

REGULAR SEASON SANCTIONED COMPETITIONS

HOSTING A COMPETITION

Clubs are encouraged to independently host at least one (1) invitational or open sanctioned competition each season,

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.

Scheduling of Competitions

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:

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.

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.

Competition dates should be listed on the RTR by March 1.

TYPES OF SANCTIONED MEETS

The ASSA website entry system and results database supports the following types of regular season sanctioned meets:

Invitational Meet—A Meets hosting four (4) or more clubs, restricted to clubs receiving an invitation from the host club.

Open Meet—A Meet hosting two (2) or more clubs open to any club

Dual Meet—A Head to Head meet between two (2) clubs

Tri-Meet—A Meet hosting three (3) clubs,

Club Meet—An internal meet for a single club.

Time Trial – A short meet hosted to allow a select group of swimmers an opportunity to post a time, usually for qualification purposes.

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All competitions will be approved as outlined in the Swim Alberta Competition Sanctioning Policy. Competitions will be sanctioned in pools that Swim Alberta has approved.

INVITATIONS

When hosting an invitational sanctioned meet, Clubs are encouraged, to invite all other Clubs assigned to their Region. Clubs assigned to other Regions may also be invited at the discretion of the hosting club.

ELIGIBLE PARTICIPANTS

A swimmer that is not registered with ASSA but is registered either with Swimming Canada or with another approved swimming organization may participate in ASSA regular season-sanctioned swim meets upon approval of the ASSA Executive Committee.

To be eligible to swim in any summer swimming competition, a swimmer must be a fully registered member prior to entering the competition.

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 nonMember/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.

QUALIFICATION AND ENTRY LIMIT

The host club may create qualification standards for their sanctioned meets and shall publish these standards in the meet package.

Participant entry limits for regular season sanctioned meets may be established by the host club and shall be clearly stated in the meet package.

Event entry limits for regular season sanctioned meets shall be clearly stated in the meet package and maybe:

- a) The standard
 - i. four (4) individual events,
 - ii. one (1) Medley Relay event, and
 - iii. one (1) Freestyle Relay event. OR,
- b) Established by the host club

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COACHES TECHNICAL MEETING

A coach's technical meeting shall be held prior to the meet commencing. Detail regarding the time and location of the coaches' technical meeting shall be clearly outlined in the meet package.

WARM-UP

A Warm-up period shall be made available to all Clubs and Swimmers prior to commencing any events. Warm-up shall be run in compliance with Swimming Canada Warm-Up Procedures. Details regarding the warm-up period shall be clearly outlined in the meet package, and included at least:

- a) Start and end times,
- b) Sprint/Dive lane designation
- c) Sprint/Dive lane start and end times

DECK ENTRIES

Deck Entry rules for Regular season sanctioned meets shall be clearly stated in the meet package and maybe:

- a) The standard ASSA Deck Entry rule:
Deck Entries are permitted provided they do not create an extra heat

OR,

- b. Established by the host club.

ENTRY FEES

Clubs shall not use swim meet entry fees as a fund-raiser. When hosting any type of sanctioned meet, clubs should charge a meet entry fee at a rate that will allow them to recover the costs associated with hosting the meet.

The meet entry fee shall be clearly stated in the meet package and maybe:

- a) The standard ASSA format of a set amount per swimmer entered at the entry deadline (ex. \$\$ per swimmer),

OR,

- b) A set amount per swim entered at the entry deadline (ex. \$\$ per individual swim and \$\$ per relay),

OR,

- c) Established by the host club.

Clubs should refer to the Setting Fees for ASSA Competitions Guidelines

EVENTS

The event list and order of events for Regular Season sanctioned meets shall be clearly stated in the meet package and maybe:

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- a) The ASSA Standard order of events, as outlined in Appendix A for single-day meets,
- OR,
- b) Established by the host club.

EVENTS AND AGE GROUPS

Genders may be combined in races except for the 1500m and 800m Freestyle events.

Age groups may be combined where the and distances are the same.

All Swimmers before entering any competition must complete the Competition Readiness and Dive standards.

SEEDING

Seeding at regular season sanctioned meets shall be clearly stated in the meet package and may be:

- a) The standard ASSA time-final seeding format, where:
 - i. Events shall be swum “slowest to fastest” following SW 3.1.2 seeding rules.
 - ii. Exhibition Swimmers shall be entered with “No Time” (NT) and seeded in the slowest heat in an outside lane.

OR,

- b) Established by the host club, provided:
 - i. Exhibition Swimmers shall be entered with “No Time” (NT) and seeded in the slowest heat in an outside lane, and
 - ii. Exhibition Swimmers are not eligible to progress to semi-finals or finals.

