



# Rules and Regulations

APPROVED: OCTOBER 28<sup>th</sup>, 2023

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# Rules and Regulations

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# Rules and Regulations

## GENERAL

### 1. Purpose

- 1.1. The ASSA Rules and Regulations outline the details of the competitive structure offered by ASSA to its members and are intended to provide information on the rules specific to ASSA as well as guidance to clubs regarding swimmers and swim competitions.

### 2. Implementation

- 2.1. These Rules and Regulations shall apply to all ASSA events and members. Where specific ASSA rules, regulations, policies and procedures do not exist, ASSA shall defer to Swim Alberta and Swim Canada rules, regulations, policies and procedures

### 3. Definitions

**Alberta Summer Swimming Association (ASSA)** – This is the organization that provides summer swimming opportunities from May 1 to August 31.

**Club** – a registered Club Member as defined in the ASSA Bylaws, also known as a “Swim Club”.

**Member** – a registered ASSA Member as defined in the ASSA Bylaws.

**Provincial Championship** – the provincial championships swim competition (“Provincials”) which is hosted and approved by the ASSA.

**Regional Championship** – the regional championship swim competition held in each Region (“Regionals”) which is approved by the ASSA and at which competitive swimmers from the Region qualify for participation in the Provincial Championship.

**Sanctioned Competition** – means a swimming competition approved under the authority of Swim Alberta whose authority is granted by Swimming Canada in an approved facility having the minimum standards of Swimming Canada with the expectation of qualified officials who conduct the competition under the published rules; and where the results of the competition are entered in the Swimming Canada results database.

**Senior seeding** – The seeding of an event and its heats based on time, regardless of the swimmer’s age or age group.

**Summer Swimming Competition Sanction** – A sanctioned competition limited to swimmers registered as Summer.

**Swim Alberta** – the provincial governing body for competitive swimming in Alberta which has been granted sanctioning authority by Swimming Canada. Swim Alberta does not have the authority to give its sanctioning ability to another organization or body.

**Swim Canada** - the national governing body for competitive swimming in Canada.

**Summer Swimming Season** – the period between May 1st and the final day of the ASSA Provincial Championship Competition, inclusive.

**SW** – Swimming Rule, as described in Part II of the Swim Canada Rule Book.

**Swimmer** – a registered Swimmer Member as defined in the ASSA Bylaws.

**Age Group Swimmer** – a swimmer registered with the ASSA who is under the age of 18 and who meets the ASSA’s age group swimmer eligibility.

**Exhibition Swimmer** – a swimmer registered with the ASSA who is under the age of 18 and does not meet the ASSA’s age group swimmer eligibility.

**Masters Swimmer** – a swimmer registered with the ASSA who is aged 18 or older.

**Para Swimmer** – a swimmer registered with the ASSA who has been classified as a para swimmer by Swimming Canada.

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**Training** – Participating and receiving instruction in the skills of competitive swimming

**Year-Round Competition Sanction** – A sanctioned competition for swimmers registered with year-round club programs. Summer Swimming members may participate from May 1 to August 31 when registered as Summer-Open.

### 4. *Amendment of Rules and Regulations*

- 4.1. The Board shall have the sole power to adopt and amend the Policies of the Association. All proposed policies, procedures, rules and regulations made by Association Committees must be reviewed and approved by the Board.

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## SWIMMER ELIGIBILITY

### 5. Purpose

5.1. The ASSA aims to provide a competitive structure in the sport of swimming that also supports athlete development for children and youth through participation in other sports, arts and extracurricular activities outside of the summer season. The ASSA encourages the active for life principle for our adult members through ease of access to, and participation in, the sport of competitive swimming. In the spirit of fair play to age group swimmers that do not have access to indoor pools, and to maintain the integrity of a summer-only swim season for our youth members, the ASSA does not allow supervised training in the sport of competitive swimming outside of the summer swimming season except as specified in these rules. In pursuit of maximizing participation for para swimmers and masters swimmers, restrictions on off-season training do not exist in these categories.

### 6. Swimmer Registration

#### 6.1. Swimmer Category

- 6.1.1. Registration category: SUMMER - Swimmers with a summer registration may participate in any Summer Swimming sanctioned competition.
- 6.1.2. Swimmer registration is the responsibility of the Club Registrar. The Swim Alberta Registrar (Manager Membership Services) or their designate has the authority to audit and correct swimmer registration as needed.

### 7. Eligibility

- 7.1. For the purpose of ASSA eligibility, a swimmer's age is determined as of May 1st of the current season.
- 7.2. Age Group Swimmers are permitted to participate in Summer Swimming sanctioned swim competitions in all events except Para-Swimming events; their times are eligible to be considered for race placing and ASSA provincial records. Age group swimmers are not permitted to have supervised off-season training in the sport of competitive swimming except as outlined below (sections 8-10). Swimmers who have received competitive training that does not qualify for an exception must compete as exhibition athletes.
- 7.3. Masters Swimmers are permitted to participate in Summer Swimming sanctioned swim competitions in all events except Para-Swimming events.

