
SECOND SCORE				
ARTISTIC IMPRESSION				
CHOREOGRAPHY, variety, creativity, pool coverage, patterns, transitions	50	50	50	60
MUSIC INTERPRETATION, use of music	20	30	30	30

- ii) The Chief Judge will name new panel members as required, and pass the information to the Chief Referee as soon as possible. The Chief Referee will inform the scoring chair.

8 JEUX CANADA GAMES

8.1 HOSTING

- a) Jeux Canada Games are held every four (4) years. The Games Committee in conjunction with the Synchro Swim Technical Advisory Committee determines timing of the event.
- b) The Provincial Association that has jurisdiction over the location in which the games are held shall act as host.

8.2 ELIGIBILITY

8.2.1 Age

- a) Competitors shall follow the Canada Games Technical package with regards to ages.
- b) All ages compete together
- c) In regards to the minimum age requirement, CASSA will consider exceptional circumstances. See Appendix A for Policy and Criteria.

8.2.2 National Team members and Carded Athletes

The meet is open to Canadian competitors who are **not**

- National Team members
- National Carded Athletes (as defined by *Fitness and Amateur Sport*), past or present.

8.2.3 Provincial Roster

- a) A provincial roster shall be limited to ten swimmers and two coach/managers, one of whom must be female or as designated in the Canada Games Technical Package
- b) Each Provincial Association may enter two routines in the solo and duet events and one routine in the team event.
- c) The Provincial Association may enter either a Club Team or a Provincial Team.

8.3 TIES

- a) For prelims, ties are not broken.
- b) For finals, ties are broken by awarding the higher placing to the routine with the higher figures score.

8.4 QUALIFYING FOR FINALS

a) Solo and Duet

- i) There shall be an "A" final and a "B" final in both the solo and duet events.
- ii) The top solo and duet from each **Provincial Association** after prelims will advance to the "A" solo and duet finals. The second placing solo and duet from each Provincial Association will compete in the "B" solo and duet finals.

b) Team

- i) In the team event, all **entrants** who have competed in prelims will automatically qualify for finals.

9. MASTERS

- a) “**Master**” means a competitor 19 years of age or older who is not competing in the Tier system.

9.1 GENERAL RULES

9.1.1 Eligibility

- a) Age Categories - See 4.1 age categories. For duets, trios, teams, and free combinations age is determined by the average age of the routine members.
- b) Each competitor must be a duly registered Competitive Swimmer with Synchro Canada.
- c) Swimmers may compete unattached in solo, duet, and trio events, but must be members of a registered club to compete in team events.
- c) Swimmers may compete in non-Synchro Canada aquatic activities without jeopardizing their eligibility for Synchro Canada competitions.

9.2 APPENDIX C CONTENTS

General competition rules, meeting rules, voting rules, rule change procedures, technical routine required elements, trophy rules and Synchro Canada obligations.

APPENDIX A

-Medical Certification for Divisionals, COSSC

-Canada Games Minimum Age

Required medical certification for 12 year old wanting

to compete in Junior FINA and/or Senior FINA and/or Age Group 16 - 18 team and/or free combination events at Divisional or COSSC Championships

Twelve year old athletes wanting to compete in Junior FINA and/or Senior FINA and/or Age Group 16 - 18 team events (team and/or free combination) at Divisionals or COSSC Championships must seek medical authorization from a qualified Sports Medicine Specialist (i.e. the physician should have a Diploma in Sport Medicine from the Canadian Academy of Sports Medicine.) If a qualified Sports Medicine Specialist is not available, medical clearance from a Family Practitioner would be acceptable.

The documentation as mentioned below must be submitted to each Competition Organizing Committee with the registration forms by the due registration date. The following criteria is to be evaluated and reported to Synchro Canada by the Sports Physician:

1. Development and maturity of the musculoskeletal system to enable the athlete to meet the increase in physical strength demands necessary to perform at the necessary degree of difficulty.
2. Development of the central and peripheral nervous systems to ensure adequate coordination necessary to perform the more difficult skills.
3. Development of the respiratory and cardiovascular systems to enable the athlete to perform the extended breath holding and workloads required at this level of competition.
4. Development of psychological maturity to ensure the athlete's ability to cope with the mental demands of training and competing at this level of competition.
5. Assessment of any sports injuries and/or medical illnesses that might interfere with the athlete's ability to perform at the higher level of competition.
6. Overall opinion and recommendations.

Consideration of Exemption from Canada Games Minimum Age Rule

1) Authority and Responsibility:

Synchro Canada's Board of Directors assumes authority and responsibility for exemptions from the Canada Games Minimum Age rule. The Board of Directors appoints a Canada Games Exceptional Circumstances Review Board including people with medical, technical, and legal expertise. Designated Review Board members are required to serve the full term up to the specified Canada Games. The Board of Directors makes its decision based upon recommendation of exemption from Canada Games minimum age rule are attached.

2) Process

a) Submission of Request:

The Provincial Section shall forward by registered mail the athlete's and her/his legal guardian's request for exemption, including all supporting documentation as listed below to Synchro Canada's National Office, c/o Canada Games Exceptional Circumstances Review Board, no later than 60 days prior to commencement of the provincial Canada Games synchronized swimming trials.

The following documentation must be submitted:

- i) Performance: The athlete in question must meet the following requirements in the year prior to Canada Games in which she/he wishes to compete:
 - Have qualified for Junior FINA at COSSC, and
 - At COSSC place in top third of her/his Provincial Representation in the Junior FINA figures event. The appropriate COSSC results are to be submitted.
- ii) Letter from the athlete's personal coach, indicating Coach's qualifications and agreement that the athlete is capable of coping with lengthy air travel, seven days of competition, living in the village with much older athletes, facing media and large crowds, experiencing the multi-sport environment and that the athlete is capable of handling all the stress that accompanies these factors.
- iii) Letter from athlete's parent or legal guardian, addressing the same points as under ii)
- iv) Medical authorization from qualified Sports Medicine Specialist or, if not available, from a Family Practitioner including a report evaluating the criteria list below:
 - 1) Development and maturity of the musculoskeletal system to enable the athlete to meet the increase in physical strength demands necessary to perform at the necessary degree of difficulty.
 - 2) Development of the central and peripheral nervous systems to ensure adequate coordination necessary to perform the more difficult skills.
 - 3) Development of the respiratory and cardiovascular systems to enable the athlete to perform the extended breath holding and workloads required at this level of competition.
 - 4) Development of psychological maturity to ensure the athlete's ability to cope with the mental demands of training and competing at this level of competition.