SCRATCHES AND PENALTIES

Scratch Rules for regular season sanctioned meets shall be clearly stated in the meet package and maybe:

- a) The standard ASSA Scratch rules:
 - i. Prior to the start of the meet, coaches are requested to submit any known scratches to the meet manager.
 - ii. During the meet, coaches are to submit known scratches to the Clerk of Course no later than thirty (30) minutes prior to the start of each session.
 - iii. As a courtesy, scratches occurring during a session should be submitted to the clerk of course
 - iv. There shall be no penalty for swimmers who ‘No Show’ for their event.
- OR,
- b) Established by the host club.

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FUN EVENTS

Only ASSA standard events will be run at the Regional and Provincial Championships.

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.

Additional non-standard ASSA events include

- 6 and Under and 8 and Under Flutter board event
- 25m Sprint

Any swimmers with a recorded time in the 50m freestyle they shall not be permitted to do any kickboard (Flutter Board) event.

FLUTTER BOARD EVENT

1. Swimmers shall start in the water with one hand on the kickboard, and the opposite hand on the starting end wall or starting block.
2. On the start signal, swimmers may swim in any style, swimmers must maintain contact with both hands on the kickboard through to the finish.
3. At the end of the race, the time will stop only when some part of the board or swimmer's body touches the wall or crosses the plane of the end wall (above the wall).

Swimmers must have completed the competition readiness and dive progress test prior to entering this event.

Walking along the bottom, and pulling along the lane rope shall not apply in this event.

PARA EVENTS

Meets hosting Para-Swimming events are required to have a Para-Swimming Technical advisor assist with officiating during the Para-Swimming events.

OFFICIALS ROSTER

Following the completion of an ASSA meet, a completed Officials Roster must be uploaded to the Alberta Officials Database or submitted to the Alberta Officials Database Administrator.

RELAY CHANGES

Relay changes rules for Regular season sanctioned meets shall be clearly stated in the meet package and maybe:

- a) The standard ASSA Relay Changes Rule:
 - i. Relay Changes shall be submitted no later than thirty (30) minutes prior to the start of the session hosting the relay event(s)

OR,

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- b) Established by the host club.

SCORING

Scoring at Regular season sanctioned meets shall be clearly stated in the meet package and may be:

- a) The standard ASSA scoring system for invitational and open meets where individual and relay events are scored is as:
- i. Top eight (8) places - 9, 7, 6, 5, 4, 3, 2, 1 points – when hosted in an 8 lane pool, or
 - ii. Top seven (7) places - 8, 6, 5, 4, 3, 2, 1 points – when hosted in a 7 lane pool, or
 - iii. Top six (6) places - 7, 5, 4, 3, 2, 1 points – when hosted in a 6 lane pool, or
 - iv. Top five (5) places - 6, 4, 3, 2, 1 points - when hosted in a 5-lane pool.

OR,

- b) The standard ASSA scoring system for Dual and Tri-Meets where individual and relay events are scored as:
- i. Top four (4) places – 5,3,2,1 points OR,
 - c) Established by the host club.

For all standard ASSA scoring systems, in the case of a tie, the points for the positions of the tied swimmers/relay teams shall be summed and divided equally between each swimmer/relay team in question. Example: In an eight (8) lane pool, two Swimmers tie for 3rd. Points from 3rd and 4th place are then summed and divided by two: $(6 + 5)/2 = 5.5$; each swimmer/relay team receives 5.5 points.

Clubs' Scores at Regular season sanctioned meets shall be clearly stated in the meet package and maybe:

- a) The ASSA standard club scoring system, where the club's score consists of the sum of points awarded to all swimmers and relay teams representing the club.
OR,
b) Established by the host club.

MEDALS, RIBBONS, TROPHIES AND AWARDS

Medals, Ribbons, Trophies and Awards for Regular season sanctioned meets shall be clearly stated in the meet package and maybe:

- a) The standard ASSA Medals, Ribbons, Trophies and Awards:
- i. Aggregate Awards – Medals
 1. The top three male and top three female swimmers belonging to the following age groups accumulating the most points based on their individual event swims shall receive a Gold medal (1st Place), Silver medal (2nd Place) and Bronze medal (3rd Place):
 - 6&U
 - 7&8
 - 9&10
 - 11&12
 - 13&14
 - 15-17
 - 18&O
 - Open – Para

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ii. Ribbons

1. Swimmers placing in The top “x” in their event shall receive a ribbon for that event, where “x” represents the number of lanes in the host pool.
2. Swimmers placing in The top “x” as members of a relay team in a relay event shall receive a ribbon for that relay event, where “x” represents the number of lanes in the host pool.

iii. Team Trophy

1. The Club earning the highest score shall receive the Meet Champions Trophy.

OR

- b) Established by the host club.

RESULTS

Following the completion of an ASSA meet, the meet results shall be uploaded to the National Registry System through the meet manager login; results cannot be uploaded until the Meet Report is completed and submitted.

Results posted on the ASSA website are considered official unless otherwise noted.

If official results submitted contain an error(s), the meet manager should reach out to the Swim Alberta Office for correction.

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