



Association of Lakeshore Pools (ALPS)

www.alpsaquatics.ca

2026 RULEBOOK

Amendments Approved June 1, 2026 Annual General Meeting Modifications

CROSS-DISCIPLINE RULES

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: <https://www.worldaquatics.com/rules/competition-regulations>

Diving: www.diving.ca/

Artistic 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 attire in accordance with the current provincial/national governing regulations.
- 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 coordinator for the discipline must be advised before the athlete competes.
- An athlete who competes for another pool who is a member of an association other than ALPS, may not compete for an ALPS pool, except under extraordinary circumstances and with approval from the ALPS Executive Committee.
- 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) AND the appropriate ALPS Coordinator 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, or water polo 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 4:00 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/event or prior to Section Finals (Swimming), **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 water polo 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 & Code of Conduct

- 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 participating team to keep their respective supporters adhering to the same ALPS Code of Conduct. This includes, but not limited to, non-playing players, parents and friends. The referee, other official, ALPS representative, ALPS Executive Committee member, or pool staff have the authority to stop play until such time any offending supporter is removed from the pool grounds or their behaviour changes to adhere to the ALPS Code of Conduct.

FOR ATHLETES, PARENTS, COACHES AND OFFICIALS

The Association of Lakeshore Pools (ALPs) is a community-oriented organization that sponsors youth aquatic activities emphasizing fun, fair play and sportsmanship. Part of our mission is to enhance every participant's enjoyment of the aquatic experience. To better achieve this goal, we are implementing a Code of Conduct for all participants in ALPs.

The Code of Conduct is a written contract between athletes, parents, coaches and officials to abide by the rules and regulations as well as maintain a cooperative attitude and uphold the ideals of fair play and sportsmanship. This contract is more than just paper; it is the essence of the goals and objectives and thus, adherence to it is of primary importance.

Children who wish to participate on teams sanctioned by ALPS and their parents are required to understand and agree to this Code of Conduct.

FOR PARENTS AND SPECTATORS

Parents and spectators must set the example for the children by exemplifying the highest standards of sportsmanship. They will participate by watching, cheering and supporting the efforts of all athletes. Sports must be FUN. The event is for the children – their participation and enjoyment is the most important element.

1. Parents & spectators have responsibilities to the coach, team and club they are part of.
2. Parents & spectators must have respect for their coach, all children on the team, both their own and the visitors', and the officials. They will not harass, abuse or berate the officials during or after an event. They shall not access the restricted area of the pool deck without an official's permission.
3. Parents & spectators are expected to have respect for the coach; they should never criticize a coach in a public manner.
4. Parents & spectators are expected to have respect for all the players.
5. Parents & spectators are not to use foul or abusive language towards anyone for any reason.
6. Parents & spectators have a responsibility to learn the rules of the sport.
7. Parents & spectators are encouraged to get involved with the organization and to promote the sport in a positive manner.
8. Parents & spectators must demonstrate the utmost in sportsmanship and integrity; they are the role models for their children.
- 9.

ATHLETES, COACHES AND OFFICIALS

Athletes participate for fun, to learn and to develop a passion for the sport as well as to improve their skills. Athletes are representative of the club as well as the team, coach, parents and community. Athletes, coaches and officials must maintain a high level of sportsmanship and fair play. Athletes must have respect for their coach, opponents and the authority of the officials.

1. Athletes, coaches and officials will participate within the rules of ALPS and spirit of the sport.
2. Athletes, coaches and officials are expected to arrive on time and be prepared for events and training sessions.
3. Athletes, coaches and officials will display self-control in all situations and will not use foul or abusive language at any time.
4. Athletes will train and participate to the best of their ability, have positive attitude and encourage others to do the same.
5. Athletes and coaches will show respect towards the officials as well as towards opponents. They will not harass, abuse or berate an official for any reason.

THERE IS A ZERO-TOLERANCE POLICY FOR BULLYING, PROFANITY OR HARASSMENT. EXPULSION FROM THE GROUNDS WILL BE ENFORCED.

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.

SWIMMING RULES

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.
- Requirements for Places Judges and Timers: if you have three timers per lane, you have the option not to have two Place Judges. The Referee would submit the third Place Judge slip. If you have less than two timers per lane, two Place Judges are required, plus the Referee's third Place Judge Slip.

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 4. 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 SW3 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 5. 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 6. 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 7. 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.

For 8 and under and 9-10 swimmers, Para-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 8. 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.

SW. 9 Dual Meets

SW 9.1 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:

Dual Meet Result	Team Points
Win	50
Loss	10
Tie	30
Forfeit	0

- 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.
- The swimmers' time will take precedence over place judging in determining the order of finish. In the event of a tie, the chief place judge shall use a "Judge's Decision" to determine the order of finish. Swimmer's time will be determined in accordance with the World Aquatics organizations' rules. The "Judge's Decision" will be based on the order of finish provided by the referee.

