



PROVINCIAL RULEBOOK

2015-2016

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Section A: General Rules for Competitions held in Ontario

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

1.0 Introduction

1.1 Conduct of Competitions

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

1.2 CASSA Rulebook

See Synchro Canada Rulebook for any changes and details regarding penalties and draws.

2.0 Definitions

2.1 Eligible Swimmers

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

2.2 Athletes with a Disability

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

2.3 CASSA Definitions

Refer to CASSA Rulebook 2. Definitions for additional definitions.

3.0 General Rules

3.1 Registration

As per CASSA Rules for 3.1.1 Registration, 3.1.2 Qualified Competitors, 3.1.3 Unattached Competitor, 3.1.4 Transferring Swimmers and 3.1.5. Competitor Levels.

3.1.1 Club Registration

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

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

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

3.1.2 Novice Competitions

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

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

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

3.1.4 Junior/Senior Team Exception

CASSA 3.1.5 notwithstanding the foregoing, a Junior FINA eligible age athlete may compete in both Junior and Senior FINA team. For any club entering the same athletes in both Junior and Senior FINA team the team make-up MUST be different for each event (alternates excluded). Changing the number of athletes from the Junior FINA Team to the Senior FINA team is not considered a difference.

3.1.5 Star Testing

3.1.5 a) Judging Star Testing

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

3.1.6 Age Group of swimmer for competitive season

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

3.1.7 Re-calculating Age Group of a Provincial Stream Team

If a swimmer leaves the team prior to the team's first provincial routine competition (OWG Trials or OWG or Regionals), the average age must be recalculated and, if necessary, the swimmers compete at a different age group. If a swimmer leaves after the first routine competition of the season, the age group does not change.

3.1.8 Coach Eligibility

3.1.8 a) Deck Privileges

i) Every Coach of Figures or a Routine must be a registered member of Synchro Swim Ontario and be registered on the competition entry form to have deck privileges at any competition including Novice Competitions. This also includes any Provincial Team Trials/Selection events.

ii) A non-registered coach will not have deck privileges, will be removed by the Chief Referee, and the Club will be fined \$50.00. **If a Club omitted to include that coach on their registration, the coach will be removed by the Chief Referee for the next/current event, and will have deck privileges re-instated for the next event once the fine is paid.**

iii) If a non-registered coach is also not a registered member of Synchro Swim Ontario, the fine will be increased to \$150.00. Fines are non-refundable.

iv) All registered coaches that have deck privileges must wear a wristband during the entire competition. The wristband signifies to the Chief Referee that the coach is registered and has deck privileges. Coaches will receive wristbands when they arrive to the competition. Failure to wear a wristband will result in a \$50.00 fine.

3.1.8 b) Provincial Qualifier, Regional Championships, Hilton Invitational

Every Coach of Figures or a Routine at the Lisa Alexander Figure Meet, Provincial Qualifier, Regional Championships and Hilton Invitational shall be at least **Competition Introduction "Trained"** (attended the Competition Introduction course) by the stated competition entry deadline. If a Coach does not meet this requirement by the stated competition entry deadline they will NOT have deck privileges. If a Non-Competition Introduction "Trained" coach is found on deck they will be removed from the deck by the Chief Referee and the Club will be fined \$50.00. Fines are non-refundable.

3.1.8 c) Provincial Championships, Ontario Open Age Group Championships, Trillium 12&U Open Championships

Every Coach of a Routine or Figures at Provincial Championships, Ontario Open Age Group Championships and Trillium (12&U) Championships shall be at least **Competition Introduction CERTIFIED** (or a full and current Level 2 NCCP certified) by the stated competition entry deadline. If a Coach does not meet this requirement by the stated competition entry deadline, they will not have deck privileges. Coaches found on deck without Competition Introduction CERTIFIED status (unless covered by rule 3.1.8 d) will be removed from the deck by the Chief Referee and the Club will be fined \$50.00. Fines are non-refundable. **Note exception for Trillium (12&U) Championships where coaches of Novice Competitive attending Trilliums shall need to be Fully Certified Trillium Instructor as per 3.1.8 g).**

3.1.8 d) Notwithstanding the above, those coaches who are Competition Introduction TRAINED (attended the Competition Introduction course), have two competitive seasons from the first day of their Competition Introduction Course to complete their certification after which they will not have access to the pool deck at Provincial Championships, Ontario Open Age Group Championships or the Trillium 12&U Championships.

3.1.8 e) Synchro Swim Ontario will oversee 3.1.8 a), b), c), and d), maintain records, and ensure that only eligible coaches have deck privileges at the designated competitions.

3.1.8 f) Coaches of out-of-province entries are exempt from the coaching certification requirements.

3.1.8 g) Novice Competitions

Every Coach of Figures or a Routine at a Synchro Swim Ontario Novice Competition, **or the Trillium 12&U Championships if opting to attend**, shall be at least **Fully Certified Trillium Instructor** by the stated competition entry deadline. If a Coach does not meet this requirement by the stated competition entry deadline they will NOT have deck privileges. If a Non Trillium Instructor Fully Certified coach is found on deck they will be removed from the deck by the Chief Referee and the Club will be fined \$50.00. Fines are non-refundable.

