



BC Summer Swimming Association
SWIMMING | DIVING | WATER POLO | SYNCHRO

Synchronized Swimming

Rules of the BC Summer Swimming Association

The following rules govern all BC Summer Swimming Association activities. These have been approved by the BCSSA Board of Directors and are in effect until any changes are approved by the Board.

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BC Summer Swimming Association
205 – 2323 Boundary Road
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VISION STATEMENT

To be a leading sport organization, fostering a culture of inclusiveness, fun, and achievement.

MISSION STATEMENT

The BC Summer Swimming Association (BCSSA) promotes, and encourages the development of athletes and volunteers through participation in speed swimming, diving, water polo and synchronized swimming.

CORE VALUES

Through its member clubs, BCSSA provides opportunities for training, competition and activities in communities throughout BC and surrounding areas.

BCSSA promotes the development of an individual's capacity to achieve excellence and life skills through participation in competitive aquatic activities.

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1. DEFINITIONS

"BCSSA CLUB HOSTED MEET" – means a swim meet offering events in all competitor age groups and categories at which BCSSA-registered swimmers representing three or more clubs compete using the Rules of Swimming as defined by BCSSA Rules and Regulations.

"Club" – means a duly registered club in good standing with the BCSSA and must be an incorporated Society in British Columbia and be members in good standing under the Society Act.

"FINA" – means the Federation Internationale de Natation – the international aquatic body that regulates and controls competitions in the four aquatic sports world-wide.

"May" – means that an action is optional at the discretion of the person identified as the decision-maker.

"Official" – means a person charged with responsibility to serve in a particular position of responsibility.

"Pool Area" – means any area of the competition under the jurisdiction of the referee.

"Shall" – means that an action is mandatory, so there is no discretion associated with it.

"Should" – means that an action is preferred under normal circumstances.

"SNC" – means Swimming Canada (or Swimming Natation Canada), the national governing body recognized by FINA.

"Swim meet" – means a swimming competition involving two or more clubs with officials appointed for the express purpose of judging the correctness of each stroke and disqualifying swimmers who violate infractions observed.

2. REGISTRATION

2.1. CLUB REGISTRATION

2.1.1. Existing Clubs

- A registered club is a member of the BCSSA during the period of May 1st of one year to April 30th of the following calendar year.
- Each club must be an incorporated Society in British Columbia that is in good standing under the *Society Act*.
- Each club must pay an annual BCSSA membership fee in advance by forwarding payment to the appropriate Regional Registrar by April 1st. The Regional Registrar shall forward fees paid plus a club membership list of participating clubs to the BCSSA Office, on or before April 15th of each year. The BCSSA may assess a penalty to any club that submits its registration fees after the deadline.
- Each club must complete and submit an annual affiliation form and apply for BCSSA Directors and Officers liability insurance coverage by March 15th of each year.

2.1.2. New Clubs

2.1.2.1 To register a new club, the following criteria must be met:

- The club must include five (5) or more competitors.
- The club must include two (2) or more families.
- There must be an executive in place with a minimum of three (3) individuals.

- The club must have a budget.
- The club must not unduly infringe on any current BCSSA club.
- The club must have purposes and activities consistent with the purposes of the BCSSA and a commitment to furthering the success of the Region and the BCSSA in advancing the BCSSA's purposes.

2.1.2.2 A group that wishes to register a new club with BCSSA must:

- Apply to the appropriate Regional Board for Regional approval.
- If approved by the Regional Board, the Regional Director shall submit the application to the Provincial Board of Directors for final approval. All applications must be submitted to the BCSSA before January 15th.
- Pay the club membership fee on or before April 1st to the Regional Registrar.
- Incorporate as a Society in British Columbia and be in good standing as per the requirements of the *Society Act* prior to April 1st of the year the group wishes to join the BCSSA.
- A group wishing to register may appeal any decision by the Regional Board or the Provincial Board to the BCSSA Appeals Committee.

2.2. INDIVIDUAL REGISTRATION – GENERAL

2.2.1. Registration Requirements

- A competitor or coach shall not participate in BCSSA activities – including training, competing, coaching or otherwise taking part in club activities – at any time of year until fully registered with a BCSSA club.
- Clubs shall register all competitors and coaches in their correct age divisions and categories.
- At the time of registration, the specific aquatic activities of each competitor shall be correctly designated.
- All new registrants shall provide proof of age such as a birth certificate or a care card.
- Each registration shall be validated by the club before a competitor's first competition.

2.2.2. Sanctions for Not Meeting Requirements

- A club that allows a competitor to participate in a BCSSA activity before that individual is correctly registered shall be subject to immediate suspension, as governed by the section entitled Disciplinary Action in these rules and regulations.
- A penalty of up to \$1,000 may be assessed by the BCSSA Board of Directors to a region or club that fails to submit its registration database or fees by the deadlines set out in this section.