- 5) Assessment of any sports injuries and/or medical illnesses that might interfere with the athlete's ability to perform at the higher level of competition.

1) Overall opinion and recommendations.

- v) Letter from the athlete's chaperone that she/he will be personally responsible for all her/his expenses, e.g. travel, meals, accommodation, etc.
- vi) Letter from parent or legal guardian, athlete, chaperone that the athlete and chaperone agree to stay off site at their own expense if no accommodation is available on site.
- vii) Waiver Notice and Final Release signed by parent or legal guardian and certified by a solicitor.

b) Review:

The Canada Games Exceptional Circumstances Review Board must evaluate the request and communicate its recommendation to Synchro Canada's Board of Directors within 21 days of the date of receipt of the request at National Office.

c) Decision and Communication of Decision:

Synchro Canada's Board of Directors shall vote on the matter and convey its decision to the applicant, her/his legal guardian(s) and the Provincial Synchronized Swimming Governing Body simultaneously and within 30 days of the receipt of the request by the National Office.

APPENDIX B

AWARDS AT COSSC AND ESPOIR

All trophies have been retired to the Canadian National Aquatic Hall of Fame in Pan Am Pool, Winnipeg, Manitoba. The names and images of the Championship Events have been preserved on Certificates to be presented in place of the trophies.

B GENERAL NOTES

B1.1 Organization:

- a) Details of scoring and ranking are found in the Synchro Canada rule book
- b) Masters awards are found in the Synchro Canada rulebook.

B1.2 Jurisdiction:

- a) National awards are under the jurisdiction of the Trophy and Awards Chair of Synchro Canada.
- b) Awards of Trophies, Medals, Ribbons at Divisionals are under the jurisdiction of the Divisional Committee made up of the Provincial section therein. At Divisionals medals and trophies are the responsibility of the host province.
- c) Awards of Jeux Canada Games are under the jurisdiction of the Games Committee.

B1.3 Glossary:

- a) Alternates: A maximum of one alternate per duet and a maximum of two alternates per team/free combination shall be included in the medal and ribbon presentation provided the said alternate is – not a member of another duet or team and – has been actively involved as a member of that duet or team.
- b) Ties: When a tie occurs, duplicate awards will be presented and the placement immediately following the tie will not be awarded.
- c) Foreign Competitors: There will be two results sheets printed, one will include the foreign competitors' placings and the second result sheet will be printed excluding the foreign competitors and will be an all Canadian placing. Duplicate awards will be presented to the Canadian for the same placement. The foreign competitor will be announced and receive her award first, the Canadian competitor will then be announced and receive the duplicate award.
- d) National Training Center (exclude in decentralized years): The National Team and Free Combination competitors shall be treated the same as foreign competitors. There will be two result sheets printed, one will include the National Team, who will receive their awards and a second result sheet will exclude the National Team and the competitors will receive duplicate awards. These National Team placings shall be used in the calculations for the Individual Aggregate Award only.

B1.4 Medal and Ribbon Events at COSSC/Espoir

- a) Espoir AG 13 - 15 events, COSSC AG 16 - 18 and Junior FINA events
 - 1st to 6th place ribbons for each figure event
 - 1st to 6th place ribbons for the finals in routine events
 - 1st place gold medal, 2nd place silver medal, 3rd place bronze medal, 4th place ribbon, 5th place ribbon, and 6th place ribbon for Championship score

- **additional ribbon (1st place) for top age athletes in figures and solo at Divisionals, Espoir and Canadian Open (i.e. top 12 year old, top 13 year old, top 14 year old, top 15 year old, top 16 year old, top 17 year old, top 18 year old)**

b) COSSC (Senior FINA) events

- 1st place gold medal, 2nd place silver medal, 3rd place bronze medal, 4th place ribbon, 5th place ribbon, and 6th place ribbon for the technical routines
- 1st place gold medal, 2nd place silver medal, 3rd place bronze medal, 4th place ribbon, 5th place ribbon, and 6th place ribbon for the free routines
- 1st place gold medal, 2nd place silver medal, 3rd place bronze medal, 4th place ribbon, 5th place ribbon, 6th place ribbon for Championship score.

c) Free Combination event (Espoir and COSSC)

- 1st place gold medal, 2nd place silver medal, 3rd place bronze medal, 4th place ribbon, 5th place ribbon, 6th place ribbon

B1.5 Calculations for Certificates (Trophies) Awards:

a) Ordinal System of Marking:

Figure placing X 4
Solo placing X 3
Duet placing X 2
Team placing X1

Individual Aggregate Award: To be eligible the athlete must compete in all four events in the same age category and have a score of sixty (60) points or less. The lowest possible score is 10 if the athlete placed 1st in all four events.

Note: In calculating the ordinals, the routine score, from the routine final, will be used unless they did not make finals, then their preliminary score will be used.

