



Association of Lakeshore Pools



2019 Rules

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In case of discrepancy, the rules of an individual discipline shall take precedence over rules in the Cross-Discipline section.

CD 1. Official ALPS Rules

- Except for the exceptions noted in this rulebook, all ALPS disciplines will follow the official national, provincial or federal governing regulations appropriate for the discipline.
 - Swimming – <http://www.fina.org/discipline/swimming>
 - Diving – www.diving.ca/
 - Synchronized swimming – <http://www.fina.org/discipline/synchro>
 - Water polo – <http://www.fina.org/discipline/water-polo>
- Ignorance of the rules **will not** be accepted as an excuse for not following them.

CD 2. Officials at Competitions

- a. Officials are asked to wear a white t-shirt and black shorts, or pants .
- b. Beverages must be made available to all officials during any competition at no charge.
- c. Requirements / needs for all ALPS events are posted on our website.

CD 3. Eligibility to Compete

- ALPS competitions are open only to bona fide members and staff of each pool.
- While each pool may determine to its own satisfaction who is considered to be a member, it is the right of the ALPS organization to decide who is and is not eligible to compete in ALPS-organized competitions. Each club is required to submit to the ALPS secretary prior to the AGM, a list of its current membership categories and costs. The Swimming coordinators will meet to review this material and, before the Coaches' Meeting, will contact any pool whose membership requirements do not comply with ALPS rules for eligibility to compete.
- ALPS declares ineligible to compete a person who does not have a membership that is defined within the published membership category list for their pool, or if they are not currently working, or have not previously worked, for that pool as a lifeguard. Also not allowed to compete are those with "special" reduced-cost memberships such as "swim team membership", memberships offered in exchange for pool facility maintenance nor "staff" who coach or teach for less than 8 hours per week.
- A paid employee hired to coach, teach, or train competitive swimming, diving, or water polo shall automatically be considered a member of the team for which s/he is coaching, teaching or training. A **full-time** employee shall be considered a full member of the pool.
- Attempts to circumvent pool affiliation rules are unacceptable. It is essential that pools discuss with the coordinator the status of any athlete whose eligibility may be disputed.
- It shall not be considered unsportsmanlike for a coach to question the membership status or age of an athlete. The correct procedure to request clarification is to call the coordinator, who will investigate. Member pools are required to cooperate with any investigation.
- In the event that a member of the ALPS executive committee questions a competitor's eligibility, the competitor or pool will be required to give legitimate proof of eligibility to compete for a pool. Pools are required to produce at least a partial membership list if requested by a coordinator.
- A competitor who is determined to be ineligible to compete will not be entitled to earn points for a pool, and any points earned previously will be subtracted. A forfeit may be awarded to the competitor's team. All competition results shall be adjusted accordingly.

CD 4. Pool Affiliation

- Athletes may compete for only one ALPS club per season.

- Athletes may compete for another pool only if their own club does not compete in a discipline. The competitor must be a bona fide member of at least one ALPS club and the co-ordinator for the discipline must be advised before the athlete competes.
- An athlete who competes for an N.A.A. pool may not compete for an ALPS pool, except under extraordinary circumstances.
- Any special exception to pool affiliation rules must have prior written authorization from the ALPS Executive Committee.

CD 5. Athlete's Age Category

- The athlete's age group is determined by the athlete's age on **June 24, Saint-Jean-Baptiste Day. (N.B. WP 2)**
- Coaches are required to verify the age and eligibility status of all participants competing in the discipline.
- Under no circumstances may an athlete compete in a younger age category.
- Athletes who compete in an age group older than their own are judged according to the standards of the age group in which they compete.
- Athletes who compete in an age group older than their own are not required to remain in that age category for the entire meet or season.

CD 6. Entries and Score Sheets

The host pool must provide an electronic **copy** of the official score sheet **with signatures, the relay / team lists** and the **list of officials**, to the discipline coordinator within 48 hours of the competition. Coordinators will not call with reminders to submit score sheets and late penalties will be applied.

Any pool submitting entries or score sheets after the specified deadline will be fined \$25.00 per day. This penalty must be submitted in cash with the entries or score sheets, or the athlete or team in question will not be permitted to compete.

CD 7. Forfeits

- Every effort should be made to avoid a forfeit. In the event a forfeit appears unavoidable, the head coach or ALPS rep of the opposing pool(s) must be notified at least 24 hours prior to the competition. The cancellation of a competition without such notice will result in a \$50.00 penalty payable to ALPS and a forfeited loss for each team not showing up.
- If a pool forfeits a competitive swimming, water polo or diving meet, the cards/entry grids/sheets for the opposing pool must be submitted to the discipline coordinator **immediately**. All competitors whose names appear on the cards/entry grids/ sheets will be considered to have competed. Athletes from the pool that cancels will be considered not to have competed.
- Persistent forfeits will result in disciplinary action, including a club not being allowed to participate in ALPS competitions the following year.

CD 8. Meet Delays and Cancellations

- The coordinator must be informed of any cancellation, forfeit or re-scheduling of a competition within 24 hours of the decision. For swim meets, the ALPS Representatives from both pools must agree on a rain date prior to the start of the competition and must record this date on the Home Officials Sheet.

- Every effort should be made to complete a competition at its scheduled time, however the host club should cancel a competition when the pool must be closed for safety reasons (lightning, power failure...etc.). For regularly scheduled dual swim meets, cancellations due to inclement weather should not be announced before 7:30 p.m. and the final decision must be made by the ALPS Representatives from each pool in conjunction with the host pool manager on duty. The decision to further delay or cancellation because of thunder or lightning is to be made following the legally required waiting period of the host pool.
- When it is necessary to cancel a meet already in progress, the meet shall resume from the point at which it was stopped unless the event is a judged event, in which case the event will be re-started from the beginning. For swim meets, if Event 25 has been completed, the teams have the options of accepting the score as the final score, if both teams agree. **Declared ties are not allowed.**
- In the event that a meet is postponed due to extreme weather (heat wave) and cannot be rescheduled within the required time period, the swimming coordinator must be contacted as soon as possible. Points will be awarded as 10/10 with a 0/0 score. Swimmers will be given full credit for the events they were to swim.
- The completion of the meet must be held prior to the next scheduled meet, **at a time which does not interfere with another ALPS event**, and which has been mutually agreed upon by all participating pools. For diving and waterpolo competitions, this decision must be made before leaving the cancelled meet and the discipline coordinator must be notified of the new date.
- When a competition has ended before all events have finished and one pool refuses to re-schedule the completion to another time, they will be considered to have lost the competition. Competitors from the losing team will receive credit for competing only in the events up to the point of the forfeit. Competitors from the other competing team(s) will be considered to have participated in all events.

CD 9. Infractions

For any infraction of a rule in which an athlete or team wins points, the points gained for that event will be deducted and the athlete involved may be barred from Section Finals or Finals events. Team standings will be adjusted and win/loss points may be reversed. This process can occur up to 24 hours after Section Finals or semi-finals.

CD 10. Awards

- The host pool must provide ribbons to all participants. It is not required to provide numbered ribbons for more than six places but a last place ribbons must be offered to disqualified participants. should be provided a last place.
- It is the responsibility of winning pools to keep trophies in good condition. Trophies are to be delivered to the discipline coordinator two weeks prior to the competition related to the given trophy. Once awarded, all trophies must be delivered to the ALPS Vice-President by September 1st for engraving. The Vice-President will return the trophies to the winning pools at the annual wrap-up meeting(s).

CD 11. Sanctions

If a pool consistently fails to honor the regulations concerning ribbons and official score sheets, the pool may be subject to a penalty, which may include suspension or loss of points, to be determined by the ALPS executive.

CD 12. Jury of Appeal

- All protests will be resolved according to the procedure for the discipline. Any protest not resolved at the competition, which requires the assembly of a jury of appeal, must be

submitted to the coordinator in writing, signed by the coaches. The protest must be attached to the official score sheet and be accompanied by **\$50.00 cash** which will be returned if the protest is upheld. The coordinator will review the situation as soon as possible and will notify the parties involved of the date chosen for the assembly of the jury of appeal.

- A jury of appeal will be selected as required. The proceedings of the jury of appeal must be in accordance with the international, national or provincial governing regulations appropriate for the discipline. The decision of the jury of appeal is final and irrevocable.

CD 13. Recount

Requests for a recount of the final score of a competition must be made within 15 minutes of the announcement of the unofficial score. The recount must be carried out within 24 hours.

CD 14. Official Score Sheet **merged with CD6**

CD 15. General Safety

- In all cases, the pool manager, or most senior employee, shall assume the final authority in any issue concerning the safety of the athletes, coaches, officials, volunteers and spectators. No ALPS rule will require a pool manager or senior employee to allow the continuation of an event that s/he deems un-safe.
- In the case of a delay due to lightning or thunder, regardless of local or individual pool rules, the manager or most senior employee **DOES NOT** have the authority to re-start the event prior to a minimum 20-minute delay.
- In all cases, the rules giving the highest degree of safety to everyone involved, whether ALPS rules or local pool rules shall have precedence.

CD 16. Pool Safety

The host club is responsible to provide on duty guards during warm up and events that comply with the minimum number of lifeguards required by Quebec Régie du Bâtiment laws. Coaches for the event will not be considered to be lifeguards on duty. Should the host club not meet the requirements, the visiting club must notify the discipline coordinator and may be awarded a win by default.

