



BC Summer Swimming Association
SWIMMING | DIVING | WATER POLO | ARTISTIC

RULES OF THE BC SUMMER SWIMMING ASSOCIATION

Speed Swimming
Diving
Water polo
Artistic Swimming

The following rules govern all BC Summer Swimming Association activities. These have been approved by the BCSSA Board of Directors and are in effect until any changes are approved by the Board.

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VISION STATEMENT

To be a leading sport organization, fostering a culture of inclusiveness, fun, and achievement.

MISSION STATEMENT

The BC Summer Swimming Association (BCSSA) promotes and encourages the development of athletes and volunteers through participation in speed swimming, diving, water polo and artistic swimming.

CORE VALUES

Through its member clubs, BCSSA provides opportunities for training, competition, and activities in communities throughout BC and surrounding areas.

BCSSA promotes the development of an individual's capacity to achieve excellence and life skills through participation in competitive aquatic activities.

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GENERAL BCSSA RULES

1. DEFINITIONS

“Artistic Swim Meet” — an artistic swimming competition involving two or more clubs with officials appointed for the express purpose of judging the correctness of each routine using the BCSSA General Rules, the Provincial Meet Package, and the most recent FINA rule book for artistic competition.

“Balk” — a balk is when a diver begins the take-off, or stops and continues, and/or restarts the approach/take off. This applies to a re-start in a standing dive after the arms have commenced and to a re-start in a running dive after the run has begun.

“BCSSA Club Hosted Meet” — a swim meet offering events in all Athlete age groups and categories at which BCSSA-registered swimmers representing three or more clubs compete using the Rules of Swimming as defined by BCSSA Rules.

“Calendar Week” — a seven-day period between Sunday to Saturday.

“Championship Score” — in artistic swimming is determined by adding 50% of the Figure score to 50% of the Routine Score. In solo, duet and team routines, the figure score is the average of the figure scores of all the athletes.

“Circle Swimming” — swimming on one side of the lane going down and the other side of the lane coming back. Swimmers move in a counterclockwise circle, hence the name. (Section [4.5.2.a Warm Up](#))

“Choreography” — is the art of assembling movements that create a cohesive, complete, and well-balanced picture, which has meaning, style and form.

“Club” — a duly registered club in good standing with the BCSSA and must be an incorporated Society in British Columbia and be members in good standing under the Society Act.

“Crow Hop” — is a short quick jump (as that of a startled crow); in diving, refers to the execution of a standing dive where the diver lifts their feet slightly off the board. The diving score will be

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deducted at the table from each of the Judge's scores. (Section [5.9.1.c Standing Dives](#))

“Degree of Difficulty (D.D.)” —

(1) In artistic swimming is the number value placed on each figure from. The higher the number, the more difficult the figure.

(2) In diving (Section [5.5.6 Degree of Difficulty](#)) is calculated by adding A+B+C+D+E where A=dive group, B=flying action, C=number of somersaults, D=number of twists, E=dive position

“Dive meet” — a diving competition involving two or more clubs with officials appointed for the express purpose of judging the correctness of each dive and disqualifying divers who violate infractions observed using the Rules of Diving as defined by BCSSA Rules and Regulations, or in the Meet Package, and the most recent FINA rule book for Diving competition.

“Diving List” — the set list of dives that divers perform according to established requirements. Divers are judged on whether and how well they completed all aspects of the dive. (Section [5.3.2 Regional Championships](#))

“Diving Number Designation system” — all dives are designated by the Diving Number Designation system of three or four numerals followed by a letter.

“DPC” — Diving Plongeon Canada

“Failed Dive” — a failed dive will be called by the Referee if the diver's rotation is $\frac{1}{4}$ turn short or past the described amount of rotation, any body part touches the water before the feet in a feet first entry or the hands and head in a head first entry, or the diver balks twice on the same dive. (Section [5.9 Execution of the dive](#)).

“Figure” — a combination of positions and transitions performed in the water, as defined in the FINA manual.

“Figures Suit” — in artistic swimming is a black swimsuit, white swim cap and clear goggles that all athletes competing in the figures event must wear. This is to maintain anonymity with the judges.

“FINA” — the Fédération Internationale de Natation — the international aquatic body that regulates and controls competitions in the four aquatic sports world-wide.

“Flying Dive” — a dive in which $\frac{1}{4}$ (90 degrees) of the dive is performed in straight position. (Section [5.5.5.b The second digit](#))

“May” — an action is optional at the discretion of the person identified as the decision-maker.

“O-Cat or O Swimmer” — an ‘O’ Swimmer is an individual who participated in organized aquatic activity in excess of what is provided for in Section 4.2 (Athlete Eligibility) from September 1st to April 30th (inclusive) period immediately preceding registration. (Section 4.2 [Athlete Eligibility](#))

“Official/Judge/Referee” — a person charged with responsibility to serve in a particular position of responsibility.

“Pool Area” — any area of the competition under the jurisdiction of the referee.

“Pre-swimmer” — in artistic swimming is an Athlete who swims before the Athletes in order to “warm up” the judges. A pre-swimmer is not competing; therefore, their marks are not counted into the competition scores.

“Routine” — in artistic swimming is a timed program performed to music containing parts of figures, strokes and body movement. Routines are choreographed to synchronize the athletes’ movements to music and each other. Within a routine the athlete tries to demonstrate maximum skill, ease of execution and musical interpretation. A routine may be swum as a solo, duet or team. Each routine category has a specific time limit depending on the age group.

“S Swimmer” — an ‘S’ swimmer is an individual who trained and competed for an unrestricted number of hours from May 1st to August 31st (inclusive) of any year. From September 1st to April 30th (inclusive) immediately preceding registration, an ‘S’ swimmer may have participated in speed swimming training and/or swim meets,

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provided the activity(ies) did not exceed a total of two (2) hours within a calendar week. (Section [4.2 Athlete Eligibility](#))

“Shall” — an action is mandatory, so there is no discretion associated with it.

“Should” — an action is preferred under normal circumstances.

“SNC” — Swimming Canada (or Swimming Natation Canada), the national governing body recognized by FINA.

2. REGISTRATION

2.1 CLUB AFFILIATION

2.1.1 Existing Clubs

- a) An affiliated club is a member of the BCSSA during the period of May 1st of one year to April 30th of the following calendar year.
- b) Each club must be an incorporated Society in British Columbia that is in good standing under the Society Act.
- c) Each club must pay an annual BCSSA affiliation fee in advance by forwarding payment to the appropriate Regional Registrar by April 1st. The Regional Registrar shall forward affiliation fees paid plus a club membership list of affiliated clubs to the BCSSA Office, on or before April 15th of each year. The BCSSA may assess a penalty to any club that submits its club affiliation fees after the deadline.
- d) Each club must complete and submit an annual affiliation form and apply for BCSSA Directors and Officers liability insurance coverage by March 15th of each year.

2.1.2 New Clubs

- a) To affiliate a new club, the following criteria must be met:
 - The club must include five (5) or more Athletes.
 - The club must include two (2) or more families.
 - There must be an executive in place with a minimum of three (3) individuals.
 - The club must have a budget.

- The club must not unduly infringe on any current BCSSA club.
 - The club must have purposes and activities consistent with the purposes of the BCSSA and a commitment to furthering the success of the Region and the BCSSA in advancing the BCSSA's purposes.
- b) A group affiliated as a new club with BCSSA must:
- Apply to the appropriate Regional Board for Regional approval.
 - If approved by the Regional Board, the Regional Director shall submit the application to the Provincial Board of Directors for final approval. All applications must be submitted to the BCSSA before January 15th.
 - Pay the club affiliation fee on or before April 1st to the Regional Registrar.
 - Incorporate as a Society in British Columbia and be in good standing as per the requirements of the Society Act prior to April 1st of the year the group wishes to join the BCSSA.
 - A group wishing to affiliate may appeal any decision by the Regional Board or the Provincial Board to the BCSSA Appeals Committee.

2.2 INDIVIDUAL REGISTRATION — GENERAL

2.2.1 Registration Requirements

- a) An athlete or coach shall not participate in BCSSA activities — including training, competing, coaching, or otherwise taking part in club activities — at any time of year until fully registered with a BCSSA club.
- b) Clubs shall register all athletes and coaches in their correct age divisions and categories.
- c) At the time of registration, the specific aquatic activities of each Athlete shall be correctly recorded.
- d) All new registrants shall provide proof of age such as a birth certificate or an equivalent identification.
- e) Each registration shall be validated by the club before an athlete's first competition.

2.2.2 Sanctions for Not Meeting Requirements

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- a) A club that allows an athlete to participate in a BCSSA activity before that individual is correctly registered shall be subject to immediate suspension, as governed by the Section entitled Disciplinary Action in these rules and regulations.
- b) A penalty of up to \$1,000 may be assessed by the BCSSA Board of Directors to a region or club that fails to submit its registration database or fees by the deadlines set out in this Section.

2.3 INDIVIDUAL REGISTRATION — COMPETITIVE SEASON

2.3.1 Registration Timing

- a) The competitive season is May 1st through August 31st of each year.
- b) All athletes shall be registered with the Region by the second Thursday of July in order to be eligible to compete at the Regional and Provincial Championships.
- c) An athlete who wishes to compete at Regional or Provincial Championships with BCSSA during the competitive season but after the second Thursday of July may do so but will be ineligible to compete at the Regional and the Provincial Championships. All applicable provincial, regional and club fees for such a late registrant shall be paid and submitted to the Provincial Registrar by September 15th.

2.3.2 Registration Database and Fees

- a) An annual Provincial individual registration fee shall be established by the BCSSA Board of Directors prior to the beginning of each competitive season.
- b) Each Regional Board may levy Regional fees by such amounts as may be deemed necessary for regional activities or expenditures.
- c) Each club shall submit a club competitive season individual registration database for each aquatic sport, and fees, to the Regional Registrar by the second Thursday of July.
- d) The Regional Registrar shall submit each club's registration database and fees to the Provincial Registrar by the Monday two weeks prior to the Swimming Regional Championships.
- e) Clubs shall submit any fees relating to late registrants to the Regional Registrar by September 15th.

2.4 INDIVIDUAL REGISTRATION — NON-COMPETITIVE SEASON

2.4.1 Registration Timing

- a) The non-competitive season is September 1st through April 30th.
- b) Clubs may commence registration and programs for the non-competitive season on September 1st of each year. The closing date for non-competitive season registrations is March 31st of the following year.
- c) Each club shall submit a club non-competitive season individual registration database, and fees, to the Regional Registrar by February 28th.
- d) The Regional Registrar shall submit each club's registration database and fees to the Provincial Registrar by March 15th.

2.4.2 Registration Database and Fees

- a) A non-competitive season provincial registration fee shall be established by the BCSSA Board of Directors each year.
- b) Each Regional Board may levy Regional fees by such amounts as may be deemed necessary for regional activities and expenditures.
- c) Each club shall submit a club non-competitive season individual registration database, and fees, to the Regional Registrar by April 3rd.
- d) The Regional Registrar shall submit each club's registration database and fees to the Provincial Registrar by April 10th.

2.5 PROTESTS REGARDING ATHLETE ELIGIBILITY

2.5.1 Responsibilities

- a) All matters of Athlete eligibility are the responsibility of the Provincial Registrar.
- b) Any club wishing to protest the eligibility of an Athlete shall, at the earliest opportunity, forward the protest in writing to the Regional Director, along with any relevant documentation.
- c) Anonymous protests of Athlete eligibility shall not be investigated.

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2.5.2 Process

- a) On receipt of a protest, the Regional Director shall form an investigation committee that includes the Regional Director, the president of the club whose Athlete is alleged to be ineligible and others at the discretion of the Regional Director.
- b) The Committee shall investigate the protest. This may include interviewing any persons who may reasonably assist with the investigation and other activities at the discretion of the investigation committee. The committee shall prepare a written summary of its findings.
- c) Within 30 days of the Regional Director's receipt of the protest, the investigation committee shall issue a written ruling on the Athlete's eligibility, providing copies of this decision to the club that made the protest, the parent(s) of the Athlete and the Provincial Registrar.
- d) The parents of the Athlete or the club making the protest may appeal the investigation committee's decision within seven days of receiving the written ruling by submitting the appeal in writing to the Provincial Registrar.
- e) If the decision of the investigation committee is appealed, the committee shall provide to the Provincial Registrar the following:
 - The written summary of the committee's findings; and,
 - any written evidence received by the committee.
- f) If the Provincial Registrar determines that no investigation was carried out or that the investigation did not consider all relevant information that was available, the Provincial Registrar shall form an investigation committee to conduct an investigation.
- g) The Provincial Registrar shall make a written ruling on the appeal within ten days of receiving the appeal and provide this ruling to the club making the protest, the Athlete alleged to be ineligible and the Regional Director. The ruling of the Provincial Registrar shall be final.

2.6 ATHLETE TRANSFER — COMPETITIVE SEASON

2.6.1 Athletes may not transfer between clubs after the second Thursday of July.

2.6.2 Intra-Region Athlete Transfer

- a) The transfer of an athlete between two clubs within the same region requires the approval of the Athlete's parent or guardian as well as the president or designate of each club.
- b) A transfer shall be initiated by the Athlete using the transfer form available from the BCSSA.
- c) The receiving club registrar shall submit the transfer form, signed by the relevant club presidents or designates, to the Regional Registrar.
- d) The Athlete shall not be required to pay any additional Regional or Provincial fees. Club fees are the responsibility of the Athlete.

2.6.3 Inter-Region Athlete Transfer

- a) The transfer of an athlete between two clubs in different regions requires the approval of the presidents or designates of each club and the two Regional Directors or designates.
- b) The transfer shall be initiated by the Athlete using the transfer form available from the BCSSA.
- c) The transfer form shall be signed by the club president or designate and Regional Director of the home region prior to sending it to the second region.
- d) The receiving club registrar shall submit the transfer form, signed by the relevant club presidents or designates and the Regional Directors or designates to the Regional Registrar.
- e) The Athlete shall not be required to pay any additional Provincial fee but may be required to pay any Regional fee assessed by the receiving region. Club fees are the responsibility of the Athlete.

2.7 ATHLETE TRANSFER — NONCOMPETITIVE SEASON

2.7.1 Process

- a) An Athlete may transfer between clubs during the non-competitive season by registering with the receiving club and paying all applicable fees.
- b) A transfer form is not required for an athlete transfer during the non-competitive season.

2.8 ASSIGNMENT TO A SECOND CLUB TO COMPETE IN AN ADDITIONAL DISCIPLINE

2.8.1 What is Permitted

- a) An Athlete may become a member of a second BCSSA club in order to compete in an aquatic discipline not offered by the home club, as long as the registration takes place prior to the Monday before the second Thursday of July.
- b) If another club in the Athlete's home region offers the desired second discipline, then such an assignment may only be made within the same region as the Athlete's home club.
- c) If no club in the Athlete's home region offers the desired second discipline, then such an assignment may be made to a club in a different region.

2.8.2 Process

When registering an athlete for a second aquatic discipline, the second club shall indicate the name of the Athlete's home club on the assignment form, available from the BCSSA.

2.8.3 Intra-region Athlete Assignment

- a) An Athlete wishing to compete in a discipline not offered by their home club but offered by another club in the same region shall initiate the assignment process to another club in the region using the assignment form, available from the BCSSA.
- b) The Athlete shall not be required to pay any additional Regional or Provincial fees. Club fees are the responsibility of the Athlete.

2.8.4 Inter-Region Athlete Assignment

- a) An Athlete wishing to participate in a discipline not offered by any club in their region shall initiate the assignment process to a club in a different region using the assignment form, available from the BCSSA.
- b) An assignment to a club in a different region requires written approval from the two clubs and the two Regional Directors involved.

- c) The assignment form shall be signed by the club president or designate and Regional Director of the home region prior to sending it to the second region.
- d) The receiving club registrar shall submit the assignment form, signed by the relevant club presidents or designates and the Regional Directors or designates to the Regional Registrar.
- e) The Athlete shall not be required to pay an additional Provincial fee but may be required to pay any Regional fee assessed by the receiving region. Club fees are the responsibility of the Athlete.

2.8.5 Exceptions to Intra-Region and Inter-Region

Athlete Assignment may be approved by the home club, receiving clubs, the Regional Directors and the Director of the specific aquatic discipline by June 1st of each year.

2.9 VISITING ATHLETE

2.9.1 What is Permitted

- a) A visiting Athlete is an athlete registered with one BCSSA club who wishes to participate in activities with a different club for a limited time. Such participation is at the discretion of the visited club.
- b) Should a visiting Athlete take part in competition, the visiting Athlete shall be considered competing for the Athlete's home club.

2.9.2 Process

- a) The visited club shall confirm that the visiting Athlete is duly registered with the home club prior to permitting their participation in club activities.
- b) The Athlete shall pay any applicable Regional and club fees.

2.10 REGISTRATION OF COACHES

2.10.1 Registration Requirements

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- a) All coaches must be registered as BCSSA participants as provided for in this Section.
- b) Each club must obtain and keep in their secure club files the criminal record checks (vulnerable sector) for their coaches, as per the current BCSSA criminal record check policy. Clubs must declare the successful completion of a criminal record check (vulnerable sector) on the annual Coaches Roster as stated in 2.10.2
- c) Each club shall ensure that its head coach is certified to a minimum of NCCP Fundamentals Coach (or equivalent) or trained and in the process of obtaining such certification.

2.10.2 Coach Rosters

- a) Each club shall submit a completed BCSSA Coach Roster Form to the BCSSA Office by May 15th annually, or within seven (7) days of the date of hire, whichever comes first.

3.CONDUCT

3.1 GENERAL

3.1.1 Responsibilities

- a) All registered BCSSA members shall treat its clubs, athletes, coaches, officials, and members from other clubs fairly and with respect and integrity as stated in the BCSSA Code of Conduct. All BCSSA members shall follow the current BCSSA General Code of Conduct.

3.2 ATHLETES' CODE OF CONDUCT

3.2.1 All Athletes shall:

- a) respect and compete by the current BCSSA rules of their sport,
- b) not use alcohol, tobacco, cannabis, or illegal products before or during any meets or other BCSSA activities,
- c) respect other athletes and refrain from fighting, striking, or intentionally touching another athlete without their permission,

- d) respect their opponents, coaches, volunteers, officials, and teammates,
- e) direct questions regarding disqualifications, judge's decisions, etc. to their coach.

3.2.2 Disqualification

During a meet, the referee may cause an athlete to be scratched from the rest of the meet for:

- a) Using obscene or abusive language in the pool area, including the dressing room.
- b) Causing wilful damage.
- c) Interfering with officials in the performance of their duties.
- d) Exhibiting other behaviour as outlined in the BCSSA Harassment Policy.

3.3 COACHES' CODE OF CONDUCT

3.3.1 Requirements

- a) BCSSA has adopted the Coaching Association of Canada's Code of Conduct and Ethics with Reporting Procedures (the "Code"), its principles and its ethical standards, to establish and maintain high standards among BCSSA coaches and to ensure that all coaches act in a manner respectful of the dignity of all Athletes.
- b) Clubs shall require all coaches (paid and volunteer) to be listed on the BCSSA Coach Roster Form, affirming that they adhere to the Code. (See [2.10.2](#)).

3.4 OFFICIALS' CODE OF CONDUCT

All BCSSA Officials shall follow the current BCSSA Officials' Code of Conduct.

3.5 PARENTS' CODE OF CONDUCT

Parents and legal guardians of Athletes shall follow the current BCSSA Parents' Code of Conduct.

3.6 HARASSMENT POLICY

3.6.1 Requirements

- a) The BCSSA shall maintain a Harassment Policy and make it available through the BCSSA office.
- b) This policy applies to all Athletes, employees, volunteers, and spectators involved with BCSSA activities.
- c) The BCSSA shall work to prevent harassment by providing awareness, education, and training programmes.
- d) All participants shall treat harassment as a serious matter to be dealt with fairly and in consideration of the protection of individual rights and dignity of all people involved.

3.7 COMMUNICATION AND CONFIDENTIALITY

3.7.1 Requirements

- a) While communicating on matters related to the BCSSA, all participants, including Athletes, employees, volunteers, and spectators shall adhere to the principles of respect, courtesy, common sense and dignity.
- b) The BCSSA Board of Directors and staff shall treat information provided by clubs and individuals in accordance with the BCSSA Privacy Policy and British Columbia's Personal Information Protection Act.

3.8 GENDER EQUITY

3.8.1 Requirements

- a) The BCSSA shall work to promote gender equity, which is the principle and practice of just, fair, and equitable allocation of resources and opportunities for all genders.
- b) All participants, including Athletes, employees, volunteers and spectators shall ensure that gender equity is a key consideration in all BCSSA activities.

3.9 DISCIPLINARY ACTION

3.9.1 Responsibility

- a) The BCSSA Board of Directors or the President or designate may initiate disciplinary action against any club, Athlete, coach, official or other person.
- b) Disciplinary action may include, but is not limited to, suspension from any or all BCSSA activities.
- c) Any club, Athlete, coach, official or other person who has been disciplined may appeal a Discipline Committee decision to the BCSSA Appeals Committee.

3.9.2 Disciplinary action may be initiated for any of the following reasons:

- a) non-payment of any BCSSA fees, dues, levies, fines, assessments, or charges; or,
- b) for cause, which may include but not be limited to:
 - failure to comply with BCSSA rules;
 - failure to adhere to BCSSA policies;
 - actions or behaviour endangering the health or well-being of an athlete, official, coach, volunteer, spectator or others;
 - failure to comply with the ethical code of conduct; or
 - failure to submit required documents or other information required by the BCSSA.

3.9.3 Disciplinary action shall follow these procedures:

- a) Upon initiating disciplinary action or being notified by the BCSSA Board of Directors that disciplinary action will be initiated, the President or designate shall establish a Discipline Committee.
- b) The committee shall include three members of the BCSSA Board of Directors, or appointed designates, plus a non-voting chairperson.
- c) Where the President or designate deems the situation to be urgent, the President or designate may immediately impose disciplinary action, subject to timely review by the committee.
- d) The President or designate shall, within a reasonable period of time, provide the affected club or individual with a written explanation of the matter resulting in disciplinary action.

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- e) The committee shall assess the matter, including any disciplinary action that has already been imposed.
- f) The committee may, at its discretion, gather evidence and interview individuals with knowledge of the matter.
- g) The committee shall make a decision on what steps are necessary to resolve the matter. This may include disciplinary action.
- h) The committee chair shall notify, in writing, all relevant parties of the decision rendered by the committee.

3.10 ACCIDENT/INCIDENT REPORTS

3.10.1 Responsibility

Clubs must report all accidents and incidents, in writing, to the BCSSA office within seven (7) days, using the applicable BCSSA form.

3.11 BCSSA APPEALS COMMITTEE

3.11.1 Any club, Athlete, coach, official or other person may appeal any decision or application of BCSSA rules to the BCSSA Appeals Committee.

3.11.2 In order for an appeal to be considered, the club or person wishing to appeal shall provide the following to the BCSSA Office:

- a) A written description of the matter being appealed, including the reasons why the decision should be changed.
- b) A \$100 filing fee.

3.11.3 Formation of an Appeals Committee

Upon receipt of an appeal, the President or designate shall establish a BCSSA Appeals Committee composed of three members of the BCSSA Board of Directors, or designates, plus a non-voting chairperson.

3.11.4 Appeals Committee Authority

- a) The Appeals Committee may uphold, reverse or vary the decision that is being appealed, based on the evidence it

receives, as long as the committee's decision is consistent with BCSSA rules.

- b) Where an appeal relates to a BCSSA rule that gives a decision-maker discretion (generally indicated by the word "may" or "should"), then the Appeals Committee may use the same type of discretion in its decision.
- c) Where an appeal relates to a BCSSA rule that does not give a decision-maker discretion (generally indicated by the word "shall"), then the Appeals Committee shall not have discretion on that matter.
- d) The decision of the Appeals Committee shall be final.

3.11.5 Appeals Committee Process

The Appeals Committee shall:

- a) conduct its business in private,
- b) make a reasonable effort to complete its work in a timely manner,
- c) give the appellant and the individual whose decision is being disputed opportunities to present their cases to the committee,
- d) review any additional evidence it considers relevant to the appeal,
- e) provide the committee's decision in writing to the appellant and the individual whose decision is being disputed, and
- f) return the filing fee if the appeal is successful.



SPEED SWIMMING

4. SPEED SWIMMING

4.1 ATHLETE CATEGORIES

4.1.1 Requirements

- a) Athlete categories shall be determined by aquatic participation in the non-competitive season and by the BCSSA Age Locator, which the BCSSA shall publish annually.
- b) An Athlete's age as of April 30th shall be used to determine the Athlete's category of competition each year. The Athlete categories for swimming are:

	'S' Swimmers		'O' Swimmers
Div. I	8 & Under		
Div. II	9-10½		
Div. III	10½-12	O1	Div. III & Under
Div. IV	12-13½	O2	Div. IV-VI
Div. V	13½ -15	O8	17 & Over
Div. VI	15-16		
Div. VII	17-19		
O8	20 & Over		

- c) A club or individual wishing to protest a perceived incorrect assignment of Athlete category shall follow the process outlined in the Section entitled Protests Regarding Athlete Eligibility.