2.3. INDIVIDUAL REGISTRATION – COMPETITIVE SEASON

2.3.1. Registration Timing

- The competitive season is May 1st through September 30th of each year.
- All competitors shall be registered with the Region by the second Thursday of July in order to be eligible to compete at the Regional and Provincial Championships.
- A competitor who wishes to register with BCSSA during the competitive season but after the second Thursday of July may do so, but will be ineligible to compete at the Regional and the Provincial Championships. All applicable provincial, regional and club fees for such a late registrant shall be paid and submitted to the Provincial Registrar by September 15th.

2.3.2. Registration Database and Fees

- An annual Provincial individual registration fee shall be established by the BCSSA Board of Directors prior to the beginning of each competitive season.
- Each Regional Board may levy Regional fees by such amounts as may be deemed necessary for regional activities or expenditures.
- Each club shall submit a club competitive season individual registration database for each aquatic sport, and fees, to the Regional Registrar by the second Thursday of July.
- The Regional Registrar shall submit each club's registration database and fees to the Provincial Registrar by the Monday two

weeks prior to the Swimming Regional Championships.

- Clubs shall submit any fees relating to late registrants to the Regional Registrar by September 15th.

2.4. INDIVIDUAL REGISTRATION – NON-COMPETITIVE SEASON

2.4.1. Registration Timing

- The non-competitive season is October 1st through April 30th.
- Clubs may commence registration and programs for the non-competitive season on September 1st of each year. The closing date for non-competitive season registrations is April 30th of the following year.

2.4.2. Registration Database and Fees

- A non-competitive season provincial registration fee shall be established by the BCSSA Board of Directors each year.
- Each Regional Board may levy Regional fees by such amounts as may be deemed necessary for regional activities and expenditures.
- Each club shall submit a club non-competitive season individual registration database, and fees, to the Regional Registrar by May 7th.
- The Regional Registrar shall submit each club's registration database and fees to the Provincial Registrar by May 15th.

2.5. PROTESTS REGARDING COMPETITOR ELIGIBILITY

2.5.1. Responsibilities

- All matters of competitor eligibility are the responsibility of the Provincial Registrar.
- Any club wishing to protest the eligibility of a competitor shall, at the earliest opportunity, forward the protest in writing to the Regional Director, along with any relevant documentation.
- Anonymous protests of competitor eligibility shall not be investigated.

2.5.2. Process

- On receipt of a protest, the Regional Director shall form an investigation committee that includes the Regional Director, the president of the club whose competitor is alleged to be ineligible and others at the discretion of the Regional Director.
- The Committee shall investigate the protest. This may include interviewing any persons who may reasonably assist with the investigation and other activities at the discretion of the investigation committee. The committee shall prepare a written summary of its findings.
- Within 30 days of the Regional Director's receipt of the protest, the investigation committee shall issue a written ruling on the competitor's eligibility, providing copies of this decision to the club that made the protest, the parent(s) of the competitor and the Provincial Registrar.

- The parents of the competitor or the club making the protest may appeal the investigation committee's decision within seven days of receiving the written ruling by submitting the appeal in writing to the Provincial Registrar.
- If the decision of the investigation committee is appealed, the committee shall provide to the Provincial Registrar the following:
 - ✓ the written summary of the committee's findings; and,
 - ✓ any written evidence received by the committee.
- If the Provincial Registrar determines that no investigation was carried out or that the investigation did not consider all relevant information that was available, the Provincial Registrar shall form an investigation committee to conduct an investigation.
- The Provincial Registrar shall make a written ruling on the appeal within ten days of receiving the appeal and provide this ruling to the club making the protest, the competitor alleged to be ineligible and the Regional Director. The ruling of the Provincial Registrar shall be final.

2.6. COMPETITOR TRANSFER – COMPETITIVE SEASON

- 2.6.1.** Competitors may not transfer between clubs after the second Thursday of July.

2.6.2. Intra-Region Competitor Transfer

- The transfer of a competitor between two clubs within the same region requires the approval of the presidents or designates of each club.
- A transfer shall be initiated by the competitor using the transfer form available from the BCSSA.
- The receiving club registrar shall submit the transfer form, signed by the relevant club presidents or designates, to the Regional Registrar.
- The competitor shall not be required to pay any additional Regional or Provincial fees. Club fees are the responsibility of the competitor.

2.6.3. Inter-Region Competitor Transfer

- The transfer of a competitor between two clubs in different regions requires the approval of the presidents or designates of each club and the two Regional Directors or designates.
- The transfer shall be initiated by the competitor using the transfer form available from the BCSSA.
- The transfer form shall be signed by the club president or designate and Regional Director of the home region prior to sending it to the second region.
- The receiving club registrar shall submit the transfer form, signed by the relevant club presidents or designates and the Regional Directors or designates to the Regional Registrar.