CD 17. Discipline

- The following unacceptable behaviour will result in ejection by the referee from the pool area of any athlete, coach, official, spectator, volunteer and/or team involved:
 - Refusal of any competitor to leave the water when so ordered by the referee.
 - Fighting before, during, or after a competition.
 - Swearing or persistent and excessive abuse directed towards the referee, coaches, players, volunteers or spectators. If a coordinator receives two formal complaints in writing, the offending athlete will be summoned to a disciplinary committee.
 - Arriving at a competition under the influence of alcohol or drugs.
 - Any other socially distasteful acts or unruly behaviour, which could prevent the referee from carrying out his/her duties.
- **While participating at any ALPS event, participants are expected to adhere to the highest level of sportsmanship. There is a ZERO tolerance for bullying, profanity or harassment. Expulsion from the grounds will be enforced. There may also be points lost and/or suspension.**

- It is the responsibility of each team, especially the coaches, to keep its fans, including non-playing players, parents and friends, under control during the competition.

CD 18. Infractions

- The referee must record the details of any infractions of the rules on the score sheet, including the names of any coaches or athletes whom s/he recommends be suspended. The signature of the coaches on the score sheet will attest to their agreement with the referee's interpretation of events and recommendations. Should a coach disagree with the referee's version, s/he should indicate the exact nature of the disagreement on the score sheet and sign it.
- The discipline coordinator will review all infractions and recommendations for suspension and will notify the parties involved of any decision.

Competitive Swimming RULES

GENERAL

SW 1. Governing Rules

- The following rules govern ALPS swim meets. For items not covered or requiring clarification, refer to Swimming Natation Canada (S.N.C.) regulations.
- There will be a mandatory Referees Clinic prior to the first dual meet. A minimum of one participant from each pool must attend, preferably the referees or potential referees for the upcoming season.
- The wearing of winter club or competitive (CEGEP, University) caps will not be permitted at ALPS swim meets. The referee has the authority to have the swimmer remove or invert the cap. If the swimmer refuses to comply, the swimmer will not be permitted to swim that event.

SW 2. Age Groups

The recognized age groups for ALPS are: 8 and under, 9 and 10, 11 and 12, 13 and 14, and 15 and over.

SW 3. Events

- The recognized events for the above age groups are:

8 and under	25 yds/m freestyle, breaststroke, backstroke, butterfly; 100 yds/m freestyle relay;
9/10	50 yds/m freestyle, breaststroke, backstroke; 25 yds/m butterfly; 200 yds/m freestyle relay;
11/12 13 /14 15 and over	50 yds/m freestyle, breaststroke, backstroke, butterfly; 200 yds/m freestyle relay;

- Each swimmer may swim a total of three events, including extra heat swims. They may consist of 2 individual events plus 1 relay OR 1 individual event plus 2 relays.
- A swimmer may be entered in more than one age group in a meet. Relay teams may, in whole or in part, be comprised of swimmers from a younger age group. A swimmer can swim in his or her own age group and swim up in the same stroke as long as the rule of 2 individual events or 1 individual event plus 1 relay or 2 relays (SW3B) is respected.

SW 6. The Start

- **LONG WHISTLE:** The swimmer steps onto the block or edge of pool and remains still. For backstroke, there will be a second whistle as the swimmers enter the water.
- **STARTER'S COMMAND:** On the starter's command ("take your marks" or "à vos marques"), the swimmer immediately takes up a start position with at least one foot at the front of the block. When ALL SWIMMERS are stationary, the starter gives the starting signal.
- **FALSE START:**
 - **For Dual Meets (Regular Season):** Only one false start is permitted. The announcement "The false start rule is now in effect" or "le règlement des faux starts est maintenant en vigueur" MUST be made before a second start. On a second start, the race will not be called back. A swimmer who has started early will be disqualified at the end of the race. (Exception: if a swimmer slips off the starting platform, it should not be considered a false start.)
 - **There will be no false starts for 8-. The race will be called back until a good start can be achieved.**
 - **The false start rule will be announced before each 15+ race during the regular season.**
 - **For Section Finals, Finals and Consolation Finals:**
 - **For all age categories other than 15 and over,** rule SW 5. C. a. applies.
 - **For the 15 and over age category,** when a false start occurs the race will not be called back and the swimmer(s) who started early will be disqualified at the end of the race.
 - **The false start rule must be announced before every 15+ race during section finals and finals**
- **8 AND UNDER:** For all 8 and under events at dual meets, Section Finals, and Finals, swimmers must start from the side of the pool **ONLY**.
- **STARTING BLOCKS:** When starting blocks are used, the water depth for a distance of 1.0 meter to 5.0 meters from the starting end wall must be at least 1.35 meters. No diving is permitted with water depth less than 1.2m, in water starts only are permitted. Diving from the permanent deck is permitted with water depths of 1.2m – 1.35m. **Starts must be consistent throughout the meet.**

SW 7. Backstroke

- **BACKSTROKE TURN:** A turn over after the backstroke flags at the turning end is permitted. The swimmer may kick into the wall as long as there is only one arm pull (or both arms simultaneously.)

SW 8. Disqualifications

- **INDIVIDUAL EVENTS:**
 - Except where otherwise noted in these rules, swimmers competing in all age categories will be judged strictly in accordance with the stroke and turn rules described on the official ALPS Disqualification Forms.
 - Swimmers in the 8 and under category will not be disqualified for stroke infractions provided they are making their best efforts to perform the correct stroke. They should not, however, be permitted to gain unfair advantage over their competitors.
- **RELAYS:** **Any** team will be disqualified for an early takeoff.

SW 9. Coaches on the Working Deck

For 8 and under and 9-10 swimmers, handicapped swimmers or other special circumstances, it is recommended that coaches be on the working deck. Otherwise, coaches are not permitted on the working deck.

SW 10. Protests

Protests must be made in writing to the referee within 30 minutes of the disputed decision or disqualification. All protests at dual meets, Section Finals, and Finals should be settled during the meet or immediately following the meet **by the referee of the meet**. If a protest remains unsettled and must go beyond the referee at a dual meet, Section Finals, or Finals, then the protesting pool must include \$50.00 cash with any protest that will require a jury of appeal to settle.

IN SPECIAL CASES where the meet has ended or there is no jury of appeal, a written protest must be received by the Director of Competitive Swimming (in his/her absence, by a Section Coordinator) within 24 hours of the completion of the meet.

If the protest is lost, the \$50.00 cash is retained by ALPS.

If the protest is won, the \$50.00 cash will be returned to the protesting pool.

DUAL MEETS

SW 11. Scoring

- When a meet is held in a six-lane pool, each club is allowed three entries in the first heat of each event. **ONLY THE FIRST TWO SWIMMERS AND FIRST RELAY TEAM FROM EACH CLUB TO FINISH THE FIRST HEAT OF THE EVENT MAY SCORE POINTS.** The third swimmer and the second and third relay teams from each club to finish the event automatically become "exhibition" and may not score points under any circumstances, including the disqualification of either club's official swimmers or relay team. Swimmers in subsequent heats may not score points.
- Scoring for scheduled dual meets is as follows:
Individual events - 8, 6, 5, 4
Relay team - 10, 4
- The team points for dual meets are as follows:
Winning team - 50 points
Losing team - 10 points
Tie - 30 points each
Forfeit - 0 points
- All swimmers' times and club affiliations must be recorded on the score sheet. If a swimmer does not complete the swim, "DNF" should be shown. All times should be recorded, including disqualifications. Disqualifications should be recorded, not at the bottom of the event, but in the position in which they placed, according to the times written on the card.
- Place judging takes precedence over times in determining the order of finish when all three place judges agree. When the place judges' order of finish and the times do not agree, the chief place judge shall use a "Judge's Decision" and calculate the average time using all times recorded on both cards. This time shall be used for both swimmers, with a JD1 and JD2 marked beside their times to indicate their order of finish, as determined by the place judges.
- Any problems the chief place judge is unable to resolve shall be referred to the referee.

SW 12. Extra Heats (non-scoring heats)

- Extra Heat swims: When a meet is held in a five-lane pool, the fifth lane will be allocated by stroke for extra heat swims by each club on an alternating basis. The allocation should be mutually agreed upon prior to the meet by the head coaches of both teams. Should there be a vacant lane, not used by either club's official swimmers, an extra heat swim is permitted on mutual agreement of the coaches.

- **Extra heats:** The respective coaches and the meet manager must mutually agree upon any extra heats. **The referee must be informed before the meet begins of all extra heats.**
- All extra heats are to be run in the proper order of the meet schedule as heats 2, 3, etc. immediately following the scoring heat (heat 1) in each event (regardless of inclement weather). **Every effort should be made to avoid swimmers swimming alone.**
- In advance of each dual meet, coaches must prepare (in a clear and complete manner) a time card for each swimmer in each event that they will be swimming. If a handicapped swimmer is participating in a meet, the Referee **must** be notified before the start of the meet and the card must be flagged with a RED H. Each time card must clearly list the swimmer's full name, the club name, the stroke, the event #, and the heat #.
Within each event, the heat number on the time card must be identified in the following way (using the example of Event 1):
Event 1 - Heat 1 (the first heat)
Event 1 - Heat 2 (the second heat)
Event 1 - Heat 3 (the third heat)
Heat 1 is the only "scoring" heat in each event (per SW 10. A). Any subsequent heats (Heat 2, Heat 3, etc.) will be considered "extra heats" and will not score any points. It is important that the time cards from all clubs are prepared in the same way to eliminate confusion for the meet officials. Since all the cards will be marked in this way, there is no need to mark "EXHIBITION" on the cards of swimmers who are not in Heat #1.