4.1.2 Swimmers with Disabilities

- a) Swimmers with disabilities shall be encouraged to participate in the BCSSA.

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- b) Swimmers with disabilities shall be integrated within BCSSA competitions.

4.2 ATHLETE ELIGIBILITY

4.2.1 Requirements

- a) Any dispute related to a swimmer's competitive status shall adhere to the process as set out in the Section entitled [Protests Regarding Athlete Eligibility](#).
- b) All Athletes must indicate all aquatic participation between September 1st of the previous year through April 30th of the current year on the registration form.
- c) Athletes who misrepresent their aquatic participation may be disqualified from all BCSSA competition within the current season. A disqualification shall take effect immediately and be in effect for twelve months from the date of the disqualification.
- d) All Athletes must compete in their designated Athlete categories.
- e) An 'S' swimmer is an individual who trained and competed for an unrestricted number of hours from May 1st to August 31st (inclusive) of any year.
From September 1st to April 30th (inclusive) immediately preceding registration, an 'S' swimmer may have:
- Participated in speed swimming training and/ or swim meets, provided the activity(ies) did not exceed a total of two (2) hours within a calendar week. A calendar week is Sunday through Saturday. A swim meet counts as one hour of activity per day of meet.
 - Trained and competed in diving, water polo and artistic swimming with no restrictions.
 - Engaged in accredited and certified water safety and learn to swim programs delivered by a recreation program or school.
 - From September 1st to November 30th (inclusive), engaged in swimming activities for the specific purpose of competing in any swim meet recognized in the official program schedule of the annual swimming championships organized by a middle/ secondary school athletic association. Training for the meet must have been carried out under the direction of the 'S' swimmer's school.

- From December 1st to February 28th (inclusive), participated as a non-high school swimmer in swimming activities to a maximum of two hours per week with their school-sanctioned swim team, plus any school swim meets. These activities may have been in addition to other permitted swimming activities and must have been under the direction of the 'S' swimmer's school.
 - Should a club, region or individual wish to request the exemption of any additional activities from the provisions of this Section, such a request shall be submitted for the consideration of the BCSSA Board of Directors at its Fall Board Meeting.
- f) A swimmer may be registered as an 'S' swimmer following registration in a previous year as an 'O' swimmer on one occasion only.
- g) An 'O' Swimmer is an individual who participated in organized aquatic activity in excess of what is provided for in Section 1.2 (Athlete Eligibility) from September 1st to April 30th (inclusive) period immediately preceding registration.
- h) Any swimmer who has achieved a SNC Senior National Qualifying Time during the preceding three years shall compete in Division O8, regardless of the swimmers age at Regional Championship Meets and Provincial Championship Meet.

4.3 REGIONAL CHAMPIONSHIP MEETS

4.3.1 Requirements

- a) Each Region shall organize and conduct a Regional Championship Meet to qualify Athletes for the Provincial Championship Meet.
- b) The Regional Director is responsible for ensuring that the Regional Championship Meet is properly organized and conducted.

4.3.2 Eligibility

- a) Eligibility to compete at the Regional Championship Meet shall be limited to Athletes who have competed in at least one individual event at a BCSSA club-hosted meet during the current competitive season.

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- b) All entered swimmers shall be checked for eligibility by the Regional Registrar or designate.
- c) A swimmer's entry time for an event shall be based on the results for that event from the current competitive season.
- d) A 'No Time' entry time shall be used for an event if the swimmer does not have results for that event from the current competitive season.

4.3.3 Events

- a) Individual events at the Regional Championship Meet shall be swum as heats and finals.
- b) Events may be combined.

4.3.4 Entries

- a) Individual and relay team entries shall be submitted by clubs to the appropriate individuals by the date indicated in the Regional Meet Package. Entries shall not be accepted after the deadline.
- b) An athlete may enter a maximum of four individual events and two club relays.
- c) Relay entries shall adhere to the following procedures and Section [4.5.9.i](#)
- d) The meet package shall indicate a deadline for submitting the entry form, which shall be on the day the relay is scheduled to be swum. No late entries shall be permitted.
- e) The Regional Registrar shall check all relay entries for eligibility. Should this check result in one or more listed swimmers being identified as ineligible to compete in that relay, the club may replace the swimmer(s) with an alternate(s) indicated on the entry form, as long as this substitution takes place prior to the team reporting to the clerk of the course.
- f) Should an improperly constituted relay team compete, it shall be disqualified.

4.4 PROVINCIAL CHAMPIONSHIP MEET

4.4.1 Requirements

- a) The BCSSA Board of Directors shall organize and conduct a Provincial Championship Meet to be held during the second half of August each year.
- b) There shall be no changes to the Provincial Championship Rules and Regulations after March 31st of each year.
- c) The Provincial Championship Meet Package shall be circulated to all BCSSA clubs no later than May 1st of each year.
- d) There shall be a Provincial Trophy awarded to the top Region in each of the four aquatic disciplines.

4.4.2 Eligibility

- a) In order to compete in the Provincial Championship Meet, a swimmer shall have competed in at least one individual event at a BCSSA club-hosted meet prior to the Regional Championship Meet.
- b) In order to compete in an individual event, a swimmer shall have competed at the Regional Championship Meet.
- c) A swimmer entered only in a club relay(s) is not required to have competed at the Regional Championship Meet.
- d) In order to participate in an 'S' individual, club relay or regional relay event, a swimmer shall be properly registered as an 'S' swimmer as defined in Section [4.1](#).
- e) In order to participate in an 'O' individual or regional relay event, a swimmer shall be properly registered as an 'O' swimmer as defined in Section [4.1](#).
- f) A swimmer shall compete only in the Athlete category in which they were registered, except when participating on relay teams, and then subject to the conditions of relay team eligibility described in this Section.

4.4.3 Events

Individual events at the Provincial Championship Meet shall be swum as heats and finals.

4.4.4 Entries

- a) Each region shall submit entries to the BCSSA Office by the deadline indicated in the Provincial Championship Meet Package.

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- b) An athlete may be entered in a maximum of four individual events, two club relay events and one regional relay.
- c) Individual event entries:
- The top three finishers in the Regional Championship Final of each individual event qualify to compete in that event at the Provincial Championship Meet.
 - Any swimmer who attains a PQT in the Regional Championship Final of an individual event but does not place among the top three swimmers in the championship final, also qualifies to compete in that event at the Provincial Championship Meet.
 - Up to two swimmers who placed fourth or lower in the Regional Championship Final of an individual event and did not attain a PQT may be listed as alternates for that event.
 - An alternate may only replace an athlete who qualified for an event as a result of finishing in the top three in the Regional Championship Final.

Examples:

6 lane pool

Place	Ex 1	Ex 2	Ex 3	Ex 4
	No PQT	No PQT	PQT	PQT
1st	1st	not going	1st PQT	1st PQT
2nd	2nd	1st	2nd PQT	not going
3rd	3rd	not going	3rd PQT	2nd PQT
4th	1st alt	2nd	4th PQT*	not going
5th	2nd alt	3rd	1st alt	3rd PQT
6th	-	1st alt	2nd alt	4th PQT*
		no 2nd alt		no alt

* Not eligible to be replaced by alternate.

8 lane pool

Place	Ex 1	Ex 2	Ex 3	Ex 4
	No PQT	No PQT	PQT	PQT
1st	1st	not going	1st PQT	1st PQT

2nd	2nd	1st	2nd PQT	not going
3rd	3rd	not going	3rd PQT	2nd PQT
4th	1st alt	2nd	4th PQT*	not going
5th	2nd alt	3rd	5th PQT*	3rd PQT
6th	-	1st alt	1st alt	4th PQT*
7th	-	not going	2nd alt	5th PQT*
8th	-	2nd alt	-	1st alt

* Not eligible to be replaced by alternate.

d) Club relay entries:

- The top two club relay finishers in each relay event at a Regional Championship Meet qualify to compete in that event at the Provincial Championship Meet.
- Any club relay team that does not finish in the top two but attains a PQT in the championship final also qualifies for the Provincial Championship Meet, regardless of whether the event is swum as a heats and finals event or a timed finals event.

e) Club relay team composition:

- A club relay team shall consist of four swimmers. The composition may change between Regional and Provincial Championship Meets, provided that all swimmers meet the eligibility criteria set out in this Section.
- At least one swimmer on a relay team shall be registered in the division in which the relay team is entered; the remaining swimmers may be from lower divisions.
- A Div 1-3 swimmer may be entered in an "O-Cat" relay; A Div 4-6 swimmer may be entered in an "O-Cat" 2 relay), as long as there is a minimum of one "O-Cat" swimmer competing in the team.

f) Club relay alternate teams:

- One alternate relay team may be listed from each Regional Championship Relay event.

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- The alternate relay team may only replace those relay teams entered from the Region in the Provincial Championship as the top two qualifiers in the event.

g) Club and regional relay entry procedures:

- Four swimmers and up to two alternates shall be listed on an Official Relay Entry Form.
- The age and division for all swimmers and alternates must be entered on the entry form.
- The meet package shall indicate a deadline for submitting the entry form, which shall be on the day the relay is scheduled to be swum. No late entries shall be permitted.
- The Provincial Registrar shall check all relay entries for eligibility. Should this check result in one or more listed swimmers being identified as ineligible to compete in that relay, the club may replace the swimmer(s) with an alternate(s) indicated on the entry form, as long as this substitution takes place prior to the team reporting to the clerk of the course.
- Should an improperly constituted relay team compete, it shall be disqualified.

h) Regional Medley Relays:

- A Regional Medley Relay team shall consist of four swimmers.
- All swimmers shall have competed at their Regional Championship Meet.
- All swimmers shall be from the same division or category for which the event is being staged, unless there are an insufficient number of swimmers available from that division. In that case, swimmers from lower divisions may be included to form the Regional Relay Team.
- Up to two alternate swimmers may be included on a regional relay team and shall be listed on the Official Relay Entry Form.

4.4.5 Protests and Jury of Appeal

Should a Jury of Appeal be formed to deal with a protest during the Provincial Championship Meet, the Regional Director of the Region involved in the protest shall be invited to attend as an observer.

4.4.6 Provincial Championship Scoring

For the purpose of calculating regional scores, the following scoring system shall be used:

Consolations: 9, 7, 6, 5, 4, 3, 2, 1

Finals: 18, 16, 15, 14, 13, 12, 11, 10

Relays: 36, 32, 30, 28, 26, 24, 22, 20

4.5 SWIMMING RULES AND REGULATIONS

4.5.1 Officials

The minimum recommended officials for a meet are:

- Meet Manager
 - Session Referee
 - Designated Disqualification Official
 - Starter
 - Chief Timer
 - Lane Timers
 - Place Judges
 - Stroke Judges
 - Turn Judges
 - Clerk of the Course
 - Marshall
 - Chief Meet Recorder
 - Runner
- a) All session officials should report to the Meet Manager or Meet Referee at the designated time, usually not less than 30 minutes before the start of the session.
- b) Officials shall dress in a consistent and recognizable manner:
- Standard attire for deck officials shall be white clothing and footwear.
 - The meet organizing committee may select a different colour of clothing for officials, as long as it provides clothing to officials.
 - The meet organizing committee may provide distinctive badges or ribbons to be worn by all officials.
 - Officials shall wear footwear conforming to local pool regulations.

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c) The **Meet Manager** shall be responsible for:

- The organizational details of the meet, the mechanics associated with the running of the meet and having the necessary equipment and personnel available during the meet.
- Ensuring that, to the greatest extent possible, the pool facility complies with the BCSSA Pool Layout and Equipment Policy.
- Recruiting, selecting and assigning duties to all officials. The Chief Timer, Chief Meet Recorder and Clerk of the Course will ratify the appointments for their areas of responsibility. All appointments shall be subject to the Meet Referee's ratification.
- The dissemination of all meet information.
- Seeding all pre-seeded meets.
- The preparation of entry lists and/or heat sheets and their availability prior to the start of each session.
- Ensuring that Safety Marshals are in place for warm-ups.
- Issuing official results. Disqualified swimmers shall be listed, giving their times, at the end of each event.
- Serving as Chairperson of the Jury of Appeal.

d) The **Meet Referee** shall be responsible for:

- Having full control and authority over all officials for the entire meet, including the approval of their assignments and providing instruction regarding any special features or regulations related to the meet.
- Ensuring uniformity of officiating throughout the meet.
- Determining whether to disqualify a swimmer for any violation reported to him/her by other authorized officials.
- Determining whether to disqualify any swimmer for any violation under the Conduct Section of BCSSA rules and regulations. Such a disqualification shall not be limited by a 15 minute notification requirement.
- Advising the Session Referee of any areas in which the Meet Referee's instructions are not being followed.
- Having the discretion to replace the Session Referee.
- Having the discretion to appoint substitutes for any officials deemed to be absent, incapable of acting or inefficient.
- Having the discretion to appoint additional officials if considered necessary.

e) The **Session Referee** shall be responsible for:

- Having full control and authority over all officials if there is no Meet Referee. If there is no Meet Referee, including approval of their assignments and instructing them regarding any special features or regulations related to the meet.
- Enforcing all BCSSA rules and deciding all questions related to the conduct of the session, including any that are not covered by BCSSA rules.
- Having the authority to intervene in the competition at any point to ensure that the rules are observed.
- Disqualifying any swimmer for any violation of the rules personally observed and having the discretion to disqualify for violations reported by others.
- Rendering a decision on any point where the opinions of other officials differ.
- Determining, prior to the start of competition, the respective zones of stroke and turn responsibility and informing all officials of this information.
- Ensure all swimmers are subject to fair and equitable judging.
- Having final authority in all matters concerning apparent ties and time discrepancies, including ensuring that rules covering all such instances are adhered to.
- Checking that officials are ready and in position when the swimmers are at their assigned starting stations. When satisfied that this is the case, signaling using a whistle blast for swimmers to mount their starting platforms, move to the edge of the pool deck, or enter the water. When all swimmers are ready, turning over control of the race to the Starter using a second whistle blast.
- Ensuring all swimmers are ready to swim prior to handing over control of the race to the Starter.
- Ensuring that a fair start is achieved, including the authority to recall the swimmers for a restart when appropriate.
- Making a tabulation of the order of finish of each race.
- Using any BCSSA-approved timing and/or judging system or equipment, including the authority to overrule the findings of such devices if they appear to be in error.
- Expelling from the pool building or area any persons, including spectators, responsible for creating a disturbance that interferes with the meet.
- Ensuring that all disqualified swimmers and/or their team representatives are so informed.
- Approving the review of any disqualification slips requested by a coach following a race.

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- Interpreting BCSSA rules and applying good judgement in situations not adequately covered by the rules.
 - If the Session Referee is preoccupied with carrying other duties, the Session Referee may delegate their authority, in full or in part, to the **Backup Referee** under Section [4.5.1.e](#).
- f) The **Designated Disqualification Official** shall be responsible for:
- Working in conjunction with the session referee to ensure the notification of disqualifications to the swimmers and/or their team representatives.
 - Ensuring that all disqualifications are brought to the session referee for approval of the disqualification prior to notifying swimmers and/or team representatives.
 - Ensuring that all best attempts are made to notify the appropriate person within 15 minutes of the infraction.
- g) The **Starter** shall be responsible for:
- Maintaining control of the swimmers from the time the Referee turns the race over until a legal start has been accomplished.
 - Being positioned at the side of the pool in a location where all Timers can see both the Starter and the flash of the starting signal.
 - Complying with rules and regulations governing starts.
 - Disqualifying any swimmer who makes a starting infraction.
 - Making tabulations of the order of finish of each race.
- h) The **Chief Timer** and any **Assistant Chief Timers** shall be responsible for:
- Confirming that all watches are functional prior to the competition.
 - Ensuring that all Timers are competent and that all watches are performing satisfactorily.
 - Ensuring that each lane has a designated Head Lane Timer or Lane Recorder.
 - Ensure that all working lanes have sufficient timers assigned.
 - Supervising all Timers.
 - Measuring and recording the time of the winner of each race. The Assistant Chief Timer[s] shall take times as directed by the Chief Timer. When taken, these times shall be recorded on the time card for that lane.

- Instructing all Timers to reset their watches on a pre-arranged signal [such as the sound of the Referee's first whistle].

i) **Lane Timers** shall be responsible for:

- Timing the swimmer in the assigned lane from the starting signal to the 'final touch.'
- Remaining seated when not engaged in timing the finish of a race or performing other assigned duties.
- Taking up a position over the finish end of the assigned lane in order to observe the finish.
- When manually timing, starting the watch immediately upon seeing the flash of the starting signal.
- Stopping the watch or pressing the plunger button immediately upon the swimmer completing the required distance and any part of the body touching the pad, the end wall, or crossing the imaginary vertical plan extending upward from the wall. The Timer shall stop the watch at this point, regardless of whether or not the Timer believes the swimmer is adhering to the rules of the stroke.
- If authorized and assigned the task by the Referee, acting as the Relay Take-Over Judge and/or Turn Judge in the assigned lane.

j) The **Lane Recorder** shall be responsible for:

- Ensuring that the correct swimmer is in the assigned lane.
- If cards are being used, ensuring that the correct time card is being used.
- Recording the Timers' initials and their times.
- Determining whether the correct swimmers are participating in a relay event.

k) If used, the **Place Judges** shall be responsible for:

- Positioning themselves at the side of the pool, preferably in a raised position, in line with the finish end.
- Judging the order of finish of each heat and recording in the prescribed manner.

l) The **Chief Judge Electronic** shall be responsible for:

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- Overseeing the operation of any BCSSA-approved automatic judging and timing system.
 - Positioning with the automatic timing equipment near the finish end with an unobstructed view of the finish of each lane.
 - In the event that the system is not activated by the starting signal, ensuring that the system is activated manually.
 - Determining when the automatic system is in error and so advising the Referee and Chief Meet Recorder.
 - Observing the touches of all swimmers and noting any cases where the equipment fails to properly record a touch.
- m) The **Electronic Operator** shall be responsible for:
- Operating or assisting in the operation of any BCSSA approved automatic judging and timing equipment.
- n) The **Stroke Judges** shall be responsible for:
- Taking position on one side of the pool, walking and observing swimmers in the nearest half of the pool.
- o) The **Turn Judges** shall be responsible for:
- Taking position at the end of the pool, observing the swimmer(s) in the designated lane(s), and not more than four lanes each (Lane Timers may serve at their end, if qualified).
 - Unless the Referee instructs otherwise, judging strokes and turns in the following areas:
 - Freestyle and Butterfly: from the beginning of the last arm stroke of the approach to the wall, the 'touch' and 'push off' to the completion of the first arm stroke following the departure from the wall.
 - Breaststroke: from the beginning of the last arm stroke of the approach to the wall, the 'touch' and 'push off' to the completion of the second arm stroke following the departure from the wall.
 - Backstroke: from the backstroke flags on the approach to the wall, the 'touch' and 'push off,' to the backstroke flags following the departure from the wall.
- p) The **Relay Take-Over Judges** shall be responsible for:
- Observing the 'touch-out' and 'take off' of relay team members.

q) **Stroke Judges, Turn Judges and Relay Take-Over Judges** may confer with other officials or the Referee as necessary and shall:

- Observe the techniques of the swimmers in the assigned zone.
- Judge whether infractions of BCSSA rules occur.
- Immediately following each race, recommend to the Referee or designate the disqualification of any swimmers.

r) The **Clerk of the Course** shall be responsible for:

- Checking swimmers 'in' to the marshalling area prior to each event.
- Controlling swimmers from the time they are checked 'in,' until they are turned over to the Referee.
- Having full charge of the working deck insofar as the control of swimmers is concerned.
- Reporting any inappropriate conduct to the Referee.
- If so instructed by the Referee, scratching swimmers who fail to report to the marshalling area when the event or heat is called for marshalling.
- Seeding swimmers in deck-seeded meets, informing swimmers of their heats and lane assignments and distributing time cards, if used.
- If given the authority by the Referee, to combine heats and move swimmers from one heat to another in the interest of saving time or fair seeding.

s) At the discretion of the Meet Manager, the **Marshall** may be assigned responsibility for:

- Serving as deputy Clerk of the Course, assisting in all matters relating to the duties of the Clerk.
- Having full charge of the working deck and the marshalling area in order to control swimmers.
- When authorized by the Clerk of the Course, scratching swimmers who fail to report to the marshalling area when called.
- Assisting in maintaining quiet and stillness on the pool deck during starts and working to prevent any obstruction of all officials' views of the finish of races.

t) The **Chief Meet Recorder** shall be responsible for:

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- Ensuring that BCSSA rules covering place judging and timing are properly applied.
- Determining the final order of finish and official times of all swimmers.
- Ensuring that all disqualifications are properly noted.
- Referring disqualifications, not noted in the proper form or content, to the Referee.
- Referring contentious issues to the Referee.
- Informing the Referee of any ties that may result in a swim-off.
- Ensuring that an accounting of all points achieved during the meet is kept.
- During sessions of preliminary heats:
 - Receiving and processing Lane Recorder, Place Judge an/or Electronics reports for each event.
 - Compiling and posting a complete list of results for each preliminary heat.
 - Compiling a list of swimmers, including the two highest ranked alternates, who are to advance to finals and consolation finals in each event. This list shall show the swimmers' names, their affiliations and their times.
 - Providing copies of the above lists for posting, to the announcer and to any officials responsible for preparing the program for finals.
- During sessions of finals and timed finals:
 - Receiving and processing Lane Recorder, Place Judge, and/or Electronics reports for each event.
 - Compiling a list of swimmers in the order of finish. This list shall show the swimmers' names, affiliations, official times [with new pending records noted], final placings and any disqualified swimmers.
 - Assisting the Meet Manager in producing a complete list of meet results for distribution.

u) The **Announcer** shall be responsible for:

- Having the discretion to open and close meet sessions with suitable remarks.
- Assisting the officials by making announcements, securing attention and requesting silence for starts.

- Having the discretion to inform spectators of each new event, distance, number of lengths and stroke to be used.
- Having the discretion to identify the swimmers at their starting stations prior to, or during, the race.
- Having the discretion to provide a running commentary during the events.
- Refraining from “calling” the unofficial order of finish, albeit ‘unofficially’, in all but the most obvious of spread-out finishes.
- Being thoroughly familiar with all aspects of the running of the meet and having a good understanding of the Rules.

v) The **Recall Rope Operator** shall be responsible for:

- Taking a position in proximity to the release mechanism of the recall rope for the start of each race.
- Upon a recall signal from the Starter or Referee, dropping the rope to the surface of the water to stop the swimmers.

w) The **Safety Marshals** shall be responsible for:

- Ensuring that warm-up rules are followed.
- Ensuring that all activities in the pool area during the warm-up period are safe.

4.5.2 Rules of Meet Conduct

a) Warm-Up

- All participants, including Athletes, coaches and others shall comply with warm-up rules.
- The Meet Manager shall be responsible for ensuring that warm-up rules are followed.
- Non-compliance with these rules shall result in a warning or removal from the warm-up pool and possible further consequences at the discretion of the Referee.
- The Meet Manager shall designate Safety Marshals to actively monitor the warm-up period and ensure compliance with these rules.
- Coaches shall notify Safety Marshals of any disabled swimmers who are participating in warm-ups.
- Safety Marshals shall ensure that:

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- Coaches or coach designates supervise on deck during the warm-up period.
 - Swimmers enter the water feet first in a cautious manner.
 - No running on the pool deck.
 - No diving from the side of the pool.
 - Notices/barriers are placed on starting blocks to prevent diving during the general warm-up period.
 - Diving starts are only permitted in designated sprint lanes during the warm-up period.
 - Lanes shall be open primarily for 'Circle Swimming' during the general warm-up period.
 - Coaches and swimmers shall allow backstrokers and disabled swimmers the 'right of way' for safety purposes.
- During the warm-up period, swimmers may use flutter boards and pull buoys.
 - During the warm-up period, swimmers may not use hand paddles or flippers (zoomers).

b) Competition

- Qualifying times and/or dequalifying times may be set by the Meet Manager in order to tailor events to specific levels of swimmers.
- The starting times for each session shall be advertised. Should the Meet Manager feel it is appropriate to change the published starting times, all affected clubs and swimmers shall be informed.
- The competition pool should be open to all swimmers and meet officials at least one hour before each session.
- The order of events for a meet shall be published in advance and shall not be altered except with the approval of the Referee and Meet Manager. Any changes shall be conveyed to all participating clubs in a reasonably timely manner.
- The Referee shall have the authority to cancel or postpone any meet or event if the competition cannot be conducted or completed safely and in fairness to the swimmers.
- If an event is postponed, it shall be held at a future time with the swimmers who were originally entered eligible to participate. If a meet is postponed to another day, all events that were not completed shall be repeated, except that when Heats leading to Finals have been completed, then only the Finals shall be swum when the meet resumes.

c) Meets shall be composed of races that may be of four types:

- Timed Final events:
 - Events in which each swimmer swims only once for time.
 - The final placing of swimmers shall be determined on the basis of times.
 - Events to be conducted as Timed Final events shall be so designated on meet information forms.

