



# PROVINCIAL RULEBOOK

## 2017-2018

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Synchro Swim Ontario  
89 Galaxy Boulevard, Unit 12  
Etobicoke, Ontario M9W 64A

**[www.synchroontario.com](http://www.synchroontario.com)**

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## Table of Contents

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### Section A: General Rules for Competitions held in Ontario

1.0 Introduction	Page 3
2.0 Definitions	Page 3
3.0 General Rules	
3.1 Registration	Page 3
3.2 Protests	Page 6
4.0 Competitions	
4.1 Categories	Page 6
4.2 Ontario Qualification and Entry Rules	Page 8
4.3 National Stream Routines	Page 9
4.4 Provincial Stream Routines	Page 10
4.5 Free Routine Combination	Page 14
4.6 Deckwork	Page 15
4.7 Figures	Page 15
4.8 Time Limits	Page 17
4.9 Preliminaries and Finals	Page 18
4.10 Swimsuits, Head Apparel, Make-Up & Gel Removal	Page 19
4.11 Exhibition Competitors	Page 19
4.12 International Bids	Page 20
5.0 Competition Management	
5.1 Entries	Page 20
5.2 Scoring	Page 21
5.3 Entry Position	Page 21
5.4 Music	Page 22
5.5 Sound	Page 22
5.6 Thrown in the pool	Page 22
5.7 Coaches providing cues from the deck	Page 22
5.8 Highlight safety	Page 22
6.0 Byes	
6.1 Role of the Jury of Appeal	Page 23
6.2 Byes for Competitions	Page 23

Section B: Lisa Alexander Figure Meet	Page 24
Section C: Provincial Qualifier and Provincial Championships	Page 25
Section D: National Qualifier and National Championships	Page 28
Section E: Regional Championships and Ontario Open Age Group Championships	Page 29
Section F: Masters Open Championships	Page 31
Section G: 12 & Under Open Championships (Trilliums)	Page 32
Section H: Ontario Winter Games	Page 34
Section I: Novice Competitive Figure Meets, Regionals, and Championships	Page 36
Section J: Hilton Worldwide Invitational	Page 41
Section K: Sanctions	Page 42
Section L: Competitor Representation	Page 42

Appendix A: Figure Groups & Descriptions	Page 45
Appendix B: Routine Required Elements	Page 56
Appendix C: Awards	Page 57
Appendix D: Synchro Swim Ontario Appeals Outline	Page 66
Appendix E: Membership Program Design	Page 67
Appendix F: Figure Groups & Rules for Athletes with a Disability	Page 69

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## Section A: General Rules for Competitions held in Ontario

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All member activities must follow the Synchro Swim Ontario documents, including policies, procedures, and handbooks.

### 1.0 Introduction

#### 1.1 Conduct of Competitions

Ontario competitions shall be conducted according to Section 3.0 General Rules in the CASSA Rule Book. In the event that a conflict arises between National Rules, these Provincial General Rules or those stated here under any specific competition, the rules specific to the competition shall take precedence over the Provincial Rules and Provincial Rules shall take precedence over National Rules. Where there is no Provincial rule, National rules will apply

#### 1.2 CASSA Rulebook

See CASSA Rulebook for any changes and details regarding penalties and draws.

### 2.0 Definitions

#### 2.1 Eligible Swimmers

Ontario competitions are open to all swimmers properly registered as Amateurs with Synchro Swim Ontario, and holding a current CASSA membership. Ages, where applicable, shall be as of December 31 of the year in which the competition is held. CASSA rule 3.1 Eligibility, will apply for National competitors advancing to the National Qualifier and Canadian Championships.

#### 2.2 Athletes with a Disability

Athletes with a Disability fall into the following two categories; "Athletes with a Disability – Cognitive" and "Athletes with a Disability – Physical". Athletes with a Disability are exempt from some rules listed herein.

#### 2.3 CASSA Definitions

Refer to CASSA Rulebook 2. Definitions for additional definitions.

### 3.0 General Rules

#### 3.1 Registration

As per CASSA Rules for 3.1.1 Registration, 3.1.2 Qualified Competitors, 3.1.3 Unattached Competitor, 3.1.4 **Club Representation** and 3.1.5. Competitor Levels.

##### 3.1.1 Club Registration

Clubs must register as a **Competitive** or a **Recreational** Club.

3.1.1.1 A Competitive Club may have one or any/all streams of the Synchro Swim Ontario Competitive Pathway including Novice Competitive, Provincial Competitive and/or National Competitive. A Competitive Club may also have a Recreational component.

3.1.1.2 A Recreational Club may only have a Recreational component. No Recreational registered athlete may compete.

##### 3.1.2 Novice Competitions

Registered Novice Competitive swimmers only may compete at designated Novice Competitions. See Section I for Novice Competitions. Synchro Swim Ontario Community Partners & Municipal participants and Synchro Swim Ontario Club Recreational participants are not eligible for Novice Competitions. Swimmers who choose Novice Stream will not have competed previously in either of the Provincial or National Streams except by exception and permission from the Synchro Swim Ontario Provincial Jury of Appeal.

### **3.1.3 Number of events entered (Provincial and National Stream Competitions)**

A competitor may enter four (4) complete events at any given competition: 1 Team, 1 Free Combination, 1 Solo, and 1 Duet. For all age groups except Senior and Junior/16-20 a complete event consists of a Figures component and a Routine component in Solo, Duet and/or Team. The Free Combination event consists of a Routine component only. For Senior and Junior/16-20 Technical Routines (Solo, Duet, Team) and Free Routines (Solo, Duet, Team) consists of the Routine component only.

### **3.1.4 Junior/Senior Team Exception**

Refer to CASSA 3.1.5 Competitor Levels (Reminder to refer also to CASSA 3.1.6 Exceptions to the Age Requirement for Duet, Team, and Free Combination Composition)

### **3.1.5 LTAD Testing**

SSO will be requiring mandatory, in-club LTAD testing for the 2017-18 season. The mandatory submission of LTAD testing results will be required for Competitive Provincial and National Stream Athletes aged 9 and over (as of December 31, 2017). In-Club testing for Novice Competitive will be optional. LTAD testing results are to be submitted in accordance with SSO guidelines, subject to a \$250 fine per infraction.

#### **3.1.5 a) Judging Star Testing**

If a member uses a judge for testing who is a non-member or a member who is not in good standing, the test will be null and void.

### **3.1.6 Age Group of swimmer for competitive season**

The age group in which a swimmer competes is their age as of December 31 of the competitive year.

### **3.1.7 Re-calculating Age Group of a Provincial Stream Team**

If a swimmer leaves the team prior to the team's first provincial routine competition (OWG Trials or OWG or Regionals), the average age must be recalculated and, if necessary, the swimmers compete at a different age group. If a swimmer leaves after the first routine competition of the season, the age group does not change. **Exception:** See Rule 4.4.9 regarding 16-20 Technical Routine changes for 2017-18 season.

### **3.1.8 Coach Eligibility**

#### **a) Deck Privileges**

In order to be granted deck privileges at any Synchro Swim Ontario Competition (including Novice & Masters), every coach of a figures or routine must meet all of the following requirements:

- Be a registered member of Synchro Swim Ontario
- Be at least **Competition Introduction CERTIFIED** – unless covered by Rule 3.1.8 b)
- Wear SSO-issued photo ID Credentials (with current season validation sticker) at all times

#### **b) Two-year allowance for Competition Introduction Certification**

Those coaches who are Competition Introduction TRAINED (attended the Competition Introduction course), have two competitive seasons from the first day of their Competition Introduction Course to complete their certification, after which they will not have access to the pool deck at Synchro Swim Ontario Competitions. For the 2018 season only, additional allowance has been made for coaches with expired certifications to bring their status up-to-date as indicated by SSO.

### **c) SSO-issued Photo ID Coach Credentials**

Synchro Swim Ontario will oversee Coach Eligibility 3.1.8, maintain records, and ensure that only eligible coaches have deck privileges at the designated competitions.

At the start of the 2018 season, all registered, currently certified coaches (or those falling under 3.1.8 b), will receive an SSO-issued photo ID credential. Credentials will include a validation sticker to indicate either full current certification status, or a certification expiry date (if 3.1.8b). This credential and validation sticker indicates to the Chief Referee that a coach is a registered SSO member and meets the certification requirements to be on deck. Failure to wear credentials will result in removal from the deck. There shall be a zero tolerance policy for coaches not wearing credentials with current validation stickers. If caught wearing someone else's ID, both parties involved shall be removed from the deck for the remainder of the day.

If a credential is lost, the coach must contact SSO and pay \$25.00 for a replacement card (allow 2 weeks for delivery). If a coach cannot produce credentials while at a competition, a temporary credential may be purchased for \$50.00 per day from the Chief Referee (the coach must be able to prove certification status to obtain this temporary credential). Temporary credentials must be returned after the final event of the day, subject to a \$100.00 fine.

### **d) Coach Registration for Competitions**

Given the new credential rule, it is no longer necessary for every coach to be listed on a Club's roster. Clubs must ensure that at least one coach is listed for each competitor; however any number of additional coaches may attend a meet, as long as they have valid credentials.

### **e) Out-of-Province Coaches**

Coaches of out-of-province entries are exempt from the coaching certification requirements. However, out-of-province coaches must all be listed on the Club roster and must wear a temporary credential for the duration of the competition (to be collected from the Chief Referee at the start of the competition and returned upon completion).

### **3.1.8 Coach Availability During Routines**

A registered and certified coach (with valid credentials) must always be present near the Referee/bulkhead at the time a routine performs (in case of the failure of music/disruption of sound etc., the coach must notify the Referee as per 5.4.3). In the case of Masters Routines (in which competitors are often self-coached) a certified coach must still be designated to observe the routine and interact with the Referee if needed (however this designated coach does not need to be from the same Club as the routine).

### **3.1.9 Inter-club Duets**

In addition to CASSA rule 3.1.4, Synchro Swim Ontario will permit swimmers from more than one club in the same province to combine to form inter-club duets with approval from the Jury of Appeal (at Provincial Competitive Competitions only). A formal request to form an inter-club duet must be submitted no later than December 1<sup>st</sup> to Synchro Swim Ontario. The Jury of Appeal will review submissions on a case-by-case basis and may choose to grant the interclub duet request in instances where there are no other swimmers of the same age and ability within the same club and an appropriate duet partnership cannot be established.

## 3.2 Protests

### 3.2.8 Conflict of Interest

The following categories of people are deemed to have a conflict of interest and shall not officiate in the event in which the conflict arises:

3.2.1 a) A relative of a competitor

For purposes of this rule, a relative (including step relationships) is any of parent, child, sibling, uncle, aunt, nephew, niece, first cousin, grandparent, or spouse.

3.2.1 b) A coach of a competitor with the exception of National Team Trials, Provincial Team Trials and National Team Alternate selection

For the purposes of this rule, a coach is any person who Coaches Figures and/or Routines on a continuing basis.

3.2.1 c) A parent, child, sibling or spouse of a Coach.

3.2.1 d) An inhabitant of the same household of any of the above.

### 3.2.9 Using an official with a conflict

If a conflict is present at a meet, the Chief Referee is required to call a meeting of the Coaches with swimmers affected prior to the event to inform them as to the nature of the conflict. The event will only proceed using a panel with a conflict if it is unanimously agreed upon by all Coaches of swimmers in that event.

### 3.2.10 Resolution of disputes

Protests may initially be made verbally, to the Chief Referee before the end of the event involved. Written protest must be submitted by the head coach (or designate) together with a deposit of \$50.00 Canadian (returned if the protest is successful) and must be submitted within 30 minutes of the completion of the event. (See also CASSA rule book 3.3.2).

#### 3.2.3 a) Dealing with a Protest

The Chief Referee shall arbitrate in case of protest; in the event that mediation is not possible, the matter shall be referred to the Jury of Appeal.

#### 3.2.3 b) Jury of Appeal

Refer to CASSA 3.3.2 b)

## 4 Competitions

### 4.1 Categories: See CASSA 4.1.1 - Age Categories

#### 4.1.8 National Stream

Swimmers wishing to participate in the Canadian National Qualifier, Canadian Espoir Championships or the Canadian Open Championships must be in the corresponding Age categories (see CASSA Rulebook for awards):

#### Canadian Open Synchronized Swimming Championships (COSSC)

Junior FINA: (Anticipated): Technical and Free routines in Solo, Duet, and Team

Senior FINA: Technical and Free routines in Solo, Duet, and Team

Senior FINA/Junior FINA Free Combination

#### Canadian Espoir Synchronized Swimming Championships:

13-15: Figures, Solo, Duet, Team

11&12: Figures, Solo, Duet, Team and Skills Assessment

AWD: Figures, Solo, Duet, Team (as per CASSA Rulebook)

#### 4.1.1 a) National Stream - Free Routine Combination

There is **one** category in National Free Routine Combination Competition: Senior FINA/Junior FINA (COSSC).

#### 4.1.1 b) Medical Certification

The following athletes competing at the National Qualifier, Canadian Espoir Championships, or Canadian Open Championships must submit to Synchro Canada the required medical certification:

4.3.1 b i) 12 year old swimmers competing in Senior

4.3.1 b ii) 12 year old and younger swimmers competing in Junior and/or Free Routine Combination.

#### 4.1.9 Provincial Stream

Regional Championships and Ontario Open Age Group Championship will consist of the following events:

10 & Under      Figures, Duet/Trio and Team

11-12 years      Figures, Solo\*, Duet/Trio and Team  
*\*Solo competition offered at Regional Championships only – not a qualifier for Trilliums.*

13-15 years      Figures, Solo, Duet/Trio, Team

16-20 years      **Technical and Free Routines in each of** Solo, Duet/Trio and Team

Free Routine Combination (Open)

**Mixed Duet:** For the 2017-18 season, there shall be no separate category for Mixed Duet competitors (entries will compete within normal duet event). SSO shall review this event for consideration in future seasons at the Provincial level should the number of entries warrant a separate event.

#### 4.1.10 Competitive Novice Stream – Please see Section I for Novice Competitions.

***Novice Competitive Rules have now been updated. Refer to Section I for full details.***

Novice Skills Testing Events will consist of the following figure events:

8 and Under, 9-10 years, 11-12 years, 13-15 years, 16-20 years

Novice Regionals and Novice Championships Competitions will consist of the following events:

8 and Under	Figures, Team
9-10 years	Figures, Team
11-12 years	Figures, Team
13-15 years	<b>Team (with required elements)</b>
16-20 years	<b>Team (with required elements)</b>
<b>Masters Free Routine</b>	<b>Team: 21 years and over</b>

\*Note: Duet/Trio or Solo events will only be held if a club can not field a team as per the rules in Section I.



## 4.2 Ontario Qualification and Entry Rules

- 4.2.8 Once an athlete has entered (registered) or competed on a 11-12 FINA, 13-15 FINA, Junior FINA or Senior FINA **TEAM** at the **PROVINCIAL QUALIFIER** they shall be designated as a National Stream Athlete and must compete Solo, Duet, Team and Combo in the National Stream only.
- 4.2.9 Provincial Stream routines may not enter the Provincial Qualifier or Provincial Championships as Exhibition entries.  
4.2.9 a) Exception: Athletes registered in the Provincial Stream 16-20 category are permitted to attend the Provincial Qualifier as an Exhibition Entry. Following the Provincial Qualifier, athletes may choose the National Stream or Provincial Stream designation.
- 4.2.10 Once a Solo, Duet, Team or Combo has entered (registered) or competed at the **PROVINCIAL QUALIFIER** or **PROVINCIAL CHAMPIONSHIPS** in any Age Group (11-12 FINA, 13-15 FINA, Junior FINA, or Senior FINA) they may not enter any age category at Regional Championships (with the exception of 4.2.9. a) above). National Stream routines may not enter Regional Championships or the Ontario Open Age Group Championships as Exhibition entries.
- 4.2.11 An athlete who competes on a Provincial Stream Team may enter National Stream Solo, Duet or Combo competition at the Provincial Qualifier, Provincial Championships, the National Qualifier and National Championships and continue to compete with their Provincial Stream Team at Regional Championships and the Ontario Open Age Group Championships.
- 4.2.12 The only exception shall remain the Trillium 12&U Championships which is open to all registered Competitive or Novice Competitive athletes. See Section G for Competition regulations.
- 4.2.13 **Teams qualifying for Provincial Championship events**  
When a Team entered in a Provincial Championships (Provincial Championships & Ontario Open Age Group Championships) has qualified through the qualifying competition (Provincial Qualifier & Regional Championships), at least one-half of the Team members entered in Provincial Competition must have swum at the qualifying competition.
- 4.2.14 Combined Provincial Qualifier & OWG Qualifier Process**  
In 2018, the OWG Qualifier and Provincial Qualifier events shall be held simultaneously. As a result, the following applies:

National Stream Teams must enter the Provincial Qualifier which is mandatory for qualification to Provincial Championships, and **MAY ALSO CHOOSE** to declare entry intent to the OWG Qualifier if they wish to be considered for qualification.

Provincial Stream Teams shall **ONLY** enter the OWG Qualifier.

Two sets of results will be released following the event: One showing the Provincial Qualifier results, and the second showing the OWG Qualifier results.



### **4.3 National Stream Routines**

#### **4.3.1. National Stream Solo, Duet/Trio, and Team Composition**

See CASSA Rulebook as it pertains to National Stream competitions

#### **4.2.3 National Stream Teams**

National Stream Age Groups are: 11-12 National Stream, 13-15 FINA, Junior FINA, and Senior FINA.

#### **4.3.3 Number of Swimmers on a National Stream Team / Team Roster (CASSA 3.1.8)**

- a) A roster of a minimum of 4 (four) to a maximum of 12 (twelve) athletes must be submitted for all teams entered in Age Group 13-15 National, Junior FINA and Senior FINA team routine events by the entry deadline for the first team routine event held in their province/territory.
- b) This roster shall be submitted by each province to the National Scoring Leader for verification of entry into the National Qualifier, the Canadian Open, and Espoir meets. This roster should be submitted immediately following the entry deadline for the first routine competition held in each province/territory. Any province that does not submit the required roster by the entry deadline to the National Qualifier shall be fined \$100 per club. The club shall be ineligible to compete in the event until the payment of the fine is received by Synchro Canada.
- c) From this roster up to 10 athletes may be entered into the first and any subsequent team routine event (8 swimmers plus 2 alternates)
- d) The (up to) 10 athletes entered may change from meet to meet but can only come from the original roster as submitted.
- e) From this roster all named athletes (up to 12) may enter the figure event (if age eligible) at any competition in which the team on whose roster they are listed is competing.
- f) Athletes may be named on more than one roster BUT may only compete on one team in any competition (see CASSA Rule 3.1.5 f)
- g) This rule does NOT apply to Provincial Stream teams.

#### **4.3.4 National Stream – swimming up one age category**

An athlete may swim up one (1) age category in duet and/or team and/or free combination. That athlete will compete in the figure competition of the age category of the duet and/or team on which they are swimming. An athlete swimming up one age category for duet and/or team but also entering solo in their own age category must also swim the correct age group figures for their solo.

#### **4.3.5 National Stream Duets**

Ages as per CASSA rules.