Note: The Aggregate Award is for the 1st to 5th place winner from the above calculations. There is a Certificate (trophy) and 1st place gold medal, 2nd place silver medal, 3rd place bronze medal, 4th place ribbon, and 5th place ribbon. The Aggregate Award is presented at Espoir and at the Canadian Open.

b) Calculations for Coaches Awards:

- i) The Charlotte Tutte Trophy: This award was donated by Synchro BC in memory of a coach who believed in developing team spirit and enhancing the growth of athletes and as individuals and competitors. The criteria includes – coaching at the Junior FINA level at Nationals for at least 5 years and consistently placing athletes in finals. They must coach a team and/or combo as well as 2 other events.
- ii) The Terrence Hambrook Memorial Trophy: This Award was donated in 1977 by the Hambrook family in memory of their son and brother, to be awarded to a promising Tier 6 coach who displays all round coaching ability. Gladys Hambrook was a National referee for many years and Sharon Hambrook was a duet silver medalist in the 1984 Olympics. They were members of the YWCA Aquabelles, now the Calgary Aquabelles. The criteria for this award included – coaching at Espoir Nationals and placing in finals for a minimum of 2 years and no more than 5 years, a team and/or a combo as well as 3 other events.
- iii) The Suzanne Eon Trophy: This Award was donated by the Quebec City YWCA, now Synchro Elite, to reward and encourage Junior FINA and/or Senior FINA coaches to continue coaching. Madame Eon was a long time coach in Quebec and is responsible for

the strong foundation that is Synchro Quebec today. For the past years it was given to the coach of the team winning the Senior team event. The criteria have been returned to the original intent of the trophy. It includes coaching at the Junior FINA and/or Senior FINA level at Nationals for a minimum of 2 years and placing a team or combo in finals. They must coach a team and/or combo as well as 3 other events (a combination of Junior and Senior.)

B1.6 Certificate List for Espoir and COSSC

Presented in recognition of Trophies -

Note: It will be necessary to have someone with neat printing skills, calligrapher, or make a computer program to print the names on the Certificates.

Senior FINA

Solo Champion	Dr. & Mrs. Earle Coffin Trophy
Duet Champion	B.C. Section Trophy
Team Champion	Bertrand Gagne Trophy
Individual Aggregate	Frances Gale Trophy

Junior FINA

Solo Champion	Mr. & Mrs. Ross Dineen Trophy
Duet Champion	Donalda Smith Trophy
Team Champion	Debbie Muir Trophy
Individual Aggregate	Pat Murray Trophy

Age Group 16 - 18

Solo Champion	Peg Seller Trophy
Duet Champion	Diane LaChapelle Plaque
Team Champion	Gail Van Sacker Trophy
Individual Aggregate	Helen Vanderburg Trophy

Senior FINA/Junior FINA/AG 16 - 18 Free Combination Champion

Penny Tregale Memorial Trophy

Age Group 13 - 15

Solo Champion	Barbara Stewart Trophy
Duet Champion	Johner Challenge Trophy
Team Champion	Taylor Trophy
Individual Aggregate	Ev Cairns & Val Parent Trophy
Free Combination Champion	Herschorn Perpetual Team Trophy

APPENDIX C

MASTERS

GENERAL:

1. Competitions:

- a) Masters' National Competition will be in the portfolio of the Competition Chair for Synchro Canada.
- b) Competition Chair will review and assign hosting bids.
- c) The Chief Executive Officer of Synchro Canada will oversee Synchro Canada's commitment to the hosing committee, Appendix C2.
- d) Competition Chair will work with the Meet Manager of the hosting committee.
- e) Time will be set aside during the National Competition for a Masters Meeting of all its members.
- f) All rules shall follow: The Synchro Canada rulebook, the FINA handbook, and Appendix C of the Synchro Canada rulebook.
- g) Masters Nationals will not have a preliminary event, all events will be Finals.
- h) Note: that Trio has the same weighting as the Team in all aspects of judging and scoring.

2. Meeting:

- a) To elect a Masters Committee consisting of three (3) members: Each of these positions shall be for a two (2) year term and may hold their position for no more than two (2) consecutive terms. Exception: If the Rules Chair position is held by a FINA/ASUA registered Master member, with the agreement of the membership, she will be Rules Chair for as long as she holds that position. In extenuating circumstance, Chairs may hold their position longer by a majority vote of the membership.
 - i) Chairperson:
 - shall be a member of the Participation Development Committee
 - shall chair the members' meeting at Masters' National Championship
 - liaise with the National Competition Meet Manager
 - forward information to member clubs
 - shall be elected in even years
 - ii) Rules Chair:
 - this position should be held by a member of the FINA and/or ASUA Master's Committee, Synchro Canada representative
 - responsible for reporting to the clubs of rule changes coming from FINA
 - Responsible for reviewing the rules, recommending changes, following rules change procedure and circulating to clubs the final outcome.
 - shall be elected in odd years

iii) Past Chair:

- responsible for maintaining an up to date list of all Master Clubs and clubs with Master Athletes.

- b) The results of a mail vote will be announced in 28 days from the date the Rules Chair issued the ballots
- c) If an e-mail vote is taken, the results will be announced in 14 days from the date the Rules Chair issued the ballots and must be unanimous.

3. Rule Changes

- a) all rule changes follow the rules ratification procedure of Synchro Canada
- b) FINA rule changes will be the responsibility of the Masters Rules Chair to notify all clubs. If FINA rule changes occur after February 1st, the Rules Chair will be responsible for polling the Masters' membership re implementing rules in the current year or waiting until the next competitive year. If necessary she may call a mail or e-mail vote.

4. Technical Routines

Basic rules:

- Tech routines shall be performed for solos, duets, trios, and teams to music with required elements selected by the Masters Technical Committee every four (4) years, subject to approval by the FINA Masters Technical Committee
- Tech routines have to include all required elements
- Music selection is optional and may be the same as the music used in the free routine
- Supplementary elements may be added
- Unless otherwise specified in the description of an element – all figures or components shall be executed according to the requirements described in Appendix XI of the FINA Handbook. All elements shall be executed high and controlled, in uniform motion with each section clearly defined
- Time limits in accordance with Synchro Canada rules
- Swimwear shall be black and the competitor shall wear a white cap
- Goggles may be worn

REQUIRED ELEMENTS FOR MASTERS TECHNICAL ROUTINES GENERAL REQUIREMENTS

1. Supplementary elements may be added
2. Unless otherwise specified in the description of an element:
 - All figures or components thereof shall be executed according to the requirements described in Appendix II
 - All elements shall be executed high and controlled, in uniform motion with each section clearly defined
3. Time limits as in MSS 8.1.1.1, MSS 8.1.2 & MSS 8.1.3
4. Swimwear shall be black and the competitor shall wear a white cap. Goggles may be worn.

SOLO

Elements 1 to 5 must be performed in the order listed.

Element 6 may be performed at any time during the routine.