SW 13. The Course

- Pool ends and lanes must be clearly marked.
- Backstroke flags and a false start rope must be provided.
- The 15-meter mark from the start and from the turning end of the pool must be indicated in an appropriate manner.
- When meets are held in an irregularly shaped pool, "dead areas" must be roped off so all lanes are equal.
- Visiting teams should always be allocated lanes that are void of, or have the least amount of, anything that could be construed as a disadvantage to a swimmer who is unfamiliar with the pool. Examples of such things could be a skimmer basket at the finish end or turning end of a lane, ladders, jets or a roped-off wading area next to a lane.

SW 14. The Officials

- It is strongly recommended that the number of officials be as follows:

1	**Referee	host club's responsibility
1	Starter	" " "
2	Chief Timers	one from each club
2	Chief Place Judges	" " " "
2	Place Judges	" " " "
2	Recorder/Scorers	" " " "
2	Stroke/Turn Judges	" " " "
18	Lane Timers	Nine from each pool

* Every effort should be made to have three timers per lane at least in the middle 4 lanes.

** Should be S.N.C. qualified. **Must** have attended the referee clinic in June. If the host club cannot provide officials in one or more positions, it is recommended that the visitors be approached, with as much prior notice as possible, to provide assistance.

- In a six-lane pool, at least 30 officials are recommended, with the visitors providing at least 14.
- In addition, the host club should provide a good starting system. Each pool is responsible for providing stop watches to their own timers. These numbers should be adjusted accordingly for eight-lane pools.

SW 15. Meet Cancellations

If the last dual swim meet of the season is cancelled due to weather, the outcome of the meet will be a tie and the points awarded to each team will be half of the points available to be won at that meet. The cards and relay sheets for all swimmers must be submitted **immediately** to the discipline coordinator who will calculate the score. All competitors whose names appear on the cards will be considered to have participated in all events.

SECTION FINALS

SW 16. Eligibility

- A swimmer must compete in at least two ALPS dual meets to be eligible to compete in Section Finals.
- A swimmer who has competed in two ALPS dual meets but did not compete in Section Finals is eligible to swim in ALPS Finals or ALPS Consolation Finals as a member of a relay team only.
- All events and heats in Section Finals must be completed on the day of the meet. If a delay occurs due to weather problems, all swimmers and officials must remain at the pool until weather conditions permit the meet to resume. If the weather conditions will cause a long delay, the referee will determine a time later that day in which to resume the meet. Those swimmers or relay teams not agreeing to remain during a weather delay or to return at a later time will be considered to have forfeited their participation and so will not be eligible to swim the forfeited events in Finals.

SW 17. Cards and Entry Grids

Entry cards and grids must be printed in ink, using the full name of the athlete. For competitive swimming, cards must be color-coded (blue for boys, pink for girls) across the top. Cards and entry grids must be delivered to the meet manager, or discipline coordinator as the case may be **no later** than 9:00 A.M. exactly **ONE WEEK** prior to Section Finals.

The head coach must sign the entry grids, signifying that all entries have been checked and verified.

Swimmers who will swim in two or more age groups must be identified by highlighting their names in the grids.

SW 18. Seeding

In Section Finals, each club will be permitted two official entries in each individual event and one team in each relay event. If there are 12 swimmers or less in an individual event, there will be only 2 heats.

Sections B and C

Seeding will be as follows for a six-lane pool.

Individual events

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1		Club 6	Club 4	Club 5	Club 7	
Heat 2	Club 3	Club 1	Club 6	Club 7	Club 2	
Heat 3	Club 5	Club 3	Club 1	Club 2	Club 4	

Relay events:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1		Club 7	Club 5	Club 6		
Heat 2		Club 3	Club 1	Club 2	Club 4	

Section A

Seeding will be as follows for a six-lane pool:

Individual events

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1		Club 7	Club 5	Club 6	Club 8	
Heat 2	Club 3	Club 1	Club 7	Club 8	Club 2	Club 4
Heat 3	Club 5	Club 3	Club 1	Club 2	Club 4	Club 6

Relay events:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1		Club 7	Club 5	Club 6	Club 8	
Heat 2		Club 3	Club 1	Club 2	Club 4	

Club number indicates the ranking of each club in order of its final standing within its section.

Order of Heats in Section Finals:

Heat 1 - Fast swimmers
Heat 2 - Faster swimmers
Heat 3 - Fastest swimmers

SW 19. Scoring

- Each team in each section will carry the accumulated points earned for their wins, losses, or ties at their scheduled dual meets into Section Finals, and accumulate Section Finals event points to determine the Section Championship.
- In the case of a tie between two or more clubs at the end of the dual meet schedule, the order of ranking going into Section Finals is determined by:
 - First: the winner of the dual meet between the two clubs or, if this does not break the tie;

SW 22. Consolation Finals Competition

- ALPS Consolation Finals for individual events is a competition of the next 12 fastest competitors from the combined Section Finals (places 7 through 18).
- Relays will consist of the next six teams from the combined Section Finals (places 7 through 12).
- Each team in ALPS Consolation Finals will start with 0 points and the scoring for this competition will be as follows:
 - Individual events: 13, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
 - Relays: 26, 22, 20, 18, 16, 14

SW 23. VIRTUAL Scratch Meeting

- Failure of a club's swim team coach or delegate to attend the scratch meeting held during the week prior to ALPS Finals will result in a penalty of fifty (50) points applied against scoring in the Finals meet.
- Failure to scratch a swimmer from an event at Finals, in accordance with the schedule for such scratches, will result in a penalty of a deduction of 10 points per swimmer. The deduction is to be made in the Finals or Consolation Finals score accordingly.
- Relay entries should be submitted with swimmer names during the virtual scratch meeting. Relay names may be changed on the day of the meet, up until the time announced by the clerk of course, prior to the butterfly event
- A 'No Show' for a Final and/or Consolation Final event shall result in a 10 point penalty. However, the swimmer shall be allowed to swim in any subsequent individual or relay event in which s/he has been entered.
- Section coordinators are responsible to check the eligibility of all swimmers and present to the clerk of course all dual meet score sheets and attached relay team lists.

SW 24. Protocol

- There will be no abnormalities tolerated at Finals such as improper swimwear, clown dives, and deliberate stroke infractions. Contravention of this rule will result in a 10-point penalty to the offending team as well as an automatic disqualification of the swimmer. .

SECTION FINALS/FINALS COMPETITIONS

SW 25. Officials/Facilities

- The ALPS organization is responsible for providing officials for Section Finals and Finals. The meet manager for each Section Final shall be the Section Coordinator and the meet manager for Finals shall be the ALPS Director of Competitive Swimming.
- The host clubs are responsible for providing the facility and the equipment and supplies necessary for the smooth and efficient running of the meets, which can be found on the ALPS website.
- Host clubs should have two spinal boards on hand during the competitions.

SW 26. Medals and Ribbons

- The ALPS organization is responsible for providing the medals and ribbons for Section Finals and Finals.
- It is the responsibility of the swim team coaches to pick up all the medals and ribbons won by relay teams from their club. These will not be given out to the swimmers.

SW 27. Trophies

- The **Section Trophy** is awarded to the winning team from each Section.
- The **Pratt Trophy** is awarded to the winner of ALPS Finals.
- The **John Finn Trophy** is awarded to the team with the highest accumulated points in the 10 and under events in ALPS Finals (not Consolation Finals).
- The **Montreal West Trophy** is awarded to the team accumulating the most points in the ALPS Consolation Finals. The same team that wins the Pratt Trophy may not win this trophy. Should the same team score the most points in Finals and Consolations, the Montreal West Trophy will be awarded to the second place Consolation Finalists.

DIVING RULES

D 1. Requirements

- **Coaches' Requirements**
A minimum of one (1) coach per participating team must be present at the scheduled coaches' clinic at the beginning of each season. Failure to attend will result in a 50.00\$ fine payable to ALPS, and the Discipline Coordinator may require suitable follow-up
- **Judges' requirements**
A minimum of one (1) volunteer (not lifeguard) per participating team, as well as the appointed diving referee judge for each pool must be present at the scheduled judges' clinic at the beginning of each season Failure to attend will result in a 50.00\$ fine payable to ALPS, and the Discipline Coordinator may require suitable follow-up.
- Moved to D 2.B.

D 2. Diving Meets

- **The hosting pool shall provide:**
 - two (2) judges who are listed on the qualified judges list. The visiting pool shall provide one(1).
 - a warm up time for the visiting pool, known 24 hours in advance of the meet
 - three (3) (4) table workers; two (2) scorers, one (1) announcer and one (1) recorder. One adult volunteer must have one of these tasks .

B. Diving Meets

Diving meets shall be held on Sunday mornings or, alternatively, on a Monday evening in the event of cancellation due to weather. Competitions will use only the 1-meter springboard. If there are more than one board, individual divers may choose their own preference. All Sunday dive meets are to start at 8:30am beginning with a 30 minute general warm-up. Hosting and visiting clubs may mutually agree on an earlier start time.