- The competitor shall not be required to pay any additional Provincial fee but may be required to pay any Regional fee assessed by the receiving region. Club fees are the responsibility of the competitor.

2.7. COMPETITOR TRANSFER – NON-COMPETITIVE SEASON

2.7.1. Process

- A competitor may transfer between clubs during the non-competitive season by registering with the receiving club and paying all applicable fees.
- A transfer form is not required for a competitor transfer during the non-competitive season.

2.8. ASSIGNMENT TO A SECOND CLUB TO COMPETE IN AN ADDITIONAL DISCIPLINE

2.8.1. What is Permitted

- A competitor may become a member of a second BCSSA club in order to compete in an aquatic discipline not offered by the home club, as long as the registration takes place prior to the Monday before the second Thursday of July.
- If another club in the competitor's home region offers the desired second discipline, then such an assignment may only be made within the same region as the competitor's home club.
- If no club in the competitor's home region offers the desired second discipline, then such an assignment may be made to a club in a different region.

2.8.2. Process

- When registering a competitor for a second aquatic discipline, the second club shall indicate the name of the competitor's home club on the assignment form, available from the BCSSA.

2.8.3. Intra-region Competitor Assignment

- A competitor wishing to compete in a discipline not offered by their home club but offered by another club in the same region shall initiate the assignment process to another club in the region using the assignment form, available from the BCSSA.
- The competitor shall not be required to pay any additional Regional or Provincial fees. Club fees are the responsibility of the competitor.

2.8.4. Inter-Region Competitor Assignment

- A competitor wishing to participate in a discipline not offered by any club in their region shall initiate the assignment process to a club in a different region using the assignment form, available from the BCSSA.
- An assignment to a club in a different region requires written approval from the two clubs and the two Regional Directors involved.
- The assignment form shall be signed by the club president or designate and Regional Director of the home region prior to sending it to the second region.

- The receiving club registrar shall submit the assignment form, signed by the relevant club presidents or designates and the Regional Directors or designates to the Regional Registrar.
- The competitor shall not be required to pay any additional Provincial fee but may be required to pay any Regional fee assessed by the receiving region. Club fees are the responsibility of the competitor.

2.8.5. Exceptions to Intra-Region and Inter-Region

- Competitor Assignment may be approved by the home club, receiving clubs, the Regional Directors and the Director of the specific aquatic discipline by June 1st of each year.

2.9. VISITING COMPETITOR

2.9.1. What is Permitted

- A visiting competitor is a competitor registered with one BCSSA club who wishes to participate in activities with a different club for a limited time. Such participation is at the discretion of the visited club.
- Should a visiting competitor take part in competition, the visiting competitor shall be considered competing for the competitor's home club.

2.9.2. Process

- The visited club shall confirm that the visiting competitor is duly registered with the home club prior to permitting their

participation in club activities.

- The competitor shall pay any applicable Regional and club fees.

2.10. REGISTRATION OF COACHES

2.10.1. Registration Requirements

- All coaches must be registered as BCSSA participants as provided for in this section.
- Prior to May 1st of each year, each club must obtain, keep on file and forward a copy to the BCSSA Office of a current criminal record check for each coach aged 19 or older. These steps must be completed prior to permitting the coach to carry out duties with the club that year.
- Each club shall ensure that its head coach is certified to a minimum of NCCP Fundamentals Coach (or equivalent) or trained and in the process of obtaining such certification.

2.10.2. Coach Rosters

- Each club shall submit a coach roster form to the BCSSA Office by May 15th of each year.
- In the event that a club hires a coach after the May 15th coaches roster submission deadline, all necessary documentation must be submitted to the Regional Registrar within seven days of hiring. The Regional Registrar shall forward this information to the Provincial Registrar within seven days of receipt.

3. CONDUCT

3.1. GENERAL

3.1.1. Responsibilities

- BCSSA shall treat its clubs, competitors, coaches, officials and others fairly and with respect and integrity: emotionally, intellectually, physically, culturally, socially and spiritually.
- In order that all participants experience meaningful and gratifying opportunities in a safe, sportsmanlike environment, all participants, including competitors, employees, volunteers and spectators, shall:
 - ✓ Respect and understand the principles of good sportsmanship.
 - ✓ Promote safety, ensure fun, enjoyment and good competition.
 - ✓ Eliminate behaviours and actions that detract from a positive environment.
 - ✓ Not tolerate abuse or harassment by anyone during any BCSSA activities.
- All adult participants at BCSSA activities shall intervene if they observe inappropriate behaviour.
- Any physical or verbal assault of a meet official by any individual is a major offense and shall be reported by the Referee to the BCSSA President for consideration of disciplinary action. The offender shall be ordered from the area of the meet and barred from re-entry for the remainder of the meet.