3.2 Protests

3.2.1 Conflict of Interest

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

3.2.1 a) A relative of a competitor

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

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

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

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

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

3.2.2 Using an official with a conflict

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

3.2.3 Resolution of disputes

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

3.2.3 a) Dealing with a Protest

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

3.2.3 b) Jury of Appeal

Refer to CASSA 3.3.2 b)

4.0 Competitions

4.1 Categories: See CASSA 4.1.1 - Age Categories

4.1.1 National Stream

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

Canadian Open Synchronized Swimming Championships (COSSC)

Junior FINA: Figures, Solo, Duet, and Team

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

Senior FINA/Junior FINA Free Combination

Canadian Espoir Synchronized Swimming Championships:

13-15: Figures, Solo, Duet, Team

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

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

4.1.1 a) National Stream - Free Routine Combination

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

4.1.1 b) Medical Certification

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

4.3.1 b i) 12 year old swimmers competing in Senior

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

4.1.2 Provincial Stream

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

10 and Under Figures, Duet/Trio and Team

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

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

16-20 years Figures, Solo, Duet/Trio and Team

Free Routine Combination (Open)

4.1.3 Competitive Novice Stream – Please see Section I for Novice Competitions.

Novice Figure Competitions will consist of the following figure events:

8 and Under, 9-10 years, 11-12 years, 13-15 years, 16-20 years
Masters 18-34 yrs; 35-49 yrs; 50-64 yrs; 65 and over

Novice Routine Competitions will consist of the following routine events:

8 and Under Team
9-10 years Team
11-12 years Team
13-15 years Team
16-20 years Team
Masters Teams: 18-34 yrs; 35-49 yrs; 50-64 yrs; 65 and over

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

4.2 Ontario Qualification and Entry Rules

- 4.2.1** Once an athlete has entered (registered) or competed on a 11-12 FINA, 13-15 FINA, Junior FINA or Senior FINA **TEAM** at the **PROVINCIAL QUALIFIER** they shall be designated as a National Stream Athlete and must compete Solo, Duet, Team and Combo in the National Stream only.
- 4.2.2** Provincial Stream routines may not enter the Provincial Qualifier or Provincial Championships as Exhibition entries.
- 4.2.3** Once a Solo, Duet, Team or Combo has entered (registered) or competed at the **PROVINCIAL QUALIFIER** or **PROVINCIAL CHAMPIONSHIPS** in any Age Group (11-12 FINA, 13-15 FINA, Junior FINA, or Senior FINA) they may not enter any age category at Regional Championships. National Stream routines may not enter Regional Championships or the Ontario Open Age Group Championships as Exhibition entries.
- 4.2.4** An athlete who competes on a Provincial Stream Team may enter National Stream Solo, Duet or Combo competition at the Provincial Qualifier, Provincial Championships, the National Qualifier and National Championships and continue to compete with their Provincial Stream Team at Regional Championships and the Ontario Open Age Group Championships.
- 4.2.5** The only exception shall remain the Trillium 12&U Championships which is open to all registered Competitive or Novice (Pre-Competitive) athletes. See Section G for Competition regulations.
- 4.2.6** **Teams qualifying for Provincial Championship events**

When a Team entered in a Provincial Championships (Provincial Championships & Ontario Open Age Group Championships) has qualified through the qualifying competition (Provincial Qualifier & Regional Championships), at least one-half of the Team members entered in Provincial Competition must have swum at the qualifying competition.

4.3 National Stream Routines

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

See CASSA Rulebook as it pertains to National Stream competitions

4.2.3 National Stream Teams

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

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

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

4.3.4 National Stream – swimming up one age category

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

4.3.5 National Stream Duets

Ages as per Synchro Canada rules.

4.3.6. Duet Partners

Group Championship competitions. Note: These numbers may be different for Ontario Winter Games.

4.4.8 Provincial Stream Teams

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

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

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

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

ii) 16-20 yr Teams averaging over 18.0 years are also eligible to compete in Masters Competition (18-34). Eligible athletes/teams may enter Masters competition(s) in addition to Provincial 16-20 Age Group competitions. All members of the team must be 18 as of Dec 31 and all Masters rules must be followed.

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

Example:

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

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

From the example:

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

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

4.4.9 Provincial Stream Routine Required Elements

There are no Provincial Stream Routine Required Elements.

4.4.6 a) Athletes with a Disability

There are no required elements for Athletes with a Disability.

4.4.11 Panels (New FINA rule)

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

4.5 Free Routine Combination

4.5.1 Provincial Stream Free Routine Combination

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

4.5.2 National Stream Free Routine Combination

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

4.5.3 Number of athletes

There shall be a minimum of 4 and a maximum of 10 competitors. Teams may have up to two alternates.

4.5.4 Start of routine and part

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

4.5.5 Number of parts

(See also CASSA rule 4.4.1)

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

FINA Rule (noted ONLY for teams who may be entering International Competition)

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

4.5.6 Penalties in Free Routine Combination

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

4.6 Deckwork

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

4.7 Figures

4.7.1 Figures

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

a) The Lisa Alexander Meet where:

- i) A Provincial Stream athlete may choose to enter a Provincial Stream Age Group AND a National Stream Age Group *ex) Provincial Stream 16-20 yrs figures AND National Stream Junior FINA figures.*
- ii) A National Stream swimmer may choose to enter two National Stream figure age groups based on their planned routine events for the season *ex) 11-12 FINA and 13-15 FINA or 13-15 FINA and Junior FINA.*
- iii) An athlete aged 9-10 may choose to enter 10&U Figures and 11-12 Figures if age eligible for 10&U and 11-12 provincial age categories as they would like to train for expected entry in duet and team for the Trillium 12&U Championships.
- b) The Provincial Championships where National Stream 11-12 FINA, 13-15 FINA or Junior FINA athletes may be required to compete figures for the corresponding solo, duet and team events entered.
- c) The Trillium 12 & Under Open Championships where swimmers aged 10&U are required to compete in both 10 & Under and 12 & Under figures IF they are entered in 10&U duet and 12&U team events.