II 11.3.1 – if two of the three watches record the same time and the third disagrees, the two identical times shall be the official time.

II 11.3.2 – If all three watches disagree, the watch recording the intermediate time shall be the official time.

II 11.3.3 – With only two out of three watches working, the average time shall be the official time.

- Any problems the chief place judge is unable to resolve shall be referred to the referee.

SW 9.2. Extra Heats (non-scoring 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 swimming alone.**

- 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.

SW. 9.3 Swimmer's Time Cards

- 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 Para-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 P.
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 9.1). 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 9.4. 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 9.5. 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. <u>Must</u> 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 9.6. 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.

SW 10. Section Finals

SW 10.1. 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 10.2. Cards and Entry Grids

Entry grids must be submitted to the section coordinator no later than 9:00AM exactly ONE WEEK prior to Section Finals. Changes can be made to the entry grid until 12:00PM the Thursday prior to Section Finals. Any changes past that time will need to be made on the day of the event in accordance with the appropriate Section Finals meet package information.

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.

Swimmers' timers cards will be printed out by the section coordinator prior to the event.

On the day of Section Finals, any scratch and/or replacement must be made by filling out the appropriate form provided at the administration desk and submitting it to the officials assigned to the position.

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

SW 10.3. Seeding

Club number indicates the ranking of each club in order of its final standing within its section.
Order of Heats in Section Finals:

- Six-lane pool: Heat 1 – Fast swimmers, Heat 2 – Faster swimmers, Heat 3 – Fastest swimmers
- Eight-lane pool: Heat 1 – Faster swimmers, Heat 2 – Fastest swimmers

Sections A, 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	

The seeding will be as follows for an eight-lane pool:

Individual events

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

SW 10.4 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;
 - Second: the accumulated individual and relay points attained by each tied club at the dual meets involving the tied clubs or, if this does not break the tie;
 - Third: the accumulated individual and relay points attained by each tied club at all dual meets held throughout the season.
 - Scoring at the Section Final meets will be as follows:

Individual events: 15, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Relays: 30, 26, 24, 22, 20, 18, 16

SW 10.5. Changing Sections

- As a result of Section Finals, the first-place teams from Sections B and C will move up to the next higher section. Accordingly, the last place team from Sections A and B will move down to the next lower section.
- In the case of a tie between two or more clubs at the end of Section Finals competition, the order of ranking for relegation will be determined by:
 - First: the winner of the dual meet between the tied clubs or, if this does not break the tie;
 - Second: the accumulated individual and relay points attained by each tied club at all of the season's dual meets.
- In the event of a pool being unable to participate in the following season(s) after Section Finals, realignment shall be as follows:
 - The Section Finals winning team will **ALWAYS** move up.

- The normal being A-7, B-7 and C-7.
- If a Section A pool cannot compete, 1 pool will move down to Section B and 1 team will move up to Section A
- If a Section B pool cannot compete, 2 pools will move down from Section A and 1 pool will move up to Section A. Also 1 pool moves up from Section C and 1 pool moves down to Section C.
- If a Section C pool cannot compete, 1 pool will move up to Section A. 1 pool will move up to Section B. 2 pools will move down to Section B. 2 pools will move down to Section C.
- Prioritized order A-7, B-7, C-6

SW 11. Finals & Consolation Finals

SW 11.1 Finals Competition

- ALPS Finals is a competition of the fastest six swimmers and relay teams from the combined Section Finals. The swimmers/teams are selected on the basis of time or adjusted judges' decisions times.
- Each team in ALPS Finals will start with 0 points and the scoring for this competition will be as follows:
 - Individual events: 7, 5, 4, 3, 2, 1
 - Relays: 14, 10, 8, 6, 4, 2

SW 11.2 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 11.3 Finals Scratch deadline

- 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.
- An online form will be sent out to all Swim club head coaches to complete scratches. The form will close according to the deadline stated in the meet package.
- Relay names may be changed on the day of the meet, up until the time announced by the administration desk, 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 for check the eligibility of all swimmers.

SW 11.4 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.

SW 12. Section Finals/Finals Competitions

SW 12.1 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 12.2 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 13 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 Head Coaches' Meeting 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
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:
 1. The Dive coordinator will keep and distribute a list of qualified referees and judges.
 - a) A minimum of one (1) volunteer judge (not lifeguard) per participating team, preferably a diving referee, for each pool must be present at the scheduled Officials Meeting 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.
 - b) To be placed on the list of qualified judges, each judge must have successfully completed or have shown equivalencies for one or more of the following
 - i. An in-person training OR all the following
 - ii. the on-line judges' rules clinic and evaluation
 - iii. and, in the case of referees, the supplementary on-line clinic and evaluation for referees

D 2. Diving Meets

A.