3.2. COMPETITORS' CODE OF CONDUCT

3.2.1. All competitors shall:

- Respect and compete by the BCSSA rules.
- Resolve conflicts without resorting to hostility or violence.
- Respect other competitors.
- Respect all coaches and officials.
- Support all efforts to eliminate verbal and physical abuse from BCSSA activities.
- Accept responsibility for one's actions and behaviour.

3.2.2. Disqualification

During a meet, the referee may cause a competitor to be scratched from the rest of the meet for:

- Using obscene or abusive language in the pool area, including the dressing room.
- Causing wilful damage.
- Interfering with officials in the performance of their duties.
- Exhibiting other irresponsible behaviour.

3.3. COACHES' CODE OF CONDUCT

3.3.1. Requirements

- BCSSA has adopted the National Coaching Certification Program Code of Ethics (the "Code"), its principles and its ethical standards, to establish and maintain high standards among BCSSA coaches and to ensure that all coaches act in a manner

respectful of the dignity of all competitors.

- Clubs shall require all coaches to read and sign an acknowledgement, available from the BCSSA, affirming that they will adhere to the Code. Clubs shall forward a copy of the forms to the BCSSA and keep copies on file.

3.4. OFFICIALS' CODE OF CONDUCT

3.4.1. Requirements

- Officials shall promote adherence to BCSSA rules by all participants.
- Officials shall show professionalism through respect for all participants, knowledge of the rules and consistent application of the rules, thereby demonstrating integrity and neutrality.

3.5. PARENTS' CODE OF CONDUCT

Parents shall make all reasonable effort to:

- Maintain self-control at all times.
- Not force your child to participate in sports.
- Understand that your child participates in BCSSA activities for his/her enjoyment, not yours.
- Teach your child that doing one's best is more important than winning.
- Encourage your child to compete fairly and by the rules.
- Respect and support all officials.
- Applaud good performances from all competitors.
- Not yell at, or ridicule your child.

- Teach your child to resolve conflicts without resorting to hostility or violence.
- Support all efforts to remove verbal and physical abuse from BCSSA activities.

3.6. HARASSMENT POLICY

3.6.1. Requirements

- The BCSSA shall maintain a Harassment Policy and make it available through the BCSSA office.
- This policy applies to all competitors, employees, volunteers and spectators involved with BCSSA activities.
- The BCSSA shall work to prevent harassment by providing awareness, education and training programmes.
- All participants shall treat harassment as a serious matter to be dealt with fairly and in consideration of the protection of individual rights and dignity of all people involved.

3.7. COMMUNICATION AND CONFIDENTIALITY

3.7.1. Requirements

- While communicating on matters related to the BCSSA, all participants, including competitors, employees, volunteers and spectators shall adhere to the principles of respect, courtesy, common sense and dignity.
- The BCSSA Board of Directors and staff shall treat information provided by clubs and individuals in accordance with the BCSSA Privacy Policy and British Columbia's *Personal Information Protection Act*.

3.8. GENDER EQUITY

3.8.1. Requirements

- The BCSSA shall work to promote gender equity, which is the principle and practice of just, fair and equitable allocation of resources and opportunities for both genders.
- All participants, including competitors, employees, volunteers and spectators shall ensure that gender equity is a key consideration in all BCSSA activities.

3.9. DISCIPLINARY ACTION

3.9.1. Responsibility

- The BCSSA Board of Directors or the President or designate may initiate disciplinary action against any club, competitor, coach, official or other person.
- Disciplinary action may include, but is not limited to, suspension from any or all BCSSA activities.
- Any club, competitor, coach, official or other person who has been disciplined may appeal a Discipline Committee decision to the BCSSA Appeals Committee.

3.9.2. Disciplinary action may be initiated for any of the following reasons:

3.9.2.1 non-payment of any BCSSA fees, dues, levies, fines, assessments or charges; or,

3.9.2.2 for cause, which may include but not be limited to:

- failure to comply with BCSSA rules;
- failure to adhere to BCSSA policies;

- actions or behaviour endangering the health or well-being of a competitor, official, coach, volunteer, spectator or others; or
- failure to submit required documents or other information required by the BCSSA.

3.9.3. Disciplinary action shall follow these procedures:

- 3.9.3.1 Upon initiating disciplinary action or being notified by the BCSSA Board of Directors that disciplinary action will be initiated, the President or designate shall establish a Discipline Committee.
- 3.9.3.2 The committee shall include three members of the BCSSA Board of Directors, or appointed designates, plus a non-voting chairperson.
- 3.9.3.3 Where the President or designate deems the situation to be urgent, the President or designate may immediately impose disciplinary action, subject to timely review by the committee.
- 3.9.3.4 The President or designate shall, within a reasonable period of time, provide the affected club or individual with a written explanation of the matter resulting in disciplinary action.
- 3.9.3.5 The committee shall assess the matter, including any disciplinary action that has already been imposed.
- 3.9.3.6 The committee may, at its discretion, gather evidence and interview individuals with knowledge of the matter.