1. FISHTAIL – from a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional).
2. BODY BOOST – A rapid headfirst rise, with a maximum of the body above the surface (arms optional). A descent is executed until the swimmer is completely submerged.
3. BARRACUDA BENT KNEE –From the BACK PIKE POSITION with legs perpendicular and with the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a BENT KNEE VERTICAL POSITION. A vertical Descent is executed in a Bend Knee Vertical Position at the same tempo as the Thrust.
4. TRAVELING BALLET LEG COMBINATION – Beginning in a Back Layout Position to include at least 2 of the following positions: Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo; Double Ballet Leg.
5. SPLIT POSITION followed by a walkout front or walkout back.
6. TWO (2) FORMS OF PROPULSION – Must include Egg Beater traveling sideways &/or forward (arms optional)

DUET/TRIO

Elements 1- 5 MUST be performed in the order listed.

Elements 6- 7 may be executed at any time during the routine.

1. FISHTAIL – From a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional)
2. BODY BOOST - A rapid head- first rise, with a maximum of the body above the surface (arms optional). A descent is executed until the swimmer is completely submerged.
3. BARRACUDA BENT KNEE – From the Back Pike Position with legs perpendicular and with the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A Vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust.
4. TRAVELING BALLET LEG COMBINATION – beginning in a Back Layout Position to include at least 2 of the following positions: Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo; Double Ballet Leg.
5. SPLIT POSITION –followed by a walkout front or walkout back.
6. TWO (2) FORMS OF PROPULSION – Must include Egg Beater traveling sideways &/or forward (arms optional).
7. JOINED ACTION – Where the swimmers are connected (touching) in some manner to perform one of the following:
 - A connected figure or a connected float or connected stroking.
 - Action must be performed simultaneously. Mirror action is permitted.
 - Stacks, lifts, platforms, throws are not permitted.

With the exception of the DECK WORK and ENTRY and as noted in the JOINED ACTION, all elements, required and supplementary, MUST be performed simultaneously and facing the same

direction by all swimmers. Variation in propulsion and direction facing are permitted during pattern changes.

TEAM REQUIRED ELEMENTS

Elements 1-5 **MUST** be performed in the order listed.

Elements 6-9 may be performed at any time.

1. **FISHTAIL** - From a Front layout Position a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional)
2. **BODY BOOST** – a rapid headfirst rise, with a maximum of the body above the surface (arms optional). A descent is executed until the swimmer is completely submerged.
3. **BARRACUDA BENT KNEE** –From the Back Pike Position with legs perpendicular and with the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust.
4. **TRAVELING BALLET LEG COMBINATION** – Beginning in a **BACK LAYOUT POSITION** to include at least 2 of the following positions: Right Ballet Leg; Left Ballet Leg; Right Flamingo; Left Flamingo; Double Ballet Leg.
5. **SPLIT POSITION** followed by a walkout front or walkout back
6. **TWO (2) FORMS OF PROPULSION** – Must include Egg Beater traveling sideways &/or forward (arms optional).
7. **JOINED ACTION** – Where the swimmers are connected (touching) in some manner to perform one of the following:
 - A connected figure or a connected float or connected stroking.
 - Action must be performed simultaneously. Mirror action is permitted.
 - Stacks, lifts, platforms, throws are not permitted.
8. **CADENCE ACTION** – Identical movements (s) performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.
9. **PATTERNS** – must show a circle and straight line. Elements may be performed when in the circle or the straight-line patterns. With the exception of the **DECKWORK**, **ENTRY**, **CADENCE** and as noted in the **JOINED ACTION**, all elements, required and supplementary, **MUST** be performed simultaneously and facing the same direction by all swimmers, Swimmers need not face the same direction in the circle pattern. Variation in propulsion and direction facing are permitted during pattern.

Penalties in Technical routines – in accordance with Synchro Canada rules for penalties in Technical routines

5. Awards

- a) In accordance with the Synchro Canada rule book – Appendix B
- b) In addition: ribbons will be presented for 1st – 6th place for Technical and Free routines
- c) Master Trophy List (Certificates):

20 – 29 Duet Championship

Joyce Mitchell Memorial

20 – 34 Trio Championship

Erin Lavoie Trophy

30 – 39 Duet Championship	Billie Carter Trophy
35 – 49 Team Championship	Aqua mums Trophy
40 plus Duet Championship	Kamloops Trophy
60 plus Solo Championship	Edna Hewton Trophy
70 plus Solo Technical	Sister Ellen Casey Trophy
Team with highest score in routine only	Gladys Hambrook Trophy
Club with highest average for all swimmers entered in various events (must have minimum of three (3) swimmers competing)	Olympium Aggregate

Appendix C2

SYNCHRO CANADA OBLIGATIONS

1. Synchro Canada's Competition Chair will receive bids for hosting Masters Nationals and announce successful host.
2. If applicable – the Chief Executive Officer of Synchro Canada will negotiate a contract with the hosting committee.
3. The Host Province/Club will set, receive, and keep the entry fees.
4. Synchro Canada will provide the required number of Officials.
5. Synchro Canada will provide the medals, ribbons, and certificates for presentation.
6. Synchro Canada will assist with promotion and marketing of Masters Nationals.

APPENDIX D

REQUIRED ELEMENTS FOR SENIOR FINA

TEAM	Senior FINA
1	Acrobatic move – Jump
2	Thrust Variation
3	Nova Variation
4	Boost
5	Leg Cadence Action

DUET	Senior FINA
1	Albatross Twirl and Continuous spin 1440
2	Ballet Leg Combo
3	Rocket Split Variation
4	Connected Action
5	Fishtail Twist
6	Boost
7	Split Rotation Variation
8	Thrust 360 spin

6	Porpoise variation
7	Rocket Split Variation
8	Patterns: Circle and Line

SENIOR FINA: follow FINA regulations (Appendix VI) concerning supplementary elements, execution of elements.