4.7.1.1 Figures as a stand-alone event

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

4.7.2 Swimmer’s Apparel

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

4.7.2 a) Jewellery

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

4.7.2 b) Therapeutic Taping

An athlete who requires therapeutic taping and/or joint braces must submit, prior to the start of the competition, a medical note stating that this is required. The medical note can be from a medical doctor, a registered physical therapist or a certified athletic therapist. Any athlete not submitting the required documentation will be asked to remove the tape prior to competing. This applies to figure and routine events.

4.7.3 Draw for Figures

4.7.3 a) National Stream Competitions (Provincial Championships)

Figure groups shall be drawn by the Synchro Swim Ontario Office Staff 18-72 hours prior to the figures event. The exception shall be the Lisa Alexander Figure Meet which falls under 4.7.3 b).

4.7.3 b) Provincial Stream Competitions

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

4.7.4 Figure Groups

Figures shall be as outlined in Appendix A.

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

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

4.8 Time Limits

Novice Stream	Solo	Duet/Trio	Team
8 & Under	N/A	N/A	2:00
10 & Under	N/A	N/A	2:15
11-12 years	N/A	N/A	2:30
13-15 years	N/A	N/A	2:45
16-20 years	N/A	N/A	3:00
Masters (all ages)	N/A	N/A	3:00
Provincial Stream	Solo	Duet/Trio	Team
8 & Under	N/A	N/A	2:00
10 & Under	N/A	2:15	2:30
11-12 years	2:00	2:30	3:00
13-15 years	2:15	2:45	3:30
16-20 years	2:30	3:00	4:00
Free Combination	N/A	N/A	4:00
National Stream	Solo	Duet	Team
11-12 National Stream	2:00	2:30	3:00
13-15 FINA	2:15	2:45	3:30
Junior FINA	2:30	3:00	4:00
Senior FINA - Tech	2:00	2:20	2:50
Senior FINA - Free	2:30	3:00	4:00
Free Combination COSSC	N/A	N/A	4:30
Masters	Solo	Duet/Trio	Team
Free Combination	N/A	N/A	4:30
Technical	1:30	1:40	1:50
Free	2:30	3:00	4:00
Trio Free Routine	N/A	3:30	N/A
Trio Tech Routine	N/A	1:45	N/A

National Stream time limits are subject to change as per FINA rules.

Masters Time Limits as per Synchro Canada Rulebook (4.2.2.)

Novice Competitive Stream time limits are maximums +/- 15 seconds. There is no minimum time limit.

4.8.1 Time Limit Penalty

There shall be an allowance of 15 seconds plus or minus the allotted time limit, beyond which a penalty shall be incurred.

4.8.2 Minimum time limits

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

4.8.3 Deck time

Maximum deck time is 10 seconds.

4.8.4 Walk on time

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

4.8.5 Recording of time

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

4.8.6 Time Violations

4.8.6 a) Overall Time Limits

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

4.8.6 b) Deck Drill Time Limits

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

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

4.9 Preliminaries and Finals

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

4.9.1 Fewer than 15 competitors

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

4.9.2 Provincial Qualifier

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

4.9.3 Regional Championships

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

4.9.4 Ontario Open Age Group Championships

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

4.9.5 12&U Open Championships (Trilliums)

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

4.9.6 Number of routines qualifying for finals

4.5.5 a) Provincial Championships

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

4.5.5 b) Regional Championships and Ontario Open Age Group Championships

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

4.10 Music

- a) Two compact discs must be provided, one identified as "Competition" and one identified as "Copy". Each compact disc and box shall be clearly identified with:
 - i) Name of the Club
 - ii) Event name
 - iii) Age Group
 - iv) Coach(es) name(s)
 - v) Swimmer(s) or Team's name
- b) In the team and/or free combination routine events, if there is more than one routine from the same club, the coach shall be responsible to identify, to the person responsible for the music, which CD is associated with each routine.
- c) Coaches shall provide two (2) CDs for the competitions.
- d) All information shall be written directly on the CD with a permanent marker (the use of sticky labels is not permitted).
- e) The two (2) copies of the CD shall be delivered to the music table 30 minutes before the beginning of the club's designated spacing time.
- f) Only one (1) piece of music shall be recorded per CD.
- g) The CDs in the possession of the person responsible for the music shall remain at the music table for one (1) hour following the event unless otherwise advised by the Referee.
- h) The CDs shall be recorded at a speed of 16X in the wave or audio format.
- i) CDs shall be functional on all formats of compact disc players.
- j) In the event that CDs must be numbered for a competition, clubs shall conform to this requirement.
- k) Any infractions to the above regulations will result in a fine of \$30.00 to be paid immediately to the Chief Referee or her designate.
- l) During competitions, a sound meter (or app) may be used in order to ensure that music does not exceed a maximum of 90 decibels.
- m) It is recommended that coaches have a CD available even if music is requested electronically.

4.11 Swim Suits, Head Apparel, Make-up & Gel Removal

4.11.1 Swim Suits

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

4.11.2 Head Apparel

Head apparel may not contain projecting objects.

