

## ARTISTIC SWIMMING RULES

### **SS 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. **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 24<sup>th</sup>, may not compete in any ALPS artistic swimming competition. A staff member, 16 years and younger may compete, if the person does not coach any part of the competitive Artistic Swimming program (they may coach a category 'B' team and/or a summer swimmers event).

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. Junior - Solo and duet
  - ii. 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, 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).

## **SS 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 synchro 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.

## **SS3. 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 now submit a Pre-Junior team (previously Junior B), even if they do not have a junior team (previously Junior A) in the Team Finals.

3. 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.

## **SS4. 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 synchro 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.

### **SS5. 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.

### **SS6. 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).

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.

### **SS7. 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.

## SS 8. Length of Routines

### Summer Swimmers Competition

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

### Solo & Duet Finals and Team Finals

	Solo	Duet	Team
Pre-junior	N/A	N/A	1:00 (+/- 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)

## SS8. 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.

## SS 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.

## SS 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.

## SS13. 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 Synchro 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 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.

### **SS14. 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. Swimmers that competed in the winter artistic swimming season in level U10 and higher may not participate in the Summer Swimmers competition. Only those who participated in a pre-competitive group or lessons may be eligible.

C. If you have not competed in a competitive winter artistic swimming team for two (2) years or more you are eligible to swim at the Summer Swimmer's Competition (e.g. swam in winter synchro on a competitive team however, 2 years or more have gone by since then).

D. Summer swimmers may swim the same routine at the Summer Swimmer Synchro Meet and the Solo & Duet Finals or the Team Finals.

E. 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 Synchro 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.