D 3. Age Groups

The recognized age groups for ALPS diving are: 8 and under, 9 and 10, 11 and 12, 13 and 14, and 15 and over. Age is determined by the age of the participant on June 24th of the current ALPS season.

D 4. REQUIRED DIVES

AGE	TOTAL DIVES	BASE	OPTIONALS
GROUP A: 15 and over	5 different dives**	3 dives, each selected from a different group, maximum total degree of difficulty: 5.4	2 dives, each from a different group, with no limit of DD
GROUP B & GROUP C: 13/14 11/12	4 different dives**	2 dives, each selected from a different group, maximum total degree of difficulty: 3.7	2 dives, each from a different group, with no limit of DD
GROUP D & GROUP E: 9/10 8 and under*	3 different dives**	2 dives, each selected from a different group, maximum total degree of difficulty: 3.7	1 dive, with no limit of DD.

* at Finals, only 8 and under divers are permitted front and/or back jumps

** A different dive has a different dive number

NOTE: All twists (front twist, back twist, reverse twist, inward twist) belong in the twist group and there cannot be more than one twist in the base dives nor can there be more than one twist in the optionals.

D 5. Dive Sheets

- Upon arrival at the host club, each coach must submit his/her club's individual's dive sheets.
- A dive sheet must be prepared and submitted for any diver who anticipates competing. A diver who does not show will be scratched with no penalty. A diver not appearing on the submitted dive sheets will not be admitted to the competition. The decision to accept or deny a late entry belongs solely to the referee, but errors on late sheets may result in illegal dives being scored at 0 during or after the event.
- The recorder must enter the divers list according to the verified paper in the excel program after they have been verified and signed by the referee Changes to a dive sheet, including the list of dives to be performed or the order of execution of the dives, will not be permitted less than 10 minutes prior to the scheduled start of the event.
- A diver diving up in a second age category will have the term HORS CONCOURS or EXHIBITION written clearly at the top of his/her dive sheet. The diver may not earn points for the club in the exhibition category. The diver may only score points in one (1) age category per diving meet. The diver must still earn three (3) top 3 placements in the age category in which they wish to participate at DIVING FINALS. HORS CONCOURS or EXHIBITION divers are only permitted during the regular season (not Finals), and may not earn club points.
- The dive sheet, showing the diver's name, club and category, shall contain the following information in order of execution of the dives:
 - The number of each dive
 - The position of the dive
 - The degree of difficulty as determined by ALPS
 - The full written description of the dive, including the position
 - The diver's and referee's signature

- The referee shall inspect the dive sheets before the start of each event. Should a dive sheet not comply with the rules, the referee shall have it corrected before the beginning of the competition. The coach shall be informed of the referee's decision as soon as possible. It will be the coach's responsibility to inform the diver before the start of the competition. Dives with limit shall be performed from different categories of dives (front, back, reverse, etc). A dive with limit may not be repeated as a dive without limit.
- Dives with limit must be listed, and performed, before dives without limit. If a dive sheet does not reflect the proper combination, the list shall be put in order by the referee. The first out-of-order dive or lowest-scoring illegal dive(s) shall be considered a failed dive.
- Dives with limit shall be performed from different categories of dives (front, back, reverse, etc). A dive with limit may not be repeated as a dive without limit.
- Each dive with limit shall be from a different family. Each dive without limit, where there is more than one, shall be from a different family. All dives with a twist are considered to be the same family.
- Dives of the same number, regardless of the position, shall be deemed to be the same dive.
- The number and position of the dive to be performed appearing on the dive sheet takes precedence over the written description of the dive. If there is a discrepancy between the two, regardless of what was intended, the number with position shall predominate. Each diver is entirely responsible for the accuracy of the dive information on the sheet. Coaches should verify each diver's sheet, especially for those 12 and under.
- If a dive sheet shows dives with limit exceeding the maximum DD, the lowest scoring illegal dive shall be failed. Changes will be permitted before the start of the event.
- If dives are performed with dives with a limit exceeding the maximum DD, the lowest scoring illegal dive shall be failed. Changes may be permitted before the start of the event.
- Dive sheets will remain with the host pool for the summer. The host pool will send the digital version by 4:00pm on the following Tuesday. It is the responsibility of the hosting pool to send in the dive sheets. The host pool will receive a 25.00\$ fine per day past this deadline and the ALPS representative will be notified by the diving coordinator.

D 6. The Referee

- The referee shall be located in a position that allows him/her to manage the competition and ensure that the rules are observed and any statutory penalties imposed.
- The referee must review the dive sheets prior to the start of each event and sign in the allocated position.
- At the end of the competition, the referee shall review the score sheets in collaboration with the two scorers and shall confirm the final results by signing the score sheets. When a computer system is used, the referee shall confirm the final result by signing the computer printout.

D 7. Judging

- The judging panel shall comprise the referee and the judges. The use of coaches / lifeguards must be limited and they must be approved by the diving coordinator.
- There should be three judges for each event (a minimum of five for Finals). Whenever possible, the host club shall provide two judges and visiting clubs shall provide one judge each. Coaches will arrange for the judges, referees and scorekeepers for regular season meets.
- The judges should be placed by the referee with the referee placed closest to the diving board. Once placed, a judge shall not change position unless at the direction of the referee and then only in exceptional circumstances.
- A number shall identify the position of each judge and their names are to be recorded for each event on the Judges' Event Sheet, which is to be returned to the coordinator along with the meet results.
- After each dive, each of the judges shall, without communicating with one another, immediately and simultaneously and in a distinct manner indicate the score awarded for the dive.
- When a judge, by reason of illness or other unforeseen circumstances, has made no award for a particular dive, the average of the awards of the other judges shall be adopted as the award; and it shall be calculated to the nearest half point. If this average results in exactly a 0.25 or 0.75 fraction, then this is to be rounded up to the next highest half point.
- The referee may remove any judge whose judgment s/he considers to be unsatisfactory and may appoint another judge as a replacement. Any such change of judges shall take place only at the end of a round of dives. At the end of the competition, the referee shall make a written report to the diving coordinator, to be placed with the meet result sheets.

D 8. Execution of the Dive

- If a dive is incorrectly announced, the diver or coach shall have it rectified at once, if possible, *before its execution*. If the incorrectly announced dive is executed, the referee may cancel it and have the correct dive announced and performed immediately.
- Once the diver has assumed his/her position on the board, the referee shall give a signal to begin the dive. For backward and inward take-offs, the diver shall proceed to the end of the springboard only after the referee has given the signal.
- The diver shall be given sufficient time for the preparation and execution of the dive but the diver shall receive 0 points for the dive announced if it takes more than one minute after the referee has given the signal.
- If a diver executes a dive before the signal is given, the referee shall decide whether the dive shall be repeated.
- The referee may have a spoiled dive repeated if, in his/her opinion, the execution of the dive was influenced by exceptional circumstances. The coach must make the request for such a repetition immediately.
- When it is quite clear that the dive has been performed in a position other than that announced, the referee shall repeat the announcement and declare that the maximum award shall be 2 points, before giving the judges the signal to show their marks. If a judge then awards more than 2 points, the referee shall declare the award from that judge to be 2 points.
- When the referee is certain that a diver has performed a dive of a number other than that announced, the referee shall declare it a failed dive and the diver shall receive a score of 0 for that dive.
- When one or both arms are held beyond the head in a feet-first entry (except for jumps) or below the head in a head-first entry, the referee shall declare the maximum award to be 4½ points. If a judge then awards more than 4½ points, the referee shall declare the award from that judge to be 4½ points.

- Unless agreed by both pools before the beginning of the event, the referee may declare a dive to be failed if s/he considers that assistance has been given to the diver during the execution of the dive. The execution of the dive is considered to start when the referee gives the signal. A deduction of two points per judge may be given to a diver for physical assistance by a coach, if previously agreed upon by both head coaches and the referee.
- If there is a strong wind, sudden noise, or flash the referee may give a diver the right to a re-start without deduction of points.

D 9. Specifics of the Dive

- Forward and reverse take-off dives may be performed either standing or with a hurdle, at the option of the diver. Backward and inward take-off dives must be performed standing.
- Standing Dives
 - The starting position of a standing dive is standing on the front end of the board.
 - The body shall be straight, head erect, with the arms straight in any position. The dive commences when the arms leave the starting position.
 - When executing a standing dive, the diver must not bounce on the board before the take-off or the referee shall declare a maximum of 4½ points.
 - When executing a standing dive, a diver may not lift his/her feet off the board. Each judge shall deduct 1-2 points from points awarded, according to individual opinion.
- Hurdle Dives
 - The starting position of a hurdle dive is when the diver is ready to take the first step of the hurdle.
 - When executing a hurdle dive, the run shall be smooth, straight and continuous to the end of the springboard. The final step shall be from one foot and the take-off from the springboard shall be from both feet simultaneously or the referee shall declare it a failed dive.
 - When a diver stops his/her hurdle before the end of the board and then continues, the referee shall deduct 2 points from the award of each judge.