- Preliminary Heats:
 - Races in heats and finals meets where swimmers compete to qualify for starting positions in finals or consolation finals.

- Finals:
 - Races that conclude events in heats and finals meets in which the swimmers with the fastest times in Preliminary Heats compete for final placings.
 - When there is a scratch from a Final, the top seeded swimmer who did not qualify for the Final may swim in the lane left vacant.

- Consolation Finals:
 - Races that may be held in heats and finals meets for the second level of qualifiers, who did not qualify to compete in the final.
 - Are generally swum immediately prior to the Final of the same event.
 - Alternates shall be moved up from the ranks of the non-qualifiers to fill any vacant lanes in a Consolation Final.
 - The highest final event placing possible for swimmers in a Consolation Final is one below the number of working lanes in the pool.

d) Calling of Athletes and Alternates

- Swimmers and alternates are responsible for reporting to the Clerk of the Course in time for their race.
- The Clerk shall announce the event at least twice, with at least two minutes between each announcement.

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- It is the responsibility of each Athlete to be close enough to the Clerk to hear these announcements and to make their presence known to the Clerk.
- The Clerk shall not make “personal calls.”
- If the Clerk has completed the required calls and a swimmer has not checked in, the Clerk shall conclude that swimmer does not intend to compete in that event and shall replace the swimmer with the designated alternate.
- Should this occur, the Clerk shall call the alternate, allowing a minimum of one minute for him/her to report.
- Once an alternate has been called, the listed qualifiers and any previously called alternate are irrevocably scratched from the event.
- Simplified Marshalling Procedure (SMP)

At the discretion of the Meet Manager, a Simplified Marshalling Procedure may be used for some or all preliminary and/or s/b Timed Finals sessions of a BCSSA hosted meet.

- If the SMP is to be used, the Meet Manager shall inform all participating clubs prior to the meet start, and shall also specify, in the Meet Package, the sessions and/or events for which it will be in effect.
- Under the SMP, the swimmer has sole responsibility for being behind the blocks and ready to swim when the referee calls their race. There will be NO check-in, marshalling, or announcing of events.
- As space permits, the Meet Manager may provide a ‘green room’ area for the swimmers to congregate prior to their race.
- The Meet Manager shall post current heat sheets in a conspicuous location to allow swimmers to verify their event, heat and lane assignments.
- In the event that a swimmer is NOT behind the blocks when the referee calls their race, then the referee may call the designated alternate, if any, to swim in their place. In this case the original swimmer shall be deemed a ‘late scratch’.
- The alternate shall identify himself/herself to the referee, and shall report immediately to the correct lane as directed by the referee.

e) Swim-Off

- A Swim-Off is a race held for the express purpose of resolving a tie in preliminary heats for the last qualifying starting position(s) or alternate position(s) in a Final or Consolation Final.
- All swimmers involved in the tie shall be allowed to participate in the Swim-Off and only those swimmers involved may take part.
- An Athlete may scratch from a Swim-Off without penalty, in which case the person scratching shall be given the ranking next in line following any other Athletes eligible for the Swim-Off who do not scratch and shall be eligible for points, if any, for the reassigned position.
- A swimmer may scratch from a Swim-Off for a position in the Final and be assigned to a position in the Consolation Final in the same event.
- The time at which a Swim-Off will take place shall be set by the Referee. Before setting the time for a Swim-Off, the Referee shall check with the coaches of the swimmers involved to ascertain if the proposed time unduly jeopardizes their participation in other events.
- Times made in a Swim-Off shall be recorded and may count as records, but they may not elevate any of the swimmers beyond the highest qualifying position for which they were tied.
- Any disqualification that occurs during a Swim-Off shall apply to the Swim-Off only. A swimmer disqualified in a Swim-Off is eligible to participate in a subsequent final or consolation final as an alternate and/or participate in the consolation final, when applicable.

f) Working Deck

- Certain areas of the pool, known as the 'Working Deck,' shall be out of bounds to all but working officials during meets.
- Unless otherwise defined by the Meet Manager or Referee, the Working Deck shall consist of those areas within 1.8 m of the sides and turning end of the pool and within 4.5 m of the finished end. The limitations of the design of the pool may dictate differing dimensions.
- Unauthorized intrusion into such areas by swimmers, coaches, or any other persons may warrant, at the discretion of the Referee, disqualification from all remaining events in the meet or expulsion from the pool area for the remainder of the meet.

g) Swimwear

- The referee shall exclude any Athlete whose swimwear does not comply with this rule.
- To be worn in competition, a swimsuit shall have the following characteristics:
 - It shall either be included on the currently approved FINA swimwear list or otherwise meet all parameters of this Section.
 - It shall be non-transparent.
 - It shall be made only of textile fabric(s).
 - It shall not include a zipper or other fastening system.
 - A man's swimsuit shall not extend above the navel or below the knee.
 - A woman's swimsuit shall not extend above the shoulder or below the knee.
 - In cases of religious and gender identification, Section 1.5.2.g may be exempted.
- An otherwise illegal suit may not be modified to make it legal.
- A swimmer may wear only one swimsuit in competition. Decorative arm bands or leg bands may be worn during a race if they do not pose a safety risk to the swimmer or other swimmers and that they meet the rules and regulations of the facility. (For clarity, a wrist watch is considered a decorative arm band)
- A swimmer shall not wear or use any electronic visual or hearing device that may impart coaching, or any device that may aid speed or buoyancy during a race. Nose clips, caps and goggles are permitted.
- A swimmer shall not wear any kind of tape on the body unless approved in advance by the Referee, such approval to be granted only if the tape is needed for a valid medical reason, such as wound closure, and if it in no way provides a competitive advantage compared to the same swimmer competing without the tape.
- Kinesiology tape is not permitted at any time.
- A swimmer may wear two caps.
- Swimwear, including swimsuit, caps, nose plugs and goggles shall not contain any symbols, text, graphics or other visual elements violating the BCSSA Harassment Policy.

4.5.3 Entries and Scratches

- a) Late entries, deck entries or substitutions may be permitted at the discretion of the Meet Manager.
- b) The Meet Manager may elect to hold a 'Scratch Meeting' prior to the first session of each day's competitions. If held, such a meeting shall take place at the pool at a time specified by the Meet Organizing Committee in its Meet Information/Entry Forms.
- c) Failure of a swimmer to report to the Clerk of the Course when an event is called may be considered a scratch.
- d) Failure of a swimmer to take position at the starting platform when the heat is called by the Referee may be considered a scratch.

4.5.4 Heats, Seeding and Lane Assignments

- a) Except as indicated otherwise in the meet invitation, the provisions of this Section shall apply to all BCSSA meets.
- b) Where there are more swimmers or relay teams entered in preliminary heats or time-finals than there are lanes in the pool, there shall be multiple heats:
 - The heat a swimmer is assigned to shall be based on seeding for the event.
 - Wherever possible, all heats shall include at least three swimmers. This may necessitate transferring one or two swimmers from the preceding or following heat.
 - Scratches may reduce the number of swimmers in any heat to less than three.
- c) Swimmers, including relay teams, shall be seeded from fastest to slowest based on times:
 - In the case of preliminary heats and time-finals, the times shall be submitted entry times.
 - In the case of finals and consolation finals, the times shall be those attained in preliminary heats.
 - Swimmers with identical times shall be ranked by draw.
 - Swimmers without entry times shall be ranked by draw and seeded slowest.
 - In the case of timed-finals:

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- Swimmers seeded highest shall be assigned to the last heat, the second-highest-seeded group shall be assigned to the second-last heat and so on.
 - The last heat shall be filled before any swimmers are assigned to the second-last heat, the second last heat shall be filled before dealing with the third-last and so on.
 - The Meet Manager may elect to reverse the order of heats, with the highest-seeded first and the lowest-seeded last.
- d) Lane assignments within each heat of a time-final or in a final shall be as follows:
- The highest-seeded swimmer shall be assigned to the centre lane in any pool with an odd number of working lanes, or the lane immediately to the right of centre, facing the course, in pools with an even number of lanes.
 - The second highest-seeded swimmer shall be placed in the lane immediately to the left of the fastest, the third highest-seeded on the right, and so on alternately from left to right working outward.
- e) Lane assignments for preliminary heats shall be as follows:
- Where there is just one heat, lane assignments shall be as in [4.5.4.c.](#)
 - Where there are two or three heats:
 - The highest-seeded swimmer or relay team, shall be placed in the last heat, the next highest-seeded in the next to last heat and the third highest seeded in the second to last heat. Each shall be assigned the centre lane in any pool with an odd number of working lanes, or the lane immediately to the right of centre, facing the course, in pools with an even number of lanes.
 - This process will be repeated with the next highest-seeded swimmers, with the second highest-seeded swimmer in each heat being assigned to the lane immediately to the left of the highest-seeded swimmer.
 - The third highest-seeded swimmer in each heat shall be assigned to the right of the highest-seeded swimmer.
 - Left to right alternating will continue until all swimmers are assigned.

- Where there are four heats or more:
 - The highest-seeded of the swimmers sufficient to fill the last three heats (unless one or two swimmers are required to make a minimum of three swimmers in a fourth heat) shall be seeded as described in [4.5.4.d](#).
 - All heats preceding the last three heats shall be seeded as described in [4.5.4.c](#).

Example:

8 Lane Pool-23 Athletes

Lane	8	7	6	5	4	3	2	1
Heat 1		18	12	6	3	9	15	21
Heat 2		17	11	5	2	8	14	20
Heat 3	22	16	10	4	1	7	13	19

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Example:

8 Lane Pool-17 Athletes

Lane	8	7	6	5	4	3	2	1
Heat 1			12	6	3	9	15	
Heat 2		17	11	5	2	8	14	
Heat 3		16	10	4	1	7	13	

Example:

6 Lane Pool-32 Athletes

Lane	6	5	4	3	2	1
Heat 1			31	30	32	
Heat 2		28	26	25	27	29
Heat 3	24	22	20	19	21	23
Heat 4	18	12	6	3	9	15
Heat 5	17	11	5	2	8	14
Heat 6	16	10	4	1	7	13

4.5.5 The Race — General

- When a swimmer is the only Athlete, the race must be swum according to the rules of the required stroke and the full distance swum in order to qualify for any prize, points, or advancement.
- All BCSSA Rules shall apply to swimmers with disabilities, except the referee shall permit variations and exceptions that aid a swimmer with a disability without providing them any advantage over another swimmer.
- A minimum of 20 minutes shall pass between the starts of any two races within the same Athlete category in which the same swimmer is competing.

- d) For a time to be official, it must be made in the relevant stroke-event, [e.g., backstroke in backstroke event]. All times made in a freestyle event shall be recorded as freestyle, no matter what stroke is swum.

4.5.6 The Start

- a) The Referee and Starter shall exercise sound judgement in starting each race, with the object of achieving a fair start. They may elect, at any time, to direct swimmers to step back or to stop the race and re-attempt the start without any disqualifications or penalty.
- b) The starting signal for each race shall generally be either the loud, abrupt sound of an approved electronically activated device combined with the flash of a light or a pistol shot. Should neither of these options be available, the referee may permit the use of a whistle or command to serve as the starting signal.
- c) The start in Freestyle, Breaststroke, and Butterfly races shall generally be with a dive from the starting platform or from the pool deck. The Referee may permit a swimmer to start in the water.
- d) The start in Backstroke and Medley Relay races shall be in accordance with the rules of Backstroke.
- e) At the start, the Referee shall:
- Have the discretion to permit swimmers to briefly enter and then leave the water if one or more swimmers requests a 'wet start.'
 - Check that all officials and swimmers are ready and in position.
 - Signal the swimmers to take their positions of readiness with a whistle and raised arm requesting quiet.
 - When the swimmers are ready and spectators are quiet, turn the race over to the Starter with a second whistle and a motion of the arm.
 - Have the discretion to disqualify a swimmer who reports to the starting area after the Referee has turned the race over to the Starter.
 - Ensure that the Starter is properly controlling and executing starts.
- f) At the start, the Starter shall:

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- When conditions warrant, such as when novice swimmers are involved, remind the swimmers of the stroke(s), number of lengths and similar information.
- Hold the starting device in clear view of all Timers while giving the command: 'Take your marks' in a slow and steady voice.
- Give swimmers a reasonable opportunity to assume their starting stances and become stationary.
- Give the starting signal as soon as all swimmers appear to be ready to start and are exhibiting no forward motion.

g) At the Start of a race requiring a diving start, each Swimmer shall:

- Enter the water prior to the race only when the Referee has given permission to do so briefly to enable a 'wet start.' Should such permission have been granted, the swimmer shall enter and leave the water quickly without swimming beyond the first backstroke flags.
- Upon hearing the first Referee's whistle, take a position of readiness with at least one foot at the front of the starting platform, or at the edge of the pool.
- Upon hearing the command "Take Your Marks," immediately assume a starting stance at the front of the starting platform, and at least one foot remaining at the front of the starting platform, or at the edge of the pool.
- Once in position, remain in position until the starting signal is given or until the Starter or Referee directs them to relax.

h) At the Start of a race requiring a start in the water, each Swimmer shall:

- At the Referee's first whistle, immediately enter the water and move without undue delay to the ready position.
- Assume a position with their back to the course, both hands holding the starting grip[s], the lip of the pool, gutters, or the end of the pool, with both feet in contact with the end wall and ready to swim.
- Upon hearing the command "Take Your Marks," immediately assume their starting stance and remain stationary until the starting signal is given.

4.5.7 False Starts

- a) A False Start is any action or lack of action on the part of one or more swimmers while under the command of the Starter, which delays or spoils the achieving of a legal start.
- b) Misfiring of the starting signal or subsequent accidental firing of the starting signal shall not constitute a False Start. Should either of these occur, the Starter shall inform the swimmers and attempt another fair start.
- c) Any swimmer who commits a False Start during an attempt at a start shall be disqualified.
- d) Types of False Start include the following:
 - Any swimmer starting before the starting signal has been given.
 - Introduction of movement after taking their marks: One or more swimmers introduce forward movement after having taken a starting stance.
 - Leaving their marks early (jumping the gun): One or more swimmers start, or topple, from their marks, before the starting signal is given.
 - Toes or feet in the gutter: If a Backstroker takes a 'ready' position with toes curled over the gutter or one or both feet partially or fully in the gutter, the Referee or Starter shall direct the swimmer to remove them from the gutter and this shall not be a False Start. If a Backstroker puts one or both feet in the gutter or curls toes over the gutter after the command, 'Take Your Marks,' the Starter shall relax the swimmers and declare a False Start.
- e) The Referee may permit a swimmer disqualified for a False Start to swim the race, but the disqualification shall be treated as if the swimmer had not been permitted to swim the race.
- f) A disqualified swimmer shall not be permitted to swim under protest. If a protest is made and is successful, the swimmer concerned shall swim alone at a time determined by the Referee.
- g) The Referee or Starter may disqualify a swimmer at any time prior to and during the time under the jurisdiction of the Starter for flagrantly delaying the progress of the meet. This may include:
 - any delaying action, or lack of action, on the part of the swimmer, such as being flagrantly slow in heeding the commands of the Referee or the Starter, or making no

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- apparent attempt to hold the mark after the command "Take Your Marks," or,
 - any other form of contemptuous behaviour.
- h) If a False Start is declared before the starting signal, the signal shall not be given, the remaining swimmer(s) shall be directed to relax, the offending swimmer(s) disqualified and the race started.
- i) If a False Start is declared after the start signal has been given, the following procedures shall be followed:
- The race shall continue and the swimmer(s) shall be disqualified upon completion of the race.
 - If a False Start causes the Starter or Referee to signal a recall in error, the swimmers shall be recalled, the offending swimmer(s) disqualified and the race started again.

4.5.8 During the Race

- a) Coaching of a swimmer is not permitted within the Working Deck. The Referee may disqualify any swimmer who receives aid or advice from the Working Deck during a race.
- b) Interference in a Final
- If, in the opinion of the Referee, a swimmer(s) interferes with another swimmer(s) competing in a Final, the interfering swimmer(s) shall be disqualified.
 - Should this occur, the race shall be swum again at a time determined by the referee, with all swimmers taking part, except those disqualified.
 - Only the times and places achieved in the reswim shall be official for determining final places in the event.
 - The Referee may elect to not hold a reswim only if all swimmers participating in the race agree to a compromise solution.
- c) Interference in a Preliminary Heat or Time-Final
- If, in the opinion of the Referee, a swimmer(s) interferes with another swimmer(s) competing in a Heat or Time-Final, the Referee shall have the sole discretion to arrange one of the following forms of reswim:

- Allowing the interfered swimmers to compete in subsequent scheduled heats, or
 - Reswimming the interfered swimmers only to determine official times and places, or
 - Reswimming all the swimmers in the fouled heat, except those disqualified, to determine new official times and places, or
 - Reswimming all the swimmers.
- d) Before setting the time for a reswim, the Referee shall check with the coaches of swimmers involved to ascertain if the proposed time unduly jeopardizes their participation in other events.

4.5.9 Strokes

- a) In all strokes, the swimmer may stand on the bottom of the pool and/or rest on float lines or at the side of the pool with the body in the water.
- b) In all strokes, the swimmer shall not leave the water nor advance by walking along, or springing from, the bottom of the pool or by pulling on a float line or a side of the pool.
- c) If the swimmer surfaces in the wrong lane after the start or a turn, in all strokes, the swimmer may pass below a lane rope to return to the correct lane. The swimmer shall maintain the legal stroke position and legal stroke for the stroke the swimmer is swimming. This must be accomplished before the end of the lap.
- d) Freestyle
 - The swimmer may use any style or stroke combination.
 - At each turn and at the finish:
 - Some part of the swimmer's body shall touch the end wall or cross the imaginary vertical plane.
 - If the swimmer fails to touch at a turn, the swimmer may return to the wall and touch with any part of the body provided that the length after the failed touch has not yet been completed.
 - Some part of the swimmer shall break the surface of the water throughout the race, except that the swimmer may completely submerge at the start and during each turn for a distance of not more than 15 metres. By that point, the swimmer's head shall have broken the surface.

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e) Backstroke

- At the start, the swimmer shall:
 - Prior to the starting signal, assume a position with their back to the course, both hands holding the starting grip[s], the lip of the pool, gutters, or the end of the pool, with both feet in contact with the end wall and ready to swim.
 - Not stand in or on the gutter, or bend toes over the lip of the gutter.
 - After the command "Take Your Marks," assume a starting position and remain stationary until the starting signal is given.
- At the start and after each turn, the swimmer shall push off and swim on the back at all times, except when executing a turn. The swimmer's position on the back may include a roll movement of the body up to, but not past 90° from horizontal as determined by the line of the shoulders. The position of the swimmer's head is not relevant.
- Some part of the swimmer must break the surface of the water throughout the race, except that once some part of the head of the swimmer has passed the 5 metres mark immediately prior to reaching for the finish, the swimmer may be completely submerged. It is also permissible for the swimmer to be completely submerged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.
- When executing each turn, the swimmer shall touch the wall with some part of the body. A swimmer may scull back to touch the wall to complete the turn if the wall is missed.
- During a turn, the swimmer may turn over to the breast under the following conditions:
 - It shall be part of a uniform, unbroken turning motion with no pauses.
 - Upon turning over to the breast, the swimmer shall either immediately initiate the turn or begin one continuous arm pull — using one arm or two arms simultaneously — to initiate the turn.
- The swimmer shall be on the back upon leaving the wall.

- At the finish, the swimmer shall touch the wall while on the back and shall not roll past 90°.

f) Breaststroke

- After the start and after each turn:
 - The swimmer may take one arm stroke completely back to the legs, during which the swimmer may be submerged.
 - At any time prior to the first breaststroke kick, after the start and after each turn, the swimmer may take one dolphin kick.
- From the beginning of the first arm stroke after the start and after each turn, the swimmer's body shall remain on the breast, except at the turn, after the touch of the wall where the swimmer may turn in any manner as long as the swimmer's body is on the breast when leaving the wall.
- From the start and throughout the race:
 - The swimmer's stroke cycle shall be one arm stroke and one leg kick in that order.
 - All movements of the arms shall be simultaneous without alternating movement and may vary in length throughout the race.
 - The swimmer's hands shall be pushed forward from the breast on, under or over the water
 - The swimmer's elbows shall be under the water except for the final stroke before the turn, during the turn and for the final stroke at the finish.
 - The swimmer's hands shall be brought back on or under the surface of the water.
 - The swimmer's hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
- During each complete cycle:
 - Some part of the swimmer's head shall break the surface of the water before the hands turn inward at the widest part of the second stroke.
 - All movements of the swimmer's legs shall be simultaneous and on the same horizontal plane without alternating movement.

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- The swimmer's feet:
 - Shall be turned outwards during the propulsive part of the kick.
 - The swimmer shall not use a scissor, flutter or downward dolphin kick except as provided for in [4.5.9.f](#).
 - The swimmer may break the surface of the water with the feet, unless this is followed by a dolphin kick.
- At each turn and at the finish of the race:
 - The swimmer's touch shall be made with both hands separated and simultaneously, at, above or below the water level and the hands shall not be stacked one on top of the other.
 - At the last stroke before the turn and at the finish, the swimmer may take an arm stroke not followed by a leg kick.
 - The swimmer's head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

g) Butterfly

- From the beginning of the first arm stroke after the start and after each turn, the swimmer's body shall remain on the breast.
- The swimmer may be on the side while underwater kicking.
- The swimmer shall not roll onto the back at any time, except at the turn after the touch of the wall where the swimmer may turn in any manner as long as the body is on the breast when leaving the wall.
- The swimmer shall bring both arms forward together over the water and backward simultaneously throughout the race, subject to [4.5.9.g](#).
- All of the swimmer's up and down movements of the legs shall be simultaneous.
- The swimmer's legs or feet need not be on the same level, but they shall not alternate in relation to each other.
- The swimmer may use the 'dolphin' or 'whip' or 'frog' kick and may switch from one to the other at will.
- At each turn and the finish of the race, the swimmer's touch shall be made with both hands separated and simultaneously,

at, above or below the water level and the hands shall not be stacked one on top of the other.

- At the start and at each turn:
 - The swimmer may take one or more legal kicks and one arm pull under the water, after which the swimmer shall be at the surface.
 - The swimmer may be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the swimmer's head shall have broken the surface and some part of the swimmer's body shall remain on the surface until the next turn or finish.

h) Individual Medley

- The swimmer shall swim the prescribed distance as follows: the first one-fourth, Butterfly, the second one-fourth, Backstroke, the third one-fourth, Breaststroke, the fourth one-fourth, Freestyle.
- The swimmer shall abide by the rules of the individual stroke while swimming that segment of the race.
- In the freestyle segment, the swimmer shall employ asymmetrical or no arm movements and shall remain primarily on the breast. The swimmer may rotate past the vertical while performing such a style, but shall not exhibit a backstroke arm pull.
- The swimmer shall end each stroke with a legal touch as prescribed by the rules for that stroke.
- When changing from one stroke leg to the next, the swimmer may turn in any manner once a legal touch has been made, but the swimmer shall then attain the form of the stroke of the next leg of the race in accordance with the rule for that stroke.

i) Relays

- Relay team members:
 - There shall be four swimmers on each relay team. Each swimmer shall swim one-fourth the prescribed distance.

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- Participation in a relay shall be limited to swimmers entered in the meet. If a swimmer is in a relay[s] only, the swimmer's name shall appear with the notation 'relay only.'
 - A relay team may consist of swimmers from the division associated with the event plus swimmers from any lower division or divisions. At least one member of the relay team shall be from the division entered.
 - For each relay event, as designated by a unique event number, a swimmer shall be limited to competing as a member of one relay team only. This limitation includes an alternate who has swum.
 - The names of four relay team members, plus up to two alternates, shall be entered on the Relay Team Entry Form. The form shall be provided to the Clerk of the Course at the prescribed time before 'checking in' for the event. Failure to report the correct swimmer names shall result in disqualification.
 - Changes to the names of relay team members shall not be permitted after 'checking In.'
 - A swimmer may not compete for one relay team in a preliminary heat and a different relay team in the final of the same event.
- Relay teams in heats and finals meets:
 - When a club enters two or more teams in any one relay event and more than one team advances to the finals, a swimmer who competed for one team during heats shall not compete for a different team in the finals.
 - A swimmer who competed on a relay team that was disqualified in heats may not participate in finals of the same event for another relay team.
 - Except for the limitations described in ["4.5.9.i"](#), between heats and finals, the swimmers competing for a relay team may be changed as long as all swimmers competing for the relay team in the finals were named on the Relay Team Entry Form submitted prior to the heats.
- The relay race:
 - The lead-off swimmer starts with the starting signal. Before starting any other segment of the relay, each succeeding swimmer must assume a forward starting position in contact

with the starting block or equivalent pool deck space of the block. The relieving swimmer must be in contact with the starting block or equivalent pool deck space of the block after the preceding swimmer completes their portion of the leg.