APPENDIX E

COMPETITIVE FIGURE GROUPS

AGE GROUP 10 & UNDER

Compulsory - Blossom 1.4/Sailboat Alternate 1.1

Optional Group 1 - Back Tuck Somersault 1.1/Ballet Leg Single 1.6

Optional Group 2 - Front Pike Somersault 1.7/Bent Knee to Vertical and Vertical Descent 1.4

AGE GROUP 12 & UNDER

Compulsory:	101	Ballet Leg Single	1.6
	360	Walkover, Front	2.1
Optional Group 1:	321	Somersub	2.0
	315	Kipnus	1.6
Optional Group 2:	355	Porpoise	1.9

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SOLO	Senior FINA
1	Porpoise Variation
2	Rocket Split Variation
3	Two Boosts
4	Catalarc Variation
5	Combined Spin 1080
6	Flying Fish spin 360 Variation

Swordfish 2.0

Optional Group 3 - Neptunus/Barracuda

AGE GROUP 13 - 15

Compulsory:	420	Walkover, Back	2.0
	355e	Porpoise Spinning 360	2.1
Optional Group 1:	342	Heron	2.1
	311a	Kip 1/2 Twist	2.2
Optional Group 2:	240	Albatross	2.2
	345	Catalina Reverse	2.1
Optional Group 3:	301d	Barracuda Spinning 180	2.1
	140	Flamingo Bent Knee	2.4

AGE GROUP 16 - 18 AND JUNIOR FINA

Compulsory:	313	Kip Split Closing 180	2.5
	112f	Ibis Continuous Spin 720	2.8
Optional Group 1:	336	Gaviata Open 180	2.8
	436	Cyclone	2.7
Optional Group 2:	355b	Porpoise Full Twist	2.5
	150	Knight	3.1
Optional Group 3:	307	Flying Fish	3.0
	115c	Catalina Twirl	2.8

APPENDIX F

TECHNICAL ASSISTANT GUIDE

GENERAL PENALTIES

FOR SOLO, DUET, AND TEAM A TOTAL OF **0.5 PENALTY** IS ASSESSED PER ELEMENT:

- 1) if any element is performed out of order
- 2) if that which is done is another listed FINA basic movement

FOR SOLO, DUET, AND TEAM A TOTAL OF **1.0 PENALTY** IS ASSESSED PER PART:

- 1) if a part of a required element is omitted by all competitors.

FOR DUET AND TEAM A MAXIMUM OF **2.0 (0.5 PER COMPETITOR)** IS ASSESSED:

- 1) if part of a required element is omitted by some of the competitors. The penalty is determined by the number of competitors missing a part of an element.

FOR SOLO, DUET, AND TEAM A TOTAL OF **2.0 PENALTY** IS ASSESSED PER ELEMENT:

- 1) if a complete element is omitted

FOR DUET AND TEAM A TOTAL OF **0.5 PENALTY** IS ASSESSED:

- 1) if any member does not perform the routine simultaneously and facing the same direction.
Exceptions allowed – see specific event description.

NOTE:

These rule application guidelines have been developed by Synchron Canada for domestic use. International competitors should not assume the rules will be interpreted the same in other countries. Rule interpretation is at the discretion of the referee.

TIER SEVEN SENIOR: REQUIRED ELEMENTS

SOLO

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	<p>Porpoise Variation</p> <p>1) front pike position 2) full twist to vertical 3) full twist, same direction 4) continuous spin 1440 (4 rotations) same direction</p>	<ul style="list-style-type: none"> - any of 4 parts missing - ½ twist during vertical twist - ½ twist - opposite direction in any of twists or spin - 180 spin - 360 spin - 3 or less spins - 5 or more spins 	<ul style="list-style-type: none"> -inaccurate body positions -lack of height -lack of extension -twists and/or spins off vertical line - continuous spin medium speed -execute more than 3 spins or less than 5 spins
2	<p>Rocket Split Variation</p> <p>1) submerged back pike 2) thrust to vertical 3) airborne split 4) front leg to vertical, back leg to vertical bent knee position 5) vertical leg lowered bkwrtd toward surface while bent leg extends forward to 2nd airborne split position</p>	<ul style="list-style-type: none"> - any of 5 parts missing - front leg to bent knee, back leg to vertical in second position - vertical leg to front, bent leg extend back to airborne split in fifth position 	<ul style="list-style-type: none"> - inaccurate body positions - thrust off vertical line - maximum height not maintained - not full split positions - inaccurate bent knee vertical - actions not rapid
3	<p>Two Boosts Double Arm*</p> <p>1) rapid head first rise 2) 2 arms raised at or above shoulder line 3) descent until completely submerged 4) immediately followed by 2nd rapid head first rise 5) 2 arms raised at or above shoulder line 6) descent until completely submerged *Boosts may face different directions</p>	<ul style="list-style-type: none"> -any of 6 parts missing -1 or no arms raised - arms raised below shoulder line - descent obviously not completely submerged -second boost not immediately after first boost 	<ul style="list-style-type: none"> -minimal head first rise -medium speed of rise -difficulty raising arms higher than shoulder line
4	<p>Catalarc Variation</p> <p>1) back layout 2) straight leg lift to ballet leg with head first travel while assuming ballet leg 3) Catalina rotation 4) crane position 5) horizontal leg lifts in 180 arc over the surface and as it passes the vertical leg the vertical leg starts to move symmetrically in opposite direction to reach a split position 6) walkout front 7) surface arch 8) back layout</p>	<ul style="list-style-type: none"> - any of 8 parts missing - incorrect leg action in splits - ballet leg starts with a bent knee sailboat - no head first travel while assuming ballet leg - obvious fishtail position 	<ul style="list-style-type: none"> - inaccurate body positions - minimal travel to assume ballet leg - travel throughout figure - inaccurate catalina rotation - low water level - instability - head doesn't replace hips in surface arch to back layout - loss of direction in back layout

5	Combined Spin 1080 (3 rotations ascending and descending) 1) vertical position 2) descending spin of 1080 (3 spins) 2) ascending spin of 1080 (3 spins) 3) vertical descent 4) both spins in the same direction	- any of 3 parts missing - spins in opposite directions - descending spin of 2 or less or 4 or more - ascending spin of 2 or less or 4 or more - differ in ascending and descending spins of more than 180 - final descent not completely submerged	- off vertical line - uneven drop/rise spaces in spins - descending spin more than 2 but less than 4 - ascending spin more than 2 but less than 4 - differ in ascending and descending spins of more than 180
6	Flying Fish Spin 360 Variation 1) submerged back pike position 2) thrust to vertical 3) with no loss of height one leg lowered to fishtail position 4) with no pause rapid lift back to vertical position 5) 360 spin at same tempo as thrust	- any of 5 parts missing - 180 spin	- inaccurate body positions - feet above surface in submerged back pike - thrust and/or split off vertical line - loss of height - spin between 180 and 360 - uneven drop spaces in spin - medium speed of spin - uneven tempo overall