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- 7.4. Para Swimmers are permitted to participate in Summer Swimming sanctioned swim competitions in all events, including Para-Swimming events; their times are eligible to be considered for race placing.
- 7.5. Exhibition Swimmers are permitted to participate in Summer Swimming sanctioned swim competitions, except the Regional and Provincial Championships, in all events except Para-Swimming events; their times are not eligible to be considered for race placing and/or ASSA provincial records.
- 7.6. All Swimmers before entering any competition must complete the Competition Readiness Standards, including the Swim Test and Dive Progression.
- 7.7. The ASSA Executive Committee shall make the final decision on swimmer eligibility.
- 7.8. Special circumstance requests regarding swimmer eligibility can be made to the ASSA Executive Committee.

### 8. Out of Season Training

- 8.1. Specific training dedicated to the sport of competitive swimming is not permitted.
- 8.2. An exception **MAY** be granted for the following off-season activities when considering a swimmer's eligibility for the Age Group Swimmer category:
  - (a) A one-time trial period with a year-round swim club of up to sixty (60) days between September 1st to November 30th.
  - (b) Additional trial period(s) with a year-round swim club of up to sixty (60) days between September 1st to November 30th upon written request to and approval by the Executive Committee.
  - (c) Participation in training sessions and/or competitions with an Alberta High School Swim Team will be permitted.
  - (d) Participation in recognized learn to swim programs in order for developing swimmers to be water safe will be permitted, such as "I Can Swim". Other learn to swim programs with a year-round club are not permitted.

**\*All decisions regarding eligibility will be at the discretion of the ASSA Executive committee.**

### 9. Multi-Sport Participation

- 9.1. Multi-sport participation is understood to be part of long-term athlete development and as such, the ASSA encourages swimmers to participate in other sports in order to support each athlete's development and interests.

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- 9.2. Multi-sport participation – approved registration for other sports will be permitted, including but not limited to, water polo, diving, artistic swimming, triathlon, junior lifeguard club, underwater hockey, etc.

### 10. Other activities

- 10.1. Other activities, for example, swim camps, may be permitted at the discretion of the board provided a written request is submitted.

## REGIONS

### 11. Purpose

- 11.1. Regions serve the purpose of dividing the membership into groups based on their geographical location to facilitate conducting competitions during the summer swimming season and the hosting of Regional Championships.

### 12. Number and Name of Regions

- 12.1.1. There are six (6) Regions, named alphabetically as “Region A” through “Region F”
- 12.1.2. The number of Regions may be changed upon resolution of a majority of the Board of Directors

### 13. Assignment to a Region

- 13.1. New and renewed Clubs will be assigned to a Region by the Board of Directors in accordance with the following guidelines:
- a) Regions shall be as equal as possible in the number of Clubs,
  - b) Regions shall be as equal as possible in the number of Swimmers,
  - c) Location of Clubs will be considered such that travel distances within a Region are minimized when possible.
  - d) The existing Clubs' Region assignment may be changed at the discretion of the board of Directors. The Region assignment guidelines as outlined above will be approved upon a vote of the majority at a meeting of the Board.

## EVENTS AND AGE GROUPS

### 14. General

- 14.1. For the purpose of ASSA events, a swimmer's age is determined as of May 1st of the current season.
- 14.2. Genders may be combined in all races as described in the Swim Alberta Sanctioning policy, including any para-swimming or mixed relay events.

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- 14.3. Age groups may be combined where the gender and distances are the same.
- 14.4. All Swimmers before entering any competition must complete the Competition Readiness Standards, including the Swim Test and Dive Progression.

## 15. ASSA Standard Events and Age Groups

	6 & U	7 – 8	9 – 10	11 – 12	13 – 14	15 – 17	Masters	Para
25 Free	✓	✓						
50 Free	✓	✓	✓	✓	✓	✓	✓	✓
100 Free			✓	✓	✓	✓	✓	✓
200 Free			✓	✓	✓	✓	✓	
400 Free				✓*	✓*	✓*	✓*	
800 Free					✓*	✓*	✓*	
1500 Free					✓*		✓*	
25 Back	✓	✓	✓					
50 Back	✓	✓	✓	✓	✓	✓	✓	✓
100 Back				✓	✓	✓	✓	
25 Breast	✓	✓	✓					
50 Breast		✓	✓	✓	✓	✓	✓	✓
100 Breast				✓	✓	✓	✓	
25 Fly	✓	✓	✓					
50 Fly			✓	✓	✓	✓	✓	
100 Fly				✓	✓	✓	✓	
100 IM		✓	✓	✓	✓	✓	✓	
200 IM				✓	✓	✓	✓	

\*Events subject to qualifying times – see sections 15.1 through 15.2

The table below outlines the ASSA standard relay events:

Age Group	Medley Relay		Freestyle Relay	
	Boys/Girls	Mixed	Boys/Girls	Mixed
8 & U	100 m	100 m	100 m	100 m
10 & U	100 m	100 m	100 m	100 m
12 & U	200 m	200 m	200 m	200 m
14 & U	200 m	200 m	200 m	200 m
17 & U	200 m	200 m	200 m	200 m
Open	200 m	200 m	200 m	200 m

- 15.1. Entry into the 400m Freestyle shall be permitted once a qualification time of 4:00.00 in the 200m Freestyle has been achieved.
- 15.2. Entry into the 800m and 1500m Freestyle shall be permitted once a qualification time of 7:00.00 in the 400 m Freestyle has been achieved.