D 10. Deductions/Penalties

- When a diver makes a second attempt, loses his/her balance or moves from the original position, the penalty for making the second attempt shall be the deduction of 2 points from the award of each judge by the referee. Such deductions shall not be made by the judges but shall be announced by the referee, who shall deduct 2 points from the award of each judge. This is also called a balk. If it is the referee's decision to have a diver from the 8 & under or 9-10 age category re-do a dive due to the diver having performed the wrong dive, the judges should mark the subsequent dive as it is seen and the tabulators shall deduct 2 points from each judge's score as though a balk was declared.
- In any dive, if the head passes dangerously close to the board, the maximum score shall be 2. If the head strikes the board, the dive shall be scored 0 points. If the feet strike the board, the maximum score shall be 4.5.
- During the passage through the air, the body can be carried straight (A), with pike (B), with tuck (C) or free position (D). If the position is any other than announced or which is on the sheet, the score for the dive shall be a maximum of two (2) for each judge.
- In the straight position, the body shall not be bent, either at the knees or the hips, the feet shall be together and the toes pointed. The position of the arms is optional.
- In straight dives with twist, the twisting shall not be started while on the board. This is meant for front dive and back dive half twist; it is the judge's discretion to deduct marks. Typically there is a maximum of 4.5 for twisting on the board.
- In the pike position, the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet together and the toes pointed. The position of the arms is optional.
- In the tuck position, the body shall be compact, bent at the knees and hips with the knees and feet together, hands on the lower legs and the toes pointed. When viewed from the side, the tuck shall be compact, with the front of the thighs close to the chest and the

backs of the lower legs close to the backs of the thighs. When a judge considers that these requirements have not been fulfilled, s/he shall deduct 1-2 points.

- In the free position, the body position is optional but the legs shall be together and the toes pointed.
- In pike dives with twist, the twist shall not be started until there has been a marked pike position.
- In somersault dives with twist, the twist may be performed at any time during the dive.
- When a twist is greater or less than 90 degrees or more than that announced, the referee shall declare it a failed dive.
- The entry into the water shall in all cases be vertical, or nearly so, with the body straight, the feet together and the toes pointed. Marks are deducted for entries below or beyond the vertical line.
- All headfirst entries shall be executed with the arms stretched beyond the head in line with the body, with the hands close together.
- All feet-first entries shall be executed with the arms close to the body and no bending at the elbows. When one or both arms are held beyond the head in a feet-first entry or below the head in a headfirst entry, the maximum award shall be 4½ points.
- A dive is finished when the entire body is completely under the surface of the water.

D 11. Awards and Scoring

- Points or half points shall be awarded from 0 to 10, according to the opinion of the judges and the following:

Completely failed:	0 points
Unsatisfactory:	½ to 2 points
Deficient:	2 ½ to 4 ½ points
Satisfactory:	5 to 6 ½ points
Good:	7 to 8 points
Very Good:	8 ½ to 9 ½ points
Excellent:	10 points.

For 8 & under divers only, a completely failed dive will earn a minimum of 0.5 for any legitimate attempt of a dive.
- When judging a dive, a judge must not be influenced by any factor other than the technique and execution of the dive. The dive is to be considered without regard to the approach to the starting position, the difficulty of the dive or any movement beneath the surface of the water.
- Judges are to consider the technique and grace of:
 - the starting position
 - the hurdle
 - the take-off
 - the flight
 - the entry
- When a dive is performed in a position clearly other than that announced, the dive shall be deemed unsatisfactory. The highest award for such a dive is 2 points.
- When a dive is performed partially in a position other than that announced, the judges shall award up to a maximum of 4½ points, according to their opinion.
- When a repetition of a dive is granted, the first dive shall be judged and the marks shall be noted, to be used if an eventual protest is accepted.
- When a judge considers that a dive of a different number has been performed, s/he may award 0 points even if the referee has not declared it to be a failed dive.
- A diver who refuses the execution of a dive shall receive 0 points.

D 12. Disqualifications

- Failure to attempt the required number of dives for a diver's particular age group will result in the diver not counting for pool points.

- No points, individual or team, shall be awarded to a disqualified diver.
- Clown diving or tomfoolery will not be accepted. It constitutes poor sportsmanship and a dangerous practice. The referee will ask the diver to cease diving in the competition and his/her points will be disqualified from the team's score and the Diving Coordinator will be notified.

D 13. Procedure for Scoring Individual Events

- The judge's awards shall be dictated one by one, in the same consecutive order, to the first secretariat that shall write them on the score sheet and add up the score total. If the competition is for Finals, the first secretariat will also cancel out the highest and lowest scores.
- The second secretariat shall independently state the total of the remaining awards and multiply it by the degree of difficulty to determine the score of the dive.
5 Judges Awards: Total \times Difficulty = Score
8, 7, 7, 7, 6.5 = 21 \times 2.0 = 42.0
- When two or more divers score the same number of points, a tie shall be declared for that particular place. Equal team points will be awarded. The next place is skipped. Ex: 1st, 2nd, 2nd, 4th
- Once any individual scoring adjustment or corrections have been made, the total scores, points and placement shall be adjusted accordingly.

D 14. Appeal/Protest Procedure

- Any protest or appeal associated with the organization and/or staging of any competition that is initiated more than one hour prior to the start of the event in question shall be referred to the ALPS coordinator.
- A score for any dive may not be protested; however if a rule is broken when giving such score, a protest may be submitted.
- All protests and appeals must be submitted in writing and must specify the article, rule or section of the ALPS rulebook that is in dispute in order to be considered.
- A protest may be conveyed to the meet referee. The meet referee shall immediately assemble the judges for that event and the coordinator, if available, and they shall constitute the meet jury of appeals. The coordinator shall be designated as the meet jury of appeals chairperson or, in his/her absence, the referee will assume this role.
- The referee will not take part in the jury if the protest is against him/her. The referee also cannot refuse a protest.
- The referee or member designate will make a presentation and interpretation of the current rules which affect the specific protest or appeal. All parties will be invited to make a presentation and then leave.
- Following all presentations, the meet jury of appeals chairperson will call for a vote of the members of the meet jury of appeals, with a majority vote considered binding. The chairperson shall abstain from voting at this time.
- There will be no other abstentions in any vote taken by the meet jury of appeals.
- In the case of a tie vote at the first meeting of the meet jury of appeals, the assembled members shall adjourn and reconvene immediately with additional information pertinent to the appeal, which might help in reaching a decision. In the case of a tie at the reconvened meeting of the meet jury of appeals, the chairperson will break the tie.
- The meet jury of appeals chairperson who convenes and presides at any meeting(s) of a meet jury of appeals, shall forward a written report to the coordinator within 10 days following the conclusion of the competition, regarding all relevant materials, presentations and the final vote.

REGULAR SEASON MEETS

D 15. Scoring and Awards

- Each club may enter as many participants per event as desired. Only the top 3 participants per club per event are eligible for team points. For example, if a club takes the first six places, they receive team points for the first three, and the opposing team, with their seventh place diver, receives points for the seventh place.
- Scoring for regular meets is as follows:

<u>Place Pts</u>		<u>Place Pts:</u>	
1 st	16	7 th	7
2 nd	14	8 th	5
3 rd	12	9 th	4
4 th	11	10 th	3
5 th	10	11 th	2
6 th	9	12 th	1

- Team points shall be awarded points as follows:

<u>Placing Points:</u>	<u>In the event of a tie:</u>	
1st place	100 points	90 points to each team.
2nd place	60 points.	
- The host club's coach is responsible for scoring for regular season meets and for ensuring that a complete list of final results accompanies the meet's dive sheets when delivered to the Diving Coordinator.

D 16. Changing Sections

- Points scored by a club during the regular season meets shall be used to determine the Section winners. The first place club from Section B shall move up to Section A and the last place club in Section A shall move down to Section B.
- In the event of a tie between two or more clubs, the teams' regular season meet scores will be totalled and the team with the highest total shall be determined the winner.

DIVING FINALS

D 17. Finals Competition

- In order to qualify for Finals, a participant must have placed 1st, 2nd or 3rd in the same age group in at least three regular season meets. A top 6 finish at the novice divers meet can count as one of the top 3.
- Dive sheets for Finals must be submitted on the Thursday prior to the meet by 4:00 p.m. No exceptions will be tolerated and late penalties will be applied (\$25.00 per day late).
- The ALPS Diving Coordinator shall be responsible for supplying judges and referees for the Diving Finals competition.
- Each competitor at Finals is required to have a parent/guardian signature on their submitted dive sheet. Without a signature, the diver will not be allowed to compete at the Finals.
- The order of diving shall be determined by a random draw or in reverse order of ranking as determined by the coordinator.

D 18. Scoring and Awards

- The host pool will be responsible for providing the scorekeepers. The configuration for the scoring table at Finals shall be "provincial format" (2 sets of duplicate scorekeepers and 1 shadow). It is preferable that these scorekeepers be adults. This format may be replaced by a computer scoring system, to be reviewed beforehand by the coordinator.
- All results will be given only at the end of the competition.
- The ALPS Diving Finals recognizes individual performance and merit but will also award "club Points" at the Finals

- For each event, medals shall be awarded to 1st to 3rd place winners, ribbons shall be awarded to 4th - 12th place winners, and participation ribbons shall be awarded for all places after 12th. The ALPS coordinator will ensure that the ribbons are available at the meet.
- The ALPS High Aggregate Champion male and female divers shall be determined as follows: the divers from each group shall have their total scores divided by the number of required dives from their age group. The male and female divers with the highest raw score at the Finals shall win.

