



Rules and Regulations

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Rules and Regulations

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GENERAL

1. Purpose

Rules and Regulations

- 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.

National Registration System - Registration Tracking and Results (RTR) - Swim Canada's National Registration, Tracking, and Results database.

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 or Summer-Open.

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.

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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.

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.

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 Categories

6.1.1. Two (2) registration categories

(a) **Summer** - Swimmers with a summer registration may participate in any Summer Swimming sanctioned competition.

(b) **Summer-Open** - Summer-Open registration is a designated category the ASSA All-Star team. Exceptions for ASSA swimmers may be considered by submitting a written request to the ASSA Executive committee. Swimmers may participate in any summer or year-round competition that they qualify for that takes place between May 1 and August 31.

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. Registration with a year round program for any purpose than participating in the "I CAN SWIM" program is not permitted.

7.3. Masters Swimmers are permitted to participate in Summer Swimming sanctioned swim competitions in all events except Para-Swimming events.

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

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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 such as "I CAN SWIM" in order for developing swimmers to be water safe will be permitted. Additional learn to swim programs that require registration with a year around program or are not the new "I CAN SWIM" Program are not permitted

***ALL DECISIONS REGARDING ELIGIBILITY DETERMINED TO THE ASSA EXECUTIVE COMMITTEE. REQUESTS SHOULD BE SUBMITTED TO THE ASSA AT ALBERTASUMMERSWIMMING@GMAIL.COM.**

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.
- 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) 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 maybe combined in all events including any para-swimming or mixed relay events.
- 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 4.2.6 through 4.2.14

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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

* Open Relays may enter one (1) or two (2) swimmers who are at least 13 years old.

- 15.1. Entry into the 6 & U and 7 & 8 50 m Freestyle shall be permitted once a qualification time in the 25 m Freestyle of 40 seconds is achieved at an ASSA sanctioned competition.
- 15.2. Entry into the 6 & U and 7 & 8 50 m Backstroke shall be permitted once a qualification time in the 25m Backstroke of 40 seconds is achieved at an ASSA sanctioned competition.
- 15.3. Entry into the 7 & 8 50 m Breaststroke shall be permitted once a qualification time in the 25m Breaststroke of 40 seconds is achieved at an ASSA sanctioned competition
- 15.4. Entry into the 7 & 8 5 25 m Butterfly shall be permitted once a qualification time in the 25 m Backstroke or Freestyle of 40 seconds is achieved at an ASSA sanctioned competition.
- 15.5. Entry into the 7 & 8 100 m Individual medleys shall be permitted once a qualification time in the 25m Backstroke, Freestyle, Butterfly and breaststroke of 40 seconds is achieved at an ASSA sanctioned competition
- 15.6. Entry into the 400 m Freestyle shall be permitted once a qualification time of 4:00.00 in the 200m Freestyle has been achieved.

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- 15.7. 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.

16. Para-Swimming

- 16.1. During in-season and regional competitions, para swimmers are encouraged to compete with their age and gender (unless the competition is offering events as mixed gender. Para awards may be offered and calculated manually. Should Para specific events be offered, these events will be 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. un-official’ events are swum as ‘non-timed’ events with ‘un-official’ awards. (i.e best time ribbons, prizes or candy bags)
- 17.4. Additional non-standard ASSA events include
- 6 and Under and 8 and Under Flutter board event
 - 25m Sprint
- 17.5 Any swimmers with a recorded time in the 50m freestyle they shall not be permitted to do any kickboard (Flutter Board) event.

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.

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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.

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 encouraged 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.

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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-meter format. The approved list of competition pools can be found [HERE](#)

25. Masters Provincial Champions Team Award

- 25.1. The Club earning the highest Masters score shall be awarded the Masters Team Provincial Champions Trophy. Master's Team Award will be calculated based on the sum of the scores from the individual events and open relays swam at the competition.

26. Region Award

- 26.1. The Region earning the highest score shall be awarded the Region Trophy.
- 26.2. All team awards include the engraving of the recipient's name on the ASSA trophy.

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27. Expenses Covered by ASSA

- 27.1. Expenses for Provincial Championship Competition will be covered by ASSA in accordance with the ASSA Expense Policy.