#### **4.3.6. Duet Partners**

For National Stream duets there shall be no change of duet partners between the Provincial Qualifier and Provincial Championships, except the substitution of the listed alternate. Alternates must be listed on the entry form throughout the qualifying meets. Notes: CASSA Rule 3.1.8 – A Duet may have one alternate. See CASSA Rule 4.6.7 for Routine Member(s) Absent.

#### 4.3.7 National Stream Routine Required Elements

Required Routine Elements shall be as outlined in Appendix B

#### 4.3.8 Panels (New FINA rule)

Three (3) panels of five (5) judges must officiate: in Free Routines and Free Combination - one for Execution, one for Artistic Impression and one for Difficulty, and in Technical Routines one for Execution one for Impression and one for Elements.

### 4.4 Provincial Stream Routines

#### 4.4.1 Provincial Stream Solo and Duet Age Groups

At Regional Championships and Ontario Open Age Group Championships Solo and Duet/Trio competitors may compete in the following age groups:

##### **Solo (11-12\*, 13-15, 16-20)**

*\*Regionals Only – not a qualifier for Trilliums.*

Solo Age Group 11-12 = athletes aged 11-12 as of December 31 of the competition year

Solo Age Group 13-15 = athletes aged 13-15 as of December 31 of the competition year

Solo Age Group 16-20 = athletes aged 16-20 as of December 31 of the competition year

##### **Duet (10&U, 11-12, 13-15, 16-20)**

Duet Age Group 10&U = where the average age of duet partners is 10.4 or lower

Duet Age Group 11-12 = where the average age of duet partners is 10.5 to 12.4

Duet Age Group 13-15 = average age of duet partners is 12.5 to 15.4

Duet Age Group 16-20 = average age of duet partners is 15.5 to 20.0

#### 4.4.2 Determining Provincial Stream Duet/Trio Average Age

Provincial Stream Duets and Trios may be averaged to determine which Age Group (10&U, 11-12, 13-15, 16-20) they will compete in. Athletes will compete their own age group figures (with the exception of Rule 4.4.9 and 4.4.10). Trios can compete within the duet category at Regionals, Hilton Invitational, Age Group Championships and 12 & Under Open Championships (Trilliums).

Example:	Duet Partner 1 = 12 years	Average = $(12 + 13)/2 = 12.5$ yrs
	Duet Partner 2 = 13 years	= 13-15 age group

Example:	Duet Partner 1 = 11 years	Average = $(11 + 12 + 13)/3 = 12.0$ yrs
	Duet Partner 2 = 12 years	= 11-12 age group
	Duet Alternate = 13 years	

*\*Reminder to see Section G for age rules at Trilliums 12&U Open Championships*

#### 4.4.3 Duet Partners

For Provincial Stream duets there shall be no change of duet partners between Regional Championships and Ontario Open Age Group Championships, except the substitution of the listed alternate. Alternates must be listed on the entry form throughout the qualifying meets. Notes: CASSA Rule 3.1.8 – A Duet may have one alternate. A Trio may have one alternate. See CASSA Rule 4.6.7 for Routine Member(s) Absent.

#### 4.4.7 Number of Swimmers on a Provincial Stream Team

A Provincial Stream Team is composed of a minimum of 4 and a maximum of 10 swimmers including a maximum of 2 alternates (with the exception of Free Routine Combination, see 4.5). Note: These numbers may be different for Ontario Winter Games. Alternates must be medically cleared to compete (see 6.2.5). If illness/injury or other circumstances causes a Team to drop below 4 members, the remaining members no longer meet the definition of a Provincial Stream Team, and are no longer eligible to compete; however the remaining members may request to pre-swim an event.

#### 4.4.8 Provincial Stream Teams

A Team in Provincial Stream Competition (Regional Championships, Ontario Open Age Group Championships) should be comprised of swimmers from the same Age Group if possible. If it is not possible to form a Team comprised of swimmers from only one age group, a Team may be comprised of swimmers from more than one age group as follows:

The Age Group in which a Team competes is determined by the average age of the members (including alternates) on the Team:

10 & Under	a blended team whose average age is 10.4 or lower
11-12 yrs	a blended team whose average age is 10.5-12.4
13-15 yrs	a blended team whose average age is 12.5-15.4
16-20 yrs	a blended team whose average age is 15.5-20.0

*i) The maximum age eligible for Provincial Stream competition is 20 years of age as of December 31st of the competition year.*

*ii) 16-20 yr Teams averaging over 18.0 years are also eligible to compete in Masters Competition. Eligible athletes/teams may enter Masters competition(s) in addition to Provincial 16-20 Age Group competitions. All members of the team must be 18 as of Dec 31 and all Masters rules must be followed.*

Method of Calculation: Add all of the ages of the members of the team (important: age of athletes as of December 31 of the competition year), and divide by the number of members on the team.

*Example:*

Swimmer 1 = 11	= Total Age (92) divided by No. of swimmers (8)
Swimmer 2 = 13	= 11.5
Swimmer 3 = 10	= 11-12 yrs age group
Swimmer 4 = 12	
Swimmer 5 = 11	
Swimmer 6 = 12	
Swimmer 7 = 12	
Swimmer 8 = 11	

Team members will compete in their Age Group figure competition regardless of the Team Age Group (with the exception of Rule 4.4.9 and 4.4.10). Team figure scores will be averaged from the different Age Group figure events.

*From the example:*

*The team above will compete in the 11-12 yrs Team Age Group Competition. Swimmers 1,4,5,6,7 & 8 will compete 11-12 yrs figures, swimmer 2 aged 13 will compete in the 13-15 figure competition and swimmer 3 aged 10 will compete in 10&U figures.*

**Note: In the Provincial Stream no degrees of difficulty are used (CASSA rule 4.7.1). This will include Provincial Stream figure events at the Lisa A Figure Meet, Regional Championships and Age Group Championships, and will also include the Trillium 12 & Under Championships.**

#### **4.4.9 16-20 Provincial Stream Technical Routines**

*In alignment with Synchro Canada's newly-adopted Junior FINA rules, Synchro Swim Ontario will be replacing 16-20 Figures with 16-20 Technical Routines beginning in 2017-18. The following new rule shall apply:*

- 16-20 Technical Routine events in each of Team, Solo, and Duet/Trio will be held (as needed) at the Lisa Alexander Figures Meet, Regional Championships, and Ontario Open Age Group Championships
- All Technical Routine events at SSO Competitions will be finals ONLY (randomly seeded)
- For Technical Routines, the referee/assistant referee or designate shall monitor the required elements.
- 16-20 Technical Routines will be as per Synchro Canada Junior FINA Technical Routine requirements
- No degrees of difficulty will be applied to 16-20 Technical Routine Elements (as per provincial figures rule).
- As per anticipated CASSA Technical Routine rules:
  - o Technical Routines will be performed in black suits, white caps and no goggles
  - o The number of team competitors may not change between Technical and Free Routines

##### **Technical Development Event Minimum:**

- Each 16-20 TEAM will be required to enter both the Free Routine and the Technical Routine events
- Any athlete competing on a 16-20 Duet/Trio and/or Solo who is not already competing on a 16-20 Team must compete a minimum of ONE 16-20 Technical Routine (OR a figures event, if swimming on a 13-15 team/duet).
  - o Example 1: An athlete is a member of a 16-20 Team and swims a 16-20 Solo. The athlete will swim the 16-20 Technical Routine in the Team event, therefore it is not mandatory for the athlete to also compete in the 16-20 Technical Solo event (but the athlete may choose to do so).
  - o Example 2: A 16-20 athlete competes on a 13-15 Team AND a 16-20 Duet. The athlete must compete in 13-15 figures in order for the team to obtain a Championship score; therefore the athlete would NOT be required to compete in the 16-20 Technical Duet event, as the minimum technical event is fulfilled by figures participation.

##### **Blended Teams:**

- Any athlete who competes on a 16-20 Routine (Team, Duet/Trio or Solo) must participate in a **minimum of ONE** 16-20 Technical Routine, OR must be competing in 13-15 Figures (as per above) – regardless of the athlete's own age group (e.g. a 14 year-old competing on a 16-20 **Team** must compete in the Free and Technical Routine events, since both events are required in Team).
- Athletes competing on a 16-20 Routine are NOT required to compete in a figures event UNLESS they are ALSO a member of a routine age group which requires figures (e.g. a 14 year old competing on a 16-20 Team AND a 13-15 Duet must compete in BOTH the 13-15 Figures and 16-20 Technical Team events).
- A 16-20-aged athlete who does NOT compete on a 16-20 routine will compete in the relevant figures event for their team (e.g. a 16 year-old competing on a 13-15 Team will compete in the 13-15 figures event).

##### **16-20 Athletes Entering 13-15 Figures Events:**

- In some cases, a 16-20 athlete may need to enter the 13-15 Figures event (i.e. the 16-20 athlete competes on a 13-15 Team/Duet, and a figures score is needed to obtain a Championship score)
- Note: 16-20 athletes swimming down are restricted to one age group below their own (i.e. 13-15); a 16-20 swimmer would not be permitted to enter 11-12 figures, for example.
- In this case, the 16-20 swimmer competing in 13-15 Figures shall be listed as exhibition, and if the athlete places top 6, duplicate awards would be given

##### **Additional/Optional Technical Development Events:**

- Every athlete must meet the ONE minimum Technical Development Event as per above – however there are some instances where athletes can choose to enter additional Technical Development Events (Tech Routines or 13-15 Figures):
  - o A 13-15 athlete who swims UP on a 16-20 Team, and therefore must compete in 16-20 Technical and Free Routines, may ALSO opt to enter their own age group figures (13-15). Note that the athlete's figure score would not contribute to the Championship score, entry in this figure event is for development purposes for the athlete.
  - o A 16-20 athlete who has no technical development event (i.e. is only in Combo) may choose to enter a 16-20 Technical Routine event; if ONLY a Technical Team Routine is entered, the entry is NOT eligible for a Championship award and would only receive a single ribbon if placing top 6. Note: As per rules regarding 16-20 Technical Duets/Solos, any athletes choosing to enter Tech Duet/Solos as a stand-alone (i.e. no corresponding Free event) cannot qualify through to Age Groups.
  - o An athlete who already meets the ONE minimum Technical Development Event can opt to enter additional technical routine events (e.g. An athlete on a 16-20 Team is competing in 16-20 Free Duet, and may opt to also enter 16-20 Tech duet, although it is not required). In this case the athlete has to follow all qualification rules for the technical routines (i.e. a technical/duet solo can only be competed at age groups if the athlete has qualified via the free duet/solo score as per provincial quotas).

#### **Changes to Routine Average Age:**

- Routine Average Age is to be calculated as per provincial rules. For the 2017-18 season only, following the meet entry deadline for Lisa Alexander, a 16-20 routine's age group shall not change for the remainder of the season (even if team composition changes). Rosters will be required to be submitted at this deadline. This shall prevent the requirement for 16-20 teams to switch between age groups requiring figures events vs. Technical routine events during the competitive season.
- Teams in OTHER age groups who find themselves in the situation of needing to change age groups due to a change in team composition must submit their request to the Jury of Appeal.

#### **Qualification from Regionals to Age Groups:**

- The 16-20 Team event shall be awarded by Championship Score (Technical Routine Score + Free Routine Score) at Regionals and Age Groups
- 16-20 Duet/Trios and Solos shall be awarded separately for Free and Technical Routines at both Regionals and Age Group Championships
- Duets/Trios and Solos at Regionals shall qualify for Age Group Championships based on the FREE Routine score at Regionals (and following provincial quota rules)

#### **Technical Routines/Results at Lisa A.**

- As indicated, 16-20 Technical Routines shall replace 16-20 Figures events at Lisa Alexander
- The Technical Routines event at Lisa Alexander shall be for the purposes of feedback/swimmer development, therefore the following process shall be followed:
  - o It is not necessary full routines to be performed at Lisa A.; judges will evaluate what they see and will award a score of 0 for elements which are not performed
  - o Subject to meet schedule, 16-20 Provincial Technical Events will be held as follows:
    - 16-20 Technical Team shall be its own event; 16-20 Technical Duets shall be held immediately following the Junior FINA Technical Duet (results separate); 16-20 Technical Solo shall be held immediately following Junior FINA Technical Solo (results separate).
  - o Full judging panels will be used, with the addition of a dedicated feedback judge
  - o No rankings of 16-20 Technical Routines will be released and no awards will be given; Scores will not be announced and will not be posted at the competition venue or online; each Club shall receive their own scores ONLY, via email (in addition to comments from the dedicated feedback judge)

#### **4.4.10 Swimming up an age category**

For development purposes, a 10 & Under athlete may choose to swim up one age category to 11-12 figures and/or solo if they meet the following criteria:

- Placed in Top 10 in 10 & Under Figures at either Age Groups or Trilliums the previous season. (Note: The athlete must have placed Top 10 as per the posted results, regardless of the ages of other competitors – example: Not just top 10 of all 9 year-olds, but top 10 of ALL 10&Under athletes).
- A request must be submitted to the Jury of Appeal in this case.

#### **4.4.10 Provincial Stream Routine Required Elements**

There are no Provincial Stream Routine Required Elements (with the exception of Rule 4.4.9).

##### **4.4.10 a) Athletes with a Disability**

There are no required elements for Athletes with a Disability.

#### **4.4.12 Panels (New FINA rule)**

Three (3) panels of five (5) judges must officiate: in Free Routines and Free Combination - one for Execution, one for Artistic Impression and one for Difficulty, and in Technical Routines one for Execution one for Impression and one for Elements.

### **4.5 Free Routine Combination**

#### **4.5.1 Provincial Stream Free Routine Combination**

At Regional Championships and Ontario Open Age Group Championships there will be one open Combo event. Teams may be comprised of any combination of athletes from any age group. Order of draw will be random.

#### **4.5.2 National Stream Free Routine Combination**

At the Provincial Qualifier and Provincial Championships, there will be one Combo event for Junior/Senior (COSSC).

#### **4.5.3 Number of athletes**

There shall be a minimum of 4 and a maximum of 10 competitors. In addition to these 10 competitors, teams may have up to two alternates (for a total maximum of 12 competitors on the roster of a free combination routine).

#### **4.5.4 Start of routine and part**

Start of the first part of routine may be on the deck or in the water. All subsequent parts must start in the water. A new part begins where the previous part ends. Between routine parts, the swimmers must remain in the water. They must look involved with the routine at all times.

#### **4.5.5 Number of parts**

##### **(See also CASSA rule 4.4.1)**

In Free Combination, at least two (2) parts must have fewer than three (3) swimmers and at least two (2) parts must use the number of swimmers competing in the free combination routine (*ie a team of 7 members must have at least two parts in the routine where all 7 members participate*).

**FINA Rule (noted ONLY for teams who may be entering International Competition)**  
*In Free Combination, at least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have eight (8) to ten (10) competitors. Start of the first part of the routine may be on the deck or in the water. All of the following parts must start in the water. A new part begins in very close proximity to the previous part.*

#### **4.5.6 Penalties in Free Routine Combination**

A one point penalty per infraction shall apply to all the parts of 4.5.3, 4.5.4 and 4.5.5.

#### **4.6 Deckwork**

For the deck work in Duet, Trio, Team or Free Combination, competitors may not execute stacks, towers or human pyramids (i.e. each competitor must have some part of their body touching the deck.). A two-point penalty shall be assessed for a deck movement violation (CASSA Rule 4.6.6).

#### **4.7 Figures**

##### **4.7.1 Figures**

A swimmer may compete in a maximum of **2** figure events, as determined by the swimmer's age as of December 31 of the competition year and the swimmer's corresponding age category. The following National Stream and Provincial Stream competitive events are eligible:

- a) The Lisa Alexander Meet where:
  - i) A Provincial Stream athlete may choose to enter a Provincial Stream Age Group AND a National Stream Age Group ex) *Provincial Stream 13-15 figures AND National Stream 13-15 figures.*
  - ii) A National Stream swimmer may choose to enter two National Stream figure age groups based on their planned routine events for the season ex) 11-12 FINA and 13-15 FINA.
  - iii) An athlete aged 9-10 may choose to enter 10&U Figures and 11-12 Figures if age eligible for 10&U and 11-12 provincial age categories as they would like to train for expected entry in duet and team for the Trillium 12&U Championships.
- b) The Provincial Championships where National Stream 11-12 FINA **or** 13-15 FINA athletes may be required to compete figures for the corresponding solo, duet and team events entered.
- c) The Trillium 12 & Under Open Championships where swimmers aged 10&U are required to compete in both 10 & Under and 12 & Under figures IF they are entered in 10&U duet and 12&U team events.

##### **4.7.1.1 Figures as a stand-alone event**

- a) Swimmers entered in Senior FINA and/or Free Combination (National Stream or Provincial Stream) only may choose to enter the figures competition for their respective age group. Swimmers pay the same entry fees as those also swimming team events.
- b) Swimmers who may be participating as part of a mandated Provincial Team selection process or talent identification event. Swimmers pay the same entry fees as those also swimming team events. These swimmers will be considered Exhibition entries and will not be awarded.
- c) No other requests to enter figures as a "stand alone" entry will be accepted.

##### **4.7.2 Swimmer's Apparel**

For Figure competitions, competitors shall wear plain black one-piece suits and white caps, both of which shall be devoid of identifying marks. Competitors may wear goggles and nose clips.



#### **4.7.2 a) Jewellery**

Jewellery is not allowed, however it is recommended that medic-alert (or like emergency medical tags) be worn during competition.

#### **4.7.2 b) Therapeutic Taping**

An athlete who requires therapeutic taping and/or joint braces must submit, prior to the start of the competition, a medical note stating that this is required. The medical note can be from a medical doctor, a registered physical therapist or a certified athletic therapist **and must be dated no more than 30 days prior to the competition**. Any athlete not submitting the required documentation will be asked to remove the tape prior to competing. This applies to figure and routine events.

### **4.7.3 Draw for Figures**

#### **4.7.3 a) National Stream Competitions (Provincial Championships)**

Figure groups shall be drawn by the Synchro Swim Ontario Office Staff one week prior to the figures event. The exception shall be the Lisa Alexander Figure Meet which falls under 4.7.3 b).

#### **4.7.3 b) Provincial Stream Competitions**

Figure groups shall be drawn by the Synchro Swim Ontario Staff two weeks prior to the start of the first scheduled practice time for the competition. This includes the Lisa Alexander Figure Meet, Regional Championships and the Trillium 12&U Championships. See Section H for Ontario Winter Games.

#### **4.7.3 c) Novice Stream Competitions**

Figures groups (if applicable) shall be drawn by Synchro Swim Ontario staff as follows:  
**Novice Skills Testing & Novice Regionals:** Draw (if applicable) to take place two weeks prior to the figures event.  
**Novice Championships:** Draw (if applicable) to take place immediately following the conclusion of the final Novice Regionals event.

### **4.7.4 Figure Groups**

Figures shall be as outlined in Appendix A.

### **4.7.5 Use of Degree of Difficulty (DD's) in the Provincial Stream**

In the Provincial Stream no degrees of difficulty are used (CASSA rule 4.7.1). This will include Provincial Stream figure events at the Lisa A Figure Meet, Regional Championships and Age Group Championships, and will also include the Trillium 12 & Under Championships.