3.9.3.7 The committee shall make a decision on what steps are necessary to resolve the matter. This may include disciplinary action.

3.9.3.8 The committee chair shall notify, in writing, all relevant parties of the decision rendered by the committee.

3.10. ACCIDENT/INCIDENT REPORTS

3.10.1. Responsibility

3.10.1.9 Clubs must report all accidents and incidents, in writing, to the BCSSA office within seven days, using the applicable BCSSA form.

3.11. BCSSA APPEALS COMMITTEE

3.11.1. What Can Be Appealed

- Any club, competitor, coach, official or other person may appeal any decision or application of BCSSA rules to the BCSSA Appeals Committee.
- In order for an appeal to be considered, the club or person wishing to appeal shall provide the following to the BCSSA Office:
 - ✓ A written description of the matter being appealed, including the reasons why the decision should be changed.
 - ✓ A \$100 filing fee.

3.11.2. Formation of an Appeals Committee

Upon receipt of an appeal, the President or designate shall establish a BCSSA Appeals Committee composed of three members of the BCSSA Board of Directors, or designates, plus a non-voting chairperson.

3.11.3. Appeals Committee Authority

- The committee may uphold, reverse or vary the decision that is being appealed, based on the evidence it receives, as long as the committee's decision is consistent with BCSSA rules.
- Where an appeal relates to a BCSSA rule that gives a decision-maker discretion (generally indicated by the word "may"), then the committee may use the same type of discretion in its decision.
- Where an appeal relates to a BCSSA rule that does not give a decision-maker discretion (generally indicated by the word "shall"), then the committee shall not have discretion on that matter.
- The decision of the committee shall be final.

3.11.4. Appeals Committee Process

- The committee shall conduct its business in private.
- The committee shall make a reasonable effort to complete its work in a timely manner.
- The committee shall give the appellant and the individual whose decision is being disputed opportunities to present their cases to the committee.
- The committee shall review any additional evidence it considers relevant to the appeal.
- The committee chair shall provide the committee's decision in writing to the appellant and the individual whose decision is being disputed.
- The filing fee shall be returned if the appeal is successful.

4. SYNCHRONIZED SWIMMING

Unless specific wording is found in the General Rules and/or Synchronized Swimming of the BCSSA Rules and Regulations, or in the Provincial Meet Package, all officials shall refer to the most recent FINA rulebook for Synchro competitions.

4.1. COMPETITOR CATEGORIES

4.1.5. A competitor's age as of April 30th each year, aquatic participation in the non-competitive season and skill level shall be used to determine the competitor's category. The competitor categories for synchronized swimming are:

4.1.6. Synchro Figures Categories

4.1.6.1 S Categories

4.1.6.1.1. Beginners' Tier

* Div III and Under

* Div IV and Over

4.1.6.1.2. Intermediate Tier

* Div III and Under

* Div IV and Over

4.1.6.1.3. Advanced Tier

* Div III and Under

* Div IV and Over

4.1.6.2 O category

O cat 1

O cat 2

4.1.6.3 Synchro Routine Categories

* Beginners' Tier (S)

* Intermediate Tier (S)

* Advanced Tier (S)

* Open (O) Cat

Protests of perceived breaches of competitor eligibility shall adhere to process under [Section 2.3](#).

4.2. COMPETITOR ELIGIBILITY

4.2.1. All synchronized swimmers shall declare all aquatic participation between October 1st of the previous year through to April 30th of the current year.

4.3. COMPETITOR CATEGORIES – FIGURES

4.3.1. A synchronized swimmer's age as of April 30th each year, aquatic participation in the non-competitive season, and skill level shall be used to determine the competitor's category of competition each year.

4.3.2. Synchro age categories are based on the current BCSSA Swimming/Synchro age locator.

4.4. SKILL LEVEL

4.4.1. Beginners' Tier

A synchronized swimmer will be classified as a beginner if:

4.4.1.1 The synchronized swimmer has been registered in up to two (2) competitive seasons with BCSSA and no winter maintenance or Synchro BC recreational, or

4.4.1.2 The synchronized swimmer has been registered in up to two (2) season of winter maintenance (Synchro BC recreational, but has not swum a competitive BCSSA season, or

4.4.1.3 The synchronized swimmer has been registered in one (1) winter maintenance/ Synchro BC recreational season and one (1) BCSSA competitive season.

A synchronized swimmer with more experience will be classified as an intermediate.