- Each leg of a relay shall be swum in accordance with the rules of the applicable stroke. Rules for the freestyle segment(s) shall be as defined for the individual medley (["4.5.9.h"](#)).
 - When a swimmer leaves the starting mark before the previous swimmer touches, the team shall be disqualified unless the offending swimmer returns to the wall and touches before beginning the assigned leg of the relay.
 - Each swimmer who finishes their stroke segment shall leave the water as soon as possible without obstructing any other swimmer who has not yet finished their stroke segment.
 - A swimmer who has left the water shall not re-enter the water.
 - Should any member of a relay team be disqualified, the relay team shall be disqualified.
- In a freestyle relay, there shall be four different swimmers on each team, each swimming a segment that is one quarter of the prescribed distance of the race.
 - In a medley relay, there shall be four swimmers on each team, each swimming a different stroke over one-fourth of the prescribed distance of the race. Segments shall be swum in the following order: first, Backstroke; second, Breaststroke; third, Butterfly; and fourth, Freestyle.

4.5.10 The Finish

- a) A swimmer shall have finished the race when, after having completed the prescribed distance, any part of the body touches the finish wall, crosses the vertical plane [imaginary] extending upward from the finish wall, or touches the touch pad in the assigned lane.
- b) Once having left the water at the finish of an event, a swimmer shall not re-enter the water without permission.

4.5.11 Disqualifications

- a) With the exception of the Referee, a disqualification shall be initiated only by an official who personally observes an

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infraction occurring within that official's assigned sphere of responsibility.

- b) Should a BCSSA-approved video recording system be in use, the Referee may use its results for review of relay take-offs and stroke and turn decisions and may make disqualifications based on evidence recorded by such a system. The use of such video evidence, including its interpretation, shall always be entirely at the discretion of the Referee.
- c) The Referee shall ensure that all reasonable efforts are made to inform a disqualified swimmer, or the swimmer's coach, of the full particulars of the disqualification within 15 minutes of the infraction.
- d) The reason for the disqualification, the disqualifying official's name and the time of the disqualification shall be written on the prescribed disqualification form.

4.5.12 Protests and Jury of Appeal

a) Protests

- Protests affecting the right of a swimmer to compete in any race shall be made in writing to the Referee before the race is held.
- Any protest arising from the competition itself shall first be made to the Referee verbally, by a club representative (the protester), within 30 minutes of the issue arising.
- If the referee does not satisfy the protester immediately upon communicating the verbal protest, the protester may then submit a written protest to the Referee.
- In order to submit a written protest, the protester shall declare the intention to make a written protest immediately following the Referee's verbal decision.
- To be considered, a written protest shall be submitted to the Referee within 30 minutes of the protester declaring the intention to submit a written protest.
- Upon receiving a written protest within the permitted time, the Referee shall hand the protest to the Meet Manager for the consideration of a Jury of Appeal.
- The results of any race conducted under protest, or of any protested race, shall not be announced or published and no prizes or scoring points awarded until the protest is withdrawn or resolved.

b) Jury of Appeal

- The Meet Manager may appoint a Jury of Appeal for the entire meet or for a specific protest:
 - The Meet Manager may serve as chair of the Jury or may elect to appoint another senior official to that role. The chair shall have no vote.
 - The members of a Jury, excluding the Chair, shall be of an odd number, preferably three or five.
 - The Meet Manager shall select members of the Jury from among officials in attendance at the meet, endeavoring to include neutral and experienced officials who were not directly involved or who may be perceived to have a conflict of interest in the protested event.
- Upon receiving a written protest from the Referee, the Meet Manager shall convene the Jury as early as is practicable and reach a decision on the day the written protest is filed:
 - The Jury shall conduct its business in private.
 - The protester and the referee, or other person whose decision is being disputed, shall each have the right to present their case to the Jury.
 - The Jury may hear additional evidence as it sees fit. Such evidence shall not include video footage of a disqualification, except when recorded by the BCSSA-live feed, and then only for the purposes of identifying the correct event, heat, lane and official.
 - The Jury shall reach a decision by majority vote as soon as is practicable.
 - The chair of the Jury shall prepare a Jury Record, which all members of the Jury shall sign.
 - The Jury Record shall be a written formal record of the decision, including a description of the incident, initial decision and protest, the Jury members, witnesses called, the final decision and a brief description of the rationale.
 - Upon a Jury decision, the chair shall immediately inform the protester and the referee and, upon request, shall provide them with a copy of the Jury Record.
 - Any decision of a Jury of Appeal may be appealed to the Appeals Committee of the BCSSA, as provided for under Section 3.1 of these rules.

●
4.5.13 Timing

a) General

- All official times shall be determined according to these rules and published in the official results.
- Official times shall be measured by accurate digital stopwatches (“manual timing”) operated by lane timers or by a BCSSA-approved automatic judging and timing system (“automatic timing system”).
- Times shall be recorded to 1/100 of a second.
- Swimmers with identical times shall be tied for time and place.
- When used, time cards shall include the event number, stroke and distance, as well as the swimmer’s name, division/category and club. For relays, the name and division/category for each swimmer will also be included.

b) Automatic Timing System

- An automatic timing system, including a video recording system, shall be approved by BCSSA prior to use at a BCSSA sanctioned meet.
- Electronic ‘touchpads’ and ‘plungers’ shall be considered parts of an automatic timing system.
- ‘Touchpads’ shall be considered the ‘primary’ part of the system, while ‘plungers’ shall be considered the ‘backup’ part of the system.
- The standard number of ‘plungers’ shall be three to capture an accurate backup time. Two plungers per lane may be used to record an official backup time; if this is the case, then the rule listed under [4.5.13.d](#) shall apply for all backup times.
- Lane timers shall depress the ‘plunger’ when the swimmer in their assigned lane has completed the required distance and any part of the swimmer’s body touches the ‘touchpad,’ the end wall of the pool or passes through the imaginary vertical plane extending upward from the end wall.
- When there is a malfunction of the ‘primary’ automatic timing system, the ‘backup’ automatic timing system or backup manual timing shall be used.
- A malfunction of the ‘primary’ automatic timing system shall not warrant the stopping of a race in progress. However, if the ‘backup’ automatic timing system or backup manual timing has also failed, the Referee shall stop the race in progress as quickly

as possible and arrange for it to be swum again after an appropriate rest period.

- When an automatic timing system is used, the placing and times determined by it shall be the official place and time unless a malfunction invalidates it.
- The Chief Meet Recorder, Chief Judge Electronic or Referee shall determine the validity of automatic timing system results and may overrule them in the event of a malfunction in order to ensure fair and valid results.
- The Chief Meet Recorder shall review results from the primary and backup systems for each heat. If there is a discrepancy of more than 0.30 seconds between the 'primary' time and 'backup' time, the Chief Meet Recorder may use their discretion to determine what time to record as the official time.

c) Manual Timing

- A minimum of two lane timers shall be assigned to each working lane. In addition, the Chief Timer should take the time of the first place finisher of each heat.
- Lane timers shall start their watches on seeing the 'flash' of the starting device.
- The Chief Timer shall start at least one 'backup' stopwatch at the start of each race. In the event of a stopwatch malfunction, the alternate stopwatch shall be used to record a valid time.
- A lane timer shall operate only one stopwatch at a time; a stopwatch shall be stopped only by the person who started it.
- Lane timers shall stop their digital stopwatches when the swimmer in their assigned lane has completed the required distance and any part of the swimmer's body touches the 'touchpad', the end wall of the pool or passes through the imaginary vertical plane extending upward from the end wall.
- All times measured by stopwatches shall be recorded on the prescribed time card or heat sheet.
- When times for a swimmer are obtained from more than three stopwatches, only the times of the three officially assigned stopwatches shall be recognized in determining the official time.

d) Determining Official Times

- If the touchpad time of an automatic timing system is valid, then the touchpad time shall be considered the official time.

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- If manual times or backup times from an automatic timing system must be used then the following applies:
 - If two out of the three 'plungers'/stopwatches record the same time and the third disagrees, the two identical times shall be the official time.
 - If all three 'plungers'/stopwatches disagree, the middle time shall be the official time.
 - If only two out of the three 'plungers'/ stopwatches are considered valid, the arithmetic average, rounded up to the next 1/100 shall be the official time.
- Official times shall not be determined by combining times from an automatic timing system and manual timing.

4.5.14 Order of Finish

- a) All races must be place judged as well as timed.
- b) At the discretion of the Meet Manager, a meet may function with the Referee, Starter and one additional official, where available, serving the function of place judges. In such circumstances, the referee shall be considered the Chief Place Judge.
- c) Each place judge shall record the placings of all swimmers in each race.
- d) When an event involves multiple heats, the order of finish shall be established by comparing the official times of all swimmers. Swimmers with the same time shall be tied in the overall order of finish.
- e) When a tie occurs for the last qualifying or alternate position for a final or consolation final, a swim-off shall be conducted.
- f) When an automatic timing system is used:
 - When the touchpads or a video recording system are determined to have worked correctly for all swimmers, the official places shall be those measured and recorded by the system.
 - When the touchpads or video recording system are unavailable for the entire heat, the plunger times shall be used to determine the order of finish.
 - When the touchpads or video recording system provide valid placings, but invalid times for the entire heat, the places provided by the touchpads or video recording system shall be

official and the official times shall be adjusted as necessary according to [4.4.13.d](#).

- When the touchpads or video recording system fail to provide valid placings and times for some swimmers, the Chief Meet Recorder shall determine the official order of finish by reference to the place judge slips, plunger times and touchpad results:
 - When the plunger times are inconsistent with the official order of finish so determined and the inconsistency involves swimmers, all of whose official times are backup times, the official times shall be determined according [4.5.14.g](#).
 - When the plunger times are inconsistent with the official order of finish so determined and the inconsistency involves swimmers, one of whose official time was a valid automatic time, the swimmer timed by the backup system shall be awarded a Judge's Decision and assigned a time equal to the valid automatic time of the swimmer involved in the discrepancy but a place in accordance with the official placings determined earlier. The results shall be annotated with a 'JD' to indicate that the swimmers are not tied.

g) When manual timing is used:

- A swimmer with a faster time shall not displace another who places ahead within the same heat according to a majority of the place judges.
- Where a swimmer is declared, by a majority of place judges, to have placed higher than another whose time is faster, both swimmers involved in the time discrepancy shall be awarded a Judge's Decision and assigned the same official times, which shall be determined by averaging the times of all the assigned watches. The results shall be annotated with a 'JD' to indicate that the swimmers are not tied.
- When a majority of the place judges do not agree on the placing of some swimmers within a heat, the order of finish of those swimmers shall be determined by their official times. If the official times are identical, the swimmers shall be tied.

4.5.15 Scoring

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- a) Except as indicated otherwise in the meet invitation, the provisions of this Section shall apply to the scoring of all BCSSA meets.
- b) In a meet with finals, points shall only be awarded to those who compete in finals or consolation finals.
- c) Disqualified swimmers and those who scratch shall not be awarded points, except for swimmers who scratch from swim-offs, and remain eligible for points based on their final placings.
- d) When two or more swimmers tie for a place, the total of the points for the place and for the vacated place[s] next in line shall be equally divided, to fractions where necessary, among all swimmers involved in the tie.
- e) Meets with no consolation finals shall be scored as follows:
 - In a six lane pool: 7-5-4-3-2-1 for individual events, from first place through sixth place; double scores for relay events.
 - In an eight lane pool: 9-7-6-5-4-3-2-1 for individual events, from first place through eighth place; double scores for relay events.
- f) Meets with consolation finals shall be scored as follows:
 - In a six lane pool: 14-12-11-10-9-8; 7-5-4-3-2-1 for individual events from first place through twelfth place; double scores for relays.
 - In an eight lane pool 18-16-15-14-13-12-11-10; 9-7-6-5-4-3-2-1 for individual events from first through sixteenth place; double scores for relays.
 - Points shall not be awarded for the placings that are vacated due to a disqualification in a final or consolation final.
 - In meets where only some events have Consolation Finals, all events shall be scored as if they had Consolation Finals, with points assigned in order of finish to swimmers who would have qualified for a consolation final if there had been one in that event.

4.6 BCSSA POOL LAYOUT & EQUIPMENT

These following rules apply to competitions held in enclosed water pools in which the race course does not exceed 50 metres in length.

4.6.1 End Walls

- a) The end walls of a pool shall be parallel and vertical and so constructed that Athletes may push off with hands and feet when turning. The wall shall be smooth but not slippery and shall extend at least 80 cm below the surface of the water.
- b) When a bulkhead serves as an end wall, it must be extended from the full width of the course and present a smooth, non-slippery, stable, vertical surface extending not less than 80 cm below and 30 cm above the surface of the water. It shall be free of hazardous openings above or below the water line which may be penetrated by a swimmer's hands, feet, toes, or fingers. In pools wider than 9 metres, a bulkhead must be a design which provides for the free movement of officials along its length.
- c) When competitions are to be held in a 'Deck Level' pool, the exact location of the ends of the course must be clearly marked by large warning pennants or flags [at least 45 cm x 60 cm in size], or by lane number standards, or by starting platforms, or by other fixed and clearly visible markers in line with the face of the end wall. Such end-of-course warning devices must come within 30 cm of the surface of the water. A deck-level pool is herein defined as any pool in which the top edge of the pool [turning] walls, though interrupted by gutters, do not extend at least 20 cm above the normal competitive level of the water.

4.6.2 Lanes

- a) A lane shall be not less than 1.8 metres wide, unobstructed by steps, ladders, fountains, or overhanging pieces that may interfere with swimming or turning.
- b) Lanes should be numbered with Number one [1] starting on the right, facing the course.
- c) The center of each lane should be marked with a clearly visible line along the bottom of the pool.
- d) Lanes shall be separated by ropes strung with floats. [Non-turbulence-type floats are recommended]. In even lane pools of over four lanes, a different colour is recommended for the center lane rope.

4.6.3 Starting Platforms

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- a) Starting platforms [starting blocks] should not exceed 75 cm in height or be lower than 50 cm as measured from the normal competitive level of the water.
- b) The top surfaces of a platform should have a minimum size of 0.5 m x 0.5 m.
- c) The top of the platform should not slope towards the water more than ten° from the horizontal.
- d) The top surfaces, including steps, if any, should be non-slippery.
- e) The lane number should be clearly visible from all sides of the starting platform.

4.6.4 Backstroke Handgrips

- a) Firm handholds or grips allowing for a complete grip of hands must be provided for all backstroke starts.
- b) The backstroke grips may be vertical or horizontal and must be of a design that offers safe, secure handles within 30 to 60 cm above the water surface. Optional heights, both lower [for younger age groups] and higher, are recommended [e.g., a choice of gripping heights].
- c) The backstroke grips must not protrude through the vertical plane of which the end wall is a part.

4.6.5 Backstroke Pennants

- a) For events requiring the swimming of backstroke, ropes with clearly visible pennants or flags attached at intervals of at least one per lane, must be strung across the pool.
- b) The recommended distance is 5 metres from each end of the course at a height of not less than 1.3 m or more than 1.8 m [as measured from the bottom of the pennants] above the surface of the water.
- c) The Referee may approve pools with other satisfactory backstroke turn warnings for competitions.

4.6.6 15 Metre Marker

- a) Distinctive marks must be placed on both sides of the pool, and where possible, in each lane rope 15 m from each end wall.

4.6.7 Recall Rope

- a) A recall rope devoid of pennants or flags shall be suspended across the pool at a minimum height of 1.3 m above the surface of the water 15 metres from the starting end.
- b) The rope shall be attached to fixed points [standard or other] in a manner which allows for its immediate lowering to the surface when ordered.

4.6.8 Water

- a) Competitions may be held in fresh or salt water where there is no appreciable movement or current.
- b) The state of cleanliness and the bacterial count of the water shall be approved by the local health authorities.

4.6.9 Automatic Timing System

- a) As required by BCSSA rules, an automatic timing system must be approved by the BCSSA prior to its use at a meet. Such approval shall be subject to the system meeting the following requirements, in addition to any other requirements established by the BCSSA Board of Directors. A system must:
 - Provide digital times to 100ths of a second and the order of finish. These results should be displayed by a light board, preferably showing the results of all lanes as each lane finishes.
 - Be activated by the Starter.
 - Be equipped with a touch-pad on each lane which, when activated, causes the recording of the elapsed time since the start.
 - Preferably be equipped with touch-pads which:
 - extend at least 60 cm below the water surface and 30 cm above it.
 - are mounted in the center of each lane and are not less than 10 cm narrower than the lane.
 - have a maximum thickness of 1.00 cm.
 - are marked so as to conform with the rest of the pool and have a border at least 2.5 cm wide.
 - have sensitivity which will react to a light touch of the hand but not react to water turbulence.
 - have no sharp edges and provide a firm, safe surface for turns.

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- Have a Xenon flash and horn, which shall be activated by the starting signal.

4.6.10 Pool Depth

- a) For a start from a starting block, a minimum depth of 1.35 metres, extending from 1.0 metre to at least 6.0 metres from the starting end wall, is required for pools with starting blocks.
- b) The minimum depth referenced in [4.5.10.a](#) shall apply to any BCSSA swimming activities that involves a diving block start including but not limited to practices, swim meets, fun swims, non sanctioned meets, and BCSSA Club Hosted Meets.

4.6.11 Video Recording System

As provided for in BCSSA rules, a video recording system must be approved by the BCSSA prior to its use at a meet. Such approval shall be subject to the system meeting the following requirements, in addition to any other requirements established by the BCSSA Board of Directors. A system must:

- a) If to be used as a back-up timing system, capable of recording to 1/100ths of a second.
- b) If to be used as an automatic timing system, capable of recording to 1/100ths of a second and accompanied by a full complement of back-up lane timers.



DIVING

5. DIVING

5.1 ATHLETE CATEGORIES

5.1.1 An Athlete's age as of December 31st each year shall be used to determine the Athlete category (See Section 5.2 Athlete Eligibility). The Athlete categories for diving are:

"S" Divers — 1 metre

8 & Under

9 & 10

11 & 12

13 & 14

15 & 16

17 — 19

20 & Over

**"O" Divers — 1 metre
& 3 metre**

O3 Divers (14-19)

O4 Divers (20 & Over)

S Divers — 3 metre

10 & Under

11 & 12

13 & 14

15 & 16

17 — 19

20 & Over

5.1.2 Protests of perceived breaches of Athlete eligibility are to be submitted as soon as possible to the appropriate registrar following the compilation of any documentation necessary to support the protest.

5.2 ATHLETE ELIGIBILITY

5.2.1 All divers shall declare all aquatic participation between September 1st of the previous year through to April 30th of the current year.

5.2.2 Divers who misrepresent their aquatic participation may be immediately disqualified from all BCSSA competition within the current season. Disqualification rulings will be in effect for twelve (12) months from the date of the disqualification. Written communication of the disqualification will come from the Regional Director and will include the diver, the club president and the appropriate regional registrar.

5.2.3 Diving does not affect speed swimming, artistic swimming or water polo status.

5.2.4 An 'S' Diver is an Athlete who dives two (2) hours or less per calendar week between September 1st of the previous year through to April 30th of the current year, and has not attained a Diving Plongeon Canada (DPC) National Age Group Standard according to DPC rules.

5.2.5 O Divers:

- a) May dive for more than two (2) hours per calendar week between September 1st of the previous year through to April 30th of the current year. This applies to all age categories.
- b) A dive competition in the period between September 1st to April 30th is counted as one (1) hour.
- c) "Learn to Dive" classes taught outside of a club practice are exempt from the two (2) hour winter maintenance allowable hours during the noncompetitive season.
- d) Has attained National Age Group Standard with DPC within the last 2 years starting May 1st
- e) A diver who has attained a Senior National Standard according to DPC rules is ineligible to compete in BCSSA
- f) An 'O' Diver may revert to an 'S' status diver one time only, having done no more than two (2) hours per calendar week from September 1st of the previous year to April 30th of the current year and not attained a National Age Group Standard according to DPC Rules.
- g) All exemption requests must be brought to the BCSSA Fall Meeting of the Board of Directors.

5.2.6 All 'S' and 'O' Divers shall be treated equally.

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5.2.7 The diver, or the club, may exercise the right to appeal any disqualification under these rules to the Appeals Committee of the BCSSA whose adjudication and decision shall be final.

5.3 REGIONAL CHAMPIONSHIPS

5.3.1 All Regions shall organize and conduct a Regional Championship to qualify the Athletes for the Provincial Championship. It shall be the responsibility of each Regional Director to ensure that the Regional Championship is properly organized and conducted.

5.3.2 All divers must have competed in a full required Diving List in the Provincial Meet Package of dives at a BCSSA Diving Competition or Event prior to being eligible to dive at Regionals.

- a) A scheduled competition is defined as a meet that is conducted using the rules of diving as defined by the BCSSA Rule Book. The competition shall include two (2) or more clubs and shall offer a full required Diving List of dives for all age divisions.
- b) A scheduled event is a competition that is conducted using the rules of diving as defined by the BCSSA Rule Book and by the guidelines as listed in the Provincial Meet Package.

5.3.3 All Divers will be checked for eligibility by the Regional Registrar or designate.

5.3.4 No Jumps or Fall-ins will be permitted in any age category except for where listed in the required Diving List, in the Provincial Meet Package.

5.3.5 If a Diving Regional Championship Competition cannot be scheduled, a request for an exemption must be submitted to the President of BCSSA one week prior to Swimming Regionals. Where an exemption is granted Athletes are responsible to put on a diving event at Regionals in order to be eligible to compete at Provincials.

5.3.6 The Regional Championships shall have the same events as the Provincial Championships.

5.4 PROVINCIAL CHAMPIONSHIPS

5.4.1 The BCSSA Board of Directors shall organize and conduct the annual Provincial Championship to be held in the second half of August each year. The following shall be adhered to:

- a) There shall be no changes to the Provincial Championship Rules and Regulations after March 31st of each year.
- b) The Provincial Championship Meet Package shall be circulated to all BCSSA clubs no later than May 1st of each year.
- c) Athletes must be correctly registered with the BCSSA for the current season.
- d) There shall be a Provincial Trophy awarded to the top Region in each of the four aquatic sports.
- e) All entries must be submitted to the BCSSA Office by the date (and time) indicated in the Provincial Meet Package.
- f) All divers must have participated at a Regional Diving Championship Meet in order to be eligible for Provincials.
- g) All BCSSA divers shall compete in their designated categories.
- h) No Jumps or Fall-ins will be permitted in any age category, except where listed in the required Diving List in the Provincial Meet Package.
- i) Regional Scoring
Individual Events —
36, 32, 30, 28, 26, 24, 20, 18

5.5 GENERAL DIVING RULES

5.5.1 These rules shall govern all BCSSA Diving Competitions.

5.5.2 The Springboard Diving Installations shall be in accordance with the Pool Requirements as stated below and approved by BCSSA prior to the competition. **5.5.3** The order of diving shall be decided by lot. The drawing of the dive order shall take place in public and witnessed by a minimum of two individuals. All divers shall dive in the order drawn.

5.5.4 In the case of a discrepancy between the number board and the Dive Sheet, the Dive Sheet takes precedence. Where there is an error made on the diving sheet, the diving number and degree of difficulty shall take precedence over the written description.