### **4.7.6 Coach Conduct during Figures Events**

During the Figures Event, all coaches shall remain within the designated coach area of the competition (competitors may only receive coaching from within the designated coach area; otherwise they must be outside of the competition space – e.g. shallow-end designated for warm-up is permissible). The designated coach area will be clearly signed by meet management, and will not be placed near/behind the figure panels. Clubs shall be fined \$50.00 per infraction (after one warning) for any coaches who meet with competitors outside of the designated coach area during the figures event.

**Note:** The above rule shall apply at all Provincial and National Competitive events in Ontario. For Novice Competitions, coaches MAY NOT coach from behind/near the Judge Panels during Figures event (See Section I, 2.12).

## 4.8 Time Limits

<b>Novice Stream</b>	<b>Solo</b>	<b>Duet/Trio</b>	<b>Team</b>
8 & Under	N/A	N/A	1:45
10 & Under	N/A	N/A	2:00
11-12 years	N/A	N/A	2:30
13-15 years	N/A	N/A	2:45
16-20 years	N/A	N/A	3:00
Masters (all ages)	N/A	N/A	3:00
<b>Provincial Stream</b>	<b>Solo</b>	<b>Duet/Trio</b>	<b>Team</b>
10 & Under	N/A	1:45	2:15
11-12 years	1:45	2:15	2:45
13-15 years	2:15	2:45	3:30
16-20 years - Free	2:30	3:00	4:00
16-20 years – Tech <small>pending final confirmation from CASSA</small>	2:00	2:20	2:50
Free Combination	N/A	N/A	4:00 <small>pending final confirmation from CASSA</small>
<b>National Stream</b>	<b>Solo</b>	<b>Duet</b>	<b>Team</b>
11-12 National Stream	1:45	2:15	2:45
13-15 FINA	2:15	2:45	3:30
Junior FINA	2:30	3:00	4:00
Senior FINA - Tech	2:00	2:20	2:50
Senior FINA - Free	2:30	3:00	4:00
Free Combination COSSC	N/A	N/A	4:00 <small>pending final confirmation from CASSA</small>
<b>Masters</b>	<b>Solo</b>	<b>Duet/Trio</b>	<b>Team</b>
Free Combination	N/A	N/A	4:30
Technical	1:30	1:45	1:50
Free	2:30	3:30	4:00

- For all Routines, there shall be an allowance of fifteen (15) seconds less or plus the allotted time, beyond which a penalty is incurred (Note that for Novice, there shall be no penalties assessed for time violations).
- National Stream time limits are subject to change as per FINA rules.
- Masters Time Limits as per CASSA rules (4.2.2.)

### 4.8.1 Time Limit Penalty

There shall be an allowance of 15 seconds plus or minus the allotted time limit, beyond which a penalty shall be incurred. Note the exception that for Novice and AWD there shall be no penalties assessed for time violations.

### 4.8.2 Minimum time limits

Minimum time limits for routines shall apply at all competitions. Time limits shall be as stated in the CASSA Rulebook Glossary and in this document. Time limits for all competitions are outlined in their respective competition information sections. There shall be no minimum time limits for Athletes with a Disability, and Masters events.

### 4.8.3 Deck time

Maximum deck time is 10 seconds.

#### **4.8.4 Walk on time**

The walk on of the athletes from the designated starting point to achievement of a stationary position(s) may not exceed 30 seconds. Timing shall commence when the first swimmer passes the starting point and when the last swimmer becomes stationary (CASSA Rule 4.2.4).

#### **4.8.5 Recording of time**

Timers shall record the overall time, the deck work time, and the routine walk on time on the master score sheet to the nearest hundredth of a second.

#### **4.8.6 Time Violations**

##### **4.8.6 a) Overall Time Limits**

A one point penalty will be deducted from the routine score if there is a deviation from the specified routine time allowance (less than or more) – CASSA Rule 4.2.5 a)

##### **4.8.6 b) Deck Drill Time Limits**

- i) A one-point penalty shall be deducted from the routine score in the event that deck walk-on time is exceeded - CASSA Rule 4.2.5 b) i)
- ii) A one point penalty shall be deducted from the routine score in the event that the time limit for routine deck movements is exceeded - CASSA Rule 4.2.5 b) ii)

#### **4.9 Preliminaries and Finals**

Preliminaries and Finals shall be held in all Routine events at all Provincial Competitions except as noted below:

##### **4.9.1 Fewer than 15 competitors**

For events with fewer than 15 competitors (excluding Exhibition entries) at the time of the draw for order of swim, the Chief Referee may decide to hold only the "Finals" portion of the event. In this case, Finals will be seeded by athlete combined figure score, which shall be used as the preliminary score for the final draw.

##### **4.9.2 Provincial Qualifier**

At the Provincial Qualifier only one "Finals" event will be held by random draw for all routine competitions. **Judges marks will be given, along with full results**, but as this is a qualifier there shall be **no awards**.

##### **4.9.3 Regional Championships**

For events with fewer than 6 competitors there will be a random draw for order of swim for finals.

##### **4.9.4 Ontario Open Age Group Championships**

At the Ontario Open Age Group Championships all Duet and Solo entries will go straight through to Finals, seeded by figure results at the Ontario Open Age Group Championships for the final draw. Draws are bottom half swim first, top half swim second. In the event of uneven numbers the larger number swims in the first half.

##### **4.9.5 12&U Open Championships (Trilliums)**

At the 12&U Open Championships (Trilliums) only one "Finals" event will be held for all routine competitions, and will be seeded by figure results at the Trillium 12&U Championships for the final draw and will follow Trillium Rule 1.1.2.

##### **4.9.6 Number of routines qualifying for finals**

##### **4.5.5 a) Provincial Championships**

At Provincial Championships, the top 12 Routines plus ties in 12<sup>th</sup> place will proceed to finals from preliminaries based on Preliminary score (figures and routine combined score).

#### **4.5.5 b) Regional Championships and Ontario Open Age Group Championships**

At Regional Championships and the Ontario Open Age Group Championships, the top 10 Routines plus ties in 10<sup>th</sup> place will proceed to finals from prelims based on the Preliminary score (figures and routine combined score).

### **4.10 Swim Suits, Head Apparel, Make-up & Gel Removal**

#### **4.10.1 Swim Suits**

Suits must be one piece, non-transparent, in good moral taste. The suits must be devoid of advertising logos, trademarks or symbols other than a manufacturer's logo not exceeding 16 square centimetres and may not carry any symbol which may be considered offensive. Nothing may dangle from the swim suit. (See also FINA rule GR 5).

#### **4.10.2 Head Apparel**

Head apparel may not contain projecting objects.

#### **4.10.3 Make-up**

Theatrical make-up shall not be worn. Straight makeup that provides a natural, clean and healthy glow is acceptable.

#### **4.10.4 Gel Removal in Competition or Warm-Up Pools**

Athletes observed removing Gelatin, Bobby Pins, Hairpieces and Hairnets in the Competition or Warm-up pool will be assessed a \$100.00 fine by the Chief Referee of the competition. All removal of Gelatin, Bobby Pins, Hairpieces and Hairnets is to only be removed in the designated areas of the facility change rooms.

#### **4.10.5 Gel/Hair Pins in Change rooms/Pool Facilities**

If a Club's competitors are caught leaving a mess in the change rooms/pool facilities (gelatin, bobby pins, hairnets, other garbage etc.), the Club will be fined \$100.00 per infraction. Infractions will be detailed in the meet manager guide.

### **4.11 Exhibition Competitors**

- a) Provincial Championships, Masters Open Provincial Championship, Trillium 12&U Provincial Championships and Ontario Open Age Group Synchronized Swimming Championships are designated competitions that are open for **out-of-province** or **international** entries as "**Exhibition Competitors**". All other competitions may host exhibition entries at the discretion of Synchro Swim Ontario. Please note that Synchro Swim Ontario has the discretion to limit entries due to capacity.
- b) In each Age Group Category, each Foreign Club or Out-of-province Club may enter (1) one Team, (2) two Solos and (2) two Duets.
- c) An exhibition routine:
  - I. Must follow all Synchro Swim Ontario rules and entry requirements.
  - II. Must pay all competition entry fees and meet entry deadlines as defined for exhibition entries.
  - III. Must pay an additional \$10.00 per athlete award levy.
  - IV. Will be drawn as if a qualified competitor in the event.
  - V. Will be listed on all draws/programs as an exhibition routine.
  - VI. Will be announced following their swim, as an exhibition routine.
  - VII. That qualifies for a final event shall be drawn to swim in the half of the draw that they qualified for but will not displace an Ontario competitor. In the event that an exhibition entry does not qualify for finals, the top entry from that exhibitor will be added to the finals and will swim first in the finals.
  - VIII. Is eligible for duplicate awards.

- i) If an exhibition routine qualifies for finals there must be 10 qualified Ontario routines in the event.
- j) Ontario routines not qualifying for the meet are not eligible to enter as exhibition.

#### **4.12 International Bids**

- a) Synchro Swim Ontario shall be the sole authority for the selection and organization of Provincial Teams.
- b) All Club bids should be executed as per the posted Synchro Canada International Competition Bid Policy and Procedure.
- c) Clubs must submit a copy of their Synchro Canada International Bid Submission Form to the Synchro Swim Ontario office via fax or email: "Attention: Provincial President" as per instructions on the Synchro Canada International Bid Submission Form.

(See also CASSA Rulebook 4.9.1)

## **5 Competition Management**

### **5.1 Entries –**

#### **5.1.8 Entry Fees**

Entry fees to all Provincial Competitions and Championships are payable to Synchro Swim Ontario and will not be refunded after the entry deadline date.

#### **5.1.9 Entry Forms**

5.1.2 a) Entry forms must be sent electronically to the Synchro Swim Ontario office at: **meetreg@synchroontario.com** by the entry deadline. Entry payment must also be received by the stated entry deadline (cheque or credit card).

**SSO Submission Process:** Registrars must submit rosters/entry forms to the SSO Office by the entry deadline with CC to their Club Head Coach (this shall serve as proof of Head Coach approval/sign-off of submission). SSO will confirm receipt and reply with a summary of competitor numbers per age group. Any errors must be brought to the attention of SSO and corrected within 48 hours, or Incorrect Entry Fines shall apply.

5.1.2 b) Entry forms must also be sent electronically to the Provincial Scorer at: **scoring@synchroontario.com** and the designated Meet Manager (as per the meet package) by the entry deadline.

#### **5.1.10 Late, Incorrect or Incomplete Entries**

##### **5.1.3. a) Late Entries**

Entry forms including payment not submitted by the stated competition entry deadline will be assessed a financial penalty of **\$250.00** which will be invoiced by Synchro Swim Ontario the day following the entry deadline. Failure to pay the fine by the first event of the competition shall result in disqualification. Fines are non-refundable.

#### **5.1.3. b) Incorrect or Incomplete Entries**

Synchro Swim Ontario will review all **rosters/entry forms as per the SSO Submission Process above**. The Club will be responsible for correcting/clarifying the entire entry form and returning it to Synchro Swim Ontario within 48 hours for FINAL submission. Any changes or corrections submitted after FINAL submission will be subject to the following financial penalty:

Incorrect or incomplete entries will be assessed a financial penalty of \$100.00 per figure event and/or per routine per event which will be invoiced by Synchro Swim Ontario. Failure to pay the fine by the first event of the competition shall result in disqualification. Fines are non-refundable.

#### **5.1.3. c) Changes to entries within 7 days of and/or during the competition**

Changes to entries within 7 days of and/or during the competition will be subject to a \$250.00 fine per figure event and/or per routine per event. Changes within 7 days of the competition will be invoiced by Synchro Swim Ontario and must be paid prior to the first event of the competition. Failure to do so shall result in disqualification. Changes made during the competition must be paid directly to the Chief Referee one hour prior to the beginning of the event affected. Failure to do so shall result in disqualification. Fines are non-refundable.

#### **5.1.4 Roster Sign-Off at Competitions**

The Club Head Coach (or their designate) must see the Chief Referee and sign-off on the Club Roster no less than one (1) hour before the Club's first event of the competition. Failure to comply will result in the assessment of a \$100 fine.

### **5.2 Scoring**

#### **5.2.8 Calculation of Championship Score**

Championship Score: The ratio for determining Championship Score at applicable meets shall be 50% Figure and 50% Routine for all categories (CASSA Rule 4.7 Scoring).

For National Stream figures in 11-12, 13-15 and Junior, high and low marks are eliminated (*except in the case of a 3 judge panel*). The remaining marks shall be added and averaged and the results multiplied by the degree of difficulty assigned to the Figures (CASSA Rule 4.7 Scoring).

In Provincial Steam Age Group Competition (Regional and Age Group Championships only) the degree of difficulty will not be used. In Free Routine Combination the Championship Score shall be calculated on the basis of 100% Routine Score. (See CASSA Rule 4.7 Scoring).

Note: All scoring as per CASSA Rulebook section 4.7 Scoring and Draws.

### **5.3 Entry Position**

In order to ensure the safety of athletes, notice will go to all clubs in the meet information package, informing them of the designated point of entry for the specific competition. Coaches must comply with this decision or the Routine will be penalized according to CASSA Rule 4.6.5, which states: "...a one point penalty shall be assessed to a Routine which does not start at the end designated by the Meet Manager....". This rule does not apply to Athletes with a Disability.

## 5.4 Music

Digital music will be used at all SSO Competitions. SSO requires each Club to submit their routine music digitally.

- a) Deadlines for music submissions are according to the **meet package** (approximately 2 weeks prior to competition date).
- b) If music changes are required after the deadline for a meet, **a \$100.00 fine will apply (Clubs must contact SSO immediately to request the change, otherwise the updated file will not be available at the event).**
- c) Music shall be submitted as per the protocol outlined in the **meet package**.
- d) **Coaches must** have a digital back-up of their music available (phone in airplane mode, MP3 player, iPod/iPad etc.) – no CDs will be required.

## 5.5 Sound

### 5.5.8 Announcers

At provincial competitions, announcers will introduce a swimmer/team as “Competitor Number...”. Home clubs and/or swimmer names will be given at the completion of the swim.

### 5.5.9 Music Sound Level

A decibel (sound level) meter shall be used to monitor the sound level and ensure that no person is exposed to average sound levels exceeding 90 decibels (RMS) or to momentary peak sound levels exceeding 100 decibels.

### 5.5.10 In the event of no spacing time

If no spacing time is allotted at a provincial competition, no less than 3 music pieces will be randomly selected and timed. This will occur before the first routine of the competition.

### 5.5.11 Refer to CASSA 4.6.8 Interruption of a Routine and CASSA 4.8.3 Failure of Music/Disrupted Sound

## 5.6 Thrown in the pool

In order to protect the association against the possibility of an insurance claim, and in order to ensure the personal safety of our members, there will be a financial penalty in the amount of \$200.00 assessed against any club where an individual is thrown into the pool at any Synchro Swim Ontario event.

## 5.7 Coaches Providing Cues from the Deck

Coaches may not assist on land by providing cues to swimmers during routines (subject to a one point penalty deducted from the routine score). This rule applies at all Provincial Competitive and Novice Competitive Competitions. The exception shall be coaches of Athletes with a Disability (Cognitive or Physical), who may provide cues from the deck– see Appendix F: Figure Groups & Rules for Athletes with a Disability.

## 5.8 Highlight Safety

In order to ensure the personal safety of our competitors, there shall be no platforms, stacked lifts, or throw highlights permitted in shallow water. Note: Partner (2 swimmer) highlights are permitted as long as the assisting swimmer uses only their hands/arms to lift (i.e. inverted assists, pushing with legs, or standing on shoulders is not permitted). The meet manager shall ensure a pylon or figure marker is made available, and the Chief Referee shall place the marker to designate shallow water in which it is not permissible to conduct a platform/stack/throw highlight. Chief Difficulty Judge #1 shall notify the Referee immediately following the routine if a violation of this rule is suspected. A two-point penalty shall be assessed by the Referee per infraction. **Note:** Highlights (platforms, stacked lifts, throws) shall not be permissible at all during Novice Competitions (see Section I).



Note – refer to FINA rule 18.3.4/18.3.5 for guidelines on use of the bottom of the pool during competitions.

## **6 Byes**

### **6.1 Role of the Jury of Appeal**

The Provincial Jury of Appeal shall have the power to authorize entry into the Provincial Championships or Age Group Championships, a competitor who entered but did not compete in a qualifying competition because of exceptional circumstances. See Appendix D.

#### **6.1.1 Provincial Jury of Appeal**

The Provincial Jury of Appeal, which deals with issues prior to and between competitions, thus ensuring consistent rulings, shall consist of three (3) members plus alternate, selected by the Board of Directors at the beginning of each season.

### **6.2 Byes for Competitions**

The submission of a Bye Request is required whenever an athlete is medically (or otherwise) unable to compete at a qualifying event (Qualifying events for Ontario include: Lisa Alexander, Provincial Qualifier, Provincial Championships, Regional Championships, and Novice Regionals – **note that the Novice Skills Testing event is a mandatory event and requires a bye**). Bye requests must be submitted via email to Synchro Swim Ontario (which will forward the request to the Provincial Jury of Appeal) as per 6.2.1 prior to the beginning of a competition. If there is an occurrence requiring the submission of a bye request less than 24 hours prior to the event, or during the event, see the Chief Referee of the competition. The athlete must be entered in the meet and then withdrawn from events as medically directed, and must be declared a scratch. Entry fees will be paid. Note: For Selection from Provincial Championships to the National Qualifier Byes will be considered by the National Qualifier Selection Committee.

#### **6.2.1 Bye Requests**

The request for a bye must be made via an official “SSO Bye Request Form.” In order to be considered, ALL requests must use this form and ensure all sections are completed in full, and submitted via email as soon as the need for a Bye is known.

#### **6.2.2 Withdrawal from events**

The athlete will then be withdrawn from events as medically directed and must be declared a scratch.

#### **6.2.3 Teams**

Regarding Teams that have one or more athletes with byes – Teams are required to swim in the Team Routine competition unless there are fewer than four (4) athletes. If a member of a Team receives a bye, bringing the number of athletes on the Team to fewer than four (4), AND there is an alternate for the Team listed on the competition entry form, the alternate is required to swim in the Team competition.

#### **6.2.4 Duets**

Regarding Duets that have an athlete with a bye – If a member of a Duet receives a bye and there is an alternate for the Duet listed on the competition entry form, the alternate is required to swim in the Duet competition.

#### **6.2.5 Alternates**

Any athlete listed as an alternate on a roster must be medically cleared to compete. If an athlete is not medically cleared to compete, the athlete must be declared a scratch.

Note that any change to the alternates listed on the entry form must be communicated as per CASSA 4.6.7 a) i).

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## Section B: Lisa Alexander Meet

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The Lisa Alexander Meet falls under the jurisdiction of Synchro Swim Ontario, and General Provincial Rules are to be followed.