The hosting pool shall provide: **a minimum of two (2) judges** who are listed on the qualified judges list. The visiting pool shall provide **a minimum of one(1)**.

The hosting pool will also provide four table workers: one announcer, one recorder, one data entry, and one calculator. The hosting pool will ensure that the officials' table is equipped with all necessary items, including a calculator and a computer pre-loaded with the current ALPS dive spreadsheet running under Windows Data entry shall occur concurrently with the competition. The hosting pool will also provide four table workers: one announcer, one recorder, one data entry, and one calculator. One of these table workers shall be an adult volunteer from the hosting pool.

B.

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.

C.

Forfeits

In the case that a pool forfeits, in addition to CD7, the opposing pool is encouraged to have their own competition, with the usual rules for qualifying for Finals.

D 3. Age Groups

See CD 5

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. Those over age 70 may repeat the same dive number with a different position.

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 or qualifiers.
- 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, except in the case of divers over 70, who may repeat the same dive in a different position.
- 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. Results must be submitted as per CD.6.

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.

D 7. Judging

- The referee is responsible for the overall conduct of the dive meet, including insuring timeliness, verifying accurate scores and maintaining discipline. The referee must have a thorough understanding of the rules, particularly those related to deductions and declarations.
- The judging panel shall consist of the referee and judges selected from the list of qualified officials.

The use of coaches must be limited and is subject to prior approval by the Diving Coordinator. Lifeguards may serve as judges only if they have received prior approval from the Diving Coordinator and are not on duty in a lifeguarding capacity at the time of judging.

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. With the agreement of both clubs, a five-judge panel may be used at regular meets. The club committees or Coaches will arrange for the judges, referees and scorekeepers for regular season meets.
- For a three-judge panel, the referee shall assign positions, with the referee seated closest to the diving board.
- For a five-judge panel, judges shall be seated in clockwise order, beginning with the referee. The referee and the first two judges shall be positioned in the front row.
- Once positions have been assigned, judges shall not change seats unless directed by the referee, and only under 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. 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.

- If a diver receives any form of assistance (verbal or physical) while on the board, it shall be considered a balk and will result in a two-point deduction applied at the Officials' Table. If a diver is given assistance after the take-off, the Referee may declare a failed dive.
- 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, with both arms in the same position. The dive commences when the arms leave the starting position, or when the knees flex.
 - 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.
 - In the 8 and under category, the performance of a hurdle is strongly discouraged.

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. The degree of difficulty (DD) is applied separately and should not influence the judge's score.
- Judges are to consider the technique and grace of:
 - the starting position
 - the hurdle (if performed)
 - 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

- No points, individual or team, shall be awarded to a disqualified diver.
 - Clown diving or tomfoolery: Unprofessional or unsafe conduct during a dive will not be tolerated, as it constitutes poor sportsmanship and may present a safety risk. One example of such conduct is when a diver makes no effort to assume a recognized position (tuck, pike, or straight) and remains improperly positioned; Such as bent backward, throughout the majority of the dive (excluding the entry phase).

- All divers, both on the board and awaiting their turn, are expected to maintain a respectful and appropriate demeanor at all times.
- In cases of misconduct, the referee may remove the diver from the competition. The diver's scores will be disqualified from the team total, 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.
- Divers who do not attempt the required number of dives, or divers who are disqualified, will not earn qualifiers or Team Points.
- Scoring for regular meets is as follows:

<u>Place</u>	<u>Pts</u>	<u>Place</u>	<u>Pts:</u>
1st	16	7th	7
2nd	14	8th	5
3rd	12	9th	4
4th	11	10th	3
5th	10	11th	2
6th	9	12th	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 totaled 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 Summer Divers Meet or at the Master Divers' Meet can count as one of the top 3.
- Dive lists are to be submitted electronically no later than the Thursday before the meet at 4:00 p.m. Late penalties will be applied for clubs who do not submit their entries by the deadline, in the amount of \$25.00 per day late. All dive lists must also be submitted on paper no later than 15 minutes after the beginning of general warm-ups on the day of the event.
- The ALPS Diving Coordinator is responsible for appointing judges and referees for the Diving Finals competition.
- 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 provide the table officials for two officials' tables (ie, announcer, recorder, data entry and calculator).
- Results will normally be announced for events as follows: Event 1, 2&3 at lunch; Event 4&5 at the conclusion, at the discretion of the coordinator
- The ALPS Diving Finals recognizes individual performance and merit and will recognize team performance, awarding points as per Sunday meets.

- 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 Technical Merit Champion will be presented to the male and female divers with the highest average raw three retained judges scores. In case of a tie, then the diver with the higher average calculated score per dive will be considered the winner. This replaces the High Aggregate Score, but shall use the same trophy.