(***Note 1:** *In the event that on one occasion, as synchronized swimmer registers with BCSSA at the beginning of the competitive season, but must withdraw less than or equal to 4 weeks from the beginning of the competitive season, they will still be considered as having “no synchronized swimming experience” if they register again in the following competitive season, provided they follow the rules for winter participation.*)

4.4.2. Intermediate Tier

4.4.2.1 The synchronized swimmer is not a beginner and does not meet the standards for the Advanced Tier.

4.4.3. Advanced Tier

4.4.3.1 The Advanced Tier is meant to be a “challenging” level for BCSSA Synchro Swimmers who continue to compete over a number of years. The synchronized swimmer must be to meet the following standards:

4.4.3.1.1. Hold a more – or – less vertical position in bent knee vertical at knee or higher for 5 seconds.

4.4.3.1.2. Starting in pike position, lift to fishtail, lift to vertical position, then perform a vertical descent. While in vertical position, achieve a stable height of at least just below knees and no more than 20 degrees off the vertical line.

4.4.3.1.3. Hold a ballet leg single position for 10 seconds, with face out of the water and with the knee extension of the vertical leg

4.4.3.1.4. The standards must be confirmed by a Coach and Star Tester before their first competition or water show or the

synchronized swimmer must have passed a Star 5 or greater.

4.5. AN 'S' (SUMMER) SYNCHRONIZED SWIMMER

AN 'S' (summer) synchronized swimmer is an individual who trains and competes with BCSSA for an unrestricted number of hours between May 1st and September 30th of each year.

4.5.1. From October 1st to April 30th an 'S' synchronized swimmer may:

4.5.1.1 Participate in Synchro swimming training program. E.g. Winter maintenance, provided the activity(s) does/do not exceed a total of two and one half (2.5) hours within any calendar week. A calendar week is Sunday through Saturday.

4.5.1.2 Enter only 2 Sanctioned Synchro Recreational Meets. A Synchro meet shall count as 20 minutes.

4.5.1.3 Train and compete in diving, speed swimming, water polo with no restrictions.

4.5.1.4 Engage in the "Synchro Star Program" levels 1 through 6, or any similar synchronized swimming training programs, at any time for the duration.

4.5.1.5 At any time, during the school year for a maximum of 6 weeks, participate in swimming activities. Such participation shall be restricted to a physical education program or activity which may be developed, organized or conducted as part of the curriculum of the school at which the 'S' Synchro swimmer is normally in attendance.

4.5.1.6 Between Oct 1st and November 30th in any year, engage in Synchro activities for the specific purpose of competing in any Synchro meet which is recognized in the

official program schedule of the annual swimming championship organized by any secondary school athletic association. Training for the school meet must be carried out by or under the direction of the 'S' Synchro swimmer's school.

4.6. 'O' SYNCHRO SWIMMER

An 'O' Synchro Swimmer is an individual who participated in organized aquatic activity during the winter season October 1st to April 30th where any activity was in excess of the provisions in 4.2.1.2.

4.7. SYNCHRO BC STAR PROGRAM

The Synchro BC Star Program Levels 1 through 6 is exempted from the 4 hour rule. Where it is established to the satisfaction of the club, regional, or provincial registrar that a synchronized swimmer has contravened the provision of the rules and regulations, that registrar shall notify the regional director. The regional director shall disqualify the synchronized swimmer and shall notify in writing, the synchronized swimmer, the club president and the appropriate registrars.

4.8. RIGHT TO APPEAL

The synchronized swimmer, or the club, may exercise the right to appeal any decision under these rules to the Appeals Committee of the BCSSA whose adjudication and decision shall be final.

4.9. COMPETITOR CATEGORIES – ROUTINES

4.9.1. For the duet event, the competitors enter the skill level Tier Category of the most advanced skill level duet member.

4.9.2. For the team event, where competitors on the same team are from two tiers, the team will be entered into the Tier Category that the majority of the competitors belong to. Where the numbers of competitors are tied, the team will be entered into the higher tier category.

4.9.3. When duet or team members are in different

age group or different skill level tier categories, each duet/team member must compete in his/her age division and tier category for the figures events.

4.10. REGIONAL CHAMPIONSHIPS

- 4.10.1.** All Regions shall organize and conduct a Regional Championship to qualify the competitors for the Provincial Championship. It shall be the responsibility of each Regional Director to ensure that the Regional Championship is properly organized and conducted.
- 4.10.2.** All synchronized swimmers must have participated at a Regional Championship prior to being eligible to compete at Provincials.
- 4.10.3.** If a Regional Championship cannot be scheduled, a request for an exemption must be submitted to the President of BCSSA one week prior to Swimming Regionals. Where an exemption is granted, the Region is responsible for ensuring all clubs participate in a judged synchro event. A judged synchro event is a competition using the rules of synchronized swimming as defined by the BCSSA rule book, including figures and routines.
- 4.10.4.** All Synchronized Swimmers will be checked for eligibility by the Regional Registrar or designate.
- 4.10.5.** The Regional Championship (or in the case of an exemption, the judged synchro performance) shall have the same events as the Provincial Championship.