D 19. Medals And Ribbons

The ALPS organization is responsible for providing the medals and ribbons for Diving Finals.

NOVICE DIVERS' MEET

D 20. Competition Rules

- The meet is open to anyone from any ALPS club, regardless of whether or not that club participates in the ALPS diving discipline. However, participants must NEVER have competed in any organized meet sanctioned by Plongeon Quebec, NOR have competed in an organized winter "Club" meet. *Examples: Espoir, Provincial, Jeux du Québec Qualifiers, Jeux du Québec, Regional Club vs. Club meets.*
- The ALPS regular meet rules will apply.
- Club points will be issued for this meet but will not count towards regular season placements.

D 21. Required Dives

- The Degree of Difficulty of all dives will be identical to those of regular season meets.
 - 101 (ABC): 1.3
 - 201 (ABC): 1.6
 - 301 (ABC): 1.7
 - 401 (ABC): 1.5
 - 5111 / 5211: 1.4
 - 100 / 200 (ABC): 0.5
 - 101 D / 201 D: 1.0

B. All other DD's will apply for remaining dives.

C. No failed dives will be called; a diver may re-attempt a dive if it is originally failed. If the second

attempt is failed, the diver shall receive a score of one (1) per judge.

D 22. ALPS DD Sheet 2009

DIVE NUMBER	DIVE NAME	STRAIGHT (A)	PIKE (B)	TUCK (C)	FREE (D)
100	Front jump (8- only at Finals)	0.5	0.6	0.6	
101	Front dive	1.3	1.3	1.3	
101	Front fall in				1.0
102	Front somersault	1.6	1.5	1.4	
103	Front 1 -1/2 somersault		1.7	1.6	
104	Front double somersault		2.3	2.2	
105	Front 2- ½ somersault		2.6	2.4	

DIVE NUMBER	DIVE NAME	STRAIGHT (A)	PIKE (B)	TUCK (C)	FREE (D)
106	Front triple somersault			2.9	
107	Front 3 – ½ somersault			3.0	
200	Back jump (8- only at Finals)	0.5	0.6	0.6	
201	Back dive	1.4	1.6	1.6	
201	Back fall in				1.0
202	Back somersault	1.7	1.6	1.5	
203	Back 1 – ½ somersault	2.5	2.3	2.0	
204	Back double somersault		2.5	2.2	
205	Back 2 – ½ somersault		3.2	3.0	
301	Reverse dive	1.7	1.7	1.7	
302	Reverse somersault	1.8	1.7	1.6	
303	Reverse 1 – ½ somersault	2.7	2.4	2.1	
304	Reverse double somersault		2.6	2.3	
305	Reverse 2 – ½ somersault		3.2	3.0	
401	Inward dive	1.5	1.5	1.5	
402	Inward somersault		1.7	1.6	
403	Inward 1 – ½ somersault		2.4	2.2	
404	Inward double somersault			2.8	
405	Inward 2 – ½ somersault		3.4	3.1	
5111	Front dive ½ twist	1.4	1.4	1.4	
5112	Front dive full twist	2.0	1.9		
5121	Front somersault ½ twist	1.9	1.8		1.7
5122	Front somersault full twist				1.9
5124	Front somersault double twist				2.3
5126	Front somersault triple twist				2.7
5131	Front 1 -1/2 somersault, ½ twist		2.1	2.0	
5132	Front 1 -1/2 somersault, full twist				2.2
5134	Front 1 -1/2 somersault, 2 twists				2.6
5136	Front 1 -1/2 somersault, 3 twists				3.0
5152	Front 2 -1/2 somersault, full twist		3.2	3.0	
5211	Back dive ½ twist	1.4			
5212	Back dive full twist	2.0			
5221	Back somersault, ½ twist				1.7
5222	Back somersault full twist				1.9

DIVE NUMBER	DIVE NAME	STRAIGHT (A)	PIKE (B)	TUCK (C)	FREE (D)
5223	Back somersault, 1- ½ twist				2.3
5225	Back somersault, 2 - ½ twist				2.7
5231	Back 1 -1/2 somersault, ½ twist				2.1
5233	Back 1 -1/2 somersault, 1 - ½ twist				2.5
5235	Back 1 -1/2 somersault, 2 - ½ twist				2.9
5241	Back double somersault, ½ twist				2.6
5311	Reverse dive ½ twist	1.9			
5312	Reverse dive full twist	2.1			
5321	Reverse somersault ½ twist				1.8
5322	Reverse somersault full twist				2.0
5323	Reverse somersault 1 – ½ twist				2.4
5325	Reverse somersault 2 – ½ twist				2.8
5331	Reverse 1- ½ somersault ½ twist				2.2
5333	Reverse 1- ½ somersault 1- ½ twist				2.6
5411	Inward dive ½ twist	2.0	1.7		
5412	Inward dive full twist	2.2	1.9		
5421	Inward somersault 1/2 twist		1.8	1.7	
5422	Inward somersault full twist				2.1
5432	Inward 1- ½ somersault, full twist				2.7
5434	Inward 1- ½ somersault, 2 twists				3.1

Synchronized Swimming Rules

SS 1. Eligibility

Full-time staff members may not compete in any ALPS synchro competition. A part-time staff member may compete providing that person does not coach any part of the competitive synchro program, (she may coach a category 'B' team and/or a summer swimmer solo, duet or team).

SS 2. Entry Forms & Synchro Entry Grid

- Entry forms for all categories and the ALPS Synchro Entry Grid must be submitted, to the synchro coordinator, no later than **one week prior to the Synchro Draw Meeting**. Entry forms not handed in by the deadline will incur a fine according to the ALPS Cross-Discipline Rules. Any teams, duets or solos not having paid their fines prior to the first competition of the ALPS Synchronized Swimming Season (Summer Swimmer Synchro Meet) will not be eligible to compete. Last minute changes, including scratches, may be made up to the date of the competition. The ALPS Synchro Entry Grid must include all synchro members from each pool with their full name, date of birth, and phone number.
- Entry forms must be clearly labeled with the category in which each routine is entered.
- Coaches must submit a separate entry form for each routine and each competition, (i.e.: 2 separate forms if a team is competing in the summer swimmer synchro meet *and* team finals).
- Entry forms must be submitted for pre-swimmers. The entry form must be clearly labeled "pre-swimmer" at the top of the form.

SS 3. Junior Team Entries

Each pool may submit only one entry in the junior 'A' team event. Any pool may submit an entry in the junior 'B' team category, so long as that pool is entered in the junior 'A' team category. Pools are permitted to enter more than one competitor in the junior 'B' team category. Only category 'A' teams will count in the calculation of the overall results at team finals.

SS 4. Age Category

- A competitor is classified as senior if s/he:
 - a. has finished in 1st place in two consecutive years in solo or duet, and/or
 - b. is 13 or over.
- If a participant is a junior competitor and 13 years old, include the date of birth on the entry form.

SS 5. Canadian National Championships

- A. Competitors who competed at the Canadian Espoir Championships in the previous season and who placed in the top half of the field in the figure competition, may participate in the team event according to their age category, however, may participate only as a senior competitor in the solo or duet event.
- B. Competitors who competed at the Canadian Open Championships in the previous season and who placed in the top half of the field in the figure competition may participate in the senior team event only. Each team is limited to a maximum of four swimmers with these qualifications.
- C. Any athlete who has participated on a Canadian National Team may not compete in the solo or duet events, however may participate in the senior team event.

SS 6. Multi-Event Participation

- A. A solo swimmer may not participate in the duet event, however solo and duet participants may compete in the team event.
- B. Junior solo/duet competitors may swim on a senior team.
- C. Senior solo/duet competitors may swim on a junior team, if still of junior age.

SS 7. Order of competitors

- A. A mandatory meeting will be held to draw the order of competitors for all events. Any pool that is not represented will be fined \$25. Any pools/clubs not having paid their fines prior to the first competition of the ALPS Synchronized Swimming Season (Summer Swimmer Synchro Meet) will not be eligible to compete. The meeting will be held three weeks prior to team finals. The exact time & location of the meeting will be announced at the beginning of the season.
- B. No pool may compete first in more than two events. If the same pool is drawn a third time to swim first, the draw will be re-done from scratch. This rule does not apply to the draw of pre-swimmers.
- C. Competitors whose entry forms are received after the start of the synchro draw meeting will automatically swim first in their respective events. If more than one pool submits late entry forms for the same event, the order for the late entries will be drawn together, separate from the other competitors, and those pools will begin the event.
- D. For the junior team event, the junior 'B' teams will be drawn separately and will begin the event, followed by the junior 'A' teams.
- E. Senior 'B' and 'C' teams will compete with the senior 'A' team category, however, their scores will not be calculated in the overall score.

SS 8. Pre-swimmers

PRE-SWIMMERS

Limit 2 pre-swimmers for each event. The 1st choice pre-swimmer would be to the hosting pool (they may not have any pre-swimmers) and the 2nd choice would be drawn from a hat. If the hosting pool does not have a pre-swimmer, then 2 pools will be drawn to pre-swim. Deadline for the entry of pre-swimmers is the draw meeting. A pool cannot be drawn more than once unless there are no volunteers for pre-swimmers for that particular event.