D 19. Medals And Ribbons

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

Summer Divers' Meet (Novice)

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.
- Dive lists are to be submitted electronically no later than the Friday before the meet at 4:00 p.m. Late penalties will be applied for clubs who do not submit the bulk of their entries by the deadline, in the amount of \$25.00 per day late. Late submissions, in reasonable number from each pool, may be accepted up to the 15 minutes after the beginning of general warm-ups on the day of the event. Late submissions on the day of the event shall be submitted on regular paper dive sheets.
- The ALPS Diving Coordinator is responsible for appointing judges and referees for the Summer Divers' competition.
- The top six finishers in each category will earn a qualifier for Finals.

D 21. Required Dives

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.

Master Divers' Meet

D 22. Competition Rules

- The competition is open to individuals aged 25 and over from any ALPS-affiliated club, regardless of whether the club participates in the ALPS diving discipline.
- ALPS regular meet rules shall apply, except with respect to age categories.
- Club points will be awarded for this meet; however, they will not count toward regular season standings.
- Dive lists should be submitted electronically no later than Friday at 4:00 p.m. prior to the meet. A limited number of late submissions from each pool may be accepted up to 15 minutes after the start of general warm-ups on the day of the event. Any day-of submissions must be completed on standard paper dive sheets. Paper copies of electronically submitted dive lists must also be provided.
- The ALPS Diving Coordinator is responsible for appointing judges and referees for the Masters Divers' competition.

- Divers' ages, as determined in accordance with ALPS rules, will be provided to coordinators upon registration.
- The Diving Coordinator shall determine appropriate age categories when registrations have been received.
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D 23. ALPS DD Sheet 2023

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	
10FF	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	
20FF	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

ARTISTIC SWIMMING RULES

AS 1. Eligibility & General

A. Artistic Swimming competitions will be divided into the following age categories:

1. Pre-Junior – Ten (10) years and under, as of June 24th
2. Junior –Thirteen (13) years and under, as of June 24th
3. Senior – Sixteen (16) years and under, as of June 24th

B. Additional information about eligibility:

1. The age cut off for the summer will be June 24th, inclusively. **For example**, if an athlete turns 13 on July 21st, they are still considered 12 years old for that summer.
2. A competitor is classified as senior if s/he: has finished in 1st place in two consecutive years in solo or duet, and/or is 14 or over.
3. Staff members 17 years and over as of June 24th, may not compete in any ALPS artistic swimming competition. A staff member, 16 years and younger may compete only in the team category. They may not swim on a team that they coach.

C. The rules, based on those of the World Aquatics (formally FINA), shall guide all ALPS artistic swimming competitions.

D. The following competitions shall be scheduled in each ALPS season: Summer Swimmers Competition, Solo & Duet Finals, and Team Finals.

E. Artistic Swimming competitions will be divided into the following events

1. Summer Swimmers Competition
 - i. Pre-Junior – Solo, duet and team
 - ii. Junior – Solo, duet and team
 - iii. Senior – Solo, duet and team
2. Solo & Duet Finals
 - i. Pre-Junior – Solo and duet
 - ii. Junior – Solo and duet
 - iii. Senior – Solo and duet
3. Team Finals
 - i. Pre-Junior team
 - ii. Junior team
 - iii. Senior team

F. There will be a judge's clinic at the start of each season. Each pool must provide two (2) representatives to the ALPS coordinator(s). This can include past judges representing a pool, parents, past guards, family, friends, etc. If a pool has representatives that are experienced judges or have attended the workshop, they will not need to attend the judging clinic. Failure to provide two (2) representatives per pool will result in a fine according to the ALPS Cross-Discipline Rules, that will need to be paid before the first competition (Summer Swimmers).

AS 2. Entry Forms

A. 1. All coaches will be asked to fill out an online Google Forms provided by the ALPS coordinator(s), indicating how many events their pool will be competing in, no later than one (1) week before the Artistic Swimming draw meeting. Any pool that fails to do so will result in a fine according to the ALPS Cross-Discipline Rules. Teams, duets or solos not having paid their fines before the first competition of the ALPS Artistic Swimming Season (Summer Swimmers Meet) will not be eligible to compete.

2. Last-minute changes, including scratches, may be made up to the start of the competition.

B. All coaches will be asked to complete an online Excel sheet provided by the ALPS coordinator(s) (indicating full name, date of birth and coaches' names) one and a half (1.5) weeks before said competition. Any pool that fails to do so will result in a fine according to the ALPS Cross-Discipline Rules. Teams, duets or solos not having paid their fines before the first competition of the ALPS Artistic Swimming Season (Summer Swimmers Meet) will not be eligible to compete in the competitions.