TIER SEVEN SENIOR: REQUIRED ELEMENTS

DUET

	ELEMENTS PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	Albatross Twirl and Continuous Spin 1440 1) back layout 2) dolphin start 3) front pike position 4) lift to bent knee position 5) ½ twist 6) twirl as leg joins to vertical 7) continuous spin of 4 rotations	- any of 7 parts missing - full twist - 3 or less spins - 5 or more spins - descent obviously not completely submerged	- lack of head first travel during dolphin and start to front pike - inaccurate body positions - lack of height - spins off vertical line - spins and/or twirl at medium speed - execute more than 3 spins but less than 5
2	Travelling Ballet Leg Sequence 1) straight leg lift to ballet leg 2) second leg lifted to double ballet leg position without bending 3) 360 rotation 4) first leg lowered to ballet leg position without bending 5) second leg lowered to back layout without bending 6) travel throughout	- any of 5 parts missing - no travel - bent leg position (sailboat) - obvious bending of legs - incorrect legs lowered - 270 and less rotation or 450 and more rotation	- inaccurate body positions - minimal travel - incomplete extension - lack of height - rotation more than 270 and less than 450

3	Rocket Split Variation 1) submerged back pike 2) thrust to vertical 3) 2 rapid alternating airborne split positions 4) vertical position 5) vertical descent	- any of 5 parts missing - 1 split - descent obviously not completely submerged	- inaccurate body positions - thrust off vertical line - maximum height not maintained - not full split positions - actions not rapid - descent off vertical line
4	Connected Action 1) connected, joined or intertwined movement (arms or legs)	- lift, throw, or platform - action missing	- loss of connection during action
5	Fishtail Twist 1) fishtail position 2) 3 rapid full twists	-any of 2 parts missing - 2 or less full twists - 4 or more full twist	- medium speed during twists - loss of height during twists - more than 2 full twists but less than 4 full twists
6	Boost Double Arm 1) rapid head first rise 2) 2 arms raised at or above shoulder line 3) descent until completely submerged	-any of 3 parts missing -1 or no arms raised - arms raised below shoulder line - descent obviously not completely submerged	-minimal head first rise -medium speed of rise -difficulty raising arms higher than shoulder line
7	Split Rotation Variation 1) split position 2) 180 rotation – legs lifted and closed to vertical position In vertical position: 3) ½ twist same direction as 180 rotation 4) twirl opposite direction 5) continuous spin 1080 (3 rotations) in same direction as ½ twist	- any of 5 parts missing - ½ twist in wrong direction - twirl in wrong direction - continuous spin in wrong direction - full twist -360 or more rotation to vertical - 2 or less spins - 4 or more spins	- inaccurate body positions - instability - loss of height between actions - slightly more or less than half of 180 rotation, ½ twist, or twirl - more than 2 spins but less than 4 spins - medium speed on continuous spin - uneven drop spaces during spin
8	Thrust 360 Spin 1) submerged back pike 2) thrust to vertical 3) rapid 360 spin	- any of 3 parts missing - 180 spin or less - spin of 540 or more	- inaccurate body positions - feet start above surface in submerged back pike - thrust off vertical line - medium speed of spin - spin greater than 180 but less than 540 - uneven drop spaces during spin

TIER SEVEN SENIOR: REQUIRED ELEMENTS

TEAM

	ELEMENT PARTS	0.5 PENALTY	EXECUTION (no penalty)
1	<p>Acrobatic Move - Jump</p> <p>1) two stacks facing same direction 2) one person on each stack rises head first 3) simultaneous, identical facing jumps 4) each jump must rise once with supported person becoming airborne at height 5) underwater set up optional but all athletes involved</p>	<p>-any of 5 parts missing -each jump completely different</p>	<p>-lack of height -different heights for each jump -swimmer(s) being lifted falls -not synchronized in the lift/release at height/or entry into water -positions or movements of supported swimmers not quite the same e.g. angles</p>
2	<p>Thrust Variation</p> <p>1) submerged back pike 2) thrust to vertical 3) twirl as knee bends to bent knee vertical position 4) vertical descent straightening bent knee to meet vertical leg as ankles submerge at the same tempo as the thrust</p>	<p>-any of 4 parts missing - knee bends after or before twist - vertical joint finished above knee</p>	<p>- inaccurate body positions - feet above surface in the submerged back pike - thrust off vertical line - medium speed during twirl - twirl not at the height of the thrust -finish of joint above or below ankle</p>
3	<p>Nova Variation</p> <p>1) back layout 2) dolphin start to BK surface arch 3) vertical position 4) Continuous spin of 1080 (3 spins) to heels without submergence 5) rapid spin up of 180 6) rapid vertical descent</p>	<p>-any of 6 parts missing - 2 spins or less - 4 spins or more - obvious complete submergence prior to spin up of 180 - spin up of 360 or more - descent obviously not completely submerged</p>	<p>- inaccurate body positions - tempo variations in spin - low water levels - off vertical line - medium speed of all spins and descent - continuous spin more than 2 but less than 4</p>
4	<p>Boost Double Arm</p> <p>1) rapid head first rise 2) 2 arms raised at or above shoulder line 3) descent until completely submerged</p>	<p>-any of 3 parts missing -1 or no arms raised - arms raised below shoulder line - descent obviously not completely submerged</p>	<p>-minimal head first rise -medium speed of rise -difficulty raising arms higher than shoulder line</p>
5	<p>Leg Cadence Action</p> <p>1) same leg movements done one by one by all members 2) minimum of 2 consecutive pattern changes during cadence action *if more than one cadence: must be consecutive and not separated by other optional or required elements</p>	<p>-cadence action is missing -an optional or required elements is separating another cadence action - only 1 pattern change or no pattern change</p>	<p>-inaccurate body positions -timing difficulties -clarity of patterns - swimmer(s) out of place in patterns -swimmer(s) hit one another</p>