### 1.0 Registration

- 1.1 Synchro Swim Ontario shall run **one** Lisa Alexander Meet **for all Regions**.
- 1.2 Attendance at the Lisa Alexander Meet by registered National Stream Competitive Athletes (including AWD), and registered Provincial Stream Competitive Athletes (including AWD) is **mandatory** for qualification and entry into the Provincial Qualifier or Regional Championships (or the OWG Qualifier in years in which that competition occurs before Regional Championships). Byes will only be granted to individual swimmers on medical or compassionate basis.
- 1.3 Swimmers are to be registered in the stream (Provincial or National) in which they are expected to compete in the **2017-2018** season.
- 1.4 Provincial Stream swimmers are to be registered in 10&U, 11-12, 13-15 or 16-20. Ages for Figures will be calculated to be **as of December 31, 2018** (with the exception of Rule 4.4.9 and 4.4.10)
- 1.5 National Stream swimmers are to be registered in 11-12 National Stream, 13-15 FINA or Junior FINA. Ages for Figures will be calculated to be **as of December 31, 2018**.
- 1.6 Athletes can enter a maximum of two figure events as per rule 4.7.1.
- 1.7 There will be no switching between National and Provincial Stream figures after the entry deadline.
- 1.8 Figure competition will be held as follows (See Appendix A for Figure Groups).

<b><u>Provincial Stream:</u></b>	<b><u>National Stream:</u></b>	<b><u>Athletes with a Disability:</u></b>
10 & Under	11-12 National Stream	Physical
11-12 years	13-15 FINA	Cognitive
13-15 years	Junior FINA	(Anticipated CASSA Rule Change – Technical Routines moved to Provincial Qualifier)
16-20 years (Technical Routine)		

- 1.9 In accordance with our Competitive Pathway and Rulebook, the athlete is determined by their TEAM participation. As such, all 11-12 athletes who are on a Provincial Stream Team, must be registered and be qualified through to Regionals in the Lisa A. meet for Provincial Stream figures. Their results will be posted and awarded in the Provincial Stream of competitors. Provincial Stream athletes also have the option to try out for a solo or duet routine in National Stream and or enter figures in both Streams. If the coach chooses to have their athletes registered in both Streams, which would then have their results ranked, posted and be eligible for awards in both Streams, then they would need to be registered and paid for twice. All 11-12 Aged Athletes who are on a National Stream Team must be registered as 11-12 National Stream athletes and will be ranked and awarded in the National Stream results.

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## Section C: Provincial Qualifier and Provincial Championships

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The Provincial Qualifier and Provincial Championship Competitions fall under the jurisdiction of Synchro Swim Ontario, and General Provincial Rules are to be followed.

### 1.0 Competition Format

#### 1.1 Provincial Qualifier Attendance

Attendance at the Provincial Qualifier is mandatory for ALL 11-12 National Stream (in Non-OWG years), 13-15 FINA, Junior FINA, Senior FINA Routines, and Free Combination Teams for qualification through to the Provincial Championships.

#### 1.2 Provincial Qualifier Events

The Provincial Qualifier shall consist of:

Solo competition for 11-12 National Stream (Non-OWG years), 13-15 FINA

Duet competition for 11-12 National Stream (Non-OWG years), 13-15 FINA

Team competition for 11-12 National Stream (Non-OWG years), 13-15 FINA

Technical and Free routine competition for Senior **and Junior** Solo, Duet and Team (anticipated)

Free Routine Combination competition for Junior/Senior (COSSC)

#### 1.3 Provincial Qualifier: Qualifying Junior Technical Solos to Provincial Championships

In 2017-18, SSO will implement a qualifier from the Provincial Qualifier to Provincial Championships. This qualifier shall apply to Junior Technical Solo Routines ONLY.

**1.3.1** A Selection Committee is struck for the qualifying meet (Provincial Qualifier). Members must not have a Conflict of Interest.

**1.3.2** The Selection Committee will consist of a Board of Directors delegate, the Head of the Ontario Officials' Committee (OOC) and the Chief Judge of Provincial Championships, or their designate(s).

**1.3.3** The Selection Committee selects competitors in order of rank by Technical Routine score. The Top 10 competitors are eligible to move on to Provincial Championships.

**1.3.4** Substitutes may be selected to compete if the originally selected routines are unable to participate. The substitute shall be the next ranking routine by Technical Routine score.

**1.3.5** The Selection Committee may qualify for entry into the Provincial Championships competitors who are unable to swim in the Provincial Qualifier due to exceptional circumstances (such as, but not limited to: injury, illness, school exams) beyond the control of swimmers. See Section A 6.0 Byes.

#### 1.4 Provincial Championship Events

The Provincial Championships shall consist of:

Figure competition for 11-12 National Stream, 13-15 FINA

Solo competition for 11-12 National Stream, 13-15 FINA

Duet competition for 11-12 National Stream, 13-15 FINA

Team competition for 11-12 National Stream, 13-15 FINA

Technical and Free routine competition for Senior **and Junior** Solo, Duet and Team (anticipated)

Free Routine Combination competition for Junior/Senior (COSSC)

Athletes wishing to qualify for and compete at the National Qualifier shall swim according to those age categories indicated in Section A 4.3.1, see CASSA Rule 3.10.11.

##### 1.3.1 11-12 Qualifier for Espoir

The 2017 Provincial Championships shall be the Ontario Qualifier for the 11-12 events at the 2018 Espoir Championships.

- a) Registered Ontario athletes of age group 11 and 12 are eligible to compete.
- b) Registered Ontario athletes may enter 11-12 Solo, Duet and Team events to attempt to qualify for the 11-12 events at Espoir Championships, however they must respect the two routine entry rule at Espoir Championships. Immediately following the 11-12 qualifier at Provincial Championships the Head Coach of the club must declare entry intent to Synchro Swim Ontario to ensure accuracy in identifying qualified routines. Synchro Swim Ontario will issue the final list of QUALIFYING routines within 24 hours.

*Example 1) An 11-12 athlete on a 13-15 Team has an 11-12 solo and 11-12 duet that they would like try-out for Espoir Championships but they are unsure which routine will place top 3 for qualification to Espoir Championships as only one 11-12 routine can go to Espoir in addition to their 13-15 Team.*

*Example 2) In the case that an athlete has their 11-12 Solo, Duet and Team qualify for Espoir Championships they must choose 2 of the 3 routines to enter. Qualifying routines will be selected after all declarations of entry intent have been submitted.*

- c) The top three (3) competitors in Solo and Duet in Championship Score will advance to the Espoir Championships.
- d) With the exception of the process outlined in 1.3.1. b), If a solo or duet is selected but chooses not to attend Espoir, the next placing routine IS NOT eligible to attend Espoir. Only routines planning on attending Espoir should enter.
- e) The quotas for team shall be OPEN, but any team must compete at the Provincial Championships as the designated selection meet to be eligible to attend Espoir.
- f) Age group 11 & 12 athletes are permitted to compete in two of the following routine events at Espoir Championships if they qualify: 11-12 Solo, 11-12 Duet, 11-12 Team, 13-15 Duet, 13-15 Team, 13-15 Espoir Free Combination. Athletes may not compete in the same event in different age groups ex) 11-12 Duet and 13-15 Duet.
- g) All Age group 11 & 12 athletes entered into a routine event must compete 11-12 figures.
- h) An Age group 11 & 12 athlete competing at Provincial Championships or Espoir in 13-15 events only is eligible to enter the 11-12 Figure event.
- i) At Provincial Championships or Espoir Championships there shall be a Finals event only.
- j) The Championship score for all 11-12 routine events shall be based on 60% of the 11-12 figure score and 40% of the routine score.

## 1.5 Figures

Figures shall be according to CASSA Rules as found in Appendix A.

## 1.6 Routine Required Elements

Routine Required Elements can be found in Appendix B.

## 1.7 Seeding & Awards

All events will be seeded by age group and awards given as per Appendix C unless otherwise stated.

## 2.0 Selection Process

### 2.1 Routine Selection

Routine Selection to the National Qualifier, from Provincial Championships (See also CASSA rule 3.2.3)

- 2.1 a) All team routines that have competed at the Provincial Championships may compete at the National Qualifier, if eligible under Synchro Canada criteria.
- 2.1 b) See CASSA Rule 3.2.3 for quotas regarding solos and duets

### 2.2 National Qualifier Selection Committee

- 2.2.1 A Selection Committee is struck for the qualifying meet (Provincial Championships). Members must not have a Conflict of Interest.
- 2.2.2 The Selection Committee will consist of a Board of Directors delegate, the Head of the Ontario Officials' Committee (OOC), and the Chief Judge of Provincial Championships, or their designate(s).

- 2.2.3** The Selection Committee selects competitors in order of rank by Championship score.
- 2.2.4** No routine can be entered at the Qualifier unless the Provincial Selection Committee has authorized it.
- 2.2.5** Substitutes may be selected to compete if the originally selected routines are unable to participate. The substitute shall be the next ranking routine by Championship score.
- 2.2.6** The Selection Committee may qualify for entry into the National Qualifier competitors who are unable to swim in the Provincial Championships due to exceptional circumstances (such as, but not limited to: injury, illness, school exams) beyond the control of swimmers. See Section A 6.0 Byes. Any byes granted are added to Synchro Canada's Solo and Duet quota for Ontario.

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## **Section D: National Qualifier and National Championships**

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These competitions fall under the jurisdiction of Synchro Canada, and CASSA rules will apply. Registration to Synchro Canada National Events will be paid separately with all fees and levies in accordance with the terms as outlined in the most current Synchro Canada Fee Structure.



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## Section E: Regional Championships and Ontario Open Age Group Championships

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The Regional Championships and Ontario Age Group Championship Competitions fall under the jurisdiction of Synchro Swim Ontario, and General Provincial Rules are to be followed.

### 0.0 Competition Format

#### 0.1 Events

Events shall be held at each Regional Championships (CENTRAL, NORTH, EAST and WEST, or a combination thereof), and Ontario Open Age Group Championships as follows:

Event	Age Group	Regionals	Age Group Champs
Figures	10&U, 11-12, 13-15, AWD-C, AWD-P	X	X
Solo	11-12 (Regionals only)	X	
	13-15, 16-20 (Free/Tech), AWD	X	X
Duet/Trio	10&U, 11-12, 13-15, 16-20 (Free/Tech),, AWD-C, AWD-P	X	X
Team	10&U, 11-12, 13-15, 16-20 (Free/Tech),, AWD-C, AWD-P	X	X
Combo	Open	X	X
Masters Solo (Free/Tech)	18-34; 35-49; 50-64; 65-79; 80+	X	
Masters Duet/Trio (Free/Tech)	18-34; 35-49; 50-64; 65-79; 80+		
Masters Team (Free/Tech)	18-34; 35-49; 50-64; 65-79; 80+		
Masters Combo	Open		
Land Drill	Teams, no Combos	X	

#### 0.2 Figures

Athletes compete in their age group figures, as determined by their age as of December 31 of the competitive year. Athletes will compete in their respective age group regardless of the blended age group of their team (with the exception of Rule 4.4.9 and 4.4.10).

Figure events will be as follows:

10&U, 11-12 years, 13-15 years

Figure groups can be found in Appendix A.

#### 0.3 Solos and Duet/Trios

0.3.1 Provincial Stream Solo and Duet/Trio Age Groups and composition as per 4.4.1 and 4.4.2

0.3.2 Finals only, seeded by figures as per 4.9.4.

#### 0.4 Teams

0.4.1 Number of Swimmers on a Provincial Stream Team as per 4.4.7

0.4.2 Provincial Stream Teams comprised as per 4.4.8

#### 0.5 Free Routine Combination

0.5.1 Provincial Stream Free Routine Combination as per 4.5.7.

- 0.5.2 In Free Combination Team events the order of swim will be a random draw as per Section A 4.6.1.

## **0.6 Awards**

Awards given as per Appendix C.

## **0.7 Championship Scores**

Championship Scores at Regional Championships and Ontario Open Age Group Championships are based on Figures and Routine, except for the Free Combination Team event and in the case of 16-20 technical routines, which follow rule 4.4.9)

## **1.8 Land Drill**

The land drill event will be scheduled during Regional Championships competitions and is open to all age group teams, excluding combos.

# **1.0 Advancing to Ontario Open Age Group Championships**

## **1.1 Qualification**

All Provincial Stream routines competing at Ontario Open Age Group Championships must have competed in and qualified through their respective Regional Championships.

## **1.2 Routine Selection to Ontario Open Age Group Championships from Regional Championships**

### **1.2.1 Age Group Teams & Combos**

All Age Group Teams and Combos automatically move on to the Ontario Open Age Group Championships.

### **1.2.2 Provincial Stream Duet/Trios**

Quotas will be based on proportional representation based on the number of entries that register for each respective Regional Championship (Central, East, North and West). There will be a total of 15 duet/trio entries that advance to Age Group Championships. In the case that there are any byes and entries exceed 15, there shall still be no prelims, there will be a final event only with draws based on figures results (or as per rule 4.4.9).

### **1.2.3 Provincial Stream Solos**

Quotas will be based on proportional representation based on the number of entries that register for each respective Regional Championship (Central, East, North and West). There will be a total of 15 solo entries that advance to Age Group Championships. In the case that there are any byes and entries exceed 15, there shall still be no prelims, there will be a final event only with draws based on figures results (or as per rule 4.4.9).

### **1.2.4 Qualifying routine declines to enter Age Group Championships**

In the case that a routine that competed at Regional Championships and qualified for Age Group Championships through proportionate entry as per 2.2.1 or 2.2.2 declines to enter Age Group Championships, any vacant routine spots regardless of region will be filled through the selection by the highest Championship scores among all routines across all regions that did not advance to Age Group Championships (or as per rule 4.4.9).

*Note: It is highly recommended that only routines who intend to advance to Age Group Championships compete at Regional Championships, otherwise their decline may affect the proportionate representation of their region.*

### **1.2.5 Pre-Swimmers**

Two (2) pre-swimmers for Provincial Stream Solo and Duet/Trio events at Age Group Championships will be selected based on the highest Routine score across all Regions that did not qualify through to Age Group Championships.

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## Section F: Masters Open Championships

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These rules apply to the Ontario Masters Open Competition only. Those attending Nationals, World's, etc must consult the FINA and CASSA Rulebooks. Masters Open Championships fall under the jurisdiction of Synchro Swim Ontario, and General Provincial Rules are to be followed.

### 1.0 Conduct of the Meet

#### 1.1 Panel System (new FINA rule)

Three (3) panels of five (5) judges must officiate: in Free Routines and Free Combination - one for Execution, one for Artistic Impression and one for Difficulty, and in Technical Routines one for Execution one for Impression and one for Elements.

#### 1.2 Events

Events shall include team, duet/trio, solo, and combo. Tech routines will be exhibition with single ribbons awarded. Those wishing to exhibit their technical routine(s) for judges feedback must pay the appropriate entry fee for each of technical and free routines.

#### 1.3 Draws

All events will be random draw and awards given as per Appendix C.

#### 1.4 Required Elements

There will be no Figure events and no required elements at regional or provincial meets

#### 1.5 Free Routine Combination

Free Routine combination routines must have a minimum of two parts with less than 3 swimmers and a minimum of two parts of four or more swimmers of penalties will be assessed as per CASSA

### 2.0 Qualifying for Masters Open Championships

Competitors are not required to attend Regional competitions in order to attend Master's Open Championships.

### 3.0 Ages

#### 3.1 Qualifying Age

In Regional Championships and Masters Open Championships in Ontario, Masters is 18 years of age & over. For Canadian Masters competitions, Masters is 19 & over (CASSA Rule 3.1).

#### 3.2 Duets, Trios, Teams

For duets/trios and teams, age is determined by the average age of the competitors.

#### 3.3 Age Groups

Age groups will be as follows. Swimmers ages are averaged to determine category in which they compete: 18-34 yrs; 35-49 yrs; 50-64 yrs; 65-79 yrs; 80 years and over

*Note: Masters Teams averaging 18-20 are also eligible to compete in Provincial Stream Age Group Competition (16-20). These athletes/teams may enter Provincial Stream Age Group Competition in addition to Masters competitions. All provincial age groups rules must be followed. Likewise, Provincial Age Group 16-20 athletes/teams that are also age eligible for Masters competition (18-34) may enter Masters competitions. All athletes in the Masters event, regardless of averaging ages, must be 18 yrs of age and all Masters rules must be followed.*

### 4.0 Time Limits

As per 4.8 Time Limits

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## Section G: Trillium 12 & Under Open Championships

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The 12 & Under Open Championships (Trilliums) falls under the jurisdiction of Synchro Swim Ontario, and General Provincial Rules are to be followed, with the exception that there are no routine required elements for 10&U Team as it is a Team Free event.

### 1.0 Conduct of meet

All athletes competing must be 12 years of age or younger in the competitive year. Athletes entered in 10&U events must be 10 years of age or younger in the competitive year.

#### 1.1 Events

The 12 & Under Open Championships (Trilliums) events will be as follows:

<b>Figures</b>	10 & Under, 12 & Under, AWD-P, AWD-C
<b>Solo</b>	11-12 Free
<b>Duet /Trio</b>	10 & Under, 12 & Under
<b>Team</b>	10 & Under, 12 & Under

\*Athletes with a Disability (Physical & Cognitive) 10 & Under or 12 & Under may enter routine events as listed above and will be awarded by AWD-P and AWD-C in each age group event.

\*Competitive Novice 8&U, 10&U and 11-12 Teams are eligible to enter the 10&U and 11-12 Team and Figure events ONLY. There are no separate awards for Competitive Novice entries.

- 1.1.1 At the 12&U Open Championships (Trilliums) only a Finals event will be held for ALL routine competitions, and will be seeded by figure results at the Trillium 12&U Championships for the final draw and will follow Trilliums Rule 1.1.2.
- 1.1.2 The draw for finals at Trilliums will be based on Figures as follows; the top 8: the bottom 8; random in the middle. If there are fewer than 16 competitors the draw will be top half, bottom half. For events with fewer than 6 competitors there will be a random draw for order of swim.
- 1.1.3 Solo Age Group 11-12 is open to athletes aged 11 or 12 as of December 31 of the competition year only. Age as per Section A 3.1.6.
- 1.1.4 Duet/Trio Age Group 10&U = where the maximum age of either duet partner is 10  
Duet/Trio Age Group 11-12 = where the maximum age of either duet partner is 12  
Ages as per Section A 3.1.6.
- 1.1.5 Team Age Group 10&U = where the maximum age of any team member is 10  
Team Age Group 12&U = where the maximum age of any team member is 12  
Ages as per Section A 3.1.6.
- 1.1.6 Figure Entry and Calculation at Trillium Championships  
***\*IMPORTANT: Trilliums differs from Regional and Age Group Championships as swimmers older than 12 years of age (13+) can't be blended into teams or duets/trios.***
  - a) Athletes entered in 10 & Under Duet/Trio or Team are required to compete in 10 and Under Figures.
  - b) Athletes entered in 12 & Under Solo, Duet/Trio or Team are required to compete in 12 and Under Figures.
  - c) Athletes with a 10 & Under Duet/Trio **AND** on a 12 & Under Team are **required** to do **BOTH** sets of figures (10 & Under and 12 & Under). Team figure scores are **not** blended at the 12 & Under Championships.

- 1.1.7 Time limit rules as per section 4.8. Note that any Competitive Novice entries will swim their team with no time penalty.

## 1.2 Eligible Competitors

- 1.2.1 Swimmers registered as a Competitive “C” Athlete are eligible for all events.
- 1.2.2 Swimmers 12 & Under and currently registered as a **Competitive Novice** athlete with Synchro Swim Ontario are eligible to compete in Figures and Team events only. **Competitive Novice** athletes may “upgrade” to a Competitive “C” Athlete by the entry deadline in order to enter additional events (Solo or Duet/**Trio**). The registering Club must be registered as a Competitive “C” Club to field Competitive Novice or Competitive athletes.
- 1.2.3 Swimmers 12 & Under and currently registered as a **Recreational** Swimmer with Synchro Swim Ontario may “upgrade” to a **Competitive Novice** athlete in order to enter 8 & Under, 10 & Under, or 12 & Under Team events. The registering Club must be registered as a Competitive “C” Club to field Competitive Novice athletes.