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## 16. Para-Swimming

- 16.1. Para-Swimming events are restricted to Para swimmers only, the competition information package must outline the requirements for para-swimming events.

## 17. Additional Events

- 17.1. Only ASSA standard events will be run at the Regional and Provincial Championships.
- 17.2. Where “Un-Official” or “Fun” events are being hosted, the host club shall establish the rules for such events and these rules shall be outlined in the meet package. Participation in such events is limited to registered swimmers only.
- 17.3. If time restraints necessitate the cutting of events the day of a meet, the non-standard events will be the first ones to be removed. The Flutterboard is the exception to this rule, as some swimmers may only be registered in that one event. Relays would be the next events considered for cutting, with individual scored events being the last choice. Any decision to cut events must be made in consultation with all acting head coaches present and with approval from the meet referee and meet manager.
- 17.4. Additional non-standard ASSA events may include, but are not limited to the following:
  - 6 and under and 8 and under Flutterboard event
  - 25m Sprint

**17.4 Any swimmers with a recorded time in the 50m Freestyle shall not be permitted to do any Flutterboard event.**

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## SWIM COMPETITIONS - GENERAL

### 18. Purpose

- 18.1. The ASSA strives to provide as many competitive opportunities for swimmers as possible. The following outlines ways in which ASSA clubs can help in achieving this goal while providing a fair and consistent format across the province and ultimately providing the best experience for ASSA swimmers during the summer swimming season.

### 19. Competitions

- 19.1. All competitions will be approved as outlined in the Swim Alberta Competition Sanctioning Policy. Competitions will be sanctioned in pools that have been approved by Swim Alberta.

### 20. Eligible Participants

- 20.1. To be eligible to swim in any summer swimming competition, a swimmer must be a fully registered member prior to entering the competition.
- 20.2. In the event Clubs allow ineligible Swimmers to participate in competitions, the ASSA will:
  - a) Fine the club the non-Member/ineligible swimmer is representing \$50 per non-Member/ineligible swimmer, per swim Competition up to a maximum of \$500 per club per competition,
  - b) Suspend the club from participating in ASSA sanctioned competitions until the sum of above-mentioned fines is received by the ASSA
  - c) In addition, the Swim Alberta Competition Sanctioning Policy will also apply. and additional fines and penalties may result.

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## 21. Officials Roster

- 21.1. The Clubs Officials Administrator (COA) shall update the national official's database following each competition. When officials from other clubs assist at a competition, host clubs COA will share the official's participation with the other attending clubs.

## REGULAR SEASON COMPETITIONS

### 22. Hosting a Competition

- 22.1. Clubs are required to independently host at least one (1) invitational or open sanctioned competition each season,
- 22.2. Small Clubs (approximately 20 swimmers or less) are encouraged to independently host at least one (1) invitational or open sanctioned competition, when possible, or co-host at least one (1) invitational or open sanctioned competition with another small club each season.

### 23. Scheduling of Competitions

- 23.1. Region Representatives are responsible for coordinating the sanctioned competition schedule within their respective Regions. The following should be used by Region Representatives as guidelines when establishing the competition schedule for their respective Region:
- 23.2. Sanctioned Competitions may be run on the same weekends and long weekends. Competitions must not be scheduled to conflict with other clubs hosting competitions. Example: Competitions may be held on Saturday and Sunday, but clubs must not host two meets on Saturday when there may already be a scheduled competition.
- 23.3. Competitions, where limited events are offered due to pool size, pool availability or other hosting limitations, should be scheduled for the earlier portion of the season to allow for larger sanctioned competitions to be scheduled later in the season when greater event availability is more critical.
- 23.4. Competition dates should be listed on the RTR by March 1.

### 24. Location

- 24.1. Regular season competitions should be held in an approved pool with a 25-metre format. The approved list of competition pools can be found [HERE](#)

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## APPENDICES

### Revision Record

Revision No.	Approval Date
0	20 MAR 2011
1	12 AUG 2011
2	20 NOV 2011
3	27 OCT 2012
4	23 MAR 2013
5	21 MAR 2015
6	22 MAR 2018
7	30 MAR 2019
8	14 MAR 2020
9	28 OCT 2023