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5.5.5 All dives are designated by the Diving Number Designation system of three or four numerals followed by a letter.

a) The first digit indicates the group to which the dive belongs:

1 = FRONT

2 = BACK

3 = REVERSE

4 = INWARD

5 = TWISTING

6 = ARMSTAND (on platform only)

b) The second digit indicates if a dive has a flying action in front, back, reverse, and inward groups:

In front, back, reverse and inward groups, the second digit indicates if a dive has a flying action;

*(*Note: A Flying Dive is a dive in which $\frac{1}{4}$ (90°) of the dive is performed in straight position.)*

- Where there is a flying action, the number is a 1. When there is no flying action, the second digit shall be a zero (0);
 - In the Twisting Groups (Group 5), the second digit indicates the direction of the take off as listed in the first digit indications above.
- c) The third digit (in all dives) indicates the number of half somersaults being performed. E.g., 1 = a half a somersault / a dive; and a 3 = one and a half somersaults.
- d) The fourth digit, used only in twisting and armstand dives, indicates the number of half twists being performed. E.g., 1 = a half twist; and 2 = one full twist.
- e) The letter at the end of the numbers indicates the position of the dive. That is, the dive is performed in one of the following positions:
- A= Straight
 - B= Pike
 - C= Tuck
 - D= Free

*(*Note: Free is any combination of the other positions done during twisting dives.)*

5.5.6 Deleted

5.6 DIVING COMPETITIONS

5.6.1 Pool Requirements and Equipment Recommendations

- a) The pool must have a minimum depth of 3.65 metres (12 feet) of water at the point of entry (2 feet from the end of each diving board).
- b) The minimum requirement is one 1-metre diving springboard, 16 feet in length.
- c) It is also recommended to have at least one 3-metre diving springboard, 16 feet in length.
- d) For Provincial Championships, regulation 16-foot 1-metre and 3-metre springboards are required.
- e) The board must be regularly maintained, cleaned, not be slippery and also checked to assure it is level.
- f) It is recommended that there be a water spray, or hose and nozzle to work under springboards as a water agitator.
- g) The water temperature should be a minimum of 25° C (79° F).

5.6.2 Competition

- a) A scheduled competition is defined as a meet that is conducted using the rules of diving as defined by the BCSSA Rule book. The competition shall be open to two or more clubs and shall offer a complete list of dives for all age divisions.

5.6.3 Degree of Difficulty — Championship Meet

- a) The Degree of Difficulty (DD) Sheet will be found in the current year's Official Provincial Championship Meet Package — Diving Section.
- b) Only the listed dives on the DD Sheet will be permitted in competition at the Championship Meet.

5.7 COMPETITION PROCEDURES

5.7.1 Each Club shall host a BCSSA Hosted Meet each season.

5.7.2 Host Club Shall:

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- a) Submit a copy of its invitation to the BCSSA office prior to the commencement of the event.
- b) Invite a minimum of two other clubs to the competition.
- c) The meet dates shall be submitted no later than two weeks after the commencement of the season. It should be noted that setting the competition date in the beginning of the season will minimize the overlap of competition dates.
- d) State all deadlines clearly in the meet package.
- e) Each club shall have a minimum of three parents trained to do judging and have a minimum of two of them available for each meet through the season. Training will occur prior to the start of the season.
- f) Submit results within ten days of completion of the event to the BCSSA office.
- g) Invite the judges and table workers prior to the competition.

5.7.3 Participating Clubs Shall:

- a) Register the athletes in the appropriate age division.
- b) Submit a BCSSA Diving Entry Form to the Meet Manager by the deadline stated in the meet package.
- c) Submit the names of Judges and Table Workers prior to the competition.

5.7.4 Coaches Shall:

- a) Ensure all athletes and coaches are correctly registered.
- b) Be aware of the requirements for all age divisions.
- c) Submit the BCSSA Diving Entry Form to the Meet Manager as directed in the meet package.
- d) Submit the Dive Sheet within the time deadlines outlined in the meet package.
- e) Ensure the accuracy of dives on the BCSSA Dive Sheet.
 - Sign the Dive Sheet.
 - Initial all corrections and changes made to the Dive Sheet.
 - Have the option to request a repeat dive for their diver (appeal).
 - Have the dive re-announced before the signal is given and the diver has begun the dive.
 - Educate parents and viewing parties of their club to ensure no one communicates with the divers once they are on the diving board prepared to perform their dive.

5.7.5 Coaches Shall Not:

- a) Communicate with the diver once the diver has been signalled to perform the dive, or both the coach and diver may be dismissed from the competition.
- b) Cause a disadvantage to any diver or the coach may be dismissed from the competition.
- c) Approach the Scorers' Table until the event is completed unless their presence is requested.

5.7.6 Divers Shall:

- a) Ensure the accuracy of the statement of the list of dives on the BCSSA Dive Sheet.
- b) Sign the Dive Sheet. Once the sheet is signed, the sheet goes as is.
- c) Perform the required dives as listed to the best of their ability, according to the rules.
- d) Perform the announced dive after the Referee's signal has been given, within 60 seconds, or receive 0-points. (Refer to Section [5.11.1.d](#).)
- e) Ensure proper attire is worn that will allow the judges to clearly see the lines of the body while a dive is being executed.

5.7.7 Divers Shall Not:

- a) Cause a disadvantage to another diver or the diver causing the disadvantage may be dismissed from the competition.
- b) Bounce on the board until after the scores of the previous diver have been announced or they may be dismissed from the competition.

5.7.8 Dive Sheet

- a) The information portion of the Dive Sheet must be completed with Compulsory dives on the upper portion, and Optional dives on the lower portion. (Refer to [Section 5.7.8.b](#) below for a description of Compulsory and Optional Dives.)
- b) The following shall be listed on the Dive Sheet:
 - The Compulsory Dives (Upper Portion of the Sheet) may be performed in any order and must be chosen from the following dives:

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- 100 — Front Jump
- 200 — Back Jump
- 001 — Front Dive Fall In
- 002 — Back Dive Fall In
- 101 — Forward Dive
- 201 — Backward Dive
- 301 — Reverse Dive
- 401 — Inward Dive
- 5000 — Twisting Group

- Each optional dive must have a different dive number, unless otherwise stated.
- The Diving Number Designations (Refer to Section [5.5.5](#)) written in the space provided.
- The Degree of Difficulty (Refer to Section [5.5.6](#))
- The Degree of Difficulty (DD) for use at the Provincial Championship Meet is published in the current years Official Provincial Championship Meet Package — Diving Section.
- Current Diving Age Group Dive Requirements S and O, as provided annually by BCSSA.
- All events for 'S' divers are combined 1m and 3m. Divers can choose to perform their "Optional" Dives on 1m AND/OR 3m.

5.8 PROCEDURES OF A COMPETITION

5.8.1 The timeline for the Scheduled Events shall be posted in visible public areas, on the Scorers' Table, and at the Entry Table (where the Head Secretary is positioned).

5.8.2 The Head Secretary shall accept all the Dive Entry Forms from the coach and the Dive Sheets from the coaches and / or divers, and organize the Sheets according to the Event Schedule. They should then verify that the entries are all paid for, and inform the clubs of the amount of payment due.

5.8.3 The judging panel shall be organized by the Referee, and consist of the Referee and Judges. There must be a panel of five (5) Judges for Regional and Provincial Championships, and a minimum of three (3) Judges for Club competitions, but five (5) Judges are recommended.

5.8.4 The Referee or designate shall verify correctness and completeness of the Dive Sheet and initial it.

5.8.5 All Judges are assigned their seating positions for each separate event. (The Judges are not permitted to change positions unless they are being replaced.) **5.8.6** The Table Workers are assigned their jobs by the Head Secretary. (Job Descriptions are in Section 5.12.3 d). **5.8.7** The Table Workers assume their seating positions at the Scorers' Table. The Announcer is the first position, then the Recorder, followed by the Striker, the Calculator, the Adder and finally the Checker.

5.8.8 The Judges assume their seating position.

5.8.9 The Announcer shall announce the dive order. For the first round, the Announcer should announce the diver's name, club, and the diver's first dive (first the dive number, then the description, the position and finally the degree of difficulty), and the "Diver on Deck". (Each diver shall perform their first dive, and at the end of the round, shall start again with the second dive, then third, etc., until the event is completed. After the 1st round, only the diver's first name and dive information are to be announced). Once the dive is completed the announcer will request the judges scores by saying "Judges awards".

5.8.10 Each Judge will then score the dive, unaffected by their fellow Judges.

5.8.11 The Table Workers will perform the following duties:

- a) The Announcer will announce scores according to the Judges' designated seating numbers, and the Recorder shall record the scores in the appropriate place.
- b) Where there are five Judges, the Striker shall cross off the highest and lowest score and add the three remaining scores together. Where there are three Judges, all three shall be totalled.
- c) The Calculator Person shall then calculate each dive total score by multiplying the sum by the degree of difficulty. All entries must be listed in the final results.
- d) The Adder shall add results together and calculate the running total.

- e) The Checker shall re-check each of the steps.

5.8.12 The final result shall be determined from the list of results and entered in the Official Meet Results' records at the end of the event. The Announcer should announce the final results upon completion, and awards presented (time permitting). All entries must be listed in the final results.

5.8.13 The winner of the competition is the diver who has the greatest number of points.

5.8.14 In the event of a tie, there shall be two awards given for that place and the next award will be two placings down. (e.g. tie for first, the next award is third)

5.9 EXECUTION OF THE DIVE

5.9.1 Dives shall be executed and judged on the following principles:

- a) All dives shall be executed alone, without assistance from any other person. Coaching between dives shall be permitted.
- b) Forward and Reverse take-off dives may be performed either Standing or Running at the option of the diver. Back and Inward take-off dives must be performed Standing.
- c) Standing Dives:
 - The starting position in all Standing Dives shall be assumed when the diver stands on the front end of the diving board.
 - The body shall be straight with the divers' head erect and the arms straight in any position.
 - The dive commences when the arms leave the starting position.
 - For Inward Direction (400-Group) and Back Direction (200-Group), the arm swing is optional. The diver may start with the arms straight above the head.
 - When executing a Standing Dive the diver must not bounce on the diving board before the take-off or the Referee shall declare that a maximum of 4.5 points will be awarded.
 - When a diver executing a standing dive lifts their feet slightly off the board (crow-hopping), the Referee shall declare a

“Crow Hop” and shall have one point penalty from each of the Judges’ scores.

- When executing a standard dive the diver must not intentionally leave the diving board with one foot. The referee shall declare this a failed dive.
- d) Running Dives / Dives with a Hurdle (in conjunction with Section [5.9.1 e](#)):
- The body shall be straight with the divers’ head erect and the arms straight in any position.
 - The run shall have a minimum of two steps including the hurdle portion. This is one step, plus a hop forward from one foot onto two feet, to the end of the diving board.
 - The starting position of the Running Dive shall be assumed when a diver is ready to take the first step of their run.
 - When executing the Running Dive, the run shall be smooth, straight, and continuous to the end of the springboard. The take-off from the springboard shall be from both feet simultaneously or the Referee shall declare it a failed dive, and award 0 points.
 - When a diver stops their run before the end of the board and then continues (or restarts the dive), the Referee shall declare a balk (as defined in Section [5.10 Deductions and Penalties](#)), and indicates that there will be a 2 point deduction from each of the Judges’ awards at the Recorder’s position. One re-dive can be allowed at the discretion of the head referee with no effect on the score.
 - The hurdle must have a forward progression, and where there is no forward progression, the Referee shall declare the dive a failed dive, and award 0 points.
- e) Standing and Running Dives (in conjunction with Sections [5.9.1 c](#) and [5.9.1 d](#) above):
- The starting position shall be free and unaffected, with both feet together. When the correct starting position is not assumed, each Judge shall deduct 2 points.
 - The take-off shall be bold, high and confident, and shall be performed from the end of the board.
- f) Body Positioning: During the passage through the air, the body position will be either A= Straight, B= Pike, C= Tuck, or D= Free.

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- Straight Position:

- In the straight position, the body shall not be bent at the knees or at the hips, and the feet shall be together and the toes pointed. The arm position must be either in the straight position or in the layout position.
- In straight dives with a twist, the twisting shall not be intentionally manifested from the diving board.
- In all flying dives, a straight position shall be clearly shown from the take-off or after one somersault in dive number 115. When the straight position is not shown for at least one quarter of a somersault (90°) the maximum score to be awarded shall be 4.5 points.

- Pike Position: (Refer to Section [5.10 Deductions and Penalties](#)):

- In the pike position, the body shall be bent at greater than 90° at the hips with straight legs (no bend at the knees), the feet shall be together, and the toes pointed. The position of the arms is either open or closed.

- Tuck Position:

- In the tuck position, the body shall be compact, bent at the knees and hips with the knees and feet together, hands on the lower legs and the toes pointed. When viewed from the side, the tuck shall be compact; (the front of the thighs close to the chest and the backs of the lower leg close to the backs of the thighs).
- When the knees are apart, and the feet together, the Judges shall deduct 1 point from the scores.
- When the knees are split and the feet apart, the Judges shall deduct 2 points from the scores.

- Tuck and Pike Positions:

- The pike and tuck positions shall be shown as in Section [5.9.1](#) above, and at all times be aesthetically pleasing. When a Judge considers these requirements have not been complied with, they shall deduct 2 points.

- Free Positions:

- In the free position, the body position is optional, but the legs shall be together and the toes pointed.
 - In dives with twists where the twisting is intentionally manifested on the diving board, the Referee shall deduct 2 points.
 - In twisting dives in the pike position, (5111B, 5211B, 5311B and/or 5411B), there must be a full pike position and full tuck position (for a description of pike, refer to Section [5.9.1](#) above) demonstrated before the completion of the dive.
 - In somersaulting dives with a twist, the twist may be performed at any time during the dive.
 - When a twisting dive, or any other dive, has been performed in a different position than that announced, the Judges shall be instructed by the Referee to award up to a maximum of 2 points.
 - When a twist is 90° greater or less than the dive announced, the Referee shall declare it a failed dive.
- g) Entry into the Water:
- The entry into the water shall, in all cases, be vertical with the body straight, the feet together and the toes pointed.
- Head First Entries:
All head first entries shall be executed with the arms stretched beyond the head in-line with the body. The hands shall be firmly clasped together.
 - When the arms are below the head, the Referee shall instruct the Judges to award the dive, up to a maximum of 4.5 points.
 - When the arms are not below the head, and not in the appropriate position, the Judges shall deduct 2 points.
 - Feet First Entries:
With the exception of the required jumps: 100 & 200 only.
 - Arm Positioning:
 - The arms may not be set below the shoulders in a layout dive or it shall be deemed a save, and each Judge shall deduct 2 points.
 - When the arms are not in the correct position upon entry into the water, each Judge shall deduct 2 points.

- When one or both arms are held beyond the head in a feet first entry or below the head in a head first, the Referee shall instruct the Judges to award a maximum of 4.5 points.

h) Completion of the Dive:

- A dive is complete when the whole body is completely beneath the surface of the water. Judges are responsible to judge only what appears above the water.

5.10 DEDUCTIONS AND PENALTIES

5.10.1 The Referee shall declare all balks (see Section [1: Definitions](#)). 2 points shall be deducted from each Judge's award at the Recorder's position at the Scorers' Table.

5.10.2 In any dive where the diver touches the end of the board after the take-off, the Referee shall instruct the Judges to award up to a maximum of 4.5 points for the dive.

5.10.3 If the dive is performed to the side of the direct line of flight, the Referee shall instruct the Judges to award up to a maximum of 4.5 points for the dive.

5.10.4 In all flying dives, where a straight position has not been clearly shown for at least one quarter of a somersault (90°), the maximum score to be awarded shall be 4.5 points.

5.10.5 In tuck position where the knees are apart with the feet together, the Judges shall deduct 1 point from the scores. Where the knees are split and the feet apart, the Judges shall deduct 2 points from the scores. **5.10.6** When a Judge considers the requirements of the body position (Section [5.9.1](#)) have not been met, they shall deduct 2 points.

5.10.7 In dives with twists, if the twisting is intentionally manifested on the diving board, the Referee shall indicate a 2 point deduction.

5.10.8 When a twisting dive, or any other dive has been performed in a different position than that announced, the Judges shall be instructed by the Referee to award up to a maximum of 2 points.

5.10.9 When a twist is 90 degree greater or less than the dive announced, the Referee shall declare it a failed dive.

5.10.10 In a head first entry where the arms are below the head, the Referee shall instruct the Judges to award the dive up to a maximum of 4.5 points.

5.10.11 Where the arms are not below the head, but in the wrong position, the Judges shall deduct 2 points.

5.10.12 In a feet first entry, where one or both of the arms are held beyond the head, the Referee shall instruct the Judges to award the dive up to a maximum of 4.5 points.

5.10.13 Where the arms are held below the head, but not straight and close to the body the Judge shall deduct 2 points from their award.

5.10.14 The arms may not be set below the shoulders or it shall be deemed a save, and each Judge shall deduct 2 points.

5.10.15 When one or both arms are not in the correct position upon entry into the water, each Judge shall deduct 2 points.

5.11 SUMMARY OF PENALTIES TO BE APPLIED

5.11.1 Referee declares a failed dive (0-points) when:

- a) A diver does not make a dive, i.e. on a feet first dive, their head touches first, or on a head-first dive, their feet touch first.
- b) A diver performs a dive other than the one announced. (Refer to Section 5.12.3 [b "Duties & Responsibilities" of Head Referee](#))
- c) Assistance has been given to the diver during the execution of the dive. (Section [5.9 "Execution of the Dive"](#) and [5.12.3 b "Duties & Responsibilities" of Head Referee](#))
- d) A diver refuses to execute a dive or prepares for more than 45 seconds after the Referee has given a warning. (When the referee feels a long enough time has passed after the first warning, a second warning is given, and then the diver has 45 seconds to perform their dive and if they do not then, it shall be deemed a failed dive.) (Section [5.12.3.b Head Referee](#))

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- e) A diver intentionally bounces two or more times at the end of the diving board in a standing dive. (Section [5.9 Execution of a Dive](#))
- f) In a Running dive, the diver has clearly no forward progression in their hurdle. (Section [5.9 Execution of a Dive](#).)
- g) In a Running dive, the diver makes more than one jump on the same spot before the final take-off.
- h) A diver takes off with one foot from the springboard. (Section [5.9 Execution of a Dive](#))
- i) The second attempt or restart is unsuccessful in a Running or Standing dive.
- j) The twist is 90° greater or less than that announced. (Sections [5.9 Execution of a Dive](#))

5.11.2 A maximum of 4-Points will be awarded by the Judges when the Referee declares:

- a) A diver touches the end of the diving board after take-off. (Section [5.10 Deductions and Penalties](#))
- b) A diver performs the dive to the side of the direct line of flight of the board. (Section [5.10 Deductions and Penalties](#))
- c) The diver crow-hops (see Section [1: Definitions](#)) during a Standing dive. (Section [5.9 Execution of a Dive](#))
- d) A straight position is not shown for at least one quarter of a somersault (90°) in a flying dive. (Sections [5.9 Execution of a Dive](#) and [5.12.3.c Duties and Responsibilities of Judges](#))
- e) A dive is performed partially in a position other than that announced. (Section [5.12.3.c Duties and Responsibilities of Judges](#))
- f) One or both of the diver's arms are below the head in a head first entry. (Section [5.9 Execution of a Dive](#) and Section [5.10 Deductions and Penalties](#))
- g) One or both of their arms are held beyond the head in a feet first entry. (Section [5.9 Execution of a Dive](#) and [Section 5.10 Deductions and Penalties](#))

5.11.3 Referee declares a 2-Point maximum when:

The diver clearly performs a dive in another position than the one announced. (Section [5.12.3.b Duties and Responsibilities of Head Referee](#) and Section [5.10 Deductions and Penalties](#))

5.11.4 Referee declares a 2-Point deduction when:

- a) A diver takes less than two steps in a Running Dive, or they stops the run before the end of the diving board and then continues. (Section [5.9 Execution of Dive](#))
- b) A diver restarts in a standing dive after the arm swing has begun or restarts a running dive after the run has started. (Section [5.10 Deductions and Penalties](#))
- c) A diver intentionally manifests the twist on the diving board (i.e. twists or turns around on the diving board prior to their feet leaving the board). (Section [5.9 Execution of a Dive](#) and Section [5.12.b Duties and Responsibilities of Head Referee](#))

5.11.5 Referee disqualifies the diver or coach when:

They intentionally interrupt or distract another diver in the middle of their dive. (Section [5.12 Officials](#))

5.11.6 Referee may allow a repeat dive when:

- a) A diver executes a dive before the Referees' signal has been given. (Section [5.12 Officials](#))
- b) The Referee deems the diver has had to deal with unfair weather conditions, or there is an interruption or distraction during the dive, which causes the diver to lose concentration. (Section [5.12 Officials](#))

5.11.7 Judges award 0-Points when:

They considers that a diver has performed a dive of a different number than that announced (even if the Referee does not declare it a failed dive). (Section [5.12.3.c Duties and Responsibilities of Judges](#))

5.11.8 Judges award up to a maximum of 4.5-Points when:

- a) The dive is partially done in a position other than that announced.
- b) A straight position is not shown for at least $\frac{1}{4}$ of a somersault in a Flying Dive. (Section [5.9 Execution of a Dive](#))
- c) One or both arms are held beyond the head in a feet first entry. (Section [5.9 Execution of a Dive](#) and Section [5.10 Deductions and Penalties](#))
- d) One or both arms are below the head in a head first entry. (Section [5.9 Execution of a Dive](#) and Section [5.10 Deductions and Penalties](#))

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5.11.9 Judges award up to a maximum of 2-Points when:

- a) A diver clearly performs the dive in another position than that announced and the Referee has declared the maximum award to be 2 points. (Section [5.9 Execution of a Dive](#))
- b) A twisting dive or any other dive has been performed in a different position than that announced. (Section [5.9 Execution of a Dive](#) and Section [5.10 Deductions and Penalties](#))

5.11.10 Judges deduct 2-Points when:

- a) The starting position is not deemed correct.
 - b) The knees are split and the feet are apart in a tuck dive. (Section [5.9 Execution of a Dive](#))
 - c) They deem the requirements for pike (B) or tuck (C) have not been met. (Section [5.9 Execution of a Dive](#))
 - d) The arms are set below the shoulders in a layout position. (Section [5.9 Execution of a Dive](#))
 - e) The arms are not in the correct position upon the entry to the water. (Section [5.9 Execution of a Dive](#))
- The arms are held below the head, but not straight and close to the body in a feet first entry. (Section [5.10 Deductions and Penalties](#))
 - The arms are above the head, but not fully extended in a head first entry. (Section [5.9 Execution of a Dive](#))

5.11.11 Judges deduct 1-Point when:

The knees are apart with the feet together in a tuck positioned dive. (Section [5.9 Execution of a Dive](#))

5.12 OFFICIALS

5.12.1 Dress Code

- a) All officials should wear white clothing and shoes. Shoes should conform to local pool regulations.

*(*Note: The objective is uniformity of attire. The meet organizing committee may elect to use colours other than white, provided they supply the garments.)*

- b) The organizing committee may supply distinctive badges or ribbons for all officials.

5.12.2 Minimum requirements to host a sanctioned BCSSA Dive Competition

- a) 1 Meet Manager
- b) 1 Head Judge/Referee- per event
- c) 3-5 Judges per event
- d) 1 Head Secretary/ Table Worker
- e) 6 Table Workers per event
- f) 1 Head Awards Person
- g) 1 Head Refreshments Person
- h) 1 Head Clean-Up Person

5.12.3 Duties and Responsibilities

- a) Meet Manager Shall:

- Send out the Dive Meet Package to all clubs and the BCSSA office (Section [5.7.1](#)).
- Be responsible for delegating responsibility to the Referee.
- Ensure proper registration of all divers.
- Be responsible for the administration of the diving competition.
- Order and pay for the awards.
- Receive and check the Dive Sheets.
- Be responsible for all of the preparations for the dive meet, before the diving meet.
- Send the complete results to the BCSSA office and distribute and compile a copy of the results to each participating club within ten days.
- Send a copy of the complete results to the BCSSA office within 10 days of the competition.
- Be responsible to keep the records of the diving competition for 2 full years.

- b) Head Referee Shall:

- Have the overall responsibility during the diving meet.
- Be involved in every event or delegate the responsibility to another.

- Assign Judges (preferably five) to score all events and assign their judging positions.
- Designate assistants to help as necessary and observe the performance of the divers.
- Inspect the Dive Sheets, and when a statement in the list is not according to the rules, have it corrected (preferably prior to the event).
- Inform the diver or the coach, as soon as possible of any problems.
- Initial the verified Dive Sheet upon completion, below the Degree of Difficulty column.
- Be located to one side of the Judges.
- Manage the competition and ensure that the rules are observed and the penalties imposed (Section [5.9 Execution of a Dive](#), [5.10 Deductions and Penalties](#) and [5.11 Summary of Penalties](#) to be Applied). Must carry a copy of the current BCSSA Rules.
- Inform the Judges of all mandatory and potential deductions (Sections [5.10 Deductions and Penalties](#)).
- Call breaks or postpone an event when necessary. However, this should be done either prior to the event or after a complete round of dives.
- Allow a diver to restart without deduction if there is adverse weather, or there is an interruption or distraction during the dive, which causes the diver to lose concentration.
- Disqualify any diver or coach for causing a disadvantage to another diver during competition.
- Take corrective action when a dive is incorrectly announced. If the incorrectly announced dive is performed by the diver, they may cancel the dive and have the correct dive announced and performed at the end of the round.
- Award sufficient time for the preparation and execution of the dive. If the diver takes more than 45 seconds, the Referee shall inform the diver by whistle or hand signal that the dive must be performed within 30 seconds or a failed dive shall be declared and 0-points awarded.
- Signal the diver when the dive shall be executed. The signal shall not be given before the diver has assumed the ready-position on the diving board. (For Back and Inward Dives, the diver shall not proceed to the end of the board until after the signal has been given by the referee. Once the diver has been signalled (either by whistle or other means), there can be no further communication to the diver by the coach, until the diver returns to the surface of the water.)