4.11.3 Make-up

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

4.11.4 Gel Removal in Competition or Warm-Up Pools

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

4.12 Exhibition Competitors

- a) Provincial Championships, Masters Open Provincial Championship, Trillium 12&U Provincial Championships and Ontario Open Age Group Synchronized Swimming Championships are designated competitions that are open for **out-of-province** or **international** entries as “**Exhibition Competitors**”. All other competitions may host exhibition entries at the discretion of Synchro Swim Ontario. **Please note that Synchro Swim Ontario has the discretion to limit entries due to capacity.**
- b) **In each Age Group Category, each Foreign Club or Out-of-province Club may enter (1) one Team, (2) two Solos and (2) two Duets.**
- c) An exhibition routine:
 - I. Must follow all Synchro Swim Ontario rules and entry requirements.
 - II. Must pay all competition entry fees and meet entry deadlines as defined for exhibition entries.
 - III. Must pay an additional \$10.00 per athlete award levy.
 - IV. Will be drawn as if a qualified competitor in the event.
 - V. Will be listed on all draws/programs as an exhibition routine.
 - VI. Will be announced following their swim, as an exhibition routine.
 - VII. That qualifies for a final event shall be drawn to swim in the half of the draw that they qualified for but will not displace an Ontario competitor. In the event that an exhibition entry does not qualify for finals, the top entry from that exhibitor will be added to the finals and will swim first in the finals.
 - VIII. Is eligible for duplicate awards.
- i) If an exhibition routine qualifies for finals there must be 10 qualified Ontario routines in the event.
- j) Ontario routines not qualifying for the meet are not eligible to enter as exhibition.

4.13 International Bids

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

5.0 Competition Management

5.1 Entries –

5.1.1 Entry Fees

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

5.1.2 Entry Forms

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

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

NOTE: Club Registrars are responsible to have their Head Coach sign off on all final meet entries to ensure accuracy.

5.1.3 Late, Incorrect or Incomplete Entries

5.1.3. a) Late Entries

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

5.1.3. b) Incorrect or Incomplete Entries

Synchro Swim Ontario will review all entry forms and fee schedules and reply to the Club with a receipt notice highlighting any inconsistencies. The Club will be responsible for correcting/clarifying the entire entry form and returning it to Synchro Swim Ontario within 48 hours for FINAL submission. Any changes or corrections submitted after FINAL submission will be subject to the following financial penalty:

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

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

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

5.2 Scoring

5.2.1 Calculation of Championship Score

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

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

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

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

5.3 Entry Position

In order to ensure the safety of athletes, notice will go to all clubs in the meet information package, informing them of the designated point of entry for the specific competition. Coaches must comply

with this decision or the Routine will be penalized according to CASSA Rule 4.6.5, which states: "...a one point penalty shall be assessed to a Routine which does not start at the end designated by the Meet Manager....". This rule does not apply to Athletes with a Disability.

5.4 Sound

5.4.1 Announcers

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

5.4.2 Music Sound Level

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

5.4.3 In the event of no spacing time

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

5.5 Thrown in the pool

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

6.0 Byes

6.1 Role of the Jury of Appeal

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

6.1.1 Provincial Jury of Appeal

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

6.2 Byes for Competitions

Bye requests must be submitted to the Provincial Jury of Appeal through the Executive Director of Synchro Swim Ontario prior to the beginning of a competition. If there is an occurrence at an event requiring the submission of a bye request see the Chief Referee of the competition. A written decision will be sent to the appropriate Club President or her/his official designate, who, in turn, will be responsible for submitting it to the Chief Referee of the meet. The athlete must be entered in the meet and then withdrawn from all events. Entry fees will be paid. Note: For Selection from Provincial Championships to the National Qualifier Byes will be considered by the National Qualifier Selection Committee.

6.2.1 Bye Requests

The request for a bye must include all events in which the individual(s) is (are) entered, the club name, request letter/email and supporting documentation, eg. Doctor's note.

6.2.2 Withdrawal from events

The athlete will then be withdrawn from all events.

6.2.3 Teams

Regarding Teams that have one or more athletes with byes – Teams are required to swim in the Team Routine competition unless there are fewer than four (4) athletes.

6.2.4 Duets

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

Section B: Lisa Alexander Meet

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

1.0 Registration

- 1.1 Synchro Swim Ontario shall run two Lisa Alexander Meets, one for the East Region and one for the Central, North and West Regions.
- 1.2 Attendance at the Lisa Alexander Meet by **registered National Stream Competitive Athletes (including AWD), and registered Provincial Stream Competitive Athletes (including AWD)** is **mandatory** for qualification and entry into the Provincial Qualifier or Regional Championships (or the OWG Qualifier in years in which that competition occurs before Regional Championships). Byes will only be granted to individual swimmers on medical or compassionate basis.
- 1.3 Swimmers are to be registered in the stream (Provincial or National) in which they are expected to compete in the **2015-2016** season.
- 1.4 Provincial Stream swimmers are to be registered in 10&U, 11-12, 13-15 or 16-20. Ages for Figures will be calculated to be **as of December 31, 2016.**
- 1.5 National Stream swimmers are to be registered in 11-12 National Stream, 13-15 FINA or Junior FINA. Ages for Figures will be calculated to be **as of December 31, 2016.**
- 1.6 Athletes can enter a maximum of two figure events as per rule 4.7.1.
- 1.7 There will be no switching between National and Provincial Stream figures after the entry deadline.
- 1.8 Figure competition will be held as follows (*See Appendix A for Figure Groups*).

Provincial Stream:

10 Under
11-12 years
13-15 years
16-20 years

National Stream:

11-12 National Stream
13-15 FINA
Junior FINA

Athletes with a Disability:

Physical
Cognitive

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

Note: above is from the Jan 9/15 email re: Lisa A 11-12 event clarifications

Section C: Provincial Qualifier and Provincial Championships

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

1.0 Competition Format

1.1 Provincial Qualifier Attendance

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

1.2 Provincial Qualifier Events

The Provincial Qualifier shall consist of:

Solo competition for 11-12 National Stream (Non-OWG years), 13-15 FINA and Junior FINA
Duet competition for 11-12 National Stream (Non-OWG years), 13-15 FINA and Junior FINA
Team competition for 11-12 National Stream (Non-OWG years), 13-15 FINA and Junior FINA
Technical and Free routine competition for Senior Solo, Duet and Team
Free Routine Combination competition for Junior/Senior (COSSC)

1.3 Provincial Championship Events

The Provincial Championships shall consist of:

Figure competition for 11-12 National Stream, 13-15 FINA and Junior FINA
Solo competition for 11-12 National Stream, 13-15 FINA and Junior FINA
Duet competition for 11-12 National Stream, 13-15 FINA and Junior FINA
Team competition for 11-12 National Stream, 13-15 FINA and Junior FINA
Technical and Free routine competition for Senior Solo, Duet and Team
Free Routine Combination competition for Junior/Senior (COSSC)

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

1.3.1 11-12 Qualifier for Espoir

The **2016** Provincial Championships shall be the Ontario Qualifier for the 11-12 events at the **2016** Espoir Championships.