Swimmers 12 & Under and currently registered as a **Recreational** Swimmer with Synchro Swim Ontario may “upgrade” to a Competitive “C” Athlete in order to enter additional events (Solo or Duet/**Trio**). The registering Club must be registered as a Competitive “C” Club to field Competitive “C” athletes.

## 1.3 Team Composition

For the Trillium 12&U Championships a Team is composed of a minimum of 4 and a maximum of 10 swimmers including a maximum of 2 alternates (as per 4.4.7).

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## Section H: 2018 Ontario Winter Games Qualifying Process & Participation

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The Ontario Winter Games (OWG) is open to all registered competitive athletes who are **between 8 and 20** years of age as of December 31 of the year of the games (**December 31, 2018**). Qualification is open to both Provincial and National Stream teams as mandated by Ministry guidelines. Synchronized swimming event categories for the 2018 Ontario Winter Games are:

- 11-12 Yrs (average age as per rulebook explanation of calculating team ages) compete in **ONE** category in the following events: Team, Duet, Solo, Figures, Flexibility & Land Drill (up to 2 duets and 2 solos from each qualifying team)
- 13-15 Yrs (average age as per rulebook explanation of calculating team ages) compete in **ONE** category in the following events: Team, Duet, Solo, Figures, Flexibility & Land Drill (up to 2 duets and 2 solos from each qualifying team)
- **AWD Cognitive athletes compete in ONE category in the following events: AWD-C Solo & Figures**
- **AWD Physical athletes compete in ONE category in the following events: AWD-P Solo & Figures**

The Ontario Winter Games will follow rules for competitions as in the Ontario Age Group Championships (Provincial Rulebook) with the inclusion of the following:

### Team/Athlete participation:

- **TEAM EVENT:** In either age group, teams are permitted a maximum of 8 swimmers **in pattern plus 1 alternate (for a total of 9 athletes attending the games)**. NOTE: Team athletes can only swim on one team (either 11-12 or 13-15).
- **FIGURES EVENT:** All athletes compete in the figures event as per provincial rules. Figure groups will be announced **2 weeks** prior to the start of the games. **AWD athletes compete figures within their category and level as per provincial rules.**
- **DUETS:** Each team that qualifies for and attends the OWG may enter 2 duets from their team roster. Duets are comprised of 2 swimmers as per provincial duet rules. Duet athletes can swim in one duet event only. Teams who qualify are allowed to provide 11-12 or 13-15 duets only, who swim in their proper age group. Duets may be comprised from a combination of two different teams from the same club who have both qualified for the Games. **No alternates permitted. No trios permitted.**
- **SOLOS:** Each team that qualifies for and attends OWG may enter 2 solos from their team roster. Teams who qualify are allowed to provide 11-12 or 13-15 solos only, who swim in their proper age group.
- **AWD-C/AWD-P SOLO:** Up to 12 AWD athletes (across both Cognitive & Physical) may qualify for OWG and enter the solo event in either the Cognitive or Physical category, as per provincial rules.
- **FLEXIBILITY:** Flex is a stand-alone event. All athletes will participate **(with the exception of AWD athletes).**
- **LAND DRILL EVENT:** The Land Drill event is a stand-alone event and does not affect any other event at the Games. Land drill events will be: 11-12 Team and 13-15 Team.

### Coaches:

- Each qualified 11-12/13-15 Team is permitted to send up to two coaches; one coach must be designated as the **Lead Coach** and must be minimum Competition Introduction Certified. The second coach must be an **Assistant Coach** (attending for development/mentoring purposes) and must be minimum Competition Introduction Trained as per SSO Coach Eligibility Rule 3.1.8.
- Each qualified AWD athlete is permitted to send one coach (minimum Competition Introduction Trained as per SSO Coach Eligibility Rule 3.1.8).

### Awards:

- Team event – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze

- Figures event – Awards by age group (11-12; 13-15; and any additional required categories; **AWD figures shall be awarded by category and by level as per provincial rules**; Synchro Swim Ontario **single** ribbons; top 6 in each category
- Duet events – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze
- **11-12/13-15 Solo events – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze shall be awarded to the highest score in each category (regardless of level)**
- Flexibility – Certificates (Gold, silver, bronze standards)
- Land Drill event – Awards for 11-12 category and 13-15 category; Synchro Swim Ontario **single** ribbons, **top 3** in each category

### **Qualifying Procedure:**

- All routines must be judged at their designated 2018 Ontario Winter Games Qualifier
- The 2018 Ontario Winter Games Qualifier will consist of: **11-12 figures, 13-15 figures, 11-12 team, 13-15 team, AWD-C/AWD-P Figures, AWD-C/AWD-P Solo events only (and any additional required figure categories)**. There will be no awards at the qualifying meet. Draws will occur as per provincial competitions listed in the rulebook.
- The championship scores obtained at the 2018 Ontario Winter Games Qualifier shall be the mark used to qualify for Ontario Winter Games. By attending the Qualifying event, you are committing to attend the games should you place in the top categories. If a team declines their spot at the OWG or fails to attend the Games, that team will pay a \$500.00 fine to Synchro Swim Ontario. **Note: For 2018, the 11-12 & 13-15 Team events at the OWG Qualifier and Provincial Qualifier will be combined into one event. Teams must declare at the time of meet registration which meet they are entering; results will be split to show Provincial Qualifier & OWG Qualifier separately. See SSO Rule 4.2.14.**
- The top two teams in each age group from the East, Central and West regions qualify to the Games. The top team in each age group from the North qualify to the games.
- Pending availability of athlete spots or need to increase participant numbers (determined by Synchro Swim Ontario in accordance with the Ontario Winter Games), a wildcard draw will be used. Additionally, should a region be unable to field a team, spots may be filled by the next highest ranking team in the region that is drawn in the wildcard selection.

### **Pre-Swimmers:**

- There will be no pre-swimmers at this event.



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## Section I: Novice Competitive Figure Meets, Regionals and Championships

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1.0 The Novice **Skills Testing Event**, Novice Regional Meets and Novice Championships fall under the jurisdiction of Synchro Swim Ontario, and General Provincial Rules are to be followed. The Novice Competitions will take place as follows:

- 1) There will be two separate Novice **Skills Testing Events** as follows:
  - I. CENTRAL/NORTH/WEST, (C/N/W) Combined Novice **Skills Testing Event** to be held in one of these regions
  - II. EAST Novice **Skills Testing Event** to be held in the East region
- 2) There will be two separate Novice Regional Meets as follows:
  - I. CENTRAL, NORTH, WEST, (C/N/W) Combined Novice Regional Meet to be held in one of these three regions
  - II. EAST Novice Regional Meet to be held in the East region
- 3) Novice Championships

### 1.1 Competitive Novice **Skills Testing Events**

Attendance at the Competitive Novice **Skills Testing Events** by registered Competitive Novice Athletes (including AWD), is **mandatory**.

### 1.2 Advancing to Novice Championships

All Competitive Novice routines competing at Novice Championships must have competed in and qualified through their respective Novice Regionals (or must have received an approved **Bye from the Synchro Swim Ontario Jury of Appeal**). All Novice Teams (including Duets/Trios/Solos if applicable) competing at Novice Regionals Meets automatically move on to Novice Championships.

## 2.0 Competition Format

### 2.1 Events

- 2.1 Events shall be held at each of the Novice **Skills Testing Events**, Regional Meets (CENTRAL, NORTH, WEST - C/N/W Combined and EAST, or a combination thereof), and Novice Championships as detailed in the chart below.
- 2.2 All Competitive Novice Routine Events shall be for Team routines only. Duet/Trio or Solo routine option will ONLY be permitted through permission from Synchro Swim Ontario if a Club does not have enough athletes to field a Team or a Duet/Trio. Please contact the Synchro Swim Ontario office if you require an exemption – **requests for exemptions must be received no later than December 1<sup>st</sup> and will be approved on a case-by-case basis. Note that Duet/Trio/Solos in Novice are not eligible to receive medals (ribbons only), and Duets/Trios/Solos will be awarded as one event, as per Appendix C: Awards (this rule is in place to emphasize the importance of Team development at the Novice level).**
- 2.3 Swimmers may only enter one figure event per competition, and one routine event per competition.
- 2.4 Athletes entering Regionals/Novice Championships must compete in both the routine and figure events.

Event	Age Group	Skills Testing Events	Regional Meets	Novice Championships
<b>Figures</b>	8&U, 10&U, 11-12, 13-15, 16-20, AWD-C, AWD-P	X	X*	X*
<b>Team</b>	8&U, 10&U, 11-12, 13-15, 16-20, AWD-C, AWD-P		X	X
<b>Masters (Open, 21+)</b>	Free – Team <i>*Masters Duet/Trio only if a Team cannot be fielded</i> <i>**Masters Solo only if a Duet/Trio cannot be fielded</i>		X	X
<b>Duet/Trio * Solo**</b>	8&U, 10&U, 11-12, 13-15, 16-20, AWD-C, AWD-P <i>*Only if a Team cannot be fielded</i> <i>**Only if a Duet/Trio cannot be fielded</i>		X	X
<b>Speed Testing</b> (see Meet Package for Details)	8&U, 10&U, 11-12, 13-15, 16-20	X		
<b>L2T Land Routine</b> (Optional - see Meet Package for Details)	8&U, 10&U, 11-12	X (Optional)	X (Optional)	X (Optional)

*\*Note: For 13-15 & 16-20 at Novice Regionals & Novice Championships, the 'Figures' component will be fulfilled via inclusion of required elements within the routine (see Appendix A – Figure Groups, Appendix B – Required Elements, and rules 2.2.5-7 below for full details).*

## 2.2 Figures Testing

2.2.1 Athletes compete in their age group figures testing, as determined by their age as of December 31, 2018. Athletes will compete in their respective age group regardless of the blended age group of their team.

2.2.2 Figure testing events will be as follows:

8&U, 10&U, 11-12 years, 13-15 years, 16-20 years and AWD-C, AWD-P

Figure testing lists and descriptions can be found in Appendix A. Novice AWD Figures can be found in Appendix F.

2.2.3 Penalties will not be assessed at Novice Figure Competitions. If a penalty is committed by an athlete while performing a figure the judges at the panel will notify the athlete of the error and the athlete will be requested to perform the figure again.

2.2.4 In the Provincial Novice Stream no degrees of difficulty are used (CASSA rule 4.7.1).

### 2.2.5 Figures / Required Elements for 13-15 & 16-20 Novice

At the Novice Skills Testing Event, the 13-15 & 16-20 Figure event will be as per Appendix A (four figures, performed on panels). For subsequent competitions (Novice Regionals & Novice Championships) the 13-15 & 16-20 'Figures' component will be fulfilled via inclusion of required elements within the routine (i.e. no traditional Figures

event on panels will be held for 13-15 or 16-20 Novice at these competitions, and therefore no Championship score shall be provided – awards will be based on Routine Score). For Novice Regionals & Novice Championships, refer to Appendix B for 13-15 & 16-20 Required Elements to be included within the routine.

#### **2.2.6 Penalty for missed/out-of-order Required Elements**

Required Elements for Novice Stream will NOT be judged in an Elements Score (routine score will be as per normal free routine process). A technical monitor will be assigned to ensure all elements are performed in order by all team members. For each omission of a required element, and for each element performed in the wrong order, a 0.5 penalty to the execution score shall apply.

#### **2.2.7 Blended Teams Impacting 13-15 & 16-20 Required Elements vs. Figures**

##### **Swimming down one age group:**

If an athlete aged 13-15 competes on a blended team with an average age of 11-12, that swimmer **MUST** compete the figure event for their ROUTINE (in order to obtain a Championship score). In this case, the 13-15 swimmer would enter the 11-12 Figure Event as exhibition (and awards would be given in duplicate if necessary).

##### **Swimming up an age group:**

Similarly, an athlete under the age of 13 may compete on a blended team with an average age of 13-15/16-20. In this case, the swimmer shall continue to compete in their OWN age group figures (since no Championship score is required for 13-15 or 16-20 team), and figures are still required for all athletes except those aged 13-15 & 16-20.

### **2.3 Teams**

#### **2.3.1 Number of Swimmers on a Provincial Stream Novice Team**

See Rule 4.4.7.

#### **2.3.2 Provincial Stream Novice Team Composition**

A Team in Provincial Stream Novice Competition should be comprised of swimmers from the same Age Group if possible. Ages determined by their age as of December 31, 2018. If it is not possible to form a Team comprised of swimmers from only one age group, a Team may be comprised of swimmers from more than one age group as follows:

The Age Group in which a Team competes is determined by the average age of the members (including alternates) on the Team:

<b>8 &amp; Under</b>	<b>a blended team whose average age is 8.4 or lower</b>
<b>10 &amp; Under</b>	<b>a blended team whose average age is 10.4 or lower</b>
<b>11-12yrs</b>	<b>a blended team whose average age is 10.5-12.4</b>
<b>13-15 yrs</b>	<b>a blended team whose average age is 12.5-15.4</b>
<b>16-20 yrs</b>	<b>a blended team whose average age is 15.5-20.0</b>

*i) The maximum age eligible for Provincial Stream Novice Competition is 20 years of age as of December 31st of the competitive year.*

*ii) 16-20 yr Teams averaging over 20.0 years should enter in the Masters Competition*

Method of Calculation: Add all of the ages of the members of the team (important: age of athletes as of December 31 of the competitive year), and divide by the number of members on the team.

*Example:*

Swimmer 1 = 11                      = Total Age (92) divided by No. of swimmers (8)  
Swimmer 2 = 13                      = 11.5

Swimmer 3 = 10                      = 11-12 yrs age group  
Swimmer 4 = 12  
Swimmer 5 = 11  
Swimmer 6 = 12  
Swimmer 7 = 12  
Swimmer 8 = 11

Team members will compete in their Age Group figure competition regardless of the Team Age Group. Team figure scores will be averaged from the different Age Group figure events.

*From the example:*

*The team above will compete in the 11-12 yrs Team Age Group Competition. Swimmers 1,4,5,6,7 & 8 will compete 11-12 yrs figures, swimmer 2 aged 13 will compete in the 13-15 figure competition and swimmer 3 aged 10 will compete in 10&U figures.*

## **2.4 Duets/Trios, and Solos**

Duets/Trios may only be entered IF a Team cannot be fielded. Solos may only be entered IF a Duet/Trio cannot be fielded (same age groups apply). (Refer to 2.2 for rules regarding Novice Solos/Duets/Trios and see Appendix C: Awards).

Duet/Trio Age Group 8&U = average age of duet partners is 8.4 or lower.

Duet/Trio Age Group 10&U = average age of duet partners is 10.4 or lower

Duet/Trio Age Group 11-12 = average age of duet partners is 10.5 to 12.4

Duet/Trio Age Group 13-15 = average age of duet partners is 12.5 to 15.4

Duet/Trio Age Group 16-20 = average age of duet partners is 15.5 to 20.0

## **2.5 Time Limits**

Novice Routine time limits as per 4.8 (page 14). There shall be no penalties assessed for time violations at Novice Meets (Time Limits are recommended as a guideline).

## **2.6 Draws**

### **2.6.1 Novice Competitive Regional Meets & Novice Championships**

At the Novice Competitive Regional Meets and Novice Championships, only one "Finals" event will be held for all routine competitions, and will be seeded by figure results for the final draw. For events with fewer than 6 competitors there will be a random draw for order of swim for finals. For events with no figure results (e.g. 13-15 & 16-20), there will be a random draw for order of swim for finals.

## **2.7 Awards**

Awards given as per Appendix C.

## **2.8 Championship Scores**

Championship Scores at Novice Competitive Regional Meets & Novice Championships are based on Figures and Routine. Calculation of Championship Score as per 5.2.1. For events without a Championship score (13-15 & 16-20), Championship results are based on Routine Score.

## **2.9 Music**

Music requirements for routine competitions as per 4.10.

## **2.10 Swim Suits, Head Apparel, Make-up & Gel Removal**

Swim Suit, Head Apparel, Make-up and Gel Removal rules as per 4.11. Figure competition apparel as per 4.7.2, 4.7.2 a) and 4.7.2 b)

**2.11 Platforms, Stacked Lifts/Throw Highlights**

In order to ensure the personal safety of our competitors, and to emphasize appropriate skill development, there shall be no platforms, stacked lifts, or throw highlights permitted at Novice Competitions. Note: Partner (2 swimmer) highlights are permitted as long as the assisting swimmer uses only their hands/arms to lift (i.e. inverted assists, pushing with legs, or standing on shoulders is not permitted). Chief Difficulty Judge #1 shall notify the Referee immediately following the routine if a violation of this rule is suspected. A two-point penalty shall be assessed by the Referee per infraction.

**2.12 Coach Conduct during Novice Figures Events**

For Novice Competitions, coaches MAY NOT coach from behind/near the Judge Panels during Figures event, however there shall be no designated coach area during the competition. Clubs shall be fined \$50.00 per infraction (after one warning) for any Novice coaches who meet with competitors behind/near the Judge Panels during the figures event.

**2.13 Coaches Providing Cues from the Deck**

Coaches may not assist on land by providing cues to swimmers during routines (subject to a one point penalty deducted from the routine score). This rule applies at all Provincial Competitive and Novice Competitive Competitions. The exception shall be coaches of Athletes with a Disability (Cognitive or Physical), who may provide cues from the deck– see Appendix F: Figure Groups & Rules for Athletes with a Disability.

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## Section J: Hilton Worldwide Invitational

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The Hilton Worldwide Invitational falls under the jurisdiction of Synchro Swim Ontario, and General Provincial Rules are to be followed.

### 1.0 Events

The Hilton Worldwide Invitational events will be as follows:

- 10&U Duet/Trio and Team (as per Provincial Stream age group rules)
- 11-12 Solo, Duet/Trio and Team (as per Provincial Stream age group rules)
- 13-15 Solo, Duet/Trio and Team (as per Provincial Stream age group rules)
- 16-20 Free Solo, Free Duet/Trio and Free Team (as per Provincial Stream age group rules)

***\*With the introduction of the Novice Regional Meets in 2015-2016, Competitive Novice Teams are NOT eligible to enter any events at the Hilton Worldwide Invitational.***

- 11-12 National Stream Solo, Duet and Team
- 13-15 FINA Solo, Duet and Team
- Junior FINA Free Solo, Duet and Team
- Senior FINA Free Solo, Duet and Team

Free Combination (Provincial Stream or COSSC) – one final event only (awarded separately)

Athletes with a Disability (Physical & Cognitive) – Solo, Duet and Team

### 1.1 Conduct of Competition

- 1.1.1 At the Hilton Worldwide Invitational only one “Finals” event will be held by random draw for all routine competitions.
- 1.1.2 11-12 Provincial Stream and 11-12 National Stream Teams, as well as 13-15 Provincial Stream and 13-15 FINA teams will be run as back-to-back events with separate warm-ups.
- 1.1.3 Combo will be run as one event and welcomes any Provincial Stream or COSSC Combo. Time limits will be as per 4.8. Provincial Stream Combos will go at the beginning of the draw immediately followed by COSSC Combos.
- 1.1.4 Ontario entrants that competed at the 2017 Provincial Championships must register as a FINA Team or Duet at the Hilton Worldwide Invitational. Out-of-province entrants that competed at the 2017 National Qualifier must register as a FINA Team or Duet at the Hilton Worldwide Invitational.
- 1.1.5 All Solos, Duets, Teams and Combos will be awarded according to Provincial and National Stream events/categories. See Appendix C: Awards.