- Declare an incomplete dive and award 0-points, if the coach/parent/or another diver communicates with the performing diver while they are on the diving board, or executing the dive.
- Decide whether the dive shall be repeated, when a diver executes a dive before the signal is given. (The diver or coach may request to repeat a dive.) The request must be made immediately.
- Warn divers if they bounce on the board before the score of the previous diver has been announced. (Offenders to this rule shall be warned once, and then may be dismissed from the competition).
- Review and sign the Dive Sheets and confirm the final results.

c) Judges Shall:

- Together with the Referee, make up the Judging panel.
- Be five for Regional and Provincial Championships, and a minimum of three for Club competitions (five Judges are recommended).
- Be assigned and not permitted to change positions unless they are being replaced.
- Be identified by a number according to where they sit.
- Score the dive presented by the diver. The scores shall be judged independently of the other Judges.
- Use points or half points from 0 to 10 to score the dive, taking into consideration the deductions and penalties listed in [Section 5.10 Deductions and Penalties](#) according to the following table:

Completely failed or incomplete dive	0-points
Unsatisfactory	½ to 2 points
Deficient	2 ½ to 4 ½ points
Satisfactory	5 to 6 points
Good	6 ½ to 8 points
Very good	8 ½ to 10-points

- Not be influenced by any factor other than the technique and execution of the dive. The dive is to be considered without regard to the approach to the starting position, the difficulty of the dive or any movement beneath the surface of the water.

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- Consider the technique and grace of the following and award points accordingly:
 - The starting position
 - The run
 - The take-off
 - The flight
 - The entry
- Deem a dive unsatisfactory when it is performed clearly in a position other than the position announced. The highest award for such a dive is 2 points.
- Award up to a maximum of 4 ½ points when a dive is performed partially in a position other than that announced.
- Judge all dives. (Where a repetition of a dive is granted, the first dive shall be judged, and the marks noted, to be used in the event a protest is accepted.)
- Award 0-points when a Judge considers a dive of a different number has been performed even if the Referee has not declared it to be a failed dive.
- Award 0-points, when a diver refuses the execution of a dive.
- Be replaced by another Judge as necessary.

d) Head Secretary (Head Table Worker) Shall:

- Organize the scoring table.
- Operate the scoring table.

e) Table Workers Shall Include:

- Position 1: Announcer
- Position 2: Recorder
- Position 3: High-low and Add / Striker
- Position 4: Calculator Person
- Position 5: Adder
- Position 6: Checker

f) Announcer Shall:

- Keep the pace of the competition.
- Introduce the diving competition.
- Announce the diving order, & the diver on deck.

- Read the diver name, club, dive number and position, the dive description, and the degree of difficulty as well as the name of the next diver for the first round only. Then announce the first name, the dive number, position, description and D.D.
- Announce the judges' scores in the same order each time.

g) Recorder Shall:

- Be responsible to check the name of the diver.
- Enter on the score sheet the awards as announced by the Announcer.

h) High-Low and Add Person/Striker Shall:

- Put a diagonal line (from the top left of the box to the bottom right of the box), through the highest and lowest scores and add the three remaining scores. A calculator may be used if so inclined.

i) Calculator Person Shall:

- Calculate the total for the dive: multiply the total of the three scores by the Degree of Difficulty and place the total in the far right column in the top space for that dive. A mechanical calculator, a computer, or a Diving Slide Ruler may also be used to calculate the dives.

j) Adder Shall:

- Maintain a running score and the dives' total awarded points to the previous dive.

k) Checker Shall:

- Repeat the entire procedure and all calculations to ensure accuracy, and place a verification mark at the end of the row, to the right of the running total box.
- Once the event is completed, place the divers in order according to points, number the bottom right of the dive sheet with their placing and then, returns the dive sheets and the folder to the Awards Person.

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l) Head Awards Person Shall:

- Assure the awards are at the pool at the beginning of the competition.
- Copy all of the results on a master list, either electronic or photocopy, for all attending clubs and the BCSSA Office.
- Ensure the results are written on the appropriate medal or ribbon.

m) Head Refreshments Person Shall:

- Ensure there are refreshments for the officials and coaches.
- Ensure there is ice, in case of injury.

n) Head Clean-up Person Shall:

- Ensure that the pool and area are kept clean.

IV

WATER POLO

6. WATER POLO

The rules of Water Polo have been established by FINA and are accepted as the standard reference for BCSSA Water Polo competitions. Some adaptations of these rules have been made to accommodate the unique nature of BCSSA competition.

6.1 ATHLETE CATEGORIES

An Athlete's age as of December 31st each year shall be used to determine the Athlete category. The Athlete categories for water polo are:

U12	11 & Under
U14 OCat1	12 & 13 14 & Under
U16	14 & 15
U18 OCat2	16 to 18 18 & Under
Senior/O8	18 & Over

6.1.1 Definition of S and O athletes for BCSSA Water Polo

- S-POLO players are Athletes who practice Water Polo 3 hours or less per week from September 1st to April 30th.
- An O-CAT Water polo player may revert to an S status player one time only, having done no more than three (3) hours per calendar week from September 1st to April 30th for the previous 2 years.
- Athletes who practice Water Polo more than three hours a week or two hours plus a game (a gameday or tournament are calculated as one hour) from September 1st to April 30th shall be defined as an O-CAT
- A week is defined from Sunday thru Saturday
- O-Cat 1 is U12 and U14
- O-Cat 2 is U16 and U18
- Open Cat is ages 18+
- S-Polo can play up with O-Cat.
- O-Cat cannot play down with S-Polo

6.2 ATHLETE ELIGIBILITY

6.2.1 All water polo players shall declare all aquatic participation between September 1st of the previous year through to April 30th of the current year.

6.2.2 Players who misrepresent their aquatic participation may be disqualified from all BCSSA competition within the current season. A disqualification shall take effect immediately and be in effect for twelve (12) months from the date of the disqualification.

6.2.3 Player Eligibility

- a) Player eligibility rules will be defined by the BCSSA Board. A player must be eligible to participate in BCSSA Water Polo on the BCSSA member team registration date.
- b) A BCSSA player can only participate in Water Polo activities during the competitive season that have been approved by a BCSSA Standing Committee which includes the Provincial Water Polo Director and two Regional Directors, as appointed by the President.

6.2.4 The following are ineligible to play BCSSA Water Polo:

- a) An athlete not registered with BCSSA.
- b) An athlete who is registered in the wrong age category.
- c) An athlete under suspension due to brutality

6.3 TEAM ELIGIBILITY (BCSSA 4X4 POLO)

The stream for Regional Tournament and Provincial Tournament will be with the BCSSA Polo 4's rules.

Clubs can host their own tournaments through the year in any format they choose, full 7 aside, 4 on 4, mixed teams, all female, or all male.

6.4 RULES OF PLAY (BCSSA 4X4 POLO)

6.4.1 3 field players and a goalkeeper in the water at any time (for mixed teams, there must be 2 female and 2 male on the field at all times)

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6.4.2 The play area shall be 15 metres by 10 metres

6.4.3 Goals shall be junior or inflatable nets

6.4.4 6-minute running time halves + 2-minute half time

6.4.5 Halves are scored as individual sets, like volleyball or tennis

6.4.6 Winning both halves ends the game at 2-0

6.4.7 Winning a half each results in a 3-person penalty shootout.

6.4.8 Substitutions made on the fly between the 5 metre marks

6.5 TEAM ELIGIBILITY (TRADITIONAL POLO)

6.5.1 Each team shall consist of a minimum of 7 players, goalkeeper included, per team; a minimum of two of whom must be females in the water, except as provided in 2.

6.5.2 If a team has only two females and due to exclusions is reduced to one eligible female, the team will play one member short with only one female in the water.

6.5.3 If there is a further exclusion the team will play two members short with only one female/male in the water.

6.5.4 If all females from one team are excluded from the game, the team will forfeit the game.

6.5.5 Forfeits:

- a) A forfeit will occur when an ineligible player is participating, or if a team does not have 2 members of each sex to start the game.
- b) A forfeit will occur when less than 6 members of a team are present at the start of the game.
- c) A forfeit will occur when a team does not satisfy the minimum player requirements at the end of the first period of play of the scheduled game.
- d) A forfeit will result in a score of 7-0 in favour of the winning team. Any exemption requests must be brought to the BCSSA Board of Directors at the Fall Board Meeting. Where it is

established to the satisfaction of the Club, Regional or Provincial Registrar that a water polo player has contravened the provision of the Rules and Regulations, that Registrar shall notify the Regional Director. The Regional Director shall disqualify the player and shall notify in writing: the player, the club president, and the appropriate Registrars. The water polo player, or the club, may exercise the right to appeal any decision under these rules to the Appeals Committee of the BCSSA whose adjudication and decision shall be final.

6.5.6 All Regions shall organize and conduct a Regional Championship to qualify the Athletes for the Provincial Championship. It shall be the responsibility of each Regional Director to ensure that the Regional Championship is properly organized and conducted.

6.5.7 All water polo players must have participated at a BCSSA Water Polo competition prior to being eligible to play at Regionals. All Athletes must have been listed on a game roster. A Water Polo competition is a competition between two (2) or more clubs using the rules of Water Polo as defined in the BCSSA rule book.

6.5.8 If a Regional Championship cannot be scheduled, a request for an exemption must be submitted to the President of BCSSA one week prior to Swimming Regionals. When an exemption is granted, Athletes are responsible to put on a scrimmage at Regionals to be eligible to compete at Provincials.

6.5.9 All water polo players will be checked for eligibility by the Regional Registrar or designate. **6.5.10** An individual may only appear on 2 water polo teams at Regionals.

*(*Note: If an error is found before the competition begins, the entry form(s) will be returned to the club for correction. If an error is found after the competition begins, the player is still eligible for the first 2 teams they played for but is ineligible for the third team. A fine of up to \$100 may be assessed against a club for improper team registration.)*

6.5.11 Any coach who has coached a team during the season will not be permitted to play with that team.

6.5.12 Where it is established that a player is ineligible the tournament chair shall be notified immediately. Any games played by the ineligible player shall be forfeited and the ineligible player shall not be allowed to play in the rest of the tournament.

6.5.13 The BCSSA Board of Directors shall organize and conduct the annual Provincial Championship to be held in the second half of August each year. The following shall be adhered to:

- a) There shall be no changes to the Provincial Championship Rules and Regulations after March 31st of each year.
- b) The Provincial Championship Meet Package shall be circulated to all BCSSA clubs no later than May 1st of each year.
- c) Athletes must be correctly registered with the BCSSA for the current season.
- d) There shall be a Provincial Trophy awarded to the top Region in each of the four aquatic sports.
- e) All entries must be submitted to the BCSSA Office by the date (and time) indicated in the Provincial Meet Package.

6.5.14 Qualifiers

- a) The top team in each water polo division from Regional Championships shall qualify for Provincials.

*(*Note: There will be opportunities for clubs who do not qualify for Provincial Championships through the Regional Qualification standards. These opportunities are available as there is not representation in Water Polo from all eight Regions. Clubs who do not qualify for Provincials and want to have a team enter the Provincial Water Polo Tournament need to contact the BCSSA Water Polo Director. Those clubs will be entered into a draw for the available Provincial Entries.)*

- b) A water polo entry form to provincials should include the roster of 13 players and 2 listed Alternates. Individuals may be listed as an alternate on more than one form. Once an Alternate replaces a player on the roster, that alternate may not be used as an alternate on another team. Once a player on a roster is replaced by an alternate, that player may not return to that team for the duration of that tournament.
- c) An individual may only appear on 2 water polo teams at Provincials.

*(*Note: If an error is found before the competition begins, the entry form(s) will be returned to the club for correction. If an error is found after the competition begins, the player is still eligible for the first 2 teams they played for but is ineligible for the third team. A fine of up to \$100 may be assessed against a club for improper team registration.)*

- d) Any coach who has coached a team during the season will not be permitted to play with that team.
- e) Where it is established that a player is ineligible the tournament chair shall be notified immediately.
Any games played by the ineligible player shall be forfeited and the ineligible player shall not be allowed to play in the rest of the tournament.

6.5.15 Tournament Schedule

- a) The Tournament schedule will be determined by the number of teams in each division playing.

6.5.16 Scoring for Round Robin

- a) Teams will be awarded:
 - 2 points for a win
 - 1 point for a tie
 - 0 point for a loss

6.5.17 Tie Breaking Procedures

- a) At the end of Round Robin Play:
 - points
 - game results between the tied teams
 - lowest goals against
 - goal differential
 - coin toss
- b) Championship Round:
 - Should the score be tied at full time in any game for which a definitive result is required, sudden death overtime will

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commence three minutes after the completion of regulation time. The teams will play a maximum of two, five-minute running time periods. Assignment of defending ends will be decided by a coin toss. The team that scores the first goal will be declared the winner.

- If, at the end of two overtime periods the score is still tied, the winner will be decided by a shootout. Five players from each team will alternately shoot on the opposing goalkeeper in goal. The same goal in deep water will be used by both teams. The shot by each player will be taken in the same manner as a penalty throw. If after five players from each team have completed their shots and the score is still tied, then the shooting will continue with the same five players, in the same order, until there is a score differential when each team has had an equal number of shots.

6.5.18 Tournament Scoring

- a) Points will be awarded to the teams in the final standings as follows:

1st Place	9 Points
2nd Place	7 Points
3rd Place	6 Points
4th Place	5 Points
5th Place	4 Points
6th Place	3 Points
7th Place	2 Points
8th Place	1 Point

6.6 POOL AND EQUIPMENT REQUIREMENTS

6.6.1 Pool Specifications

- a) The Pool Layout Specifications as set out in the FINA Rules of Water Polo, require that a pool be 30 metres in length by 20 metres wide, and no less than 1.8 metres deep throughout the course. The participative nature of BCSSA Water Polo, and the scarcity of pools, requires BCSSA to be flexible with pool requirements.
- b) The following are recommendations for BCSSA competition:

- minimum 6 lanes wide by a maximum of 25 metres long,
 - minimum depth at the deep end 1.8 metres,
 - minimum depth at the shallow end 1.2 metres,
 - end and side walls can form the boundaries for the field of play.
- c) The pool shall be well lit (extra outdoor lighting may be necessary for outdoor games played in the evening).

6.6.2 Equipment Requirement

- a) Goals: Refer to FINA Water Polo Rules, except in U12 competition, where teams will compete using “junior” sized nets (2.15 m x 0.75m)
- b) Field of Play: Refer to FINA Water Polo Rules
- c) Water Polo Caps: Refer to FINA Water Polo Rules
- d) The Ball: Refer to FINA Water Polo Rules
- e) Team Benches:
Both team benches shall be situated on the side, opposite the officials’ table at each end of the pool.
- f) Sunscreen:
BCSSA will allow the use of non-greasy sunscreen.
- g) Minor Officials’ Table and Equipment:
- A minor officials’ table shall be provided for each game.
 - The Secretary shall be provided with an official Game Report form, writing instrument, 1 red flag and a whistle.
 - The first Timekeeper shall be provided with stopwatches, 1 whistle, and 1 orange, 1 blue and 1 white flag.
 - The second Timekeeper shall be provided with a shot clock system. Visible clocks shall show the time of possession in a descending manner (that is, to show the possession time remaining).
 - The two Goal Judges shall each be provided with: 1 white flag, 1 red flag and a supply of balls (3).
All flags should measure 0.35 metres x 0.20 metres.

6.7 TEAMS

6.7.1 Player / Coach

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- a) All coaches and players not in the water, shall sit on the team bench and shall not move away from the bench at the commencement of play, except during the intervals between periods. The Head Coach may move but not beyond their 4m line. The Head Coach of a U12 team may advance to half court to coach but may not engage in discussion with the referee. At the sole discretion of the referee this exception may be rescinded at any time during the game. Teams shall change ends and benches at half time of regulation time and after the first period of overtime. Teams shall change ends and benches after each period of play when playing in a Shallow/ Deep pool or when playing in a pool where sun in the players' eyes is a factor.

*(*Note: If both teams agree, they may choose to change at half time only.)*

6.7.2 Substitutions: Refer to FINA Water Polo Rules

6.8 OFFICIALS

6.8.1 Dress Code

- a) All officials should wear white clothing and shoes. Shoes should conform to local pool regulations. (*Note: The objective is uniformity of attire. The meet organizing committee may elect to use colours other than white, provided they supply the garments.)

The organizing committee may supply distinctive badges or ribbons for all officials.

6.8.2 Referees

- a) A minimum of one Referee is required for all BCSSA competitions. For Regional and Provincial Championships, two Referees are required. The Referees are in absolute control of the game. Their authority over the players is effective during the entire time that they and the players are within the precincts of the pool. The Referees shall use a shrill whistle. Referees shall be approved by BCSSA.
- b) **Attacking Referee** shall have the direction of play from their left to right when facing the pool.

- c) **Defensive Referee** shall have the direction of play from their right to left when facing the pool. (*Note: Referees, at BCSSA tournaments and Provincial Championships, are asked to guide themselves in the best interest of the development of Water Polo players and teams in British Columbia. It is important that Referees be knowledgeable, flexible, and willing to help athletes, coaches and parents learn the sport of Water Polo.)
- d) The Referees shall be in absolute control of the game. Their authority over the players shall be effective during the whole time that they and the players are within the precincts of the pool. All decisions of the Referees on questions of fact shall be final and their interpretation of the Rules shall be obeyed throughout the game. The Referees shall not make any presumption as to the facts of any situation during the game and shall interpret what they observe to the best of their ability.
- e) The Referees shall whistle to start and restart the game to declare goals, goal throws (whether signalled by the Goal Judge or not), neutral throws and infringements of the Rules. A Referee may alter their decision provided it is done so before the ball is put back into play.
- f) The Referees shall refrain from declaring a foul, if in their opinion, such a declaration would be an advantage to the offending player's team. This shall be known as the Circumstance of Advantage.
- g) Circumstance of Advantage

*(*Note: The Referees shall apply this principle to the fullest extent. They should not, for example, declare an ordinary foul in favour of a player who is in possession of the ball and making progress towards his opponent's goal. This is considered giving an advantage to the offender's team.)*

- The Referees shall have the power to order any player from the water in accordance with the appropriate Rule and to abandon the game should a player refuse to leave the water when so ordered.
- The Referees shall have the power to order the removal from the precincts of the pool, any player, substitute, spectator or official whose behaviour prevents the Referees from carrying out their duties in a proper and impartial manner.
- The Referees shall have the power to abandon the game at any time, if in their opinion, the behaviour of the players or spectators, or other circumstances prevent the game from

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being brought to a proper conclusion. If the game must be abandoned, the Referees shall report their actions to the Tournament Director and the Provincial Water Polo Director.

6.8.3 Minor Officials

- a) For each game where a shot clock is used, a minimum of three (3) minor officials (a secretary and two Timekeepers) are required. For games without a shot clock two (2) minor officials (a secretary and one Timekeeper) are required. Each team shall provide the Secretary with a list of players and cap numbers prior to the commencement of the game.
- b) Duties of the Secretary shall be:
 - to maintain the record of the game including the players, the score, timeouts, exclusion fouls & penalty fouls awarded against each player.
 - to record the exclusion times of players ordered from the water in accordance with the Rules.
 - to signal with the red flag and by whistle for the improper re-entry of an excluded player due to three personal fouls or improper entry of a substitute (including after a flag signal by a Goal Judge to indicate an improper re-entry or entry), this signal shall stop play immediately.
 - to signal with a red flag and a whistle (if necessary), without delay, the award of a third personal foul against any player.
- c) Duties of the First Timekeeper shall be:
 - to time the exact periods of actual play, timeouts, and the intervals between periods.
 - to signal by whistle the end of each timeout.
 - to signal by raising the orange flag at one minute remaining in each period and to lower the orange flag at 10 seconds remaining in each period.
 - to audibly announce the start of the last minute of the game and the last minute of the second period of any extra time.
 - to signal by whistle (or by other distinctive means), the end of each period.
 - to signal the expiration of a penalty by raising the flag corresponding with the colour of the cap of the re-entering player.

d) Duties of the Second Timekeeper shall be:

- To operate the shot clock to record possession time. The clock shall be reset:
- when the ball has left the hand of the player shooting at goal. If the ball rebounds into play from the goal post, crossbar or the goalkeeper, the possession time shall not recommence until the ball comes into the possession of one of the teams.
- when the ball comes into the possession of the opposing team. Possession shall not include the ball merely being touched in flight by an opposing player.
- when the ball is put into play following the award of an exclusion foul, penalty foul, goal throw, corner throw or neutral throw.

6.8.4 Goal Judges

a) The Goal Judges shall be situated on the same side as the minor officials' table, one on each goal line.

b) Duties of the Goal Judges shall be:

- to signal with the red flag when the players are correctly positioned on their respective goal lines at the start of a period.
- to signal with the white flag an improper start or restart.
- to signal with the white flag for a goal throw.
- to signal with the red flag for a corner throw.
- to signal with both flags for a goal (The Referee shall be responsible for awarding goals.)
- to signal with the red flag for an improper re-entry of an excluded player or improper entry of a substitute.
- to immediately throw a new ball to the goalkeeper (for a goal throw), to the nearest player of the attacking team (for a corner throw), or as otherwise directed by the Referee when the original ball has gone outside the field of play.

6.9 RULES OF THE GAME (TRADITIONAL POLO)

6.9.1 Duration of the Game

- a) The duration of the game shall be four periods of seven minutes running time or five minutes stop-time. Time shall commence at the start of each period when a player touches the ball. At all signals for stoppages, the recording watch shall

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be stopped until the ball is put back into play by the ball leaving the hand of the player taking the appropriate throw or when the ball is touched by a player following a neutral throw.

- b) There shall be a two-minute interval between periods.
- c) A visible game clock shall show the time in a descending manner (that is, to show time remaining in a period).

6.9.2 Tie-Breaking Procedure

- a) Should the score be tied at full time in any game for which a definitive result is required, sudden death overtime will commence three minutes after the completion of regulation time. The teams will play a maximum of two, five-minute running time periods. Assignment of defending ends will be decided by a coin toss. The team that scores the first goal will be declared the winner.
- b) If, at the end of two overtime periods the score is still tied, the winner will be decided by a shootout. Five players from each team will alternately shoot on the opposing goalie in goal. The same goal in deep water will be used by both teams. The shot by each player will be taken in the same manner as a penalty throw. If after five players from each team have completed their shots and the score is still tied, then the shooting will continue with the same five players, in the same order, until there is a score differential, and each team has had an equal number of shots.

6.9.3 Timeouts

- a) Each team shall be entitled to two timeouts in any game, including any extra time. The duration of the timeout shall be one minute. A timeout may be requested at any time by the coach of the team in possession of the ball calling "timeout" and signalling to the Referee with the hands forming a T-shape. If a timeout is requested, the Referee shall immediately stop the game by whistle.
- b) Play shall be restarted on the whistle of the Referee by the team in possession of the ball putting the ball into play on the half distance line, except that:
 - If the timeout is requested before the taking of a penalty throw or corner throw, that throw shall be maintained.

- If the timeout is requested in a game using stop time, after a goal has been scored, the Referees shall restart the play and then immediately stop the play for the requested timeout.
- If the timeout is requested in a game using running time, after a goal has been scored, the Referee shall immediately call the timeout,

*(*Note: The possession clock continues from the recommencement of the play after the timeout.)*

- c) If the coach of the team in possession of the ball requests a third or additional timeout, the game shall be stopped, and play shall then be restarted by a player of the opposing team putting the ball into play on the half distance line.
- d) If the coach of the team not in possession of the ball requests a timeout, the game shall be stopped, and a penalty throw awarded to the opposing team.
- e) At the restart following a timeout, players may take any position in the field of play, subject to the Rules relating to the taking of penalty throws and corner throws.

6.9.4 The Start of Play

Before the start of the game and in the presence of the Referees, the captains shall toss a coin, the winner, to have the choice of ends.

- a) Period Start
 - At the start of each period, the players shall take up positions on their respective goal lines, at least one metre from the goal posts. Not more than two players shall be allowed between the goal posts. No part of a player's body shall be beyond the goal line at water level.

*(*Note: At the commencement to the periods of play, the Referee shall decide to start the teams from the goal line or the two-metre line.)*

- b) When the Referees are satisfied that the teams are ready, a Referee shall blow the whistle to start and then release the ball into play on the half distance line.
- c) If the ball is released giving one team a definite advantage, the Referee shall call for the ball and award a neutral throw on the half distance line.