28. RECORDS

- 28.1. ASSA records shall be maintained in all ASSA standard individual events, except Open events. And, ASSA records shall be maintained in all ASSA standard relay events, including the Open Relays.
- 28.2. To establish an ASSA record, the existing record time must be tied or bettered.
- 28.3. To be eligible for records, times must have been achieved in a 25m facility approved for records as per Swim Alberta's Approved Competition Pool list.
- 28.4. Only official results from Summer Swimming sanctioned competitions occurring during the summer swimming season shall be eligible for ASSA Records.
- 28.5. The ASSA shall review and approve (or decline) all pending records,
- 28.6. For ASSA records set during the season, certificates will be delivered to the region reps August board meeting. For ASSA records set at ASSA Provincials, certifications will be delivered to the region reps at the fall board meeting.

APPENDICES

Appendix A

ASSA Regional Championship Competition Schedule of Events

Saturday	
Prelims	Finals
<input type="checkbox"/> 25 Fly (10 & Under)	<input type="checkbox"/> 1500 Free*
<input type="checkbox"/> 50 Fly	<input type="checkbox"/> 400 Free*
<input type="checkbox"/> 50 Back (10 & Under)	<input type="checkbox"/> 25 Fly (10 & Under)
<input type="checkbox"/> 100 Back	<input type="checkbox"/> 50 Fly
<input type="checkbox"/> 25 Breast (10 & Under)	<input type="checkbox"/> 50 Back (10 & Under)
<input type="checkbox"/> 50 Breast	<input type="checkbox"/> 100 Back
<input type="checkbox"/> 50 Free (8 & Under)	<input type="checkbox"/> 25 Breast (10 & Under)
<input type="checkbox"/> 100 Free	<input type="checkbox"/> 50 Breast
<input type="checkbox"/> 100 IM	<input type="checkbox"/> 50 Free (8 & Under)
	<input type="checkbox"/> 100 Free
	<input type="checkbox"/> 100 IM
	<input type="checkbox"/> 100 Medley Relay (10 & Under)*
	<input type="checkbox"/> 200 Medley Relay*
Sunday	
Prelims	Finals
<input type="checkbox"/> 200 Free	<input type="checkbox"/> 200 Free
<input type="checkbox"/> 50 Fly (10 & Under)	<input type="checkbox"/> 50 Fly (10 & Under)
<input type="checkbox"/> 100 Fly	<input type="checkbox"/> 100 Fly
<input type="checkbox"/> 25 Back (10 & Under)	<input type="checkbox"/> 25 Back (10 & Under)
<input type="checkbox"/> 50 Back	<input type="checkbox"/> 50 Back
<input type="checkbox"/> 50 Breast (10 & Under)	<input type="checkbox"/> 50 Breast (10 & Under)
<input type="checkbox"/> 100 Breast	<input type="checkbox"/> 100 Breast
<input type="checkbox"/> 25 Free (8 & Under)	<input type="checkbox"/> 25 Free (8 & Under)
<input type="checkbox"/> 50 Free	<input type="checkbox"/> 50 Free
<input type="checkbox"/> 200 IM	<input type="checkbox"/> 200 IM
	<input type="checkbox"/> 800 Free*
	<input type="checkbox"/> 100 Free Relay (10 & Under)*
	<input type="checkbox"/> 200 Free Relay*

*Timed finals

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Note: the 1500 free is held on Friday evening or Saturday morning depending on the Region.

Appendix B

ASSA Provincial Championship Competition Schedule of Events

Friday Distance Events	
<input type="checkbox"/> 1500 Free	
Saturday	
Morning Events	Afternoon Events
<input type="checkbox"/> 400 Free	<input type="checkbox"/> 50 Free (8 & Under)
<input type="checkbox"/> 25 Fly (10 & Under)	<input type="checkbox"/> 100 Free
<input type="checkbox"/> 50 Fly	<input type="checkbox"/> 100 IM
<input type="checkbox"/> 50 Back (10 & Under)	<input type="checkbox"/> 100 Medley Relay (10 & Under)
<input type="checkbox"/> 100 Back	<input type="checkbox"/> 200 Medley Relay
<input type="checkbox"/> 25 Breast (10 & Under)	
<input type="checkbox"/> 50 Breast	
Sunday	
Morning Events	Afternoon Events
<input type="checkbox"/> 200 Free	<input type="checkbox"/> 25 Free (8 & Under)
<input type="checkbox"/> 50 Fly (10 & Under)	<input type="checkbox"/> 50 Free
<input type="checkbox"/> 100 Fly	<input type="checkbox"/> 200 IM
<input type="checkbox"/> 25 Back (10 & Under)	<input type="checkbox"/> 800 Free
<input type="checkbox"/> 50 Back	<input type="checkbox"/> 100 Free Relay (10 & Under)
<input type="checkbox"/> 50 Breast (10 & Under)	<input type="checkbox"/> 200 Free Relay
<input type="checkbox"/> 100 Breast	

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Appendix C

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