AS 3. Multi-Event Participation

A. Competitors may compete in a maximum of two (2) events per season (e.g. Solo & Duet **OR** Solo & Team **OR** Duet & Team). A competitor may not swim the same event in different age groups (e.g. Junior Solo and Senior Solo).

B. A competitor may swim in an older category but not in a younger category than their own (e.g., a junior swimmer may swim in the senior category, but a senior swimmer may not compete in the junior category).

C. 1. Each pool may submit one (1) entry per Junior and Senior category in the Solo & Duet Finals.
2. A pool may submit a Pre-Junior team (previously Junior B), even if they do not have a junior team (previously Junior A) in the Team Finals.

2. Pools are permitted to submit more than one (1) team in Team Finals however, only one (1) team (the top ranking one) will count for overall points.

AS 4. Order of Competitors

A. A meeting will be held to draw the order of competitors for all events. The meeting will be held three (3) weeks before the 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 (2) events. If the same pool is drawn a third time to swim first, the draw will be re-done from scratch for said event. This rule does not apply to the draw of pre-swimmers.

C. Team competitors whose Google Forms responses are received after the start of the Artistic Swimming draw meeting will automatically swim first in their respective events. If more than one pool submits late responses 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. There is a limit of two (2) pre-swimmers for each event. The 1st choice pre-swimmer would be given to the hosting pool, and the 2nd choice would be drawn. Two pools will be drawn to pre-swim if the hosting pool does not have a pre-swimmer. The 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 event.

AS 5. Competition Warm-Up

A. 1. The host pool for each competition will hold a minimum of 15-minute warm-up for competitors for each event.

2. Warm-up details and schedule may be subject to change at the discretion of the ALPS coordinator(s).

3. Music, tapping, boosts are NOT permitted during the warm-up time. Pre-swimmers may also warm up for the event they are swimming in.

AS 6. Competition Penalties

A. One (1) penalty point shall be deducted for each of the following infractions:

1. If the time limit of ten (10) seconds for deck movements is exceeded (FINA rule ss43.1).

2. If the time limit exceeds or is too short for the times recommended in the ALPS rule book (ALPS rule SS8). **see specificity for summer swimmers' competition*

3. If the competitor has made deliberate use of the bottom of the pool (FINA rule ss43.3).

4. If one or more competitors leaves the water before completing a routine, the routine will be disqualified unless circumstances beyond the competitor's control cause the departure (FINA rule 45).

5. If a participant uses inappropriate symbols, such as, guns, death, etc.

6. If a participant does a backflip, cartwheels or back jumps from the deck.

7. If a participant uses props at some point of the routine or deck work.

8. If a participant uses theatrical makeup. Makeup must not extend beyond the eyebrows. Lipstick is allowed.

AS 7. General Rules of Participation

A. A team must have at least four (4) participants to compete in the team event. There is a maximum of ten (10) participants in the team event.

B. National level winter swimmers placing in the top 50 athletes in figures at the Canadian Championship Competition, in the previous season, may compete within a team event according to their age category. There may be a maximum of four (4) swimmers of this caliber on the team. However, they may only participate as a senior competitor for the solo or duet events.

C. Any athlete who has swum as part of the Canadian National Team, may not compete in a solo or duet event but may participate in the senior team event.

D. The music and judging shall begin upon the signal from the Referee. After the signal, the swimmer(s) must perform the routine without interruption. If unforeseen circumstances occur (e.g., speaker failure, serious outside interference, etc.) which interrupt the routine, the coach of the swimmer(s) affected may request the opportunity to repeat the routine. This request must be made before the scores are read. At this point, the referee along with ALPS coordinator (s) will decide if and when the swim will occur. When this happens, the routine affected will be marked only on the repeated attempt, the first mark being disregarded.

E. Costumes for the routine shall conform to the current concept of the appropriate. As defined by Artistic Swimming Canada (Artistic swimming Canada AS 13.13) props and glitter shall not be permitted.

F. The referee shall have complete and total control of the competition and assign and instruct the officials accordingly.

G. For routine events, there should be five (5) judges and one Referee.

H. 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 calculated. 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.

I. 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.

1. To Follow Artistic Swimming Canada rule 4.7.2 Routines/Scoring

- Routine Adjusted Score: There will be no points added to the Total Score for teams over four (4) competitors.

J. As of Summer 2026, there will be compulsory elements that must be included into each routine. The details of each elements and scoring is reviewed in the next section SS7.1.

AS 7.1 Elements

- Elements are mandatory for all routines (including summer artistic swimming competition).
- Elements may be performed in whatever sequence the coach decides.
- It is strongly recommended, for clarity of judgement, that all required elements are separated by other contents.
- A penalty of 0.5 will be given per element that is not performed in the routine.