6	Porpoise Variation 1) front pike position 2) vertical position 3) full twist 4) legs open symmetrically to split position 5) walkout front 6) surface arch position 7) back layout	- any of 7 parts missing - ½ twist	- inaccurate body positions - over piking in lift to vertical - low water levels - non-symmetrical opening of legs - instability - lack of extension - travel during parts 1 - 6 - head not replacing hips in unroll
7	Rocket Split Variation 1) submerged back pike 2) thrust to vertical 3) airborne split position 4) legs lifted to vertical simultaneously performing a twirl 5) rapid vertical descent	- any of 5 parts missing	- inaccurate body positions - thrust off vertical line - maximum height not maintained - not full split position - timing of twirl inaccurate - actions not rapid - descent off vertical line
8	Pattern Formations – at any point in routine 1) straight line 2) circle	- any of 2 parts missing	- accuracy of pattern shapes - spacing

APPENDIX G - PENALTIES

Note: In the case of a discrepancy between the penalties found in Appendix G and the main rule book the main rule book shall prevail.

3.1.9 Coaches Eligibility

- c) All coaches at Divisionals must be fully certified at Level 2 or Competition Introduction Synchro Coach in the new NCCP. If a coach does not meet this requirement, a fine of \$100 is payable before the first event begins.
- d) All coaches at Espoir, COSSC, and National Team Trials must be fully certified at Level 3. If the coach does not meet this requirement, a fine of \$100 is payable before the first event begins.
- e) Failure to pay the applicable fine will result in the coach not having access to the pool deck at any time for the duration of the meet.
- f) The fine under subsection a) and b) will be imposed for two years. In the third and subsequent years, if a coach fails to comply with said certification requirement, the coach will not be eligible to coach at the Event.

4.2.5 Time Violations

a) Overall Time Limits

A one-point penalty will be deducted from the routine score if there is a deviation from the specified routine time allowance (less than or more than).

b) Deck Drill Time Limits

- i) A one-point penalty shall be deducted from the routine score in the event that deck walk on time limit is exceeded.
- ii) A one-point penalty shall be deducted from the routine score in the event that the time limit for deck movements is exceeded.

c) Recording the Penalty

The timers shall advise the Referee of the penalty situation immediately following the completion of the routine. The Referee arranges to have the tape retimed.

If the time violation is confirmed, the Referee shall immediately advise the competitors and their coach, and instruct the scorers to deduct the appropriate penalty from the routine score. Note: a routine could receive three penalty points (deck walk on/deck movement/routine time.)

4.3.2 Penalties in Technical Routines

- a) A two (2)-point penalty shall be deducted from the Execution/Technical Merit score for each required element omitted from a Technical Routine (FINA SS18.3.1)
- b) A one (1) point penalty shall be deducted from the Execution/Technical Merit score for each part of a required element or action omitted by all competitors or if there is an incorrect/additional sequence in an element or action performed by all competitors from a Technical Routine (FINA SS 18.3.2)
- c) A half point (0.5) penalty shall be deducted from the execution/Technical Merit score for each competitor omitting a part of the required element or action, or if there is an

incorrect/additional sequence in an element or action for each competitor, up to a maximum deduction of two (2) points from a Technical Routine (FINA SS 18.3.3)

- d) In case of dispute about required elements video recording may be used for the final decision by the Referee (FINA SS 18.3.4)

4.4 Free Combination

4.4.2 Penalties

- a) A one-point penalty per infraction shall apply to all the parts of 4.4.1 (a - e)

4.5.6 Wrong Figure

a) Two Point Penalty

A two point penalty shall be deducted as per 4.5.3c if:

- a competitor performs other than the figure posted for that panel and then performs the correct figure on the second attempt, after being informed of the nature of the error by the referee or head judge of the panel, or
- if a competitor stops during the figure and requests to do the figure again.

b) Awarding Zero

The judges shall award (but not flash) a zero if the competitor does not make a second attempt or if on the second attempt performs a wrong figure.

4.5.7 Figures Swimmer Absent

b) Missing a Figure

A competitor's number shall be called three times. If the competitor does not answer the call, a zero shall be awarded for that figure.

c) Missing the Figures Event

A swimmer who misses the entire figure event receives a score of zero for that event.

d) Competing with a Wrong Competitor Number

If an athlete competes in a figure competition using an incorrect competitor number they shall be assessed a 1.0 penalty per figure swum under the wrong number.

4.6.5 Entry Position Violation

A one - point penalty shall be assessed to a routine which does not start at the end designated by the Meet Manager.

4.6.6 Deck Movement Violation

A two - point penalty shall be assessed if during the deck movements in team/free combination routines competitors are executing stack, towers, or human pyramids.

4.6.7 b) Entire Routine Absent

During a routine event, a competitor shall be called three times. If the competitor does not answer the call, the routine shall be awarded a zero.

c) Routine Member(s) Absent

- i) Prior to Beginning of Event Portion

In duet and team events, competitors *who are listed on the entry forms* (members and alternates) may be interchanged before or after prelims.

The Chief Referee and the Chief Scorer shall be informed if there are any changes in the listed members of the routine not later than one (1) hour before the event. The figures score for the routine shall be recomputed. See Section 4.7.1 b) iv). Failure to comply with this rule shall result in the assessment of a \$100 fine, per infraction, to be paid by the club

to the Chief Referee prior to the start of the event portion. If the fine is not paid, a one-point penalty shall be deducted from the routine score.

ii) **After Beginning to Swim**

If any swimmer fails to swim the complete team routine, the judges in conference may assess a penalty. If assessed, the penalty shall be five points, to be deducted from the routine score.