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## Section K: Sanctions

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All synchronized swimming demonstrations, exhibitions and competitive or educational events taking place in Ontario fall under the jurisdiction of the Corporation of Synchro Swim Ontario.

Written requests for sanctions are required for the events where registered swimmers are participating: exhibitions, demonstrations, water shows, fundraisers, synchro camps or educational clinics, competitions/activities using certified officials and/or presenting awards (including Star Testing) and those events held out of province (excluding Nationals and Divisionals).

Clubs are pre-sanctioned for: routine club activity such as weekly training/practices; recreational testing that does not involve certified officials, participation and hosting of Synchro Swim Ontario competitions/events and invitational events/competitions that are sanctioned by Synchro Swim Ontario.

Sanction forms are available on the association website or from the Synchro Swim Ontario office and, after completed are to be forwarded to the Executive Director.

- It is the responsibility of the Club President to request sanction from Synchro Swim Ontario.
- **Certified officials are not permitted to participate in non-sanctioned events.**
- Any saleable items that include Synchro Swim Ontario designations and/or its logo have to be approved in advance by the Executive Director.
- All certification courses (Trillium Instructor, NCCP/CBET, JTACS, etc) are under the jurisdiction of Synchro Swim Ontario and as such, must be organized through the office staff.
- Clubs will be notified if their request has been granted by email and a copy will be kept in the Synchro Swim Ontario office. In the case of Invitational Meets, a copy of the sanction, whether granted or declined will be forwarded to the club and a copy kept in the Synchro Swim Ontario office.
- The insurance company is now collecting information on the use of alcohol at events. At this time they do not anticipate that additional riders need to be purchased by the clubs for such events, however, they are looking at the types of socials that are occurring.

There are three different sanction procedures.

### 1. Invitational Meets/Events

This process is to be followed when a sanction is needed for invitational meets/events. Typically, these events will involve more than one club, require the use of officials, may require the need of pool time outside of regular practice, and there is likely a participation process such as registration or payment to participate. Synchro Swim Ontario events and competitions take precedence over invitational events.

Application: Applications for sanction will be accepted after provincial meets for the upcoming year relative to the sanction's requested dates are announced and must be submitted at least three months in advance of the requested date(s) or a **\$50 late fee applies**. Sanction requests will be granted after considering several items including: dates in relation to Synchro Swim Ontario events; other sanctioned events; dates in relation to the use of resources (including officials), location of the event, invitees, history of hosting, etc. Sanctioned events will be posted. Synchro Swim Ontario events and competitions take precedence over invitational events.

Fines: Any events deemed by Synchro Swim Ontario as an "invitational meet or event" that takes place without a sanction or with a sanction that does not reflect the event is subject to a **\$500.00 fine**. Further, any club that participates in an unsanctioned event is subject to a \$100.00 fine.

### 2. Regular Club Events

This process is to be followed when a sanction is needed for a regular club event. Pre-sanctioned events include your club's weekly training/practices; testing that does not involve certified officials; and participation in Synchro Swim Ontario competitions (such as Lisa Alexander Meet, Regional

Championships, Provincial Championships, National Championships, etc). Synchronised Swim Ontario events and competitions take precedence over invitational events.

Application: Applications for sanction is required two weeks prior to the event/activity. Multiple dates for an activity can be recorded on the same form.

Fines: Any events that take place without a sanction or with a sanction that does not reflect the event is subject to a **\$50.00 fine**.

**Activities requiring sanction include but are not limited to:**

Try Synchronised! Event	Star Testing	Club try-outs/registration
Club Water Show	Hosting Clinic	Promotional Static Display
Club Fundraiser	Promotional Swim Demonstration	
Promotional Events	Social/Party	Burning Bright
Travel out of Ontario, but NOT out of Canada (excludes pre-sanctioned events)		

### **3. International**

Synchronised Swim Ontario MUST be aware of any synchronized swimming participation by its members (to include Coaches, Athletes and Officials). Written permission must be obtained from Synchronised Canada as per Synchronised Canada By-Laws ([www.synchro.ca](http://www.synchro.ca)). A copy of the written request for sanction and a copy of the written permission from Synchronised Canada must be forwarded by the club to Synchronised Swim Ontario prior to the event or Synchronised Swim Ontario cannot in any way be held responsible.



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## Section L: Competitor Representation

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1. **Club and Swimmer Upgrade** - To **compete** in Ontario National, Provincial or Novice Stream competitions, clubs must be registered with Synchro Swim Ontario as **Competitive Clubs**; and swimmers must be registered as **Competitive** or **Novice Competitive**. Refer to Appendix E: Membership Program Design.

If a Competitive Novice swimmer wishes to compete in competitions other than those designated for Competitive Novice, the swimmer must upgrade to the necessary Competitive level (refer to Appendix E: Membership Program Design), *and meet all competition entry requirements*.

If a Recreational Club wishes to compete, the club must upgrade to a Competitive Club and the swimmers must upgrade to the necessary Competitive level (refer to Appendix E: Membership Program Design), *and meet all competition entry requirements*.

Procedures to be followed for upgrading are exactly the same as for registering a Competitive Club and Competitive Athletes except that the fees due will be the difference between current registration and proposed level:

**Recreational Club upgrading to Competitive Club is \$231 - \$101 = \$130**

**Recreational Swimmer upgrading to Competitive Novice Swimmer is \$88 - \$18 = \$70**

**Recreational Swimmer upgrading to Competitive Athlete (Provincial) is \$190 - \$18 = \$172**

The above rates include the award fees and the official levy.

Please contact the Synchro Swim Ontario Office for assistance regarding upgrading. Emails can be directed to [membership@synchroontario.com](mailto:membership@synchroontario.com).

**Transfer Swimmers** - In sanctioned competitions no synchronized swimmer may represent more than one synchronized swimming club during the competitive year (September 1 to August 31), except under the following circumstances:

- a) Swimmers taking up permanent residence in a province other than Ontario may be granted permission to transfer by the Officers of the Corporation
- b) Swimmers transferring from one club to another within Ontario must submit to the appropriate Registrar a "Swimmer Transfer Form" and the fee designated by the Officers of the Corporation.

*Procedures:*

Transfer swimmer forms may be obtained from the Synchro Swim Ontario office. They must be filled out in duplicate and sent, with \$10.00 fee, to Synchro Swim Ontario. The date of release on the form is the last date on which the swimmer participated in an activity (practice, competition, etc.), with the club she is leaving. An official of this club must authorize the date by signing the transfer form.

Note: All swimmers and club registrations expire on August 31, so these transfer swimmer rules do not apply to a swimmer joining a different club at the beginning of the season in September.

2. **Out of Province Swimmers** - Athletes attending out of country universities need not attend Regional meets, however, they must return for Provincial and Qualifying meets. Exceptional circumstances may be considered at the discretion of the Synchro Swim Ontario Board of Directors.

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## Appendix A: Figure Groups & Descriptions

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### Competitive Novice:

- *For each Competitive Novice Age Group, the figures (or partial figures) shall be as listed for each meet/event in the charts below.*
- *Competitive Novice Figures will be evaluated via FINA judging/scoring system (marks out of 10)*

Competitive Novice 8 & Under			
Event/Meet:	Novice Skills Testing Event (Dec/Jan):	Novice Regionals (April):	Novice Championships (May):
Figures:	Partial Figures (1 Group of 4 Figures, No Draw)	Full Figures (1 Group of 4 Figures, No Draw)	
	Back Layout Position Somersault Back Tuck Front Layout Position Split Position	Sailboat Single Somersault Back Tuck Front Pike Pull-down Split Position	

### Competitive Novice 8 & Under Figure Descriptions

#### **Sailboat Single**

Begin in a Back Layout Position. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Position. The toe moves along the inside of the extended leg until a Back Layout Position is resumed.

**Corresponding Partial Figure:** Back Layout Position

Body extended with face, chest, thighs and feet at the surface. Head (ears specifically), hips, and ankles in line. Hold position long enough for evaluation (approximately 10 seconds).

#### **Somersault Back Tuck**

From a Back Layout Position, the knees and toes are drawn along the surface to assume a Tuck Position. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A Back Layout Position is resumed.

**Corresponding Partial Figure:** No change - it was determined to be too difficult to isolate the back tuck position, therefore the full Somersault Back Tuck should be performed at the Novice Figure Meets.

#### **Front Pike Pulldown**

From a Front Layout Position as the trunk moves downward to assume a Front Pike Position, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action.

**Corresponding Partial Figure:** Front Layout Position

Body extended with head, upper back, buttocks and heels at the surface. Face may be in or out of the water. Hold position long enough for evaluation (approximately 10 seconds).

**Split Position**

Legs evenly split forward and back. The legs are parallel to the surface. Lower back arched, with hips, shoulders, and head on a vertical line. 180 degree angle between extended legs and (flat split), with inside of each leg on opposite sides of horizontal line, regardless of the height of the hips. Legs are “dry” at the surface.

**Corresponding Partial Figure:** No change – this figure is already a basic body position, therefore the full Split Position should be performed at the Novice Figure Meets.

<b>Competitive Novice 9-10</b>			
<b>Event/Meet:</b>	<b>Novice Skills Testing Event (Dec/Jan):</b>	<b>Novice Regionals (April):</b>	<b>Novice Championships (May):</b>
<b>Figures:</b>	Basic Positions (Draw <u>1</u> of 4 Groups)	Basic Transitions (Compulsory Group AND Draw <u>1</u> of 3 Optional Groups)	
	<b>Group 1:</b> Right Leg Split Back Layout Front Pike Bent Knee Vertical  <b>Group 2:</b> Left Leg Split Front Layout Submerged Double Ballet Leg Fishtail  <b>Group 3:</b> Middle Split Sailboat Submerged Back Pike Position Knight  <b>Group 4:</b> Surface Arch Ballet Leg Inverted Tuck Vertical	<b>Compulsory:</b> Ariana Rotation Back Layout to Ballet Leg  <b>Group 1:</b> Walkout Front (Split to Knight to Surface Arch to Back Layout) Front Layout to Front Pike to Submerged Double Ballet Leg Position  <b>Group 2:</b> Front Layout to Front Pike to Fishtail Bent Knee Position to Vertical Position  <b>Group 3:</b> Back Layout to Submerged Back Pike Position Vertical Descent	

**For Basic Positions as listed above:**

Positions are as per FINA Manual description. Swimmers are evaluated on the position as listed (not on the entry/exit to/from the position). Swimmers may enter into the position however they choose; hold position long enough for evaluation (approximately 10 seconds). Evaluation stops when the swimmer exits the indicated position.

**For Basic Transitions as listed above:**

Transitions are as listed (see FINA Manual for further details). Swimmers are evaluated on the transition as listed. Swimmers may enter into the first listed position however they choose. Evaluation stops when the swimmer exits the last indicated position/transition.

**Competitive Novice 11-12**

Event/Meet:	Novice Skills Testing Event (Dec/Jan):	Novice Regionals (April):	Novice Championships (May):
<b>Figures:</b>	Basic Transitions (Draw <u>1</u> of 4 Groups)	Full Figures/Basic Transitions (Compulsory Full Figure Group AND Draw <u>1</u> of 3 Optional Basic Transition Groups)	
	<b>Group 1:</b> 1 <sup>st</sup> half Straight Ballet Leg 2 <sup>nd</sup> half Barracuda (from pike) 1 <sup>st</sup> half Ballerina 2 <sup>nd</sup> half Walkover Back  <b>Group 2:</b> 1 <sup>st</sup> half Barracuda (to pike) 2 <sup>nd</sup> half Straight Ballet Leg 1 <sup>st</sup> half Walkover Back 2 <sup>nd</sup> half Ballerina  <b>Group 3:</b> 1 <sup>st</sup> half Kip 2 <sup>nd</sup> half Swordfish 1 <sup>st</sup> half Swan 2 <sup>nd</sup> half Water Drop  <b>Group 4:</b> 1 <sup>st</sup> half Water Drop 2 <sup>nd</sup> half Swan 2 <sup>nd</sup> half Kip 1 <sup>st</sup> half Swordfish	<b>Compulsory Full Figures:</b> Straight Ballet Leg Barracuda  <b>Group 1 Basic Transitions:</b> 1 <sup>st</sup> half Ballerina 1 <sup>st</sup> half Walkover Back  <b>Group 2 Basic Transitions:</b> 1 <sup>st</sup> half Kip 1 <sup>st</sup> half Swan  <b>Group 3 Basic Transitions:</b> 1 <sup>st</sup> half Swordfish 1 <sup>st</sup> half Water Drop	

**For Basic Transitions listed above:**

Transitions are as listed above and 1<sup>st</sup>/2<sup>nd</sup> half as per chart below (see FINA Manual for further details).

11-12 Basic Transitions (Specifications on 1 <sup>st</sup> /2 <sup>nd</sup> half)		
Figure	1st half	2nd half
Straight Ballet leg (fig. 106)	to ballet leg position	from ballet leg position
Barracuda (fig. 301)	to pack pike position	from back pike position
Walkover Back (fig. 420)	to split position	from split position
Ballerina (fig. 324)	to submerged flamingo position	from submerged double ballet leg position
Kip (fig. 311)	to vertical position	from inverted tuck position
Swordfish (fig. 401)	to bent knee surface arch position	from bent knee surface arch position

Swan (fig. 226)	to knight position	from knight position
Waterdrop (fig. 363)	to bent knee position	from bent knee position

Competitive Novice 13-15 AND 16-20			
Event/Meet:	Novice Skills Testing Event (Dec/Jan):	Novice Regionals (April):	Novice Championships (May):
<b>Figures:</b>	Full Figures (1 Group of 4, no draw)	Routine Elements ONLY – no Figures on panels:	
	Ballet Leg Single	See Novice 13-15 & 16-20 Required Elements in Appendix B.	
	Barracuda		
	Walkout Front (Split to Knight to Surface Arch to Back Layout)  Front Layout to Front Pike to Fishtail		

### Competitive Novice 13-15 & 16-20 Figure Descriptions

#### **Ballet Leg Single**

Begin in Back Layout Position. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Position. The knee is straightened without movement of the thigh to assume a Ballet Leg Position. The knee is bent without movement of the thigh to a Bent Knee Position. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.

#### **Barracuda**

From a Back Layout Position, the legs are raised to vertical as the body is submerged to a Back Pike Position with the toes just under the surface. A Thrust is executed to Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.

#### **Walkout Front**

Starting from a Split Position the front leg is lifted in a 180 degree arc over the surface to meet the opposite leg in a Surface Arch Position and with continuous movement, an Arch to Back Layout Finish Action is executed.

**Front Layout to Front Pike to Fishtail:** From a Front Layout Position, a Front Pike Position is assumed. One leg is lifted to a Fishtail Position.

## **Provincial Stream 10 & Under**

The Figure groups for **Provincial Stream 10 & Under** shall be as listed below and their draw shall be conducted according to Synchro Swim Ontario General Rule 4.7.3.

### **Compulsory:**

1	101	Ballet Leg Single
2	302	Blossom

### **Optional Groups:**

#### **Group 1**

3	316	Kipnus
4	360	Walkover Front

#### **Group 2**

3	310	Somersault Back Tuck
4	344	Neptunus

#### **Group 3**

3	362	Surface Prawn
4	324	Somersub

## **Provincial Stream 10 & Under Figure Descriptions**

### **101 Ballet Leg Single**

Begin in **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Position**. The knee is straightened without movement of the thigh to assume a **Ballet Leg Position**. The knee is bent without movement of the thigh to a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

### **302 Blossom**

From a **Back Layout Position** the trunk is lowered as the hips are bent to assume a Submerged **Ballet Leg Double Position**. The feet separate along the surface as the hips rise and the body assumes a **Split Position**. The legs join to assume a **Vertical Position** at ankle height. A Vertical Descent is executed.

### **316 Kipnus**

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.

### **360 Walkover Front**

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.

### **310 Somersault Back Tuck**

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.

### 344 Neptuneus

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg as the ankles submerge.

### 362 Surface Prawn

From a **Front Layout Position**, a *Front Pike Position* is assumed. One foot is moved in horizontal arc of 180° at the surface to a **Split Position**. The legs are joined to assume a **Vertical Position** at the ankles. A *Vertical Descent* is executed.

### 324 Somersub

From a **Front Layout Position**, a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is lowered to a **Submerged Ballet Leg Position**. Maintaining this position, the body rises vertically to a **Surface Ballet Leg Position**. The *Ballet Leg* is lowered.

## Provincial Stream 11-12

The Figure groups for **Provincial Stream 11-12 years** shall be as listed below and their draw shall be conducted according to Synchro Swim Ontario General Rule 4.7.3.

### Compulsory:

1	106	Straight Ballet Leg
2	301	Barracuda

### Optional Groups:

#### Group 1

3	420	Walkover Back
4	327	Ballerina

#### Group 2

3	311	Kip
4	401	Swordfish

#### Group 3

3	226	Swan
4	363	Water Drop

## Provincial Stream 11-12 Figure Descriptions

### 106 Straight Ballet Leg

From a **Back Layout Position**, one leg is raised straight to a **Ballet Leg Position**. From the **Ballet Leg Position** the vertical leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

### 301 Barracuda

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

#### 420 Walkover Back

With the head leading a *Dolphin* is initiated. The hips, legs and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Back* is executed.

#### 327 Ballerina

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One knee is bent to assume a **Submerged Flamingo Position**. Maintaining this position, the body rises to a **Surface Flamingo Position**. The ballet leg is lowered in a 90° arc to the surface as the other leg moves to assume a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

#### 311 Kip

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed.

#### 401 Swordfish

From a **Front Layout Position**, a **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in a 180° arc over the surface to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened and with continuous motion, an *Arch to Back Layout Finish Action* is executed.

#### 226 Swan

A Nova is executed to the **Bent Knee Surface Arch Position**. The bent leg straightens to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. The vertical leg is lowered to the surface to meet the opposite leg in a **Front Pike Position** and with continuous movement the body straightens to a **Front Layout Position**. The head surfaces at the point occupied by the hips at the beginning of this action.

#### 363 Water Drop

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *180° Spin* is executed as the bent knee is extended to a **Vertical Position** before the heels reach the surface of the water.

### Provincial Stream 13-15

The Figure groups for **Provincial Stream 13-15 years** shall be as listed below and their draw shall be conducted according to Synchro Swim Ontario General Rule 4.7.3.

#### Compulsory:

1	423	Ariana
2	143	Rio

#### Optional Groups:

##### Group 1

3	351	Jupiter
4	437	Oceanea

##### Group 2

3	240a	Albatross ½ Twist
4	403	Swordtail



### Group 3

3	355f	Porpoise Continuous Spin 720°
4	315	Seagull

### Provincial Stream 13-15 Figure Descriptions

#### 423 Ariana

A Walkover Back is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A *Walkout Front* is executed.