- a) Registered Ontario athletes aged 11 and 12 years as of December 31, **2016** are eligible to compete.
- b) Registered Ontario athletes may enter 11-12 Solo, Duet and Team events to attempt to qualify for the 11-12 events at Espoir Championships, however they must respect the two routine entry rule at Espoir Championships. Immediately following the 11-12 qualifier at Provincial Championships the Head Coach of the club must declare entry intent to Synchro Swim Ontario to ensure accuracy in identifying qualified routines. Synchro Swim Ontario will issue the final list of QUALIFYING routines within 24 hours.

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

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

- c) The top three (3) competitors in Solo and Duet in Championship Score will advance to the Espoir Championships.
- d) With the exception of the process outlined in 1.3.1. b), If a solo or duet is selected but chooses not to attend Espoir, the next placing routine IS NOT eligible to attend Espoir. Only routines planning on attending Espoir should enter.

- e) The quotas for team shall be OPEN, but any team must compete at the Provincial Championships as the designated selection meet to be eligible to attend Espoir.
- f) 11 & 12 year old athletes are permitted to compete in two of the following routine events at Espoir Championships if they qualify: 11-12 Solo, 11-12 Duet, 11-12 Team, 13-15 Duet, 13-15 Team, 13-15 Espoir Free Combination. Athletes may not compete in the same event in different age groups ex) 11-12 Duet and 13-15 Duet.
- g) All 11-12 year old athletes entered into a routine event must compete 11-12 figures.
- h) An 11-12 year old athlete competing at Provincial Championships or Espoir in 13-15 events only is eligible to enter the 11-12 Figure event.
- i) At Provincial Championships or Espoir Championships there shall be a Finals event only.
- j) The Championship score for all 11-12 routine events shall be based on 60% of the 11-12 figure score and 40% of the routine score.

1.4 Figures

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

1.5 Routine Required Elements

Routine Required Elements can be found in Appendix B.

1.6 Seeding & Awards

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

2.0 Selection Process

2.1 Routine Selection

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

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

2.2 National Qualifier Selection Committee

- 2.2.1** A Selection Committee is struck for the qualifying meet (Provincial Championships). Members must not have a Conflict of Interest.
- 2.2.2** The Selection Committee will consist of a Board of Directors delegate, the VP Officials and the Chief Judge of Provincial Championships, or their designate(s).
- 2.2.3** The Selection Committee selects competitors in order of rank by Championship score.
- 2.2.4** No routine can be entered at the Qualifier unless the Provincial Selection Committee has authorized it.
- 2.2.5** Substitutes may be selected to compete if the originally selected routines are unable to participate. The substitute shall be the next ranking routine by Championship score.
- 2.2.6** The Selection Committee may qualify for entry into the National Qualifier competitors who are unable to swim in the Provincial Championships due to exceptional circumstances (such as, but not limited to: injury, illness, school exams) beyond the control of swimmers. See Section A 6.0 Byes. Any byes granted are added to Synchro Canada's Solo and Duet quota for Ontario.

Section D: National Qualifier and National Championships

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

Section E: Regional Championships and Ontario Open Age Group Championships

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

0.0 Competition Format

0.1 Events

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

Event	Age Group	Regionals	Age Group Champs
Figures	10&U, 11-12, 13-15, 16-20, AWD	X	X
Solo	11-12 (Regionals only)	X	
	13-15, 16-20, AWD	X	X
Duet	10&U, 11-12, 13-15, 16-20, AWD	X	X
Team	10&U, 11-12, 13-15, 16-20, AWD	X	X
Combo	Open	X	X
Masters (Open)	Free - Solo, Duet/Trio, Team, Combo	X	
Land Drill	Teams, no Combos	X	

0.2 Figures

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

Figure events will be as follows:

10&U, 11-12 years, 13-15 years, 16-20 years

Figure groups can be found in Appendix A.

0.3 Solos and Duets

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

0.3.2 Finals only, seeded by figures as per 4.9.4.

0.4 Teams

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

0.4.2 Provincial Stream Teams comprised as per 4.4.8

0.4.3 Team Routine Required Elements can be found in Appendix B

0.5 Free Routine Combination

0.5.1 Provincial Stream Free Routine Combination as per 4.5.7.

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

0.6 Awards

Awards given as per Appendix C.

0.7 Championship Scores

Championship Scores at Regional Championships and Ontario Open Age Group Championships are based on Figures and Routine, except for the Free Combination Team event.

1.8 Land Drill

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

1.0 Advancing to Ontario Open Age Group Championships

1.1 Qualification

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

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

1.2.1 Age Group Teams & Combos

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

1.2.2 Provincial Stream Duets

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

1.2.3 Provincial Stream Solos

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

1.2.4 Qualifying routine declines to enter Age Group Championships

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

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

1.2.5 Pre-Swimmers

Two (2) preswimmers for Provincial Stream Solo and Duet events at Age Group Championships will be selected by the Meet Manager

Section F: Masters Open Championships

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

1.0 Conduct of the Meet

1.1 Panel System (new FINA rule)

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

1.2 Events

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

1.3 Draws

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

1.4 Required Elements

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

1.5 Free Routine Combination

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

2.0 Qualifying for Masters Open Championships

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

3.0 Ages

3.1 Qualifying Age

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

3.2 Duets, Trios, Teams

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

3.3 Age Groups

Age groups will be as follows (no age groups observed at Regionals). Swimmers ages are averaged to determine category in which they compete: 18-34 yrs; 35-49 yrs; 50-64 yrs; 65 and over.