PRE-JUNIOR COMPULSORY ELEMENTS

1- One (1) Body Boost [arms optional]

A rapid headfirst rise, with a maximum of the body above the surface is executed, arms optional. A descent is executed until the swimmer is completely submerged.

2- One (1) Above Water Pattern Change [Teams Only]

3- Ballet Leg Single Leg

Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The bent leg is straightened without movement of the thigh to assume a **Ballet Leg Position**. Knees are drawn into the chest, ending with a **Back Tuck Somersault**.

4- Modified Fish Tail

Begin with a **Front Pike Pull Down** until a **Pike Position** is assumed. One leg remains at the surface of the water throughout. The other leg is bent into a **Swirly Position**. The same leg is then extended into a **Fish Tail Position**. **Ending Optional**.

JUNIOR COMPULSORY ELEMENTS

1- One (1) Body Boost [arms optional]

A rapid headfirst rise, with a maximum of the body above the surface is executed, arms optional. A descent is executed until the swimmer is completely submerged.

2- One (1) Above Water Pattern Change [Teams Only]

3- One (1) Double Arm Movement

Both arms must be in the air, elbows cleared from the water.

4- Modified Fish Tail

Begin with a **Front Pike Pull Down** until a **Pike Position** is assumed. One leg remains at the surface of the water throughout. The other leg is bent into a **Swirly Position**. The same leg is then extended into a **Fish Tail Position**. **Ending Optional**.

3- Ballet Leg Single Leg

Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The bent leg is straightened without movement of the thigh to assume a **Ballet Leg Position**. Knees are drawn into the chest, ending with a **Back Tuck Somersault**.

SENIOR COMPULSORY ELEMENTS

1- One (1) Body Boost with a minimum of One (1) Arm Movement

A rapid headfirst rise, with a maximum of the body above the surface is executed. A movement of one or both arms is executed before the head is completely submerged. A descent is executed until the swimmer is completely submerged.

2- Two (2) Above Water Pattern Changes [Teams Only]

3- One (1) Sequence of a Minimum of Three (3) Consecutive Double Arm Movements.

4- Ballet Leg Single Leg

Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The bent leg is straightened without movement of the thigh to assume a **Ballet Leg Position**. The ballet leg is bent without movement of the thigh to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed. **Ending Optional**.

5- Modified Neptunus

Begin with a **Front Pike Pull Down** until a **Pike Position** is assumed. One leg remains at the surface of the water throughout. The other leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Position**. **Ending Optional**.

6- Walkover Front [Optional]

Begin with a **Front Pike Pull Down** until a **Pike Position** is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. The front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a **Surface Arch Position** and with continuous movement an **Arch to Back Layout Finish** is executed. **Ending Optional**.

AS 8. Length of Routines

	Solo	Duet	Team
Pre-junior	0:45 (+/- 15 seconds)	1:00 (+/- 15 seconds)	1:15 (+/- 15 seconds)
Junior	1:15 (+/- 15 seconds)	1:30 (+/- 15 seconds)	1:45 (+/- 15 seconds)
Senior	1:30 (+/- 15 seconds)	1:45 (+/- 15 seconds)	2:00 (+/- 15 seconds)

AS 8. Music Requirements

A. The timing of a routine shall start and finish with the accompaniment. The timing of the deck movements shall end when the last performer leaves the deck. Routines may begin in the water or on the deck but must end in the water.

B. There will be a penalty of one (1) point off the final score, for those competitors who do not meet the time limit requirements for the length of the routines. There will also be a one (1) point penalty off the final score for those competitors who exceed the time limit for the deck movement.

1. Accompaniment must be provided by the pools in a format (CD, MP3, Other) decided by the commissioned DJ of each event in consultation with the ALPS coordinator(s).

2. If music is required in advance of the event date, the Coordinator(s) will set a deadline; if a pool does not meet the deadline, a one (1) point penalty per routine will be assessed.

3. ALPS coordinator(s) are responsible for providing the DJ with the music in the order of the draws.

C. Coaches are responsible for the labelling of music as to the name of the competitor and pool name, as well as the title of the routine. Only one routine per file will be permitted.

D. A Master (if not already submitted) and Backup music source must be supplied for each routine before the commencement of the competition; a backup source may NOT be on a laptop. Backup music format will be decided by the ALPS coordinator(s) and DJ.

E. Winter swimmers must use different music and change their routines for the summer competition.

F. ALPS Coordinator(s) will be in charge of contacting the DJ for the competitions and setting up services. ALPS will also cover DJ costs for the competitions.

AS 9. Entry into the Water

A. Any competitor may commence a routine in the water. However, swimmers must wait for permission from the referee until the previous competitor is swimming off before entering the pool. Any infraction of this rule will result in a one (1) point penalty.

B. No swimmer may re-enter any section of the pool after finishing their routine. Any infraction of this rule will result in a one (1) point penalty.

