



**RULE BOOK**

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## **1.0 MEMBERSHIP**

### **1.1 CLUB AFFILIATION**

#### **1.11 Competitive club**

A club composed of swimmers who compete. This club may include competitive and recreational swimmers

#### **1.12 Recreation Club**

A club composed of swimmers who do not compete. This club includes recreational swimmers only.

### **1.2 SWIMMER AFFILIATION**

#### **1.21 Competitive swimmer**

A swimmer who competes against others at competitive meets is considered a competitive swimmer.

#### **1.22 Recreational swimmer**

A swimmer who does not compete in any competitive meets is considered a recreational swimmer.

## **2.0 SANCTIONS**

Sanction requests must be sent in duplicate to the Synchro Alberta (SA) office accompanied by the necessary fee. Sanctions must be obtained 14 days prior to any competition. Contact the Provincial Office for the sanction forms.

### **2.1 Wildrose and Provincial Stream Meets**

The sanction fee for North/South meets will be \$35.00 and \$65.00 for Provincials and Wildrose Classic.

### **2.2 Invitational Meets.**

The sanction fee for Invitational meet is \$20.00.

### **2.3 All Synchro Alberta affiliated swimmers must be sanctioned for out of Province Invitational meets, and training activities. Club must acquire a travel sanction fee of \$25.00 per event.**

## **3.0 COMPETITIONS**

### **3.1 ELIGIBILITY**

**3.11** All swimmers must swim in the appropriate North or South meet in order to advance to the next meet. Exceptions may be granted to those with a medical note.

**3.12** In Tiers 1-5 the top 6 solos and the top 6 duets and all teams from the North and South Trials will qualify for the Wildrose Classic. In the event that there are not 6 entries in the North or the South Trials the quota will be filled by the respective other trial competition.

**3.13** All competitors in Tier 6 & 7 from North and South Trials will qualify for Provincials.

**3.14** In order to compete in the MASY Challenge a swimmer must compete at the North or South Trials.

### **3.2 FEES**

**3.21** Wildrose and Provincial stream entry fees will be reviewed annually and determined by the Synchro Alberta Board of Directors.

**3.22** Invitational entry fees are up to the host club, but must be self funding.

**3.23** Entry fees for all meets are non-refundable.

### **3.3 AWARDS**

**3.31** Synchro Alberta ribbons will be awarded for 1<sup>st</sup> to 6<sup>th</sup> place for all North/South figure, routine and championship results.

- 3.32 Synchro Alberta medals will be awarded for 1<sup>st</sup> to 3<sup>rd</sup> and ribbons for 4<sup>th</sup> to 6<sup>th</sup> place for championship results at Provincials and Wildrose Classic. Synchro Alberta ribbons will be awarded for 1<sup>st</sup> to 6<sup>th</sup> place for all figure and routine results at Provincials and Wildrose Classic.
- 3.33 Synchro Alberta ribbons will be awarded for 1<sup>st</sup> to 6<sup>th</sup> in all events for Masters.
- 3.4 All Synchro Alberta meets must have a Meet Manager, venue and host club by the September 1<sup>st</sup> preceding the competitive season.

#### 4.0 PROTESTS

In the event of a protest during a competition, the protest will be submitted as follows:

1. in written format
2. to the Chief Referee;
3. by the Club Head Coach or designated alternate;
4. include a deposit of \$50.00 (returnable if the protest is successful);
5. within 30 minutes of the conclusion of the respective event.

#### 5.0 OFFICIALS & OFFICIATING

##### 5.1 MEMBERSHIP

All officials (judge or referee) must be a member of Synchro Alberta in a category as defined by the Synchro Canada Registration Policy.

- a. Provincial official – is an official (judge, referee, etc.) participating at the regional and/or provincial level.
- b. National official – is an official (judge, referee, etc.) participating at the national and/or international level.

##### 5.2 CLASSIFICATIONS AND QUALIFICATIONS OF OFFICIALS

###### 5.21 Judges

- Official 1A: can judge Tier 1 figures only, can examine Stars 1-5 or competitive Tier 1 part A & B test
- Official 1B: can judge Tiers 1-4 figures only, can examine Stars 1-9 or competitive Tier 1 to 3 competitive part A & B test
- Official 1: can judge Tiers 1-4 figures & routine, can referee Tier 1-4 figures & assistant referee Tier 1-4 routines and can examine Stars 1-9 or competitive Tier 1 to 3 competitive part A & B test
- Official 2A: can judge Tiers 1-6 figures, can examine Stars 1- Superstar 3 or competitive Tier 1 to 6 competitive part A & B test
- Official 2B: can judge Tiers 1-7 figures, can examine Stars 1- Superstar 6 or competitive Tier 1 to 7 competitive part A & B test
- Official 2: can judge & referee Tiers 1-7 figures & routines and can examine Stars 1 – Superstar 6 or competitive Tier 1 to 7 competitive part A & B test