SS 9. Competition Warm-up

The host pool for each competition will hold a 15-minute warm-up for competitors prior to each event. Neither music nor tapping is permitted during the warm-up time. Pre-swimmers may also warm-up for the event they are swimming.

SS 10. Entry into the Water

- Any competitor may commence a routine in the water. However, swimmers must wait for permission from the referee **and** until the previous competitor is swimming off before entering the pool. Any infraction of this rule will result in a .5 point penalty.
- No swimmer may re-enter any section of the pool after finishing their routine. Any infraction of this rule will result in a .5-point penalty.
- For the deck work in the team and duet events, competitors may not execute stacks, towers, or human pyramids (i.e. each competitor must have some part of their body touching the deck at all times during deck work or competitors may begin in the water).

SS 11. Use of Pool Floor

Competitors may not intentionally use the shallow end as a base during a routine. For each event, a judge will act as technical monitor to ensure routines are not using the floor of the pool to their advantage. The penalty for a violation of this rule is .5 points.

SS 12. Duration of Routines and Music

- Each routine must be accompanied by music and be of the following duration:
 - a. Junior solo, duet, and team routines must be 2 minutes (+/- 15 seconds)
 - b. Senior solo, duet, and team routines must be 2 minutes, 30 seconds (+/- 15 seconds)

There is a .5-point violation if the music is under or over the restricted time limit.
Judging commences with the music, with a time limit on deck work of a maximum of 10 seconds for all events; (these 10 seconds are included in the above time limits). The routine must end in the water with the end of the music. The penalty for violation of any of these rules is .5 points.
- Coaches must submit 1 copy of their music, (on CD) for each event. Coaches are responsible for their CDs. When submitting a CD, the music must be on track 1. **Coaches must have a back-up copy** in case something happens to the original. Coaches must test their CDs prior to the competition. The music must be cut; **the person playing the music will not lower the sound at the end of the routine.**
- All CDs must be clearly labeled with the following information:
 - Master Copy
 - Age category & Event
 - Coach(es)
 - Pool.

SS 13. Re-swim

- A. If a coach feels that her routine deserves a re-swim due to technical difficulty or interference during the competition, she must approach the ALPS synchro coordinator immediately after her competitor's routine is finished. The final decision will be brought to a jury of appeal consisting of the synchro coordinator and the five judges of that competition. Any competitor who re-swims will do so after the last competitor, and it will be announced that it is a re-swim. If the coach waits until the next competitor has started their routine, they will lose their opportunity to re-swim. Scores issued for the re-swim will automatically supersede the scores from the original swim.
- B. If an event in progress is postponed to another day due to technical difficulty such as poor weather, the event will start from the beginning with competitor #1. The competitors will swim in the same order as in the original competition.

SS 14. Scoring

- A. For routine events there should be five judges. Each judge awards one mark for Technical Merit and one mark for Artistic Impression. The highest and the lowest marks of each series are taken off, then the sum of the remaining three marks in each series is calculated and an average of these three marks is found. The Technical Merit average is multiplied by 6.0 and the Artistic Impression average is multiplied by 4.0. Each average is rounded to 3 decimal places, (ex. 36.284). These two totals are then added together, resulting in the final score, (rounded to 3 decimal places). All penalties will be deducted from the final score.
- B. If there are only four judges, the four marks are kept. The average of the four marks becomes the fifth mark and the same procedure as above is followed, starting with the removal of high and low marks.
- C. A team must have at least four participants to compete in the team event. Each additional swimmer, (beyond the four), earns .5 points, which is added to the final score. No additional points are added beyond eight swimmers. There is a maximum of ten participants in the team event. Any team with more than 10 swimmers will be penalized .5 per additional swimmer.
- D. To calculate the overall score for junior and senior, a pro-rated reverse scale will be used for each event (i.e.: if there are 14 competitors, 1st place gets 14 points, 2nd place gets 13 points, etc.). The points from the scale for solo, duet and category 'A' teams will be added together for each pool.

- E. All scores announced are unofficial until the awards presentation.
- F. Scoring will be done with the aid of an excel spreadsheet for all synchro events. Each hosting pool must supply a computer and printer for their respective competitions. Scorekeepers will also record the scores manually during the competition.

SS 15. Awarding of the Trophies

The pool that has accumulated the most points for the combined events (Solo, Duet, and Team) at the Summer Swimmer Competition will be awarded a trophy. At the same competition, there will also be a Spirit of Synchro trophée given to the pool who demonstrated the best spirit during the entire duration of the competition.

For the Junior and Senior Solos & Duets and Team Finals, there is one trophy for Junior and one for Senior. The club with the highest combined points (Junior and Senior together) will be declared the overall winner and will receive a trophy. In addition, a trophy will be awarded to the club that has most improved its standing from the previous year in the combined overall category.

SS 16. Summer Swimmer Synchro Meet

- All Summer Swimmer routines will compete at the ALPS Summer Swimmer Synchro Meet. There is no summer swimmer category at the junior solo & duet competition, the senior solo & duet competition or the team finals competition.
- B. An athlete that has participated on a competitive “réseaux U10 or U12” team during the winter season is eligible to compete in the Summer Swimmer Synchro Meet, however, only in the team event. The team can have up to two “réseaux U10 or U12” winter swimmers on each team and still be eligible for the Summer Swimmer Synchro Meet. ** This rule change reflects that change in age categories associated with Synchro Quebec.
- The Summer Swimmer Synchro Meet is open to all 22 ALPS pools, whether or not they have a competitive synchro team. This competition is open to swimmers in synchro lessons as well.
- Time limits are as follows for the Summer Swimmer Synchro Meet:
 - All junior routines: 1 minute 15 seconds - 2 minutes 15 seconds
 - All senior routines: 1 minute 45 seconds - 2 minutes 45 seconds
 - Limit on deck work: 10 seconds
- Tapping will be permitted in the junior team and duet categories only, but MUST be accompanied by music.
- F. If a summer swimmer stops swimming during the routine and swims to the side of the pool, the routine may be re-swum as a re-swim and will receive a .5 penalty. A decision of whether a re-swim is permitted will be made by a jury of appeal consisting of the 5 judges of the competition and the ALPS synchro coordinator.
- G. Summer swimmers may swim the same routine at the Summer Swimmer Synchro Meet and the junior solo & duet competition, the senior solo & duet competition or the team finals competition.
- H. Order of events: (pools may enter more than once in any category)
 - 1. Junior Solo
 - 2. Senior Solo
 - 3. Junior Duet
 - 4. Senior Duet
 - 5. Junior Team
 - 6. Senior Team
- There will be an awards ceremony immediately following the end of the Summer Swimmer Synchro Meet. All routines will receive medals (1st, 2nd, 3rd place) or ribbons for their event.
- All standard ALPS Synchro rules apply to warm-ups, entry form deadlines and age limits.

SS17. ROUTINE CRITERIA

The use of any previously used winter routine is prohibited. Any participant using such a routine will not be eligible to compete.

SS 18. COACHES CRITERIA

A maximum of 3 coaches per pool is allowed on deck while their team is swimming. Other coaches from the competing pool not coaching that particular routine must watch the participant(s) from the spectators' area.

Water Polo Rules

WP 1. The Coordinator

- ALPS water polo is organized by the water polo Coordinator who is elected at the ALPS AGM. The coordinator will have a sub-committee of two appointed members.
- The coordinator and the sub-committee shall be responsible for all matters pertaining to ALPS water polo including scheduling, interpretation of rules, disciplinary action, and organising clinics and tournaments.

WP 2. Age Groups

The athlete's age category is determined by their age on January 1. The age categories for ALPS water polo are:

- Atom (10 years old or younger) – mixed.
- Bantam (12 years old or younger) - mixed.
- Cadet (14 years old or younger) - boys and girls play separately.
- Juvenile (16 years old or younger) - boys and girls play separately.

WP 3. Divisions

- A. For cadets and juveniles there will be two divisions. The number of teams in each division and the number of times they will play each other will be defined in an annual update.
- B. Pools that do not have enough players to field a team will have the option to merge with another pool to form a water polo team. Any such combined team must have a new name that is not that of either pool. The head coach of each pool must contact the coordinator **before June 15th** to confirm their pool's participation for that summer.

WP 4. Registration of Players

All players must be registered (at no cost) with the Fédération de water polo du Québec (FWPQ). Coaches must fill out the appropriate registration form, neatly and completely, and return it to the coordinator **before the third regular season game**. Failure to hand in a completed registration sheet on time will result in the loss of one point per game in the overall standings at each competitive level. If a pool wishes to add players, the coach must contact the coordinator and provide the necessary written information before the player can participate.

WP 5. Limitations on Eligibility

- An individual who is an ALPS pool member working at a NAA pool cannot play for his/her ALPS home pool at any time in the summer, whether it is during the ALPS regular season, ALPS playoffs or Quebec Games.
- An individual working at an ALPS pool while retaining NAA home pool membership cannot play for both ALPS and NAA. If s/he decides to play in NAA, at no point in the summer is s/he allowed to play water polo in ALPS. If s/he decides to play in ALPS, at no point in the summer s/he is allowed to play water polo for his/her NAA home pool. Sanctions will include forfeit of all games in which s/he played while being considered an illegal player.
- No one whose family is a member of an NAA pool where water polo is played can join an ALPS pool to play water polo.
- A full-time staff person at an NAA pool cannot, at the same time, be a bona fide staff person at an ALPS pool.
- Recruiting winter players is prohibited. No one who is a member of a winter water polo club outside of the ALPS region and who does not permanently live within the ALPS territory may play for an ALPS water polo team, even if they work at an ALPS pool.
- Subject to the coordinator's prior approval, girls may play on boys' teams when their home pool does not have a girls' team; however, boys may not play on girls' teams.