6.9.5 Restarting After a Goal:

- a) After a goal has been scored, the players shall take up positions anywhere within their respective halves of the field of play. No part of a player's body shall be beyond the half distance line at water level. A Referee shall restart the game by blowing the whistle. At the time of the restart, actual play shall resume when the ball leaves the hand of a player of the team not having scored the goal. A restart not taken in accordance with this Rule shall be retaken.

6.10 METHOD OF SCORING

6.10.1 A goal shall be scored when the entire ball has passed fully over the goal line, between the goal posts and underneath the crossbar.

6.10.2 A goal may be scored from anywhere within the field of play; except that the goalkeeper shall not be permitted to go or touch the ball beyond the half distance line.

6.10.3 A goal may be scored by any part of the body except the clenched fist. A goal may be scored by dribbling the ball into the goal. At the start or any restart of the game, at least two players (of either team, excluding the defending goalkeeper) must intentionally play or touch the ball except at the taking of:

- a) a penalty throw.
- b) a free throw thrown by a player into his own goal.
- c) an immediate shot from a goal throw; or
- d) an immediate shot from a free throw awarded outside 5 metres, except in the U12 category, given that regulation size nets are in play.

*(*Note: A goal may be scored by a player immediately shooting from outside 7 metres after the player's team has been awarded a free throw for a foul committed outside 7 metres. If the player puts the ball into play, a goal can then only be scored if the ball has been intentionally touched by another player, other than the defending goalkeeper.)*

6.10.4 If, at the award of a foul, the ball is closer to the defending team's goal, a goal may be scored under this Rule if the ball is returned without delay to the place where the foul was committed, and the shot is then immediately made from that position.

6.10.5 A goal may not be scored under this Rule direct from the restart following:

- a) a timeout
- b) a goal
- c) an injury, including bleeding
- d) the replacement of a cap
- e) the Referee calling for the ball
- f) the ball leaving the field of play
- g) any other delay.

6.10.6 A goal shall be scored if, at the expiration of 35 seconds possession or at the end of a period, the ball is in flight and enters the goal.

6.10.7 In U12 competition, a player will record a maximum of four goals per game. Any goals scored after the fourth recorded goal by an individual player will be counted as a turnover by the referees. This rule will only be enforced if junior size nets are in play.

*(*Note: In the circumstances of this Rule, if the ball enters the goal after hitting the goal post, crossbar, goalkeeper, or other defending player, and/or bouncing off the water, a goal shall be allowed. If the end of the period has been signalled and the ball is then played or touched intentionally by another attacking player on its way into the goal, the goal shall not be allowed.*

If the ball is in flight towards the goal in the circumstances of this Rule and the goalkeeper or another defending player pulls down the goal, or within the player's own 4 metre area a defending player other than the goalkeeper stops the ball with two hands or arms or punches the ball to prevent a goal being scored, the Referee shall award a penalty throw if, in the Referee's opinion, the ball would have reached the goal line if the offence had not occurred.

If the ball, which is in flight towards the goal in the circumstances of this Rule, lands on the water and then

floats completely over the goal line, the Referee shall award a goal, only if the ball floats over the goal line immediately due to the momentum of the shot.)

6.11 THROWS

6.11.1 Goal Throws

- a) A goal throw shall be awarded:
- when the entire ball has passed fully over the goal line excluding between the goal posts and underneath the crossbar, having last been played or touched by a player of the attacking team.
 - when the entire ball has passed fully over the goal line between the goal posts and underneath the crossbar, or strikes the goal posts, crossbar or the defending goalkeeper direct from:
 - a free throw awarded inside 7 metres. - a free throw awarded outside 7 metres - not taken immediately.
 - a goal throw not taken immediately.
 - a corner throw,
- b) The goal throw shall be taken by the defending goalkeeper from anywhere within the goalkeeper's 2m area. If the goalkeeper is out of the water, the goal throw shall be taken by another defending player. A goal throw not taken in accordance with this Rule shall be retaken.

*(*Note: There should be no undue delay in taking a free throw, goal throw or corner throw, which must be taken in such a manner so as to enable the other players to observe the ball leaving the thrower's hand. The thrower is permitted to dribble the ball before passing to another player. The throw can thus be taken immediately, even though the thrower cannot at that moment find a player to whom the player might pass the ball. On such an occasion, the player is allowed to take the throw either by dropping it from a raised hand on to the surface of the water or by throwing it in the air and then swimming with or dribbling the ball. In either case, the throw must be taken so that the other players are able to observe it.)*

6.11.2 Corner Throws

- a) A corner throw shall be awarded when the entire ball has passed fully over the goal line excluding between the goal posts and underneath the crossbar, having last been played or touched by a player of the defending team.
- b) The corner throw shall be taken by a player of the attacking team from the 2m mark on the side nearest to which the ball crossed the goal line. The throw need not be taken by the nearest player but shall be taken without undue delay.
- c) At the taking of a corner throw no players of the attacking team shall be within the 2m area.

6.11.3 Neutral Throws

- a) A neutral throw shall be awarded:
 - when, at the start of a period, a Referee is of the opinion that the ball has fallen in a position to the definite advantage of one team.
 - when one or more players of each team commit a foul at the same moment which makes it impossible for the Referees to distinguish which player offended first.
 - when both Referees blow their whistles at the same moment to award ordinary fouls to the opposing teams.
 - when the ball strikes or lodges in an overhead obstruction.
- b) A neutral throw shall be taken at approximately the same lateral position as the event occurred. A Referee shall throw the ball up into the air, between the two players, in such a manner as to allow the players of both teams to have equal opportunity to reach the ball. A neutral throw awarded within the 2m area shall be taken on the 2m line.
- c) If, at a neutral throw, the Referee is of the opinion that the ball has fallen in a position to the definite advantage of one team, the Referee shall call for the ball and retake the throw.

6.11.4 Free Throws

- a) A free throw shall be taken at the place where the foul occurred, except:

- if the ball is further from the defending team's goal, the free throw shall be taken from the location of the ball.
- if the foul is committed by a defending player within their 2m area, the free throw shall be taken on the 2m line closest to where the foul was committed or, if the ball is outside the 2m area, from the location of the ball.
- where otherwise provided for in the Rules.

*(*Note: A free throw taken from the wrong position shall be retaken.)*

- b) The time allowed for a player to take a free throw shall be at the discretion of the Referees; it shall be reasonable and without undue delay but does not have to be immediate. It shall be an offence if a player who is clearly in a position, ready to take a free throw and does not do so.
- c) The responsibility for returning the ball to the player who is to take the free throw shall be that of the team to which the free throw is awarded.
- d) The free throw shall be taken in a manner to enable the players to observe the ball leaving the hand of the player taking the throw, who shall also then be permitted to carry or dribble the ball before passing to another player. The ball shall be in play immediately when it leaves the hand of the player taking the free throw.

6.11.5 Penalty Throws

- a) A penalty throw will be awarded to a team when a penalty foul has been called against the other team.
- b) A penalty throw shall be taken by any player of the team to which it is awarded (except the goalkeeper) from any point on the opponents' 4m line.
- c) All players shall leave the 4m area and shall be at least two metres from the player taking the throw. On each side of the player taking the throw, one player of the defending team shall have the first right to take position. The defending goalkeeper shall be positioned between the goal posts with no part of the body beyond the goal line at water level. Should the goalkeeper be out of the water, another player may take the position of the

- goalkeeper, but without the goalkeeper's privileges and limitations.
- d) When the Referee controlling the taking of the throw is satisfied that the players are in their correct positions, the Referee shall signal for the throw to be taken by whistle and by simultaneously lowering an arm from a vertical to a horizontal position.

*(*Note: The lowering of the arm at the same time as the signal by whistle makes it possible under any conditions, even amidst noise by spectators, to execute the throw in accordance with the Rules.*

As the arm is lifted, the player taking the throw will concentrate, for the player knows that the signal will follow immediately.)

- e) The player taking the penalty throw shall have possession of the ball and shall immediately throw it with an uninterrupted movement directly at the goal. The player may take the throw by lifting the ball from the water or with the ball held in the raised hand and the ball may be taken backwards from
- the direction of the goal in preparation for the forward throw, provided that the continuity of the movement shall not be interrupted before the ball leaves the thrower's hand.

*(*Note: There is nothing in the Rules to prevent a player taking the throw with a back to the goal while the player adopts a half screw or full screw action.)*

- f) If the ball rebounds from the goal post, crossbar, or goalkeeper it remains in play and it shall not be necessary for another player to play or touch the ball before a goal can be scored.
- g) If, at precisely the same time as the Referee awards a penalty throw, the Timekeeper whistles for the end of a period, all players except the player taking the throw and the defending goalkeeper shall leave the water before the penalty throw is taken. In this situation, the ball shall immediately be dead should it rebound into play from the goal post, crossbar, or the goalkeeper.

6.12 FOULS

6.12.1 Ordinary Fouls

- a) Any ordinary foul shall be punished by the award of a free throw to the opposing team.

*(*Note: The Referees must award ordinary fouls in accordance with the Rules. However, the Referees must have regard to the special circumstance of Advantage. (See Section [6.8.2.f](#))*

- b) It shall be an ordinary foul to commit any of the following offences:
- To advance beyond the goal line at the start of a period before the Referee has given the signal to start. The free throw shall be taken from the half distance line.
 - To assist a player at the start of a period or at any other time during the game.
 - To hold on to or push off from the goal posts or their fixtures, to hold on to or push off from the sides or ends of the pool during actual play or to hold on to the rails except at the start of a period.
 - To take any active part in the game when standing on the floor of the pool, to walk when play is in progress or to jump from the floor of the pool to play the ball or tackle an opponent. This Rule shall not apply to the goalkeeper while within their 4m area.
 - To take or hold the entire ball under the water when tackled.

*(*Note: It is an ordinary foul to take or hold the ball under the water when tackled, even if the player holding the ball has their hand forced under the water, with the ball, because of the opponent's challenge. It makes no difference that the ball goes under the water against the player's will. What is important is that the foul is awarded against the player who was in contact with the ball at the moment it was taken under the water. It is important to remember that the offence can only occur when a player takes the ball under when tackled. Thus, if the goalkeeper emerges high out of the water to save a shot and then while falling back takes the ball under the water, the player has committed no*

offence; but if the player then holds the ball under the water when challenged by an opponent, the player will have committed an infringement of this Rule and if the player's actions prevented a probable goal, a penalty throw must be awarded.)

- To strike at the ball with a clenched fist. This Rule shall not apply to the goalkeeper while within the goalkeeper's 4m area.
- To play or touch the ball with two hands at the same time. This Rule shall not apply to the goalkeeper while within the goalkeeper's 4m area.
- To impede or otherwise prevent the free movement of an opponent, who is not holding the ball, including swimming on the opponent's shoulders, back or legs. "Holding" is lifting, carrying, or touching the ball, but does not include dribbling the ball.

*(*Note: The first thing for the Referee to consider is whether the opponent is holding the ball. If the player is doing so, the player making the challenge cannot be penalized for "impeding". It is clear that a player is holding the ball if they holds it raised above the water. The player is also holding the ball if they swims with it held in their hand or makes contact with the ball while it is lying on the surface of the water. Swimming with the ball (dribbling) is not considered to be holding.*

- c) A common form of impeding is where the player swims across their opponent's legs, thus reducing the pace at which the player can move and interfering with normal leg action. Another form is swimming on the opponent's shoulders. It must be remembered that the foul of impeding can be committed by the player who is in possession of the ball. (For example, a player keeping one hand on the ball and trying to force the opponent away to gain more space for himself/herself or a player in possession of the ball impeding the opponent, by pushing the player back with their head.) Care must be taken because any violent movement by the player in possession of the ball might constitute striking or even brutality. A player may also commit the offence of impeding even if they are not holding or touching the ball, by blocking the opponent with the body and with arms flung open, thus making access to the ball

impossible. This offence is most often committed near the boundaries of the field of play.)

- To push or push off from an opponent who is not holding the ball.

*(*Note: Pushing can take place in various forms, including with the hand or with the foot. In the cases illustrated, the punishment is a free throw for an ordinary foul. However, Referees must take care to differentiate between pushing with the foot and kicking — which then becomes an exclusion foul or even brutality. If the foot is already in contact with the opponent when the movement begins, this will usually be pushing. However, if the movement begins before such contact with the opponent is made, then this should generally be regarded as kicking.)*

- For a player of the team in possession of the ball to commit an offence (impede an opponent or push off from an opponent) before a free throw, goal throw or corner throw is taken.
- To be within two metres of the opponents' goal except when behind the line of the ball. It shall not be an offence if a player takes the ball into the 2m area and passes it to another player who is behind the line of the ball and who shoots at goal immediately, before the first player has been able to leave the 2m area.

*(*Note: If the player receiving the pass does not shoot at goal, the player who passed the ball must immediately leave the 2m area to avoid being penalized under this Rule.)*

- To take a penalty throw other than in the prescribed manner.
- To delay unduly when taking a free throw, goal throw or corner throw.
- For a goalkeeper to go or touch the ball beyond the half distance line.
- To send the ball out of the field of play, including the ball rebounding from the side of the field of play above water level.
- For a team to retain possession of the ball for more than 35 seconds of actual play without shooting at the opponent's goal.

*(*Note: The Timekeeper and Referees must decide whether there was a shot on goal or not. However, the Referees have the final decision.)*

- To waste time.

*(*Note: It is always permissible for a Referee to award an ordinary foul under this Rule before the 35-second possession period has elapsed.*

If the goalkeeper is the only player of that team in that half of the field of play, it shall be deemed wasting time for the goalkeeper to receive the ball from another member of the team who is in the other half of the field of play.

In the last minute, the Referees must be certain that there is intentional wasting time, before applying this Rule.)

6.12.2 Personal Fouls

- a) A personal foul shall be recorded against any player who commits an exclusion foul or a penalty foul. The Referee shall indicate the offending player's cap number to the Secretary.
- b) Upon receiving a third personal foul, a player shall be excluded from the remainder of the game with substitution according to [6.12.2.c](#). If the third personal foul is a penalty foul, the entry of the substitute shall be immediate.
- c) Exclusion Fouls
 - It shall be an exclusion foul to commit any of the offences as outlined in [6.12.2.d](#), Minor Exclusion Fouls and [6.12.2.e](#), Major Exclusion Fouls which shall be punished (except as otherwise provided by the Rules) by the award of a free throw to the opposing team and the exclusion of the player who committed the foul.
 - When a player of each team commits an exclusion foul or a penalty foul simultaneously during actual play, both players shall be excluded, and a neutral throw awarded.
 - The excluded player shall move to the re-entry area nearest to their own goal line without leaving the water. An excluded player who removes himself/ herself from the water (other than following the entry of a substitute) shall be deemed guilty of an offence (Disrespect).

*(*Note: An excluded player (including any player excluded under the Rules for the remainder of the game) shall remain in the water and move (which may include swimming underwater) to the re-entry position nearest to the player's own goal line without interfering with the play. The player may swim from the*

field of play at any point on the goal line and may swim behind the goal to reach the re-entry area provided the player does not interfere with the alignment of the goal.

On reaching the re-entry area, the excluded player and/or a substitute shall be required to visibly rise to the surface of the water before being permitted to re-enter in accordance with the Rules. However, it shall not be necessary for the excluded player to then remain in the re-entry area to await the arrival of an intended substitute.)

- The excluded player or a substitute shall be permitted to re-enter the field of play after the earliest occurrence of one of the following:
 - when 20 seconds of actual play have elapsed (at which time the first Timekeeper shall raise the appropriate flag provided that the excluded player has reached his re-entry area in accordance with the Rules);
 - when a goal has been scored.
 - when the excluded player's team has retaken possession of the ball (which means receiving control of the ball) during actual play (the defensive Referee shall signal re-entry by a hand signal).
 - when play is restarted by a player of the excluded player's team after a stoppage, (the defensive Referee shall signal re-entry by a hand signal).
- The excluded player or a substitute shall be permitted to re-enter the field of play from the reentry area nearest to the player's own goal line, provided that:
 - The player has received a signal from the first Timekeeper or Referee.
 - The player shall not jump or push off from the side wall or wall of the pool or field of play.
 - The player shall not affect the alignment of the goal.
 - The excluded player has reached the re-entry area nearest to their own goal line.
- After a goal has been scored an excluded player or a substitute may re-enter the field of play from any place.

- These provisions shall also apply to the entry of a substitute when the excluded player has received three personal fouls or has otherwise been excluded from the remainder of the game in accordance with the Rules.

*(*Note: A substitute shall not be signalled in by a Referee nor shall the first Timekeeper signal the expiration of the 20-second exclusion period until the excluded player has reached the re-entry area nearest to their own goal line. This shall also apply to the re-entry of a substitute who is to replace a player excluded from the remainder of the game. In the event of an excluded player failing to return to their re-entry area, a substitute shall not be permitted to enter until a goal has been scored or until the end of a period.)*

- The primary responsibility for giving the signal for the re-entry of an excluded player or a substitute is with the defensive Referee. However, the attacking Referee may also assist in this regard and the signal of either Referee shall be valid. If a Referee suspects an improper re-entry or the Goal Judge signals such an improper re-entry, then the Referee should be satisfied that the other Referee had not signalled the re-entry.
- Before giving the signal for the re-entry of an excluded player or a substitute, the defensive Referee should wait momentarily in case the attacking Referee whistles to restore possession to the opponent's team.
- A change of possession does not occur merely because of the end of a period. However, an excluded player or substitute shall be eligible to re-enter if the player's team wins the ball at the swim up at the start of the next period. If a player is excluded when the end of a period is signalled, the Referees and the Secretary shall ensure that the teams have the correct number of players before signalling for the restart.
- When a player is excluded, the exclusion period shall commence immediately when the ball has left the hand of the player taking the free throw or when the ball has been touched following a neutral throw.
- If an excluded player intentionally interferes with play, including affecting the alignment of the goal, a penalty throw shall be awarded to the opposing team and a further personal foul awarded against the excluded player. If the excluded player does not commence leaving the field of play almost immediately, the

Referee may deem this to be intentional interference under this Rule.

- In the event of the game continuing into extra time, the exclusion period of any excluded player shall also continue into the extra time. Personal fouls awarded during the periods of normal time shall also carry forward into extra time and any player excluded under the Rules from the remainder of the game shall not be permitted to take part in any periods of extra time.

g) Minor Exclusion Fouls

- A minor exclusion foul is punishable (except as otherwise provided by the rules) by the award of a free throw to the opposing team and the exclusion of the player who committed the foul for 20 seconds of actual play.
- A minor exclusion foul will be called for the following offences:
 - To leave the water, sit or stand on the steps or side of the pool during play, except in the case of accident, injury, illness or with the permission of a Referee.
 - To interfere with the taking of a free throw, goal throw or corner throw, including:
 - i. intentionally throwing away or failing to release the ball to prevent the normal progress of the game.
 - ii. any attempt to play the ball before it has left the hand of the thrower.

*(*Note: A player is not to be penalized under this Rule if the player does not hear the whistle because of being under the water. The Referees must determine if the actions of the player are intentional Interference with a throw may take place indirectly when the ball is hampered, delayed or prevented from reaching the player who is to take the throw, or it may occur when the execution of the throw is interfered with by an opponent blocking the direction of the throw or by disturbing the actual movement of the thrower or for interference with a penalty throw.)*

- To splash in the face of an opponent intentionally.

*(*Note: Splashing is frequently used as an unfair tactic but is often only penalized in the obvious situation when players are facing one another. However, it can also occur less obviously when a player produces a curtain of water with an arm, seemingly without*

deliberate intent, in an attempt to block the view of the opponent who is about to shoot at goal or to make a pass.

The punishment for intentionally splashing an opponent is an exclusion or a penalty throw if the opponent is inside the 4m area and is attempting to shoot at goal. The awarding of a penalty throw or an exclusion foul is decided solely by the positioning and actions of the attacking player. Whether the offending player is inside or outside the 4m area is not a decisive factor.)

- To hold, sink or pull back an opponent who is not holding the ball. "Holding" is lifting, carrying, or touching the ball but does not include dribbling the ball.

*(*Note: The correct application of this Rule is very important to ensure that the proper limits of rough play are not exceeded. In addition, Referees must note that an infringement within the 4m area, which prevents a probable goal, must be punished by the award of a penalty throw.)*

- To kick or strike an opponent intentionally or make disproportionate movements with that intent.

*(*Note: The offence of kicking or striking can take several different forms, including being committed by a player in possession of the ball or by an opposing player. Possession of the ball is not a decisive factor. What is important, is the action of the offending player, including the player who makes disproportionate movements in an attempt to kick or strike, even if the player fails to make contact.*

One of the most serious acts of striking is elbowing backwards, which can result in serious injury to the opponent. Similarly, serious injury can occur when a player intentionally butts their head back into the face of an opponent who is marking closely. In these circumstances, the Referee would also be justified in punishing the offence. (Brutality)

- For the defending goalkeeper to fail to take up a correct position on the goal line at the taking of a penalty throw having been ordered once to do so by the Referee. Another defending player may take the position of the goalkeeper but without the goalkeeper's privileges or limitations.

h) Major Exclusion Fouls

- A major exclusion foul is punishable (except as otherwise provided by the rules) by the award of a free throw to the opposing team and the exclusion of the offending player for the remainder of the game.
- A major exclusion foul will be called for the following offences:
 - Brutality (including kicking or striking or attempting to kick or strike with malicious intent) against an opponent or official, whether during play (including any stoppages or timeouts) or the intervals between periods of play. The offending player shall be excluded from the remainder of the game and shall not be substituted. (See Section [6.15](#))

*(*Note: In the last minute of the game, the Referees may delay declaring a brutality offence until the next change of possession.*

This Rule shall also apply if an act of brutality occurs during the intervals between periods, except that the free throw shall not be awarded. The offending player shall be excluded from the remainder of the game, without substitution, and that team shall continue the game with one less player.

In the case of brutality at any time by a substitute who is not in the water during the play, the offending player shall be excluded from the remainder of the game. The captain of the team shall be ordered to remove from the water a player of their choice and the team shall continue with one less player. The player who has been removed can subsequently be used during the remainder of the game, as one of the team's remaining players in the water and no personal foul shall be awarded in relation to the removal from the water.)

- Misconduct, including the use of foul language, violent or persistent foul play. In cases of extreme misconduct, the Referee may deny a substitution.

*(*Note: Persistent foul play refers to play which is unacceptable within the spirit of the Rules and which is likely to bring the game into disrepute. Persistent foul play is entirely different and unrelated to "persisting in an ordinary foul".)*

- Refusing to obey or showing disrespect for a Referee or Official.

*(*Note: If a member of a team commits an act of disrespect prior to the restart of play after the opposing team has scored a goal or during the interval between periods, that player shall be excluded from the remainder of the game and the team shall be permitted to restart the game with seven players.)*

- A player of the team not in possession of the ball who commits any of the following offences before a free throw, goal throw, corner throw or penalty throw is taken:
 - i. impeding an opponent
 - ii. pushing or pushing off from an opponent
 - iii. committing an exclusion foul

The original throw (including any neutral throw) shall be maintained.

- A player of either team who commits any of the following offences before a neutral throw is taken:
 - i. impeding an opponent
 - ii. pushing or pushing off from an opponent
 - iii. committing an exclusion foul

The original throw (including any neutral throw) shall be maintained.

- A player of each team to who commits any of the following offences simultaneously before a free throw, goal throw, corner throw, penalty throw, or neutral throw is taken:
 - i. impeding an opponent
 - ii. pushing or pushing off from an opponent
 - iii. committing an exclusion foul

Both players shall be excluded, and a neutral throw awarded; except if the offences are committed simultaneously at the taking of a penalty throw, the penalty throw shall be maintained.

*(*Note: In the circumstances of this Rule, a change of possession is deemed not to have occurred merely because one team gains possession of the ball from the neutral throw. The players excluded under this Rule shall not be permitted to re-enter until the next earliest occurrence following the neutral throw.*

However, this only applies to the two players who were excluded simultaneously and any other players who were already excluded shall be permitted to re-enter if the neutral throw results in a change of possession.

If the two players who have been excluded under this Rule are eligible to re-enter before they have reached their respective re-entry areas, the defensive Referee may wave in each player as soon as they are ready to re-enter. The Referee does not have to wait until both players are ready to re-enter.)

- A player of the team in possession who commits an offence under exclusion fouls before a free throw, goal throw, corner throw or penalty throw is taken; except that if the offence is committed at the taking of a penalty throw, the penalty throw shall be maintained.
- An excluded player who re-enters or a substitute who enters the field of play improperly, including:
 - i. without having received a signal from the Secretary or Referee.