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

4.0 Time Limits

As per 4.8 Time Limits

Section G: Trillium 12 & Under Open Championships

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

1.0 Conduct of meet

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

1.1 Events

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

Figures	8 & Under, 10 & Under, 12 & Under, AWD-P, AWD-C
Solo	11-12 Free
Duet /Trio	10 & Under Free, 12 & Under Free
Team	8 & Under, 10 & Under, 12 & Under

*Athletes with a Disability (Physical & Cognitive) aged 8 & Under, 10 & Under or 12 & Under may enter routine events as listed above and will be awarded by AWD-P and AWD-C in each age group event.

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

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

1.1.2 The draw for finals at Trilliums will be based on Figures as follows; the top 8: the bottom 8; random in the middle. If there are fewer than 16 competitors the draw will be top half, bottom half. **For events with fewer than 6 competitors there will be a random draw for order of swim.**

1.1.3 Solo Age Group 11-12 is open to athletes aged 11 or 12 as of December 31 of the competition year only. Age as per Section A 3.1.6.

1.1.4 Duet Age Group 10&U = where the maximum age of either duet partner is 10
Duet Age Group 11-12 = where the maximum age of either duet partner is 12
Ages as per Section A 3.1.6.

1.1.5 Team Age Group 8&U = where the maximum age of any team member is 8
Team Age Group 10&U = where the maximum age of any team member is 10
Team Age Group 12&U = where the maximum age of any team member is 12
Ages as per Section A 3.1.6.

1.1.6 Figure Entry and Calculation at Trillium Championships
***IMPORTANT: Trilliums differs from Regional and Age Group Championships as swimmers older than 12 years of age (13+) can't be blended into teams or duets.**
a) Athletes entered in 10 and Under Duet or Team are required to compete in 10 and Under Figures.
b) Athletes entered in 12 and Under Solo, Duet or Team are required to compete in 12 and Under Figures.
c) Athletes with a 10 and Under Duet **AND** on a 12 and Under Team are **required** to do **BOTH** sets of figures (10 and Under and 12 and Under). Team figure scores are **not** blended at the 12 & Under Championships.

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

1.2 Eligible Competitors

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

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

1.3 Team Composition

For the Trillium 12&U Championships a Team may be composed of a minimum of 4 and a maximum of 10 swimmers with a maximum of 2 alternates. There will be no penalties for teams with less than 8 swimmers.

Section H: 2016 Ontario Winter Games Qualifying Process & Participation

Note: There will be no 2016 Ontario Winter Games as communicated by the Ministry of Tourism, Culture & Sport. Updated rules TBA once future Games date is set.

The Ontario Winter Games (OWG) is open to all registered competitive athletes who are 22 years of age or younger as of December 31 of the year of the games (December 31, 2014). Qualification is open to both Provincial and National Stream teams as mandated by Ministry guidelines. Synchronized swimming event categories for the 2014 Ontario Winter Games are:

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

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

Team/Athlete participation:

- **TEAM EVENT:** In either age group, teams are permitted a maximum of 8 swimmers plus 1 coach/manager. There are no alternates. NOTE: Team athletes can only swim on one team (either 11-12 or 13-15).
- **FIGURES EVENT:** All athletes compete in the figures event (two or four figures) as per provincial rules. Figure groups will be announced at least one week prior to the start of the games.
- **DUETS:** Each team that qualifies for and attends the OWG may enter 2 duets from their team roster. Duets are comprised of 2 swimmers as per provincial duet rules. Duet athletes can swim in one duet event only. Teams who qualify are allowed to provide 11-12 or 13-15 duets only, who swim in their proper age group. Duets may be comprised from a combination of two different teams from the same club who have both qualified for the Games.
- **SOLOS:** Each team that qualifies for and attends OWG may enter 2 solos from their team roster. Teams who qualify are allowed to provide 11-12 or 13-15 solos only, who swim in their proper age group.
- **FLEXIBILITY:** Flex is a stand-alone event. All athletes will participate.
- **LAND DRILL EVENT:** The Land Drill event is a stand-alone event and does not affect any other event at the Games. Land drill events will be: 11-12 and 13-15 Team.

Awards:

- Team event – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze
- Figures event – Awards by age group (11-12; 13-15; and any additional required categories (as a result of blended teams); Synchro Swim Ontario ribbons; top 6 in each category
- Duet events – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze
- Solo events – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze
- Flexibility – Gold, silver, bronze standards
- Land Drill event – Awards for 11/12 category and 13-15 category; Synchro Swim Ontario medals/ribbons, top 6 in each category

Qualifying Procedure:

- All coaches attending the games must be **fully certified Comp Intro or equivalent (NCCP 2)**.
- All routines must be judged at their designated 2014 Ontario Winter Games Qualifier
- The 2014 Ontario Winter Games Qualifier will consist of 11-12 and 13-15 figures and team events only. There will be no awards at the qualifying meet. Draws will occur as per provincial competitions listed in the rulebook.