C. 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 always touching the deck during deck work or competitors may begin in the water). Any infraction of this rule will result in a one (1) point penalty.

AS 12. Coaches Criteria

There is no maximum number of coaches that can be on the deck while their team is swimming. Swimmers and parents are not permitted to watch the routines on deck, they must do so from the specified spectator areas. Other coaches from the competing pool, not coaching that routine, must watch the participant(s) from the spectators' area.

AS 13. Points System and Awards

A. At the end of the competitions, points will be awarded to the competitors according to their placing in the meet. Only the top scoring routine per pool will be involved in these standings, meaning, each pool will have a maximum of seven (7) routines that can be awarded points. Points will be awarded to the top 22 Pools.

Place	1	2	3	4	5	6	7	8	9	10	11	12
Solo	57	54	51	48	45	42	39	36	33	30	27	24
Duet	76	72	68	64	60	56	52	48	44	40	36	32
Team	95	90	85	80	75	70	65	60	55	50	45	40
Place	13	14	15	16	17	18	19	20	21	22	23	24
Solo	21	18	15	12	9	6	3	2	1	1	0	0
Duet	28	24	20	16	12	8	4	3	2	1	0	0
Team	35	30	25	20	15	10	5	4	3	2	0	0

B. Awards for team spirit and merit awards will be determined by the ALPS Coordinator(s).

C. The pool that has accumulated the most points for the combined events (Solo, Duet, and Team) at the Summer Swimmers Competition will be awarded a trophy. At the same competition, there will also be a Spirit of Artistic Swimming trophy given to the pool who demonstrated the best spirit during the entire duration of the competition, this will be decided by the ALPS Coordinator(s).

D. For the Solos & Duets and Team Finals, there is one trophy for pre-junior, junior and one for senior. The club with the highest combined points (Pre-Junior, Junior and Senior together) will be declared the overall winner and will receive a trophy.

E. In addition, a trophy will be awarded to the club that has improved its standing most from the previous year in the combined overall category.

F. In the case of a tie (calculated to the 4th decimal), as per World Aquatics rule 20.3, the highest technical merit score shall be the deciding factor. If there is still a tie, the highest artistic impression score shall decide.

AS 14. Summer Swimmer's Competition

A. All Summer Swimmer routines will compete at the ALPS Summer Swimmer Competition. There is no summer swimmer category at Solo & Duet Finals or Team Finals.

B. Any swimmer who competed in a *Natation Artistique Québec* or *Artistic Swimming Canada* sanctioned event in the winter is NOT eligible to participate in the Summer Swimmers' competition. Only those who participated in a pre-competitive group or lessons may be eligible.

C. Summer swimmers may swim the same routine at the Summer Swimmer Artistic Swimming Meet and the Solo & Duet Finals or the Team Finals.

- D. Order of events:
- 1) Pre-Junior Solo
 - 2) Junior Solo
 - 3) Senior Solo
 - 4) Pre-Junior Duet
 - 5) Junior Duet
 - 6) Senior Duet
 - 7) Pre-Junior Team
 - 8) Junior Team
 - 9) Senior Team

J. Depending on how the competition is running, and the weather, ALPS coordinator (s) will decide whether the awards ceremony will happen after each event or after the entirety of the competition. All routines will receive medals (1st, 2nd, 3rd place) or ribbons for their event.

K. All standard ALPS Artistic Swimming rules apply to warm-ups, entry form deadlines, penalties, infractions and age limits.

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

M. There will be no penalties for a routine that is less than the minimum time requirement (i.e. a routine that is too short).

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 organizing 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 bantam, cadets and juvenile 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 offer water polo shall refer their athletes to compete for another pool of the athlete's choice as per cross-disciplinary rule 4.

Any athlete invoking rule 4 to compete for another pool must present their request for approval to the water polo coordinator at least 24 hours before the athlete competes in their first competition. An athlete may only compete in water polo for one (1) pool throughout the summer (cannot play for multiple pools in different age categories).

The head coach or ALPS representative of each pool must contact the coordinator to confirm their pool's participation for the summer, by June 15th at the latest.

WP 4. Registration of Players

Members of ALPS water polo are not currently sanctioned under the provincial federation.

WP 5. Game Times

- Games will consist of four 8-minute quarters (running time) with a 2-minute interval between quarters.
- Official game days and times during the regular season are Mondays and Thursdays.
Rain date options being Tuesday/Friday/Saturday/Sunday

Bantam	18:15 (6:00)
Cadet girls	19:00 (6:45)
Cadet boys	19:45 (7:30)
Juvenile girls	20:30 (8:15)
Juvenile boys	21:15 (9:00)
- Coaches should contact each other prior to each game day 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. (Ensure the time when play was stopped is marked on the gamesheet)

- 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 6. 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.
 - Every player must enter the water at least once in each half of the game.
- Minor officials should go advise coaches post first and third quarters if there are any players listed who have not been played yet.