WP 6. Game times

- Games will consist of four 7-minute quarters with a 2-minute interval between quarters. In the case of lopsided games, the coaches may mutually agree to shorten the fourth quarter and will so notify the referee and scoring table.
- Official game days and times during the regular season will be as follows:

	<u>Saturday</u>	<u>Tuesday/Thursday/Sunday</u>
Cadet girls	8h30	19h30
Cadet boys	9h15	20h15
Juvenile girls	10h00	21h00
Juvenile boys	10h45	21h45

- Coaches should contact each other prior to each game to ensure that all details are worked out. Game times and locations can be changed by mutual consent of the coaches who should try to accommodate any legitimate problems which another pool may have; however, every effort should be made to start and finish games at the time and place indicated on the schedule.
- A postponed game-in-progress will be considered complete if the goal differential was greater than 4 when the game was stopped; otherwise, the game will recommence from the point at which it was stopped.
- Any game not played prior to the deadline will count as a loss for one or both teams based on the following:
 - Which team was unavailable on the scheduled date or make-up date;
 - Which team was unwilling to agree on a legitimate alternative date.
 The final decision belongs to the coordinator.
- There will be no overtime during the regular season.

WP 7. Participation

- No team will be permitted to start a game with fewer than 5 players.
- Should a pool be able to field a team of only 6 players, the game will continue and the team will have to play short-handed (7 on 6) until additional players arrive. When a team fields a minimum of 5 players, the game will also be played shorthanded (6 on 5).

- A player coming late to a game may enter the water when a proper substitution may be made, however the player's name must appear on the score sheet prior to the start of the game.

WP 8. Governing Rules

ALPS water polo is governed by the FINA rules for water polo with the exceptions noted below.

- Teams must change ends between periods (instead of at half time).
- Games shall be running-time (instead of stopped time); however, the referee must ask that the clock be stopped in the event of a time-out or delays caused by injury, weather, unruly behaviour, problems with equipment or caps etc. The referee may also ask that the clock be stopped after goals in the fourth quarter if one of the teams is, in his/her opinion, delaying the game.
- The exclusion period is 30 seconds running time (versus 20 seconds stopped time).
- There is no 35-second clock (however, the referee will turn over the ball if, in his/her judgment, a team is wasting time and making no effort to advance the ball towards the opponents' goal).
- When a player leaves the game as a result of an accident, injury, or illness, the referee may allow the injured player to re-enter the water later in the game even though a substitutes has taken his/her place (normally, when a player leaves the game for medical reasons and is replaced, the player is not allowed to take part further in the game). In the case of bleeding, the referee shall stop the game and order the player from the water until the bleeding has stopped.
- There will be no time-outs during the regular season and only one in each playoff game. Calling a time-out when not allowed will result in a penalty (5m) shot.
- Cadet goalies may stand on the ledge, if any, in the deep end at any time to defend their goal; for juveniles, playing from (as opposed to resting on) the ledge under any circumstances shall constitute a major foul. "Launching" out from the ledge or jumping off the bottom in the shallow end to foul an opponent (as opposed to blocking a shot or retrieving the ball) shall constitute a major foul.
- For field players, playing off the bottom shall constitute a minor foul. Repeated offences after at least one caution shall result in a major foul, at the referee's discretion. Also, any deliberate attempt to prevent a goal-scoring opportunity by playing off the bottom shall represent a major foul. If it occurs in the last minute, the penalty will be a penalty 5-metre shot.
- Substitutions may be made only:
 - between periods of play, including overtime
 - after a goal has been scored
 - during a major foul
 - during a time-out (playoff only)

There shall be no substitutions at any other time. All substitutions will be made from the designated corner, usually near the bench. An illegal substitution will result in a penalty (5m) shot.
- There will be no sudden-death overtime, even after the first two 3-minute quarters.
- Pools should have regulation nets in good working order. The inner sides of the goal posts should be 3 meters apart and the underside of the crossbar should be 0.9 meters above the water surface when the water is 1.5 meters or more and 2.4 meters above the bottom of the pool in the event the water is less than 1.5 deep. Nets should extend at least 0.3 meters from the wall.
- Hosting pools must have two sets of caps with ear protectors and clearly marked numbers, which are in decent condition during the regular season and in playoffs. If not, they will be forced to forfeit their games. A visiting team may choose to bring their own caps.
- It is permitted for an offensive player to enter the 2m area without the ball but:

- the player may not receive the ball
- the player may not obstruct the goalie
- The player may not swim and obstruct a defensive player, with his/her team possibly taking an advantage of the situation.
- Goalie caps are not required to have the number 13 as long as they are clearly identifiable from the rest of the team.
- Quarters will be 7 minutes running time.

WP 9. Suspensions and Ejections

Players not in the water and their coach must remain at their bench during play. The referee will ask anyone who is neither a player nor a coach to be seated in the stands.

WP 10. Referees

- The home pool must ensure that two referees are present to referee the games. The pool may pay a neutral referee. The coordinators will supply an approved list of referees along with phone numbers at the coaches' meeting. Possible referee scenarios can be:
 - Two neutral referees (ideal);
 - One neutral referee and one home pool referee;
 - One neutral referee and the home and away pools alternate refereeing games;
 - One home referee and one away referee for all games;
 - Two home referees;
 - Individuals playing on a particular game night cannot referee on the same night at the pool at which they are playing, unless the head coaches from both pools agree and only if no other refereeing scenarios are possible.
- There will be a mandatory water polo clinic prior to the first game. All water polo staff from each pool must attend; this includes any referees or potential referees (minimum 3 per pool). ALPS reps are also encouraged to come for the information session. The clinic will cover refereeing, coaching, and how to properly set up for a water polo game. The clinic will be a three hour session (roughly two hour dry land and an hour water session). This is to ensure that each pool provides a safe and fair water polo environment. A pool that does not supply adequate participants will be ineligible to compete in the ALPS Water Polo season.

WP 11. Scoresheets

- Official score sheets are supplied to each pool and must be used. It is strongly recommended that the home team have all score sheets for each game completely filled out, with the exception of the visiting team's roster, prior to the arrival of the visiting team. Score sheets must be neatly filled out as indicated on the distributed sample copy.
- The scores from each game must be e-mailed to the coordinator the day after each game night to ensure that the website can be updated on a rapid basis.
- Failure to submit the official score sheet within the time requirements as indicated in the cross-discipline rules will result in forfeited games for the home team.

WP 12. Standings

- Standings will be kept for all categories.
Points will be awarded as follows:
3 for a win,
2 for a tie,
1 for a loss
0 for a forfeit

- These points will also apply the first two times a team invokes the Participation Rule. The third and subsequent times that a team invokes the Participation Rule, it shall receive only 2 points for a win, and 1 for a tie or a loss.

WP 13. End of Season

All regular season Cadet and Juvenile games must be completed and all score sheets submitted by the date noted in the annual update. Any games not played or score sheets not submitted by that date may be counted as a forfeit for the offending team and the pool may be subject to a fine of \$25 per day.

PLAYOFFS

WP 14. Playoff Competitions

- Playoffs will be for the regular cadet and juvenile levels only. Bantams will have a mid-season tournament.
- To be eligible to play in the playoffs, a player must have played in at least two games at any combination of level (cadet or juvenile) during the regular season. Playing in a game is defined as participating in the water in a valid game. Being on the score sheet or being available for games that are cancelled, postponed, or abandoned does not count as a game played.
- In the event that teams have the same number of points at the end of the regular season, the differential between goals scored and goals allowed over the entire season will be the deciding factor. For this purpose, no team will be considered to have won or lost a game by more than seven goals, irrespective of the actual score. Forfeited games will also count as a 7-0 score. Should two teams remain tied, the tie-breaking formula will be:
 - the outcome of the games between the two teams
 - the number of times, if any, either team invoked the Participation Rule
 - the flip of a coin
- Every effort will be made to have at least one and preferably two neutral referees for playoff games.
- When playoff games are tied after regulation time, there will be a 3-minute delay, and then overtime consisting of two 3-minute quarters separated by a one-minute interval. This pattern will continue until the tie is broken.

WP 15. Playoff Dates and Locations

- Times and locations of playoff games will be outlined in the annual update.
- Playoff dates are final and cannot be changed, even by agreement between coaches.

BANTAM TOURNAMENT

WP 16. Tournament Schedule

A bantam tournament will be held on a Saturday during the regular season. A schedule with the exact times will be distributed prior to the tournament.

QUEBEC GAMES

WP 17. Tournament Schedule

The Quebec Games water polo tournament will be held on the first or second weekend of August at the Dollard Civic Center between approximately 14h30 and 21h30. The top team in the "A" division and the top team in the "B" division will represent ALPS.

ATOM TOURNAMENT

WP 18. Tournament Schedule

An atom tournament will be held on a Saturday during the regular season. A schedule with the exact times will be distributed prior to the tournament.