- The championship scores obtained at the 2014 Ontario Winter Games Qualifier shall be the mark used to qualify for Ontario Winter Games. By attending the Qualifying event, you are committing to attend the games should you place in the top categories. If a team declines their spot at the OWG or fails to attend the Games, that team will pay a \$500.00 fine to Synchro Swim Ontario.
- The top two teams in each age group from the East, Central and West regions qualify to the Games. The top team in each age group from the North qualify to the games. At the Ontario Winter Games, regional synchro representatives will be coupled with athletes from other regions in the Ontario Winter Games regional competition design. Therefore, you may be moved into a regional name different from Synchro Swim Ontario's regional categories.
- Pending availability of athlete spots or need to increase participant numbers (determined by Synchro Swim Ontario in accordance with the Ontario Winter Games), a wildcard draw will be used. Additionally, should a region be unable to field a team, spots may be filled by the next highest ranking team in the region that is drawn in the wildcard selection.

Pre-Swimmers:

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

Section I: Novice Competitive Figure Meets, Regional Meets and Novice Routine Finals

1.0 The Novice Competitive Figure Meets, Regional Meets and Novice Routine Finals fall under the jurisdiction of Synchro Swim Ontario, and General Provincial Rules are to be followed. The Novice Competitions will take place as follows:

- 1) There will be two separate Novice Figure Meets as follows:
 - I. CENTRAL, NORTH, WEST, (C/N/W) Combined Novice Figure Meet to be held in one of these three regions
 - II. EAST Novice Figure Meet to be held in the East region (coinciding with Lisa A Meet East)
- 2) There will be two separate Novice Regional Meets as follows:
 - I. CENTRAL, NORTH, WEST, (C/N/W) Combined Novice Regional Meet to be held in one of these three regions
 - II. EAST Novice Regional Meet to be held in the East region
- 3) Novice Routine Meet

2.0 Competition Format

2.1 Events

- 2.1 Events shall be held at each of the Novice Figure Meets, Regional Meets (CENTRAL, NORTH, WEST, (C/N/W) Combined and EAST, or a combination thereof), and Novice Routine Finals as detailed in the chart below.
- 2.2 Competitive Novice Routine Competitions shall be for Team routine events only. Duet/Trio or Solo routine option will ONLY be permitted through permission from Synchro Swim Ontario if a Club does not enough athletes to field a Team or a Duet/Trio. Please contact the Synchro Swim Ontario office if you require an exception.
- 2.3 Swimmers may only enter one figure event per competition, and one routine event per competition.
- 2.4 Athletes entering Regionals must compete in both the routine and figure events.

Event	Age Group	Figure Meets	Regional Meets	Novice Routine Finals
Figures	8&U, 10&U, 11-12, 13-15, 16-20, AWD	X	X	
Team	8&U, 10&U, 11-12, 13-15, 16-20, AWD		X	X
Masters (Open)	Free - Duet/Trio or Team		X	X
Duet/Trio * Solo**	10&U, 11-12, 13-15, 16-20, AWD <i>*Only if a Team cannot be fielded **Only if a Duet/Trio cannot be fielded</i>		X	X

2.2 Figures/Skills Testing

- 2.2.1 Athletes compete in their age group figures/skills testing, as determined by their age as of December 31, 2016. Athletes will compete in their respective age group regardless of the blended age group of their team.
- 2.2.2 Figure/skills testing events will be as follows:
8&U, 10&U, 11-12 years, 13-15 years, 16-20 years

Figure/skills testing lists can be found in Appendix A.

- 2.2.3 Penalties will not be assessed at Novice Figure Competitions. If a penalty is committed by an athlete while performing a figure the judges at the panel will notify the athlete of the error and the athlete will be requested to perform the figure again.
- 2.2.4 In the Provincial Novice Stream no degrees of difficulty are used (CASSA rule 4.7.1).

2.3 Teams

2.3.1 Number of Swimmers on a Provincial Stream Novice Team

A Provincial Stream Novice Team is composed of a minimum of 4 and a maximum of 10 swimmers with a maximum of 2 alternates. There will be no penalties for teams with less than 8 swimmers.

2.3.2 Provincial Stream Novice Team Composition

A Team in Provincial Stream Novice Competition should be comprised of swimmers from the same Age Group if possible. Ages determined by their age as of December 31, 2016. If it is not possible to form a Team comprised of swimmers from only one age group, a Team may be comprised of swimmers from more than one age group as follows:

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

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

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

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

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

Example:

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

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

From the example:

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

2.4 Duets/Trios, and Solos

Duets/Trios may only be entered IF a Team cannot be fielded. Solos may only be entered IF a Duet/Trio cannot be fielded (same age groups apply).

Duet Age Group 10&U = where the maximum age of either duet partner is 10

Duet Age Group 11-12 = where the maximum age of either duet partner is 12

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

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

2.5 Time Limits

Novice Routine time limits as per 4.8 (page 13).

2.6 Draws

2.6.1 Novice Competitive Regional Meets

At the Novice Competitive Regional Meets only one “Finals” event will be held for all routine competitions, and will be seeded by figure results at the Novice Competitive Regional Meets for the final draw. For events with fewer than 6 competitors there will be a random draw for order of swim for finals.

2.6.2 Novice Competitive Routine Meet

The draw for routines at the Routine Meet shall be random

2.7 Awards

Awards given as per Appendix C.

2.8 Championship Scores

Championship Scores at Novice Competitive Regional Championships are based on Figures and Routine. Calculation of Championship Score as per 5.2.1.

2.9 Music

Music requirements for routine competitions as per 4.10.