4.11. PROVINCIAL CHAMPIONSHIPS

- 4.11.1.** The BCSSA Board of Directors shall organize and conduct the annual Provincial Championship to be held in the second half of

August each year. The following shall be adhered to:

- 4.11.1.1 There shall be no changes to the Provincial Championship Rules and Regulations after March 31st of each year.
- 4.11.1.2 The Provincial Championship Meet Package shall be circulated to all BCSSA clubs no later than May 1st of each year.
- 4.11.1.3 Competitors must be correctly registered with the BCSSA for the current season.
- 4.11.1.4 All entries must be submitted to the BCSSA Office by the date (and time) indicated in the Provincial Meet Package.
- 4.11.1.5 All synchronized swimmers must have participated at a Regional Synchro Championship or a Synchro event in order to be eligible for Provincials. ([see 4.10.3](#))
- 4.11.1.6 BCSSA synchronized swimmers shall compete in their designated categories for figures and routines as per sections 4.1 and 4.2.
- 4.11.1.7 Awards
 - 4.11.1.7.1. Final placing in the figure competition for each figure event is determined by the figure scores.
 - 4.11.1.7.2. Medals will be awarded to the top three finishers in each figure event.
 - 4.11.1.7.3. Final placing for the routine competition for each age group is determined by the composite Figure and routine score (Championship Score).
 - 4.11.1.7.4. Medals will be awarded to the top three finishers (Championship Score) in each routine event.

4.11.1.7.5. Ribbons will be awarded from the 4th - 8th Place.

4.11.1.8 Regional Scoring

Figures: 9, 7, 6, 5, 4, 3, 2, 1,

Duet/Team: 18, 14, 12, 10, 8, 6, 4, 2

4.12. RULES OF MEET CONDUCT

4.12.1. Forms

4.12.1.1 All entry packages must be completed and shall be submitted to the BCSSA Office by the deadline stated in the Meet Package.

4.12.1.2 Registrants must use the BCSSA entry form and include the BCSSA registration numbers.

4.12.2. Entries

4.12.2.1 Number of Routine Entries – A competitor may be permitted to compete in a maximum of one duet event and one team event. All competitors shall compete in the figures event for their age group and tier.

4.12.3. Figure Events

FIGURES MAY VARY FROM YEAR TO YEAR (SEE PROVINCIAL MEET PACKAGE)

4.12.3.1 Synchronized swimmers must wear a plain coloured bathing suit for the figure competition. Black is the preferred colour. It is not permitted for synchronized swimmers to wear suits or swim caps that identify a club or region affiliation.

4.12.3.2 Nose clips or plugs may be worn for all events. Goggles are permitted for figure events.

4.12.3.3 Bathing suits shall conform to FINA specification as per GR 5.

4.12.3.4 For routine events, the use of accessory equipment, goggles or additional clothing is not permitted unless required by medical reasons. Medical certification must be submitted to the Chief Referee at least 30 minutes before the event.

4.12.3.5 Nail polish is not permitted for any events. Theatrical make-up shall not be worn. Straight make-up that provides a natural, clean and healthy glow is acceptable.

4.12.4. Routine Events (Duets and Teams)

ROUTINE REQUIRED ELEMENTS MAY VARY FROM YEAR TO YEAR (SEE PROVINCIAL MEET PACKAGE)

4.12.4.1 Routine Events

4.12.4.1.1. Duet Routines must consist of 2 members.

4.12.4.1.2. Team Routines shall consist of a minimum of three (3) to a maximum of 10 members.

4.12.4.1.3. No routines choreography shall begin prior to May 1st of the year of competition. A previously choreographed and swum routine cannot be used or adapted.

4.12.4.1.4. In routines the swimwear must conform to GR 5 of FINA Rules and be appropriate for Synchronized Swimming competitions. The use of accessory equipment or additional clothing is not permitted. Nose clips or plugs may be worn. Jewellery is not allowed.

4.12.4.1.5. In the event that the referee thinks a competitor(s) swimwear does not conform to [4.12.3.1.](#) (above) the competitor will not be permitted to compete until changing into appropriate swimwear.

4.12.4.2 Routine Time Limits

4.12.4.2.1. Time limits for Duet and Team Events including ten (10) seconds for deck movement are as follows:

	Minutes	
	DUET	TEAM
Beginner	2:00	2:00
Intermediate	2:30	2:30
Advanced	2:30	3:00

4.12.4.2.2. Time limits allow plus or minus 15 seconds.

4.12.4.2.3. Timing of the routines shall start and finish with the accompaniment. Routines may start on the deck or in the water, but must finish in the water.

4.12.4.2.4. During the deck movements in routines competitors are prohibited from executing stacks, towers or human pyramids.

4.12.4.2.5. The accompaniment and judging shall begin upon a signal from the Referee. After the signal, the competitor(s) must perform the routine without interruption.