*Note: If an Official 2A or 2B is also Official 1 they can judge Tiers 1-4 routines as well*

- Official 3: can judge all Tier 1-7 figures & routines up to Divisional Championships
- Official 4: can judge at National Championships

###### 5.22 Referee

- Official 1C: can assistant referee and referee figures at competitions and/or assistant referee routines in Tiers 1-4
- Official 2C: can assistant referee and referee all figure and routine meets up to

### Provincials

Referee 3: can referee at Provincial and Divisional Championships.

Referee 4: can referee at National Championships.

### 5.3 Judges Panels

5.31 Judges will be selected for panels based on their classification and qualifications.

5.32 Judges are to have no conflicts: coach or relative of a swimmer in the respective event.

5.33 For figure events each judges panel should have 5 judges where possible and a minimum of 3 judges.

5.34 For routine events the ideal situation is 10 judges whereby you have 5 for Technical Merit and 5 for Artistic Impression. A minimum of 6 judges where possible.

5.4 Judges must re-certify every two years.

5.5 Jury of Appeal for all Provincial Championships and all other meets within the Province shall be named by the Judges Chairperson or appointed designate.

5.6 The Chief Referee is in complete charge of the meet.

## 6.0 COACHING

### 6.1 MEMBERSHIP

Anyone coaching in a Synchro Alberta club must be an affiliated member of Synchro Alberta in a category as defined by the Synchro Canada Registration Policy.

- a. Provincial coach – a coach who will be coaching on-deck for provincial sanctioned meets or coaches only within their local club and not at the National level.
- b. National coach – a coach who will be coaching on-deck for national sanctioned meets in addition to provincial meets.

6.2 All coaches at Wildrose Classic coaching Tier 1-3, must be a minimum of NCCP Level 1 fully certified or certified in the new NCCP as a Competition Introduction coach. Coaches have up until their third time coaching Tier 1-3 at Wildrose Classic to meet the minimum standard as defined previously. All coaches at Provincials/Wildrose Classic coaching Tier 4-7, must be a minimum of Level 2 fully certified or certified in the new NCCP as a Competition Introduction coach. Coaches have up until their third time coaching at Provincials/Wildrose Classic to meet the minimum standard as defined previously. Any coach coaching at their third Provincials/Wildrose Classic who does not meet the applicable minimum standard will not be accredited to be on pool deck during this meet.

## 7.0 WESTERNS SELECTION COMMITTEE

The Provincial President or his/her designate will represent Synchro Alberta for selections to Nationals.

## 8.0 MASTERS RULES

**(These are rules limited to Synchro Alberta, which are supplemental to Synchro Canada and FINA rules)**

### 8.1 ELIGIBILITY:

8.11 Masters synchronized swimming is open to all competitors 18 years of age or older, who are no longer engaged in Amateur Provincial or Canadian Competitions. Once an athlete affiliates as a master swimmer, he/she may not compete as an amateur swimmer in that competitive season, nor hold an amateur card in synchronized swimming (i.e. now holds a

master's card as opposed to an amateur card.)

8.12 Female and male athletes will compete together in all events.

## 8.2 AGE REQUIREMENTS

8.21 Age Groups:

Solo and Duet: 18-29, 30-39, 40-49, 50-59, 60-69, 70+.

Trios and Teams: 18-34, 35-49, 50-64, 65+.

8.22 For duets, trios, and teams the age is determined by the average age of the competitors.

## 8.3 ALBERTA LEVELS OF COMPETITION

8.31

Grand Masters: those who formerly competed at the National level (including Divisionals) for synchronized swimming (excluding Masters Nationals).

Competitive Masters: those who formerly competed in synchronized swimming below the National level (including Divisionals, excluding Masters competitions).

Novice Masters: those who are new to synchronized swimming, who only participated at a recreational level (no competitions) or who competed in Masters previously in the Recreational or Novice category.

8.32 A swimmer may enter the level at or above his/her level and is encouraged to swim at the level where he/she is most competitive. Duets will swim in the higher category of the pairing and teams will be averaged to determine their level (will swim in higher category if equal numbers). Please note: in national events there is only one level - Masters.