

ELIGIBILITY AND OUT OF SEASON TRAINING ALLOWANCES FOR ASSA SWIMMERS



1. Purpose:

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.

2. Definitions:

- a. **Alberta Summer Swimming Association (ASSA)** – This organization provides summer swimming opportunities from May 1 to August 31.
- b. **Club** – a registered Club Member as defined in the ASSA Bylaws, also known as a “Swim Club”.
- c. **Member** – a registered ASSA Member as defined in the ASSA Bylaws.
- d. **Provincial Championship** – the provincial championships swim competition (“Provincials”) which is hosted and approved by the ASSA.
- e. **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.
- f. **National Registration System** - Registration Tracking and Results (RTR) - Swim Canada’s National Registration, Tracking, and Results database.

3. Swimmer Registration

- a. Swimmer Categories
 - i. Two (2) registration categories
 1. Summer - Swimmers with a summer registration may participate in any Summer Swimming sanctioned competition.
 2. Summer-Open - Summer-Open registration is a designated category for 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.
- b. Swimmer registration is the responsibility of the Club Registrar. The Swim Alberta Registrar (Manager of Membership Services) or their designate has the authority to audit and correct swimmer registration as needed.

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4. Eligibility

- a. For the purpose of ASSA eligibility, a swimmer's age is determined as of May 1st of the current season.
- b. 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 other than participating in the "I CAN SWIM" program is not permitted.
- c. Masters Swimmers are permitted to participate in Summer Swimming sanctioned swim competitions in all events except Para-Swimming events.
- d. 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.
- e. 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.
- f. All Swimmers, before entering any competition, must complete the Competition Readiness Standards, including the Swim Test and Dive Progression.
- g. The ASSA Executive Committee will make the final decision on swimmer eligibility. Special circumstance requests regarding swimmer eligibility can be made to the ASSA Executive Committee through the online form located on our website.

5. Out of Season Training

- a. Specific training dedicated to the sport of competitive swimming is not permitted.

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- b. An exception MAY be granted for the following off-season activities when considering a swimmer's eligibility for the Age Group Swimmer category:
 - i. A one-time trial period with a year-round swim club of up to sixty (60) days between September 1st to November 30th.
 - ii. 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.
 - iii. Participation in training sessions and/or competitions with an Alberta High School Swim Team will be permitted. The team must be registered with the Alberta Schools' Athletic Association.
 - iv. 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. I Can Swim Must be registered with the appropriate governing body.

6. Multi-Sport Participation

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.

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.

7. Other activities

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

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