WP 7. Governing Rules

ALPS water polo is governed by the World Aquatics 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 behavior, 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.
- There is no shot 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 substitute has taken his/her place.
- 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.
- Bantam and 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)
 - to replace an injured player

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 should bring their own caps as back up just in case.
 - Goalie caps are not required to have the number 13 as long as they are clearly identifiable from the rest of the team.
 - Players are not permitted to intentionally direct the ball with their head. (No "headers") Rule violation results in a turnover to the opposing team (goal is disallowed if scored with an intentional header).
 - Suit grabbing/holding discerned by the referee (whether offensive or defensive) will be penalized as an exclusion foul.

WP 8. 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 9. Referees

- A game CANNOT be started/played without 2 referees officiating.
- A minimum of two minor (table) officials (three is preferred) are required to take care of completing the scoresheets, game clock and managing the exclusion foul times. However, no more than three (3) people should be at the scorers' table at any time, to avoid any confusion and distractions.
- At least 1 minor official at the table must be an adult who is not a staff member. (Preferably a committee member.) Ideally to be official scorer and completing the scoresheets.
- **Each pool must provide a referee.** The pool may pay a neutral referee (preferably a WPQ sanctioned one). The coordinators will supply an approved list of referees along with phone numbers at the coaches' meeting. The referees on the supplied list should be contacted first, before resorting to less experienced guards. Order of preference: Sanctioned referees, experienced referees, then pool's own guards or ex-guards.
- There will be a mandatory water polo clinic or meeting 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. 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 10. Scoresheets

- Official score sheets are supplied to each pool (available on the ALPS website) 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. (specification of highlighting the entire quarter box of play for each player and signatures of coaches and refs only to be collected upon completion of the game- or initialed at the stoppage point in the case of a postponed ending to a game)
- The scores from each game must be sent to the coordinator the day after each game night to ensure that the website can be updated on a rapid basis. (current preference is the night of, either in person or messenger).
- 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 11. 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

Participation Rule violations will be deducted from the above point system; a team shall receive only 2 points for a win, and 1 for a tie or 0 for a loss if any violation has occurred. Examples include, but are not limited to: wrong gender player in a Bantam game for a shift, failure to include all players once each half.

WP 12. End of Season

All regular season Bantam, 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 13. Playoff Competitions

- Playoffs will be for the regular bantam, cadet and juvenile levels.
- To be eligible to play in the playoffs, a player must have played 2 games on separate nights. 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 does not count as a game played. The sole exception is for games which are forfeited by one team at the last minute, and the opposing team is present. In this case, they may have their players checked in on a valid scoresheet by the referee at the pool.
- In the event that teams have the same number of points at the end of the regular season:
 - the outcome of the games between the two teams is the first tiebreaker.
 - the second is the number of times, if any, either team invoked the Participation Rule.
 - the third is the goal differential. For this purpose, no team will be considered to have won or lost a game by more than 5 goals, irrespective of the actual score. Forfeited games will also count as a 5-0 score.
 - last - flip of a coin.
- There must be two neutral referees for playoff games.
- When playoff games are tied after regulation time, there will be a 2-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. (specification that so long as players have already played their 2 mandatory shifts, there are no further participation requirements for overtime.)

WP 14. 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.
- Playoff games must be held at pools with adequate lighting, pool depth and proper nets (within specification).

TOURNAMENT SCHEDULE

WP 15. Bantam Tournament

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.

Tournament rules:

- 4 x 5 min- running time Change sides each quarter
- 5+1 goalie, 3 of each gender in the water at all times (or play one player down) Goalie allowed on bottom as per current bantam rules
- Ties are won by the team who scored first in the game (except in the finals where 2X 3 min running time halves will be played, continuously until a winner is declared)

WP 16. Atom Tournament

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.

Tournament Rules:

- 4 players + 1 goalie
- 2 x 7 min halves
- 2 of each gender in the water at all times
- Tie is won by the team that scored first
- Can catch or handle with 2 hands
- Must shoot or pass with one hand
- Can be on the bottom, but cannot jump to shoot, pass or intercept
- Touch fouls, no shooting after a foul
- Each pool will provide a coach/ref for each game prior to their own team's game.
- The tournament coordinator will adapt the refereeing schedule near the end of the tournament.

WP 17. Aged-out Jamboree

This Jamboree is for any ALPS member in good standing, no longer eligible to play in any regular season age category. Players must register individually, teams are announced on the day of the tournament and may be shuffled throughout the day. Saturday morning to optimize attendance without missing a guarding shift and optimal lighting for safety reasons.

Tournament Rules:

- As per regular ALPS waterpolo rules