4.12.4.3 Technical Difficulties

- 4.12.4.3.1. In the case of technical problem(s) during a Routine, the swimmers may be allowed to re-swim at the discretion of the Referee.

4.13. MUSIC AND COMPACT DISCS

- 4.13.1. There should be no more than a 10 second lead in before the music starts.

- 4.13.2. Music must be uploaded to DropBox one (1) week prior to Regionals and submitted as follows: Club Name – Event – Coach Name – Theme or Swimmer Name:

Examples:

Crescent Beach – Beginner Duet – Sally Sue – Beautiful Day

Haney Neptunes – Beginner Team – Josie Day – Mermaids

- 4.13.3. Only music that has been uploaded to Dropbox will be used during Regionals and Provincials.

- 4.13.4. Each club must bring a back-up electronic version of each routine on one device to be handed into the music desk at the start of each competition (coaches must be available to assist the music desk in the event of music malfunction).

4.14. PENALTIES AND VIOLATIONS - FIGURES

- 4.14.1. A one-point penalty (1.0) shall be deducted from the total score for the figure if:

- 4.14.1.1 A competitor performs a figure other than the figure posted for that panel and then, after being informed of the nature of the error by the referee, performs the correct figure on the second attempt, or

- 4.14.1.2 A competitor stops during the figure and requests to do the figure again.
- 4.14.1.3 Coaches will be informed of penalties after the event(s) are completed.
- 4.14.1.4 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 the wrong figure.

4.15. PENALTIES AND VIOLATIONS - ROUTINES

- 4.15.1. A one (1) point penalty shall be deducted from the routine score if the time limit of ten (10) seconds for deck movements is exceeded.
- 4.15.2. A one (1) point penalty shall be deducted from the routine score if there is a deviation from the specified routine time limit allowed (less or more than) for the routine as per [Section 4.12.4.2](#).
- 4.15.3. A two (2) point penalty shall be deducted from the routine score if during the deck movements in routines competitors are executing stacks, towers or human pyramids.
- 4.15.4. A one (1) point penalty shall be deducted from the routine score if a competitor has made a deliberate use of the bottom of the pool during the routine.
- 4.15.5. A two (2) point penalty shall be deducted from the routine score if a competitor has made a deliberate use of the bottom of the pool during a routine to assist another competitor.
- 4.15.6. A two (2) point penalty shall be deducted from the Execution score for each required element omitted by all competitors in Duet and Team.
- 4.15.7. A one (1) point penalty shall be deducted from the Execution score for each part of a required element omitted by all competitors (to a maximum of two (2) points in Duet or Team).

- 4.15.8.** A one (1) point penalty shall be deducted from the Execution score if there is an incorrect/additional sequence in a required element performed by all competitors in Duet and Team.
- 4.15.9.** A half-point (0.5) penalty shall be deducted from the Execution score for each competitor omitting a part of the required element, or if there is an incorrect/additional sequence in each required element for each competitor, up to a maximum deduction of two (2) points.

4.16. PROTESTS/JURY OF APPEAL

- 4.16.1.** No protests shall be made against the judges' marks or penalties.
- 4.16.2.** Protests shall be made by Coaches participating in the Meet.
- 4.16.3.** The procedure for filing a protest by the Head Coach (or designate) of the club is as follows:
- 4.16.3.1 A verbal protest must be submitted within 30 minutes of the respective event.
 - 4.16.3.2 The verbal protest shall be followed up with a written protest to the Chief Referee.
 - 4.16.3.3 The Chief Referee shall deliver the written protest to the Meet Manager for consideration by the Jury of Appeal.
 - 4.16.3.4 A Jury of Appeal will then be convened, and reach a decision on the day the written protest is filed.

*(*Note: The results of any event conducted under protest, or any protested event, should be withheld (not announced or published and no prizes or scoring points should be awarded) until the protest is withdrawn or resolved.)*

- 4.16.4.** The Jury of Appeal shall resolve any protests referred to it.
- 4.16.5.** The members, excluding the chair, shall be judges to be determined and announced prior to the meet. The Jury of Appeal shall follow FINA procedures.
- 4.16.6.** Any decision of the Jury of Appeal may be appealed to the Appeals Committee of the BCSSA whose adjudication and decision shall be final. All appeal submissions shall be in writing and accompanied by a \$50.00 fee (refundable if successful).

4.17. DISABLED SYNCHRO SWIMMERS

- 4.17.1.** Disabled Synchronized Swimmers are encouraged to participate in the BCSSA.
- 4.17.2.** Disabled Synchronized Swimmers shall be integrated within BCSSA competitions.
- 4.17.3.** All BCSSA Rules shall apply to disabled swimmers, except the Referee shall permit variations and exceptions which aid the disabled swimmers, but which do not give them any advantage over any other swimmer.

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