*(*Note: It shall be an improper re-entry if an excluded player re-enters or a substitute enters without having received the Referee's signal, even if the Referee should have given the signal earlier.)*

- ii. from any place other than their own re-entry area, except where the Rules provide for immediate substitution;
- iii. by jumping or pushing off from the side or wall of the pool or field of play.
- iv. by affecting the alignment of the goal.

If this offence occurs in the last minute of the game or the last minute of the second period of extra time the offending player shall be excluded from the remainder of the game, with substitution according to [6.12.2.c.](#) and a penalty throw awarded to the opposing team.

- Interfering with the taking of a penalty throw. The offending player shall be excluded from the remainder of the game with substitution according to [6.12.2.c.](#) and the penalty throw shall be maintained or re-taken as appropriate.

*(*Note: The most common form of interference with a penalty throw is when an opponent aims a kick at the player taking the*

throw, just as the throw is about to be taken. It is essential for the Referees to ensure that all players are at least 2 metres from the thrower, to prevent such interference taking place. The Referee should also allow the defending team the first right to take position.)

- Penalty Fouls

- i. It shall be a penalty foul to commit any of the following offences which shall be punished by the award of a penalty throw to the opposing team.

001. For a defending player to commit any foul within the 4m area but for which a goal would probably have resulted.

*(*Note: In addition to other offences preventing a probable goal, it is an offence within the meaning of this Rule:*

002. for a goalkeeper or other defending player to pull down or otherwise displace the goal:

003. for a defending player to play the ball with two hands.

004. for a defending player to play the ball with a clenched fist.

005. for a goalkeeper or other defending player to take the ball under the water when tackled.

(It is important to note that while the fouls described above, and other fouls such as holding, pulling back, impeding, etc., would normally be punished by a free throw (and exclusion

if appropriate), they become penalty fouls if committed within the 4m area by a defending player, if a probable goal would otherwise have been scored.)

006. For a defending player within the 4m area to kick or strike an opponent or to commit an act of brutality. In the case of brutality, the offending player shall also be excluded from the remainder of the game, without substitution, in addition to the award of the penalty.

007. For an excluded player intentionally to interfere with play, including affecting the alignment of the goal.

008. For a goalkeeper or any other defending player to pull over the goal completely with the object of preventing a probable goal. The offending player shall also be excluded

from the remainder of the game, with substitution according to [6.12.2.c](#).

009. For an excluded player to re-enter or a substitute to enter the field of play improperly prior to, or at the expiration of an exclusion period with the object of preventing a goal. The offending player shall also leave the field of play to complete any of the original exclusion period remaining, if appropriate.
010. (*Note2: In the circumstances of this Rule, if the attacking team is able to shoot at goal, the Referee shall wait to see if a goal is scored before stopping the play. If a goal is scored, the penalty throw is not awarded, but a personal foul is recorded against the offending player. If a goal is not scored, the Referee shall then immediately award a penalty throw in accordance with this Rule.)
011. For an excluded player to re-enter or a substitute to enter the field of play improperly during the last minute of the game, or the last minute of the second period of any extra time. The offending player shall also be excluded from the remainder of the game, with substitution according to [6.12.2.c](#).
012. For a player or substitute who is not entitled under the Rules to participate in the play at that time to enter the field of play. The offending player shall also be excluded from the remainder of the game with substitution, where appropriate, after the earliest occurrence. This Rule shall not apply to an excluded player who re-enters or a substitute who enters the field of play before a legal re-entry according to [6.12.2.c](#).
013. (*Note3: If an excluded player and a substitute both enter after the earliest occurrence, whichever player entered last, shall be the player to be penalized under this Rule. If both players enter simultaneously, it shall be the substitute who is to be penalized.)
014. For the coach of the team not in possession of the ball to request a timeout or for a team official to take any action to prevent a probable goal; except that no personal foul shall be recorded for this offence.

6.13 ACCIDENT, INJURY AND ILLNESS

6.13.1 A player shall only be allowed to leave the water, sit or stand on the steps or side of the pool during play in a case of accident, injury or illness or with the permission of a Referee. A player who has left the water legitimately may re-enter from the re-entry area nearest their own goal line at an appropriate stoppage, with the permission of a Referee.

6.13.2 If a player is bleeding, the Referee shall immediately order the player out of the water with the immediate entry of a substitute and the game shall continue without interruption. After the bleeding has stopped, the player is permitted to be a substitute in the ordinary course of the game.

6.13.3 If an accident, an injury or an illness, other than bleeding occurs, the Referee shall immediately order the player out of the water with the immediate entry of a substitute and the game shall continue without interruption.

6.13.4 Should the game be stopped through accident, illness, bleeding or other unforeseen reason, the team in possession of the ball at the time of the stoppage shall put the ball into play at the place of stoppage when the play is resumed.

6.13.5 Except in the circumstances of B (bleeding), the player shall not be allowed to take further part in the game if a substitute has entered.

6.14 SHALLOW END POOL

6.14.1 If possible, all games should be played in an 'all-deep' pool. Due to pool availability, it is sometimes necessary to play in a pool with a shallow end.

*(*Note: All rules governing the use of the bottom shall be under the interpretation and enforcement of the Referee.)*

- a) Goalkeepers are not allowed to stand or use the bottom in any way outside their own 4m line. Goalies may use the bottom to advantage while within their 4m area.

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- b) All players should avoid the use of the bottom at any time during the game. If any player uses the bottom to their advantage or to gain advantage over an opposing player, the opposing team shall be awarded a free throw.
- c) If, in an attempt to block a shot at goal, a defending player deliberately uses the bottom within the 4m area and succeeds in blocking the shot, a penalty shot will be awarded to the attacking team.
- d) If any player deliberately uses the bottom to gain an advantage to block a free throw, that player shall receive a major exclusion foul.
- e) If, in the Referee's estimation, a player continually uses the bottom in spite of the Referee's rulings, the Referee may award that player with a major exclusion foul.

6.15 BRUTALITY AND MISCONDUCT

6.15.1 All calls of Brutality and Misconduct occurring during a tournament shall be forwarded to the Tournament Chairperson/Director. In all other cases they will be forwarded to the BCSSA Water Polo Director. Suspensions will be given if deemed necessary. Calls of brutality and misconduct will result in the disqualification of the player in question from the game. There will be no substitution for players receiving a brutality disqualification. Substitutions may be made for players receiving a misconduct except in extreme cases when the Referees have denied a substitution. (Section [6.12.2.e](#)).

6.16 PROTEST

6.16.1 Protest Committee

- a) Submission of Protest
 - All protests must be submitted to the Tournament Chairperson/Director, or to the Minor Officials' desk, no later than thirty (30) minutes following the protested game. Protests must be in writing, clearly indicating the nature of the protest, and the following information must be included:
 - what action or person is believed to be at fault?
 - in what time frame the action occurred
 - names of witnesses (if possible)

- team/game number
 - diagram (if applicable)
 - signature of complainant
- b) The Tournament Chairperson/ Director shall form and chair a protest committee consisting of 3 or 5 individuals. The committee should include the most senior and experienced individuals available. The chair shall have no vote.
- c) A protest committee receives and adjudicates written protests that are submitted in accordance with these rules.

6.16.2 Provincial Appeals Procedure

See Section [3.11 BCSSA Appeals Committee](#).

6.17 DISCIPLINE

6.17.1 Discipline Committees

- a) Tournaments
- A Discipline Committee must review the incident in all cases where a tournament participant has been called for brutality. A participant who has been called for gross misconduct or disrespect will have an automatic one game suspension (from the age grouping in which they were participating when the gross misconduct or disrespect was called) and will not be permitted to participate in any other age group competition until the one game suspension has been served. A discipline committee may be formed to review the incident.
 - The Tournament Chairperson/ Director shall form a Discipline Committee consisting of three (3) neutral individuals preferably from the following:
 - Tournament Referee-in-Chief
 - Tournament Chairperson/ Director
 - BCSSA Representative
 - Referees of the game who have ejected a participant from a game must provide the Discipline Committee with a report of the incident within thirty (30) minutes following the game. A decision will be made immediately following a review of the report and all concerned parties notified.

- The Discipline Committee has the authority to prevent a participant from further competition in that specific tournament or a portion thereof.
 - The Discipline Committee must make a full, written report of the incident and forward it to the BCSSA Water Polo Director and the BCSSA President within 48 hours of the conclusion of the tournament. BCSSA may impose further penalties.
- b) Scrimmages (Non-Tournament Competition)
- The individual who has ejected a participant from the scrimmage must provide the BCSSA Water Polo Director with a written report of the incident within two (2) days following the occurrence.
 - A Discipline Committee shall be formed by the BCSSA Water Polo Director consisting of three (3) neutral individuals. The Discipline Committee must review the incident where a participant has been called for gross misconduct, disrespect, or brutality.
 - The Discipline Committee must make a full written report of the incident and forward it to the BCSSA Water Polo Director, the BCSSA President and all other involved parties within forty-eight (48) hours of the conclusion of the decision.

6.17.2 Discipline Appeal Procedure

- a) An appeal of a decision from the Discipline Committee must be in writing and received by the BCSSA President within seven (7) days of the occurrence. This appeal must be accompanied with a \$100.00 cheque (refundable if successful)
- b) The President shall appoint an Appeal Committee, comprised of 3 members of the Board of Directors, or appointed Designates, and a non-voting chairperson.
- c) The Appeal Committee shall convene within five (5) days of receipt of the notice of appeal and reach a decision by majority as soon as is practical.
- d) The Appeal Committee shall hear the evidence as it sees fit. The Protestor and the individual whose decision is being disputed shall have the right to present their cases to the Committee.
- e) The Chair of the Appeal Committee shall prepare a written record of the proceedings, including a description of the incident, initial decision and protest, Committee members and

the witnesses called, the final decision rendered and a brief description of the rationale. All members of the Committee shall sign the 'record'.

- f) A written decision of the Appeal Committee shall be delivered to the parties involved within three (3) days of the completion of the hearing.
- g) The decision of the Appeal Committee is final, and a copy of the decision is to be forwarded to the BCSSA President.

6.18 TECHNICAL ERRORS

6.18.1 If there is a technical error (desk official mistake, timing error, clock malfunction, etc.) the referee must stop the game at an appropriate time (not necessarily immediately) and correct the error.

6.18.2 The game may have to restart at the last known time before the error. (For example: A player has 3 personal fouls and is still playing because the secretary has forgotten to signal with the red flag. If a goal is not scored on the power play, the game clock may be reset to the end of the exclusion time and all incidents occurring after that time must be erased on the game sheet. If a goal is scored on the power play, the game is restarted from that time.)

6.19 YELLOW AND RED CARDS

6.19.1 The yellow card/red card system has been adopted for the control of the water polo bench at all BCSSA water polo events.

6.19.2 The issuing (signaling) of the yellow card by the referee is an "official" warning to the team bench. That the subsequent issuing (signaling) of the red card by the referee is the signal that the offender on the team bench must retire to the public area or to such a designated place as determined by the tournament chair.

6.19.3 It should be noted, that should the actions of the offender warrant, then the referee might issue (signal) with the red card without having issued (signalled) with the yellow card, which in normal circumstances is really an initial warning.

6.19.4 The point to remember about the use of cards is that they are just a mechanism, a “visible show” for what referees always have had the power to do. A referee could always exclude any person from the pool. Accordingly:

- a) If the bench is still a problem, identify the offender(s) and exclude him/her (them).
- b) The offender is the individual, not the representative. Accordingly, you punish neither the captain, nor the coach, if a player is the offending party. You excluded that party.

6.19.5 Yellow Cards Situations:

- a) For the head coach only:
 - Advance pass the 5 m line (a verbal and/or a warning signal before a yellow card)
 - The head coach must stay well away from the referee when the referee is in their zone. The coach must not impede on the referee’s movement or vision.
 - The head coach must be near their bench when their team has possession of the ball and stay in their zone.
 - The head coach doesn’t return near his bench when their team loses possession of the ball.
 - When the bench is not situated behind the goal line and outside the sidelines.
 - Comment the referee’s calls (after the calls)
 - Directed the referee’s call (before the calls)
 - Regarding ii and iii, if the referee cannot determine who is committing the infraction from the bench, the head coach should receive a yellow card (they are responsible for the behaviour of all on the bench)

6.19.6 Red Card Situations:

6.19.7 For a staff member and/or a player of the team other than the head coach:

- a) Leaving the bench
- b) Comment on the referee’s calls
- c) Direct the referee’s calls
- d) Interfere in the play

6.19.8 For head coach:

- a) A third infraction from the yellow card list (a).
- b) A second infraction from the yellow card list (i, ii, and iii).

6.19.9 For head coach, staff members and players:

- a) Throw or kick an object
- b) Insult personally a referee or minor official
- c) Instigate any personal contact with a referee or minor official

V

**ARTISTIC
SWIMMING**

7. ARTISTIC SWIMMING

Unless specific wording is found in the General Rules and/or Artistic Swimming of the BCSSA Rules, or in the Provincial Meet Package, and all officials shall refer to the 2018 FINA rulebook for artistic competitions.

7.1 ATHLETE CATEGORIES, SKILL LEVELS AND AGE DIVISIONS

An Athlete's age as of December 31st each year, aquatic participation in the non-competitive season and skill level shall be used to determine the Athlete's category. All athletes shall declare all artistic swimming participation that occurs from September 1 of the previous year through to April 30 of the current year. The Athlete categories and skill levels for Artistic swimming are:

Categories	Skill Level	Age Divisions
Summer Categories ("S")	Beginner Athletes can stay as a beginner as long as needed to competently (*7.1.2) complete the beginner elements in a technical routine.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)
	Intermediate Athletes can stay as an intermediate as long as needed to competently (*7.1.2) complete the intermediate elements in a technical routine.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)
	Advanced Athletes can stay as advanced as long as needed to competently (*7.1.2) complete the advanced elements in a technical routine. Athletes compete the same elements as the o-category 1 athletes.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)
Open Categories ("O"-cat)	O category 1 artistic athletes were registered, trained and/or have competed in a provincial stream artistic swimming program age group 11-12 or younger, excluding recreational or limited competition.	PS 12u (Provincial Stream)
	O category 2 artistic athletes were registered, trained and/or have competed in any provincial or	PS 13-15 & NS (National Stream)

	national stream artistic swimming program age 13 and older.	
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Protests of perceived breaches of Athlete eligibility in the categories or skill level shall adhere to process under BCSSA Rules.

7.1.1 Categories

- a) An S (summer category) artistic athlete is an individual who trains and competes with BCSSA for an unrestricted number of hours between May 1st and August 31st of each year. From September 1st to April 30th an S artistic athlete may:
- Participate in artistic swimming training program that is classified as either recreational or limited competitive.
 - Train and compete in diving, speed swimming and water polo or any other sport with no restrictions.
 - Train any number of hours in a recognized school led artistic program with no consequences. They may compete in the Provincial high school meet.
- b) An o-cat (open category) artistic athlete is an individual who was registered, trained and/or competed in either a provincial stream or national stream organized artistic swimming program during the winter season October 1st to April 30th of the current year, excluding limited competitive and recreational athletes.

7.1.2 Skill Level and Age Division

An artistic athlete's age as of April 30th each year, artistic swimming participation in the winter season, and combined marks of either regionals or provincials from the previous season shall be used to determine the Athlete's category/skill of competition. Artistic age skill levels are based on the current BCSSA swimming/artistic age locator. When the threshold mark is met at either Regionals or Provincials Championships, the athlete will move up to the next level at the start of the next season. All 12 and under are classified as division 3 and all 13 and over are classified as division 4 within each level and the age divisions will apply to the results of the figure competitions and not the routine component of the meets. Notwithstanding the below, a coach may move an

athlete up to any level if they deem that athlete ready at the beginning of the season.

- a) The coach will determine their skill level at the beginning of the season based on which elements of the technical routine they can competently compete.
- b) There will be **no** level changes after multi-regionals.
- c) An artistic athlete's age as of December 31st determines which age division they are in. All 12 and under are classified as division 3 and all 13 and over are classified as division 4 within each level, except o-category 1 and 2 which are already divided by age.

7.2 COMPETITIONS

7.2.1 From time to time, regions or clubs may hold meets that are either feedback or judged events with judges, or watershows, and will not be deemed to be required to attend by BCSSA.

7.2.2 Regional Championships

- a) Regionals will be held in the last half of July.
- b) Each region shall organize and conduct a Regional Championship to qualify the Athletes for the Provincial Championship. It shall be the responsibility of each Regional Director to ensure that the Regional Championship is properly organized and conducted. Due to the cost and attendance of certified judges, all regions in the province may group together to hold one Regional meet. At this time, as the sport is small, no scores will be separated out by region. As new clubs from around the province join, video submissions will be allowed for Regional Championships.
- c) All artistic athletes must have participated in a Regional Championship prior to being eligible to compete at Provincials. An exemption may be applied for to the Artistic Director and Artistic Regional Director for extenuating circumstances. If approved, any routines will be swum without said athlete and judged as registered at Regionals Solos not swum at Regionals can be swum as an exhibition at the Provincial Championships.
- d) If a Regional Championship cannot be scheduled or must be rescheduled, a request for an exemption must be submitted to the BCSSA Board of Directors, by the Director of Artistic Swimming, or Regional Director.

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- e) The Regional Championship will have the same events as the Provincial Championship.
- f) Awards will be provided by Regional Directors. Each routine, technical and free, will be awarded medals to the top three and ribbons to fourth through eighth place.

7.2.3 Provincial Championships

- a) The BCSSA Board of Directors shall organize and conduct the annual Provincial Championship to be held in the second half of August each year.
- b) The Provincial Championship meet package shall be circulated to all BCSSA clubs no later than May 1st of each year.
- c) Athletes must be correctly registered with BCSSA for the current season.
- d) All entries must be submitted to the BCSSA Office by the date (and time) indicated in the Provincial Meet Package.
- e) Artistic athletes shall compete in their designated categories and skill level for technical and free routines under Section [7.1 Athlete Categories, Skill Levels and Age Divisions](#).
- f) Awards are provided by BCSSA. Each routine, technical and free will be awarded medals to the top three and ribbons to fourth through eighth place.

7.3 RULES GOVERNING COMPETITIONS

7.3.1 General

- a) All entry packages must be completed and shall be submitted to the BCSSA office by each club by the deadline stated in the Provincial Meet Package.
- b) Nose clips or plugs may be worn for all events.
- c) Make-up that provides a natural, clean and healthy glow is acceptable. Theatrical make-up, nail polish, jewelry, accessory equipment and/ or additional clothing is not permitted, unless required for medical reasons, except for medical alerts and Kira religious bracelets. Medical certification must be submitted to the Chief Referee/ Judge at least 30 minutes before the event.
- d) White caps and black suits are permitted for technical routines. Caps are permitted for free routines if desired.

- e) Suits for all routines shall conform to FINA specification in the latest FINA manual, nothing may hang/ dangle from the suits (including longties) – nothing on the suit should be able to float. In the event that the referee deems an athlete's(s') swimwear does not conform to FINA standards, the athlete(s) will not be permitted to complete until changing into appropriate swimwear.

7.3.2 Scores

All technical and free routines are scored in their individual category/ level with awards for each.

7.3.3 Routine Events

- a) BCSSA competes both technical and free routines in team, duet and limited solo.
- b) An athlete may be permitted to compete in a maximum of one solo (for advanced and o-cat), one duet event, one team event for free and a maximum of one solo (for advanced and o-cat), one duet event, one team event for technical routines.
- c) Every athlete must compete at least one technical routine.
- d) The solo event is for athletes competing in the advanced and o-cat levels only.
- e) The duet event is open to all levels of athletes and consists of two athletes. They will compete in the highest skill level of the duet partners.
- f) Technical routines will have 4 elements (generally figures or positions) that may change from year to year and can be found in the Provincial meet package.
- g) Technical and free routines will be judged as free routines (with Execution, Difficulty and Artistic Impression), using the system prior to 2023, with the addition of judging of the walk-on. Two technical monitors will be assigned to technical routines.
- h) The free team and technical event is open to all skill levels and shall consist of a minimum of three (3) to a maximum of ten (10). The team event can have any number of different skill levels on the team. When there is more than one skill level on a team, the skill level with the majority of athletes will determine which skill level the team competes in. When there is the same number of athletes in more than one skill level, that team will compete at the highest skill level.

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- i) Routines may start on the deck or in the water, but must finish in the water.
- j) The walk-on will no longer be timed.
- k) Deck movements will no longer be timed separately but will still be included in the routine time.
- l) All routines, technical and free will have a maximum time of four minutes which includes 10 seconds for deck movements and allows a plus or minus of 15 seconds.
- m) Timing of the routines shall start when the music starts upon a signal from the Referee and finish when the music stops.
- n) The music accompaniment shall begin upon a signal from the Referee. After the signal, the athlete(s) must perform the routine without interruption.
- o) In the case of technical problem(s) during a routine, the athletes may be allowed to re-swim at the discretion of the Chief Referee/Judge.

7.4 AWARDS

7.4.1 Final placing for each figure event is determined by the combined four figure scores and final placing for the routine event is determined by the routine score. Double ribbons will be awarded to the top three finishers in each figure and routine event. Single ribbons will be awarded from the 4- 8 place in each figure and routine event.

7.4.2 Final placing for the championship score is 50% of the combined figure score and 50% of the routine score. Medals will be awarded to the top three finishers from the championship score. Single ribbons will be awarded from the 4-8 place.

7.4.3 The type of awards (ribbons and medals) are provided by the regional directors at regionals and awards (ribbons and medals) are provided by BCSSA at provincials.

7.5 MUSIC

7.5.1 There should be no more than a 10 second lead in before the music starts.

7.5.2 Music must be uploaded to the software BCSSA is using two (2) weeks prior to Regionals and submitted as follows:

Event — Skill Level — Club Name — Coach Name — Athlete
Name for solo, Athlete Names for duet and theme for technical
and free team

Examples:

Free Solo — Advanced — CRB — Sally Sue — Charlie Smith

Free Duet — Ocat2 — CRB — Sally Sue — Charlie Smith and Jane
Doe

Free Team — Beginner — COQ — Bill Boy — Beautiful Day

Technical Team — Intermediate — NVC - Nancy Road - Happy Days

7.5.3 Each club coach must be available with a back-up electronic
version of the music for each routine in case of technical
difficulties.

7.6 PENALTIES

Coaches will be informed of any penalties after the event(s) are
completed.

7.6.1 Routines

Coaches are expected to attend the re-timing of their music.
Should a coach fail to participate, the Chief Judge/Referee will
make the final ruling without the coach. There will be no protest
opportunity once the final ruling has occurred when a coach fails
to attend the re-timing. Coaches need to be mindful that routines
are timed on a "meet-by-meet" basis. Routines that did not
receive a timing violation at a previous competition can still be
subject to timing violations at subsequent competitions.

- a) A one (1) point penalty shall be deducted from the routine
score if:
- There is a deviation from the specified routine time
limit allowed (less or more than) for the routine.
 - An athlete has made a deliberate use of the bottom
of the pool during the routine.

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- b) A two (2) point penalty shall be deducted from the routine score if:
 - An athlete has made a deliberate use of bottom of the pool during a routine to assist another athlete.
 - If during the deck movements in team routines athletes are executing stacks, towers or human pyramids.

7.6.2 Right to Appeal

- a) The artistic athlete, or the club, may exercise the right to appeal any decision under these rules to the Jury of Appeal at a meet or if not at a meet, the Appeals Committee of the BCSSA. No protests shall be made against a judges' marks or penalties. The Jury of Appeal shall resolve any protests referred to it at a meet when possible
- b) A verbal protest must be submitted within 30 minutes of the results being posted or 12 hours after being emailed out and be followed up with a written protest to the Chief Referee/ Judge. The Chief Referee/ Judge shall deliver the written protest to the Meet Manager and the Artistic Director for consideration by the Jury of Appeal named for the meet. The Jury of Appeal will then be convened and reach a decision.
- c) The Jury of Appeal is named prior to the meet and the name written on the Officials schedule and shall have no conflicts, where possible, with any BCSSA Clubs and/ or athletes. The Jury of Appeal shall follow FINA procedures. Any decision of the Jury of Appeal may be appealed to the Appeals Committee of the BCSSA as per Rule 3.11.

*(*Note: The confirmed results of any event conducted under protest, or any protested event, should be withheld (not announced or published and no prizes or scoring points should be awarded) until the protest is withdrawn or resolved.)*

7.7 ACCESSIBILITY AND INCLUSION

- a) BCSSA is committed to providing an inclusive environment for all athletes.

- b) BCSSA clubs are encouraged to work with athletes and their families to adapt training programs and competitions to meet the needs of all interested athletes.
- c) While BCSSA rules apply to all BCSSA sanctioned Regional and Provincial competitions, the Head Official shall permit adaptations, variations, and exceptions within the spirit of the rules, that provide an equitable competitive field for all athletes. Permission must be requested in advance of the competition in order to be considered.

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