#### 143 Rio

A Flamingo is executed to a **Surface Flamingo Position**. The horizontal leg is extended to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface. The figure is completed as a Barracuda Spin 360°.

#### 351 Jupiter

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. Maintaining the angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface to assume a **Knight Position**. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a **Fishtail Position**. The horizontal leg is lifted to the **Vertical Position**. A *Vertical Descent* is executed.

#### 437 Oceanea

A Nova is executed to a **Bent Knee Surface Arch Position**. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**. A *Continuous Spin* of 720° (2 rotations) is executed.

#### 240a Albatross ½ Twist

An Albatross is executed until the *Half Twist* is completed. A *Half Twist* is executed as the bent knee is extended to meet the vertical leg. A *Vertical Descent* is executed.

#### 403 Swordtail

From a **Front Layout Position** the **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in an arc of 180° over the surface of the water. As the extended leg passes vertical, the bent leg straightens with the foot following a vertical line to assume a **Knight Position**. The vertical leg is lowered to a **Surface Arch Position**. An *Arch to Back Layout Finish Action* is executed.

#### 355f Porpoise Continuous Spin 720°

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. The designated *Twist* or *Spin* is executed.

#### 315 Seagull

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls rapidly as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. The legs are lowered rapidly symmetrically to **Split Position**. The legs are joined rapidly to resume **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the initial actions of the figure.

### Provincial Stream 16-20

**Synchro Swim Ontario will align with Synchro Canada and remove 16-20 Figures (to be replaced by technical routines) beginning in the 2017-18 season. See new Rule 4.4.9 for details.**

## **National Stream 11-12**

The Figure groups for **National Stream 11-12 years** shall be as listed below and their draw shall be conducted according to Synchro Swim Ontario General Rule 4.7.3. D.D. = degree of difficulty

### **Compulsory:**

1	106	Straight Ballet Leg	1.6
2	301	Barracuda	1.9

### **Optional Groups:**

#### **Group 1**

3	420	Walkover Back	1.9
4	327	Ballerina	1.8

#### **Group 2**

3	311	Kip	1.6
4	401	Swordfish	2.0

#### **Group 3**

3	226	Swan	2.1
4	363	Water Drop	1.5

## **National Stream 11-12 Figure Descriptions**

### **106 Straight Ballet Leg**

From a **Back Layout Position**, one leg is raised straight to a **Ballet Leg Position**. From the **Ballet Leg Position** the vertical leg is bent, without movement of the thigh, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

### **301 Barracuda**

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

### **420 Walkover Back**

With the head leading a *Dolphin* is initiated. The hips, legs and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Back* is executed.

### **327 Ballerina**

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One knee is bent to assume a **Submerged Flamingo Position**. Maintaining this position, the body rises to a **Surface Flamingo Position**. The ballet leg is lowered in a 90° arc to the surface as the other leg moves to assume a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

### 311 Kip

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed.

### 401 Swordfish

From a **Front Layout Position**, a **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in a 180° arc over the surface to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened and with continuous motion, an *Arch to Back Layout Finish Action* is executed.

### 226 Swan

A Nova is executed to the **Bent Knee Surface Arch Position**. The bent leg straightens to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. The vertical leg is lowered to the surface to meet the opposite leg in a **Front Pike Position** and with continuous movement the body straightens to a **Front Layout Position**. The head surfaces at the point occupied by the hips at the beginning of this action.

### 363 Water Drop

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A 180° *Spin* is executed as the bent knee is extended to a **Vertical Position** before the heels reach the surface of the water.

## National Stream – 13-15 FINA

The Figure groups for **13-15 FINA** shall be as listed below and their draw shall be conducted according to Synchro Swim Ontario General rule 4.7.3. D.D. = degree of difficulty

### Compulsory:

1	423	Ariana	2.2
2	143	Rio	3.1

### Optional Groups:

#### Group 1

3	351	Jupiter	2.8
4	437	Oceanea	2.1

#### Group 2

3	240a	Albatross ½ Twist	2.2
4	403	Swordtail	2.3

#### Group 3

3	355f	Porpoise Continuous Spin 720°	2.1
4	315	Seagull	2.1

## National Stream 13-15 Figure Descriptions

### 423 Ariana

A Walkover Back is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A *Walkout Front* is executed.

### 143 Rio

A Flamingo is executed to a **Surface Flamingo Position**. The horizontal leg is extended to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface. The figure is completed as a Barracuda Spin 360°.

#### 351 Jupiter

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. Maintaining the angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface to assume a **Knight Position**. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a **Fishtail Position**. The horizontal leg is lifted to the **Vertical Position**. A *Vertical Descent* is executed.

#### 437 Oceanea

A Nova is executed to a **Bent Knee Surface Arch Position**. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**. A *Continuous Spin* of 720° (2 rotations) is executed.

#### 240a Albatross ½ Twist

An Albatross is executed until the *Half Twist* is completed. A *Half Twist* is executed as the bent knee is extended to meet the vertical leg. A *Vertical Descent* is executed.

#### 403 Swordtail

From a **Front Layout Position** the **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in an arc of 180° over the surface of the water. As the extended leg passes vertical, the bent leg straightens with the foot following a vertical line to assume a **Knight Position**. The vertical leg is lowered to a **Surface Arch Position**. An *Arch to Back Layout Finish Action* is executed.

#### 355f Porpoise Continuous Spin 720°

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. A *Continuous Spin* (720°) is executed.

#### 315 Seagull

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls rapidly as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. The legs are lowered rapidly symmetrically to **Split Position**. The legs are joined rapidly to resume **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the initial actions of the figure.

### National Stream – Junior FINA

*Synchro Canada has indicated that Junior FINA Figures will be replaced by technical routines beginning in the 2017-18 season. See CASSA rules for details.*

### Athletes with a Disability

Refer to Appendix F.

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## Appendix B: Routine Required Elements

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### Novice Stream 13-15 & 16-20 Routine Required Elements

All body positions must be clearly defined and all elements must be performed simultaneously and facing the same direction by all team members in the order listed. It is strongly recommended, for clarity of judgement, that all required elements are separated by other contents.

1. **Thrust.** Beginning is optional; from a Submerged Back Pike Position, with the legs perpendicular to the surface, a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable.
2. **Front pike pull down,** lift to fishtail, ending is optional. Element starts from extended front layout.
3. **Traveling Ballet Leg Sequence.** Starting in a back layout include at least two (2) of the following: ballet leg right, ballet leg left, flamingo right, flamingo left, double ballet leg, ending is optional.
4. **Walkout Front.** Beginning is optional; from a split position, a walkout front is executed, finishing when face emerges in extended back layout.
5. **Highlight/Float Pattern.** Any non-acrobatic highlight or float pattern involving all competitors.

*Note: In the case of 13-15/16-20 Novice Solo Routines, element #6 (Highlight/Float Pattern) is NOT required*

**Penalties for missed/out-of order Required Elements** – see rule 2.2.6 in Section I: Novice: “Required Elements for Novice Stream will NOT be judged in an Elements Score (routine score will be as per normal free routine process). A technical monitor will be assigned to ensure all elements are performed in order by all team members. For each omission of a required element, and for each element performed in the wrong order, a 0.5 penalty to the execution score shall apply.”

### Provincial Stream Routine Required Elements

**There are no Provincial Stream routine required elements.** (With exception of Rule 4.4.9, 16-20 Technical Routines)

**2017-2021 FINA REQUIRED ELEMENTS FOR TECHNICAL ROUTINES** - Please see FINA Manual (posted online) for Technical Routine Requirements.

*\*Note that as per rule 4.4.9, no Degrees of Difficulty shall be applied for 16-20 Provincial Stream Technical Routines*

### National Stream Routine Elements:

**2017-2021 FINA REQUIRED ELEMENTS FOR TECHNICAL ROUTINES** - Please see FINA Manual (posted online) for Technical Routine Requirements.

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## Appendix C: Awards – Awards section updates still to be completed

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### Awards Structure

**Provincial Stream:** 10 & Under, 11-12 Years, 13-15 Years, 16-20 Years, AWD-C, AWD-P

**National Stream:** 11-12 National Stream, 13-15 FINA, Junior FINA, Senior FINA

*Note: Please refer to General Rule 4.12 regarding Exhibition Entries*

### 2.0 Trophies and Medals

- 2.1 Trophies and medals for routines with figures are awarded based on Championship Scores.
- 2.2 Awards will be presented to Team alternates provided they are registered and active team members.
- 2.3 Trophies are presented to the athlete achieving the highest score in that Age Group. For AWD, Trophies are presented to the athlete achieving the **highest score**.
- 2.4 A Club is responsible for the engraving of, and repairs to, any damage or loss to Provincial trophies while they are in the possession of the Club or its Swimmers.
- 2.5 In the event of a tie for first place, swimmers shall hold the trophy for an equal length of time.
- 2.6 In the event of a tie, multiple names will be listed on the trophy/plaque, applied by the award winners as per Trophies and Medals 2.4. It is the responsibility of the award winners to manage the sharing of the trophy throughout the year, returning it to the following year's competition.
- 2.7 A Club is responsible to ensure the return of the trophy to next year's appropriate competition. There will be a \$100.00 fine per each trophy not returned to the Meet Manager before spacing ends, or for trophies returned damaged. In the case that a competition does not have spacing scheduled the trophy must be returned to the Meet Manager by the start of the first day of competition. If a trophy is returned broken beyond repair and needs to be replaced the Club will be invoiced for the cost of replacement. The trophies must be returned to the Meet Manager, and the Meet Manager must make note of the condition of the trophy upon return. If a trophy is not returned by a club in time to be available for the award presentation, an additional \$200.00 fine will be assessed.

### 3.0 Ties

In the event of a tie, refer to the CASSA Rulebook.

### 4.0 Individual Aggregate Award – Provincial Championships

#### Aggregate Award for 13-15 FINA & Junior FINA

Athletes must compete in each of the four of the events listed below. Add the four numbers obtained from figures, solo, duet and team based on the calculation below. The lowest score places first in aggregate. For each competitor, points are awarded for placings as follows: **Figures placing x 4 , Solo placing x 3, Duet placing x 2, Team placing x 1**

Routine placings are from routine only scores from final events for finalists and from preliminary events for swimmers not qualifying for final events. Swimmers placings must all come from events in the age group. If no swimmers have competed in all four events in an age group, no Aggregate Award will be presented in that year for that age group.

#### Aggregate Award for Senior FINA

Athletes must compete in each of the six events listed below. Add the six numbers obtained from the events listed below based on the calculation below. The lowest score places first in Aggregate. For each competitor, points are awarded for placings as follows: **Solo placing x 3 (Tech AND Free), Duet placing x 2 (Tech AND Free), Team placing x 1 (Tech AND Free)**

Routine placings are for routine only scores from tech and free routines. Swimmers placings must all come from Senior FINA events. If no swimmers have competed in all six events in this age group, no Aggregate Award will be presented that year. Only first place is presented for Aggregate Award.

## 5.0 All-Round Swimmer Award – Provincial Championships

### All-Round Award for 11-12 National Stream, 13-15 FINA & Junior FINA:

Athletes must compete in at least three of the four events listed below. Add the lowest three of the four numbers based on the calculation below. The lowest score places first in All-Round. For each competitor, points are awarded for placings as follows: **Figures placing x 4, Solo placing x 3, Duet placing x 2, Team placing x 1**

Routine placings are from routine only scores from final events for finalists and from preliminary events for swimmers not qualifying for final events. Swimmers placings must all come from events in the same age group. In any age group in which no swimmers have competed in at least three events that year, no All-Round Award will be presented in that year for that age group. Only first place is presented for All-Round Award.

### All-Round Award for Senior FINA

Athletes must compete in at least **four** of the events listed below. Add the lowest four of the six numbers based on the calculation below. The lowest score places first in All-Round. For each competitor, points are awarded for placings as follows: **Solo placing x 3 (Tech AND Free), Duet placing x 2 (Tech AND Free), Team placing x 1 (Tech AND Free)**

Routine placings are for routine only scores from tech and free routines. Swimmers placings must all come from Senior FINA events. If no swimmers have competed in all four events that year, no All-Round award will be presented. Only first place is presented for All-Round Award.

## 6.0 Club Aggregate Award – Ontario Open Age Group Championships

For the Club Aggregate Trophy, each club enters two placings for each Age Group event. Athletes with a Disability will be awarded its own Aggregate Trophy. Points are as follows using ROUTINE ONLY placings:

Placing	Figures	Solo	Duet/Trio	Team & Combo
1 <sup>st</sup>	8	8	10	12
2 <sup>nd</sup>	6	6	8	10
3 <sup>rd</sup>	5	5	6	8
4 <sup>th</sup>	4	4	5	7
5 <sup>th</sup>	3	3	4	6
6 <sup>th</sup>	2	2	3	5

## 7.0 Results

- 7.1 At all Ontario competitions, results will first be posted in a location for viewing by coaches (preferably on deck), and then in a public location for parents, and/or athletes.
- 7.2 Award presentations may occur at any time following the posting of results as per the Meet Managers' schedule and the Scorer's progress.
- 7.3 Results will be posted on the Synchro Swim Ontario website and may or may not be sold to the public at the competition.
- 7.4 Coaches will not necessarily get results in their club/coach envelopes/files, prior to an award presentation.
- 7.5 There will be one Coach Designate per club that will receive results electronically either after each event or at the end of each competition day.

## 8.0 Awards by Competition

### Competitive Novice Skills Testing Events

*\*Note: Athletes will be awarded by Age Group (8&U, 9-10, 11-12, 13-15, 16-20, AWD-C, AWD-P, etc) NOT by year of age.*

*\*\*Note: As per Provincial Competitive Stream, all Awards at Novice Skills Testing Events will be awarded together regardless of Region*

Category	Event	Award
Figures	Competitive Novice 8&U Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons
	Competitive Novice 9-10 Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons
	Competitive Novice 11-12 Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons
	Competitive Novice 13-15 Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons
	Competitive Novice 16-20 Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons
	AWD-C, AWD-P	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons

### Lisa Alexander Meet:

Category	Event	Award
Figures	Provincial Stream 10&U Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons Synchro Swim Ontario 10&U Champion Trophy
	Provincial Stream 11-12 Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons Synchro Swim Ontario 11-12 PS Champion Trophy
	Provincial Stream 13-15 Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons Synchro Swim Ontario 13 Yr Champion Trophy, 14 Yr Trophy, & 15 Yr Trophy
	<del>Provincial Stream 16-20 Figures</del>	<del>1<sup>st</sup>-3<sup>rd</sup> Medals; 4<sup>th</sup>-6<sup>th</sup> Championship ribbons</del> <del>Erin Woodley Trophy</del>
	National Stream 11-12 Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons Synchro Swim Ontario 11-12 NS Champion Trophy
	National Stream 13-15 FINA Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons Sheilagh Croxon Trophy
	<del>National Stream Junior FINA Figures</del>	<del>1<sup>st</sup>-3<sup>rd</sup> Medals; 4<sup>th</sup>-6<sup>th</sup> Championship ribbons</del> <del>The Lisa Alexander Trophy</del>
	AWD-C and AWD-P	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons



## Provincial Qualifier: NO AWARDS

## Provincial Championships:

Category	Event	Award
Figures	11-12 FINA Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons 11-12 FINA Figures Trophy
	13-15 FINA Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons Marilyn Wallace Trophy
	<del>Junior FINA Figures</del>	<del>1<sup>st</sup>-3<sup>rd</sup> Medals; 4<sup>th</sup>-6<sup>th</sup> Championship ribbons Synchro Swim Ontario Junior Figure Champion Trophy</del>
Solo	11-12 National Stream	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score 11-12 National Stream Solo Trophy
	13-15 FINA	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score Joyce Corner Trophy
	Junior FINA	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score The Evelyn Mishko Trophy
	Senior FINA Technical	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons
	Senior FINA Free	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons Penny Tregale Trophy
Duet	11-12 National Stream	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score 11-12 National Stream Duet Trophy
	13-15 FINA	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score Leslie Taylor Trophy
	Junior FINA	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score Trophy (donated by Toronto Synchro)
	Senior FINA Technical	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons
	Senior FINA Free	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons Claire Carver-Dias Award (Trophy)
Team	11-12 National Stream	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score 11-12 National Stream Team Trophy
	13-15 FINA	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score Lynn Johnson Award (Trophy)
	Junior FINA	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score Amy Caskey Award (Trophy)

	Senior FINA Technical	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons
	Senior FINA Free	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons Synchro Swim Ontario Senior Champion Trophy
Combo	<del>13-15 Combo</del>	<del>1<sup>st</sup>-3<sup>rd</sup> Medals; 4<sup>th</sup>-6<sup>th</sup> Championship ribbons for Championship Score Trophy (donated by Synchro Optima)</del>
	Jr/Sr. Combo	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score Trophy
Individual Aggregate	13-15 FINA	1970 Dian-Wheeler Rounding Trophy
	Junior FINA	The Sharer Trophy
	Senior FINA	Katherine Bottomley Award Trophy
All-Round	11-12 National Stream	Synchro Swim Ontario Award Plaque
	13-15 FINA All-Round	Synchro Swim Ontario Award Plaque
	Junior FINA All-Round	Synchro Swim Ontario Award Plaque
	Senior FINA All-Round	Synchro Swim Ontario Award Plaque

### Novice Competitive Regionals and Novice Championships:

*\*Note: Teams will be awarded by Age Group. Duet/Trio and Solo awards will be awarded only as needed as per Section I. If Duet/Trio or Solo awards are needed, they will be awarded separately from Team **and they will be awarded as one event per age group (i.e. Solos will not be awarded separately from duets/trios).***

### Novice Regionals / Championships:

*\*\*Note: All Awards at Novice Regionals will be awarded separately by Region. **All Awards at Novice Championships will be combined (all regions) and awarded by each age group only.***

Category	Event	Award
Figures	8&U, 10&U, 11-12, <del>13-15, 16-20</del> , AWD-C, AWD-P	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons
Team	<del>8&amp;U</del> , 10&U, 11-12, 13-15, 16-20, AWD-C, AWD-P, Masters (Free): <del>21+</del>	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score
Duet/Trio & Solo (to be awarded as one event)	8&U, 10&U, 11-12, 13-15, 16-20, Masters (Free): 21+	<b>1<sup>st</sup>-6<sup>th</sup> Routine (single) ribbons for Routine Score</b> <b>1<sup>st</sup>-6<sup>th</sup> (single) ribbons for Championship Score</b>
<b>AWD Duet/Trio &amp; Solo</b>	AWD-C, AWD-P	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score Note: Tech Routines 1 <sup>st</sup> -6 <sup>th</sup> Single Ribbons only

### Hilton Worldwide Invitational:

Category	Event	Award
Team	10&U Provincial Stream, 11-12 Provincial Stream, 13-15 Provincial Stream, 16-20 Provincial Stream ( <b>Free</b> )  11-12 National Stream, 13-15 FINA, Junior FINA ( <b>Free</b> ), Senior FINA (Free)  AWD-P, AWD-C	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons
Duet	10&U Provincial Stream, 11-12 Provincial Stream, 13-15 Provincial Stream, 16-20 Provincial Stream ( <b>Free</b> )  11-12 National Stream, 13-15 FINA, Junior FINA ( <b>Free</b> ), Senior FINA (Free)  AWD-P, AWD-C	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons
Solo	11-12 Provincial Stream, 13-15 Provincial Stream, 16-20 Provincial Stream ( <b>Free</b> )  11-12 National Stream, 13-15 FINA, Junior FINA ( <b>Free</b> ), Senior FINA (Free)  AWD-P, AWD-C	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons
Combo	Provincial Stream, COSSC	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons

### Masters Open Championships:

Masters Open Championships Award Structure:

18-34 years, 35-49 years, 50-64 years, 65-**79, 80 & over.**

There are no trophies.