Failure of any competitor to swim the complete solo or duet routine shall result in disqualification of the routine.

d) **After Routine Deck Display**

If athletes other than the alternates to a duet or team routine are present in the deck display following the swim, a \$100 fine shall be assessed to the coach/club, to be paid before the medal presentation

4.8.2 Two Copies of Music Violation

i) **The Fine**

If the two copies of the music are not provided as required, there will be a \$100 fine, to be paid immediately. At Masters Nationals if the music is not available as stated in 4.8.1, there will be a \$100 fine, to be paid immediately.

ii) **Non-Payment of Fine**

There shall be a one-point penalty if the fine is not paid prior to the event. The Referee shall instruct the scorers to deduct this penalty from the routine score. Failure of Music

5.1.5

b) **Late Entries**

Each routine whose entry package had not been received or was incomplete by the stated deadline(s) is automatically assessed a \$100 fine. It is the coach's and/or swimmer's responsibility to pay this fine to the appropriate official by one hour prior to the beginning of the competition for that category. Failure to do so shall result in disqualification.

APPENDIX H – ATHLETES WITH A DISABILITY

Figures - Athletes with a Physical Disability

Level A (Provincial Level only)

Compulsory: Back Layout; Sailboat Position

Optional Groups:

Group 1: Sculling, Head First 3m; Tub basic movement

Group 2: Side Flutter 5 m. creative arms optional; Sculling, Foot First 3m

Level B (Provincial Level only)

Compulsory: Back Tuck Somersault; Sailboat Alternate

Optional Groups:

Group 1: Split Position; Front Layout

Group 2: Tub; Eggbeater Stationary 20 secs.

Level 1

Compulsory: Split Position; Ballet Leg Single

Optional Groups:

Group 1: Back Pike Somersault; Sideways Eggbeater (traveling 6m)

Group 2: Bent Knee Position; Front Pike Pull down (front layout to front pike position)

Level 2

Compulsory: Front Pike Somersault; Blossom

Optional Groups:

Group 1: Flamingo Position; Neptunus

Group 2: Double Arm Eggbeater stationary 10 secs; Kipnus

Level 3

Compulsory: Front Walkover; Flamingo Bent Knee

Optional Groups:

Group 1: Kip; Ariana Rotation

Group 2: Back Walkover; Barracuda

Level 4

Compulsory: Barracuda Spin 180 Degrees; Ariana

Optional Groups:

Group 1: Eiffel Tower; Porpoise

Group 2: Side Fishtail Split; Kip Split

Figures – Athletes with an Intellectual Disability

Level A (Provincial Level only)

Compulsory Figures: Surface Support (vertical body) 15 seconds; Sculling, Head First 3m

Optional Groups:

Group 1: Tub Basic Movement; Back Flutter with creative arms 5m

Group 2: Three Successive Log Rolls; Sculling, Foot First 3m

Level B (Provincial Level only)

Compulsory Figures: Tub; Eggbeater Stationary 20 seconds

Optional Groups:

Group 1: Waterwheel; Front Layout

Group 2: Somersault, Back; Pretzel

Level 1

Compulsory Figures: Sailboat Alternate; Sideways Eggbeater 6m (20ft) 1 direction

Optional Groups:

Group 1: Front Pike to Submerged Ballet Leg Double Position; Flowerpot

Group 2: Kick-pull sequence (4 right, 4 left, 4 switching); Split Position

Level 2

Compulsory Figures: Front Pike Somersault; Blossom

Optional Groups:

Group 1: Eggbeater traveling forward or backward 6m (40 ft); Kipnus

Group 2: Ballet Leg, Single; Bent Knee Vertical Switches

Level 3

Compulsory Figures: Neptunus; Somersub

Optional Groups:

Group 1: Eggbeater (Body) Boost- (one arm raised); Kip (Star 7)

Group 2:

Bent Knee Vertical to Vertical Position, Vertical Descent; Walkover, Front

Level 4

Compulsory: Side Fishtail split; Flamingo Bent Knee

Optional Groups:

Group 1: Catalina Reverse; Kip Twirl

Group 2: Barracuda Bent Knee Spinning 180; Ariana

Group 3: Swordfish; Porpoise Spinning 360

Rules for Athletes with a Disability:

1. ATHLETE ELIGIBILITY – Preliminary Classification

- A) Synchro for persons with a disability is open to any individual whose physical disability prevents them from engaging in meaningful competition against able-bodied opponents.
- B) Athletes with an intellectual disability must meet the medical definition of a person with an intellectual disability.
Athletes with Downs Syndrome must have an Atlanto-Axial X-ray within the last five years and/or be cleared by a physician to participate. New athletes must submit clearance forms from a physician before participating.
- C) Entry Requirements for Athletes with Physical Disability eligibility is based on successful completion of the following Star levels.

Competition Level	Star Level	
A	Kayak	Provincial Level
B	Star 1	Provincial Level
1	Star 3	
2	Star 5	
3	Star 7	
4	Stars 9	

- D) Entry Requirements for Athletes with an Intellectual Disability

Competition Level	Star Level	
A	Kayak	Provincial Level
B	Star 1	Provincial Level
1	Star 3	
2	Star 5	
3	Star 7	
4	Stars 9	

2. COACH ELIGIBILITY

3. COMPETITIVE STRUCTURE

- A) Athletes with a Physical Disability
 - i) Three levels of competition will be provided for the following categories: Figures, Solo, Duet, and Team
 - ii) Figures for the competition are as listed
 - iii) Routine times:

	Solo	Duet	Team
Level A (Provincial)	1:30	1:45	2:00
Level B (Provincial)	2:00	2:30	2:45
Level 1	2:00	2:30	3:00
Level 2	2:15	2:45	3:15
Level 3	2:30	3:00	3:30
Level 4	2:45	3:15	3:45

There is a time allowance of 15 seconds plus the allotted time with no minimum

B) Athletes with a Intellectual Disability

- i) Four levels of competition will be provided for the following categories: Figures, Solo, Duet, and Team
- ii) Figures for the competition are as listed
- iii) Routine times

	Solo	Duet	Team
Level A (Provincial)	1:30	1:45	2:00
Level B (Provincial)	2:00	2:30	2:45
Level 1	2:00	2:30	3:00
Level 2	2:15	2:45	3:15
Level 3	2:30	3:00	3:30
Level 4	2:45	3:15	3:45

There is a time allowance of 15 seconds plus the maximum allotted time with no minimum