Category	Event	Award
Tech	Solo, Duet/ <b>Trio</b> , Team	1 <sup>st</sup> -6 <sup>th</sup> Single Ribbons
Solo	Masters Free Solo	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons
Duet/Trio	Masters Free Duet / Trio	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons
Team	Masters Free Team	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons
Combo	Masters Combo	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons

## Ontario Open Age Group Championships:

Category	Event	Award
Figures	10&U Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons Synchro Swim Ontario 10&U Champion Trophy
	11-12 Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons Synchro Swim Ontario 11-12 Champion Trophy
	13-15 Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons 13 yrs Trophy, 14 yrs Trophy, 15 yrs Trophy
	16-20 Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons Synchro Swim Ontario 16-20 Champion Trophy
	AWD-C	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons Synchro Swim Ontario AWD-C Figure Champion Trophy
	AWD-P	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons Synchro Swim Ontario AWD-P Figure Champion Trophy
Solo	13-15 Solo	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons for Championship Score Synchro Swim Ontario 13-15 Champion Trophy
	16-20 Solo	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons for Championship Score Synchro Swim Ontario 16-20 Champion Trophy
	AWD-C, AWD-P	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons for Championship Score AWD-C Solo Champion Trophy, AWD-P Solo Champion Trophy
Duet/Trio	10 & Under Duet/Trio	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons for Championship Score 10 & Under Duet Trophy
	11-12 Duet/Trio	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons for Championship Score 11-12 Duet Trophy
	13-15 Duet/Trio	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons for Championship Score 13-15 Duet Trophy
	16-20 Duet/Trio	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons for Championship Score 16-20 Duet Trophy
	AWD-C, AWD-P	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons for Championship Score AWD-C Duet Champion Trophy, AWD-P Duet Champion Trophy
Team	10&U Team	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons for Championship Score 10&U Team Trophy

	11-12 Team	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons for Championship Score 11-12 Team Trophy
	13-15 Team	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons for Championship Score 13 yrs Trophy, 14 yrs Trophy, 15 yrs Trophy
	16-20 Team	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons for Championship Score 16-20 Team Trophy
	AWD-C, AWD-P	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons for Championship Score AWD-C Team Champion Trophy, AWD-P Team Champion Trophy
Combo	Combo Team	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons Combo Team Trophy
Club Aggregate	Age Group Club Aggregate Award	Club Aggregate Trophy
	Athletes with a Disability Club Aggregate Award	Athletes with a Disability Club Aggregate Trophy

## 12 & Under Open Championships (Trilliums):

Category	Event	Award
Figures	10 & Under Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons Trophy (donated by Mary Jane Ling)
	12 & Under Figures	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons Carolyn Kryzwicki Trophy
	AWD-P Figures (10&U, 12&U)	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons
	AWD-C Figures (10&U, 12&U)	1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship Ribbons
Solo	11-12 Solo	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score 11-12 Solo Trophy
	AWD-C and AWD-P: 11-12 Solo	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score
Duet/Trio	10 & Under Duet/Trio	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score Trophy (Durham)
	12 & Under Duet/Trio	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score Trophy

	AWD-C and AWD-P: 10 & Under Duet 12 & Under Duet	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score
Team	10 & Under Team	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score Trophy (Variety Village)
	12 & Under Team	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score The Iris Phypers Award Trophy
	AWD-C and AWD-P: 10 & Under Team 12 & Under Team	1 <sup>st</sup> -6 <sup>th</sup> Routine (single) ribbons for Routine Score 1 <sup>st</sup> -3 <sup>rd</sup> Medals; 4 <sup>th</sup> -6 <sup>th</sup> Championship ribbons for Championship Score

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## Appendix D: Synchro Swim Ontario Appeals Outline

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### **Club/staff issues:**

For appeals pertaining to club discipline issues, harassment, contract matters or employment, etc. refer to the “Synchro Swim Ontario Appeals & Review Policy”, which is posted on the website and found in your club Policy Manual.

### **Prior to and between competitions (selection):**

For matters relating to issues prior to and between competitions, refer to the “Jury of Appeal Process – prior to and between competitions” which is posted on the website and found in your club Policy Manual and Section A Subsection 3.2 Protests

### **During a competition:**

For appeals during a competition (resolved on site by the Referee and that competition’s Jury of Appeal) refer to the Synchro Swim Ontario Guidelines, Section A, #1 and the CASSA Rulebook, 6.15.1 and 6.15.2.

Please note the Synchro Swim Ontario Guidelines, Section A, number 1 & 3 for general information.

## Appendix E: Membership Program Design

To become a member of Synchro Swim Ontario, please contact the office at:  
128 Galaxy Boulevard., Etobicoke, ON, M9W 4Y6,  
Phone: 416-679-9522, Fax: 416-679-9535, Website: [www.synchroontario.com](http://www.synchroontario.com)

### Club and Individual Membership Options (annual) Include:

Category Name	Fee Description	Fees		
		Synchro Ontario	Synchro Canada	Total Fees
<b>Competitive Program ("C" Club)</b>	A club registered as such with competitive and recreational swimmers. Competitive swimmers participate in Regional, Provincial, National or International competitions.	\$130	\$105	\$235
<b>Competitive "C" Athletes (National Stream)</b>	Amateur swimmers who compete at Regional, Provincial, National or International competition, and are registered with a CASSA/AFC card. (Athlete Levy & Award Fees also apply).	\$95	\$47	\$142
<b>Competitive "C" Athletes (Provincial Stream)</b>	Amateur swimmers who compete at Regional, Provincial, National or International competition, and are registered with a CASSA/AFC card. (Athlete Levy & Award Fees also apply).	\$85	\$47	\$132
<b>Competitive "AWD" Athletes</b>	Amateur swimmers with cognitive or physical disabilities who compete at Regional, Provincial, National or International competition, and are registered with a CASSA/AFC card. (Athlete Levy & Award Fees also apply)	\$85	\$25	\$110
<b>Competitive "CN" Novice Athletes ("Limited")</b>	Amateur swimmers registered with a "C" Club and are eligible to attend Synchro Swim Ontario events including all Novice Competitions.	\$30	\$25	\$55
<b>Competitive Masters Club ("CM" Club)</b>	A Masters club <i>solely</i> registered as such with competitive and recreational Masters swimmers. Competitive Masters swimmers participate in Regional, Masters Provincial, National or International competitions.	\$55	\$105	\$160
<b>Competitive "CM" Master Athletes</b>	Amateur swimmers who compete at Regional, Provincial, National or International Masters competitions, and are registered with CASSA. (Athlete Levy & Award Fees also apply).	\$85	\$25	\$110
<b>Recreational Club ("R" Club)</b>	A club registered with only Recreational swimmers (Swim Synchro, Trillium or Star based programs). Activity participation options include Club Watershows and other regular programmed in-Club events excluding sanctioned Club Invitational events and Synchro Swim Ontario Novice Competitions. No Novice Competitive Meets/Invitationals available for Recreational Swimmers.	\$50	\$55	\$105
<b>Recreational "R" Swimmers (including Recreational Masters and Recreational AWD)</b>	Swimmers who participate in a Club's Recreational, skill-based program, such as Swim Synchro, Trillium/Pansy Forbes or Star. Activity participation options include Club Watershows and other regular programmed in-Club events excluding sanctioned Club Invitational events and Synchro Swim Ontario Novice Competitions. No Novice Competitive Meets/Invitationals available for Recreational Swimmers.	\$12	\$8	\$20
<b>Recreational Short-Term (6 weeks or shorter) Programs</b>	Recreational swimmers enrolled in a program of six weeks or less. The end date of the program must be entered into E-Reg. Registration and payment are required for each six week program that the individual attends.	\$4	\$2	\$6
<b>Special Programs Swimmer "SP"</b>	Participants who are registered for a special program of the club that lasts longer than one day, but less than 7 days, such as a camp, and is not a regular program of the club (which requires a recreational membership). Should the program be less than one day in length, participants are considered "guests" and are not registered, however a list of names is to be submitted to the Synchro Swim Ontario office. Should the participant wish to participate in an additional club program such as a recreational session, they can upgrade their membership to "R" (additional fees apply).	\$4	N/A	\$4
<b>Recreational Coach</b>	A coach who will NOT be coaching at any sanctioned competitions (Note: Watershows and Recreational-only events are permissible).	\$25	\$8	\$33
<b>Competitive Coach</b>	A coach who will be coaching on-deck for <b>any</b> sanctioned competitions (Novice, Provincial, National etc.)	\$25	\$28	\$53



<b>Provincial Official</b>	An Official (Judge, Referee, etc.) participating at the regional and/or provincial level.	\$25	\$8	\$33
<b>National Official</b>	An Official (Judge, Referee, etc.) participating at the national and/or international level.	\$25	\$25	\$50
<b>Associate Registrants</b>	Individuals who do not fit the criteria in the above Synchro Canada membership categories. Associate members would be Provincial and Club Executives, Meet Managers or other volunteers with a significant role who do not exercise a direct role with Synchro Canada.	\$25	\$8	\$33
<b>Associate Volunteer Registrant</b>	One (1) parent volunteer per competitive swimmer family eligible for volunteer assignments at SSO sanctioned events.	\$2	N/A	\$2
<b>SOCAN CLUB FEE</b>	Annual fee due to SOCAN for all clubs for use of music for training and events	\$64 + HST	N/A	\$72.32
<b>Award Fee “C”, “CM”, “CN” and “AWD” Athlete</b>	Competitive athlete award fee is payable upon registration to the association for each “C”, “CM”, “CN” and “AWD” registered Athlete.	\$12	N/A	\$12
<b>Officials Levy “C” and “AWD” Athlete</b>	Officials levy “C” (including AWD), is payable upon registration to the association for each “C” and “AWD” registered Athlete.	\$50	N/A	\$50
<b>Officials Levy “CM” and “CN” Athlete</b>	Officials levy “CM” and “PC” is payable upon registration to the association for each “CM” and “CN” registered Athlete.	\$25	N/A	\$25
<b>“U” University League - CUSSL</b>	Fee paid by CUSSL directly to Synchro Canada.	N/A	\$100	\$100
<b>“U” University Club</b>	Fee paid by each University Club directly to CUSSL (which is responsible for forwarding the fees to Synchro Ontario).	\$55	N/A	\$55
<b>“U” University Swimmers &amp; Coaches</b>	Fee paid by individual swimmers and coaches directly to CUSSL (which is responsible for forwarding the fees to Synchro Ontario/Synchro Canada).	\$12	\$5	\$17

**NOTE:**

- 1) Teams wishing to enter Masters Nationals may do so after the University Nationals event has been completed. Athletes must pay the Synchro Canada portion of the “Competitive ‘C’ Athletes” fee (see 19.0) at the time of entry. CUSSL Members are responsible for ensuring that they comply with any Synchro Canada related rules and fees as required.
- 2) University athletes are not eligible to enter International “Masters” Competitions as CUSSL Members. They must first register as Competitive Masters “CM” Athletes then follow CASSA Rules and requirements under International Bids.

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**“CR” Community Recreational Member**

Population 1-100,000	\$ 100.00
100,001 – 500,000	\$ 150.00
500,001 – 999,999	\$ 200.00

Communities with 1 million or more will be broken into smaller units (e.g. City of Toronto; 4 regions at \$100 each)

**\*NOTE: Participant Registration Fees above are NON-REFUNDABLE**

All Clubs (with the exception of Community Programs Members, University and newly formed clubs) must register with Synchro Swim Ontario, with payment and club registration to be in the hands of Synchro Swim Ontario, no later than October 15<sup>th</sup> of the current competitive year. Failure to comply with this deadline will result in a **\$100.00 fine**.

Complete registration for all Competitive and Recreational swimmers (with the exception of new swimmers) must be in the hands of Synchro Swim Ontario by October 15<sup>th</sup> of the current competitive year.

**\*Penalties for not submitting complete swimmer registration shall be \$30.00 per swimmer, to a maximum of \$100.00.**

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## Appendix F: Figure Groups & Rules for Athletes with a Disability

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### Provincial AWD Rules as per CASSA Rulebook Appendix H.

AWD Novice shall perform one group of four figures at Novice meets (as noted below):

#### **Figures – Athletes with a Disability (Physical)**

##### **Level 1-P**

Compulsory:   Tub Turn and reverse (turn both directions)  
                  Sailboat Alternate

##### Optional Group 1

Front Pike Pull Down  
Back Layout Position

##### Optional Group 2

Front Layout Position  
Back Tuck Somersault

##### **Level 1-P Novice:**

Tub Turn and reverse (turn both directions)  
Sailboat Alternate  
Front Pike Pull Down  
Back Layout Position

##### **Level 2-P**

Compulsory:   Back Tuck Somersault  
                  Ballet Leg Single

##### Optional Group 1

Front Pike Somersault  
Split Position

##### Optional Group 2

Bent Knee Join to Vertical at Height and Descent  
Sailboat Alternate

##### **Level 2-P Novice:**

Back Tuck Somersault  
Ballet Leg Single  
Bent Knee Join to Vertical at Height and Descent  
Sailboat Alternate

##### **Level 3-P**

Compulsory:   Ballet Leg Single  
                  Barracuda

##### Optional Group 1

Surface Prawn  
Kipnus

##### Optional Group 2

Walkover Front  
Tower

##### **Level 3-P Novice:**

Ballet Leg Single  
Barracuda  
Walkover Front  
Tower

**Level 4-P**

Compulsory: Ariana  
Kip

## Optional Group 1

Flamingo Bent Knee  
Barracuda Spin 180

## Optional Group 2

Albatross  
Back Walkover

**Level 4-P Novice:**

Ariana  
Kip  
Flamingo Bent Knee  
Barracuda Spin 180

**Level 5-P**

Compulsory: Porpoise Full Twist  
Aurora

## Optional Group 1

Kip Split Closing 180  
Barracuda Airborne Split

## Optional Group 2

Manta Ray  
Kip Spin 360

## Optional Group 3

Knight  
Flying Fish

**Level 5-P Novice:**

Porpoise Full Twist  
Aurora  
Manta Ray  
Kip Spin 360

**Figures – Athletes with a Disability (Cognitive)****Level 1-C**

Compulsory: Tub Turn and reverse (turn both directions)  
Sailboat Alternate

## Optional Group 1

Front Pike Pull Down  
Back Layout Position

## Optional Group 2

Front Layout Position  
Back Tuck Somersault

**Level 1-C Novice:**

Tub Turn and reverse (turn both directions)  
Sailboat Alternate  
Front Pike Pull Down  
Back Layout Position

**Level 2-C**

Compulsory: Back Tuck Somersault  
Ballet Leg Single

## Optional Group 1

Front Pike Somersault  
Split Position

## Optional Group 2

Bent Knee Join to Vertical and Descent  
Sailboat Alternate

**Level 2-C Novice:**

Back Tuck Somersault  
Ballet Leg Single  
Bent Knee Join to Vertical and Descent  
Sailboat Alternate

**Level 3-C**

Compulsory: Ballet Leg Single  
Barracuda

## Optional Group 1

Blossom  
Kipnus

## Optional Group 2

Walkover Front  
Bent Knee Join to Vertical at Height and Descent

**Level 3-C Novice:**

Ballet Leg Single  
Barracuda  
Walkover Front  
Bent Knee Join to Vertical at Height and Descent

**Level 4-C**

Compulsory: Surface Prawn  
Kip

## Optional Group 1

Flamingo Bent Knee  
Barracuda Spin 180

## Optional Group 2

Albatross  
Porpoise

**Level 4-C Novice:**

Surface Prawn  
Kip  
Flamingo Bent Knee  
Barracuda Spin 180

**Level 5-C**

Compulsory: Porpoise Full Twist  
Aurora

## Optional Group 1

Kip Split Closing 180  
Barracuda Airborne Split

## Optional Group 2

Manta Ray  
Kip Spin 360

## Optional Group 3

Knight  
Flying Fish

**Level 5-C Novice:**

Porpoise Full Twist  
Aurora  
Manta Ray  
Kip Spin 360

## **Rules for Athletes with a Disability:**

### **1. ATHLETE ELIGIBILITY - Preliminary Classification**

- a) Synchro for persons with a disability is open to any individual whose physical disability prevents them from engaging in meaningful competition against able-bodied opponents.
- b) Athletes with a cognitive disability must meet the medical definition of a person with an intellectual disability.
- c) Clubs must ensure athletes have been cleared by a medical physician/nurse practitioner to train/compete in sport.

To assist coaches in determining their athlete's level the figure levels closely compare to the following star levels:

Level 1	Star 1
Level 2	Star 3
Level 3	Star 5
Level 4	Star 7
Level 5	Stars 9

### **2. COACH ELIGIBILITY – For Ontario competitions, as per Provincial Rulebook 3.1.8**

### **3. COMPETITIVE STRUCTURE**

- Athletes with a Physical Disability and Cognitive Disability
- Five levels of competition will be provided for the following categories: Figures, Solo, Duet, and Team. Coaches determine the level of their athletes.
- Figures for the competition are as listed

#### **Routine times (recommendations):**

	Solo	Duet	Team
Level 1	1:30	1:45	2:00
Level 2	2:00	2:30	3:00
Level 3	2:15	2:45	3:15
Level 4	2:30	3:00	3:30
Level 5	2:45	3:15	3:45

*Note: The time limits above are provided as a guideline only. There is no minimum time limit for AWD and there shall be no penalties awarded for time limit violations.*

- a) In each level there will be separate awards for Physical Disability athletes and Cognitive Disability athletes.
- b) Athletes from different levels may compete together in duet and team. The average level will determine their competitive level. All athletes will compete figures in their own level.
- c) Athletes from different disability groups may compete together in duet and team. Mixed duets that include swimmers with a cognitive disability and swimmer with a physical disability from any level will swim in the physical disability category. Mixed teams that include swimmers with a cognitive disability and swimmers with a physical disability from any level will compete in the physical disability category.
- d) Athletes may exceed the maximum time limit of 30 seconds for their walk-on.
- e) Coaches may assist or guide an athlete in their walk-on, walk-off, as well as their entry and exit from the pool in the routine event. Coaches may also assist or guide an athlete in their swim-on, alignment with the marker, swim-off, as well as their entry and exit from the pool during the figure event.
- f) Coaches may assist on land, by providing cues to Athletes with a Cognitive or Physical Disability during routines. In the case of a mixed duet/team coaches may also assist on land, by providing cues to the swimmer(s) during the routine.
- g) The coach of an Athlete with a Cognitive Disability may communicate with the swimmer after a wrong figure is performed, prior to the second attempt.
- h) National Competition - SSWCD and SSWPD are eligible to compete at Espoir.