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

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

Section J: Hilton Worldwide Invitational

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

1.0 Events

The Hilton Worldwide Invitational events will be as follows:

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

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

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

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

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

1.1 Conduct of Competition

- 1.1.1 At the Hilton Worldwide Invitational only one “Finals” event will be held by random draw for all routine competitions.
- 1.1.2 11-12 Provincial Stream and 11-12 National Stream Teams, as well as 13-15 Provincial Stream and 13-15 FINA teams will be run as back-to-back events with separate warm-ups.
- 1.1.3 Combo will be run as one event and welcomes any Provincial Stream or COSSC Combo. Combos are required to be a minimum time limit of 4:00 (+/- 15 seconds) and a maximum time limit of 4:30 (+/- 15 seconds). Provincial Stream Combos will go at the beginning of the draw immediately followed by COSSC Combos.
- 1.1.4 Ontario entrants that competed at the 2016 Provincial Championships must register as a FINA Team or Duet at the Hilton Worldwide Invitational. Out-of-province entrants that competed at the 2016 National Qualifier must register as a FINA Team or Duet at the Hilton Worldwide Invitational.
- 1.1.5 All Solos, Duets, Teams and Combos will be awarded according to Provincial and National Stream events/categories. See Appendix C: Awards.

Section K: Sanctions

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

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

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

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

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

There are three different sanction procedures.

1. Invitational Meets/Events

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

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

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

2. Regular Club Events

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

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

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

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

Activities requiring sanction include but are not limited to:

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

3. International

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

Section L: Competitor Representation

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

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

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

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

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

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

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

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

Please contact the Synchro Swim Ontario Office for assistance regarding upgrading. Emails can be directed to membership@synchroontario.com.

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

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

For both (a) and (b) there shall be a mandatory waiting period of thirty (30) days from the last date a swimmer attended a practice, competition or scheduled event with the original club. During this thirty (30) day period the swimmer shall be known as a transfer swimmer. Transfer swimmers may compete only in Solo and Figure events during the waiting period. Extraordinary circumstances regarding the waiving of the waiting period shall be considered by the Board of Directors.

Procedures:

Transfer swimmer forms may be obtained from the Synchro Swim Ontario office. They must be filled out in duplicate and sent, with \$10.00 fee, to Synchro Swim Ontario. The date of release on the form is the last date on which the swimmer participated in an activity (practice, competition, etc.), with the club she is leaving. An official of this club must authorize the date by signing the transfer form. The thirty-day waiting period begins on that date. If a swimmer enters a competition during the waiting period, the words "transfer swimmer" should be put on the line designated for club name.

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

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

Appendix A: Figure Groups & Descriptions

Novice Figures/Skills will be confirmed by Oct 9th
In the Competitive Novice Stream no degree of difficulty is used.

Competitive Novice 8 & Under

Competitive Novice Figure Meet	Competitive Novice Regional Meet
Back Layout	Sailboat Single
Front Layout	Somersault Back Tuck
Somersault Back Tuck	Front Pike Pulldown
Tub Turn (one each way)	Split Position

Competitive Novice 9-10 Years

Competitive Novice Figure Meet	Competitive Novice Regional Meet
Back Layout	Sailboat Alternate
Front Layout	Front Pike Pulldown
Blossom Drop	Blossom
Split Position	Split Position

Competitive Novice 11-12 Years

Competitive Novice Figure Meet	Competitive Novice Regional Meet
Sailboat Alternate	Ballet Leg Single
Front Layout	Front Pike Somersault
Back Layout to Inverted Tuck	Kipnus
Split Position	Walkout Front

Competitive Novice 13-15 Years

Competitive Novice Figure Meet	Competitive Novice Regional Meet
Sailboat Alternate	Ballet Leg Single
Front Pike Pulldown	Front Walkover
Walkout Front	Blossom
Kipnus	Kip

Competitive Novice 16-20 Years & Masters

Competitive Novice Figure Meet	Competitive Novice Regional Meet
Flamingo Set-Up	Flamingo Bent Knee
Bent Knee Vertical Position	Barracuda
Front Pike Pulldown to Fishtail Position	Tower
Ariana Rotation	Ariana

Competitive Novice Figure Descriptions:

Back Layout

Body extended with face, chest, thighs and feet at the surface. Head (ears specifically), hips and ankles in line.

Front Layout

Body extended with head, upper back, buttocks and heels at the surface. Face may be in or out of the water.

Somersault Back Tuck

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

Tub Turn (each way)

From a **Back Layout Position** the knees are drawn toward the chest, with toes at the surface to assume a **Tub Position**. Maintaining the position, turn the body 360 degrees on the same spot by sculling. Stop. Repeat in the opposite direction. The knees are then extended to resume a Back Layout Position.

Sailboat Single

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

Split Position

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

Blossom Drop

From a **Back Layout Position** the trunk is lowered as the hips are bent to assume a Submerged **Ballet Leg Double Position**.

Sailboat Alternate

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

Front Pike Pulldown

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

Blossom

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

Back Layout to Inverted Tuck

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface.

Ballet Leg Single

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

Front Pike Somersault

From a **Front Layout Position**, a Front Pike Position is assumed. As the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action. Maintaining this position the body somersaults forward around a lateral axis so that the hips replace the head at one quarter point to assume a Submerged **Ballet Leg Double Position**. The buttocks, legs and feet travel downward until the hips occupy the position of the head at

the beginning of this action. With continuous movement, the body continues to somersault around a lateral axis so that the hips replace the head at each quarter point of the revolution until the head and buttocks return to the surface. As the legs move upward to assume a **Front Layout Position** the head, back and buttocks travel along the surface until the hips occupy the same position as the head at the beginning of this action.

Kipnus

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

Walkout Front

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

Front Walkover

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

Kip

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

Flamingo Set-up

Starting from a **Back Layout Position**, a Ballet Leg is assumed. The shin of the horizontal leg is drawn along the surface to assume a **Surface Flamingo Position**.

Bent Knee Vertical Position

Body extended in **Vertical Position**, with the toe of the bent leg at the knee or thigh.

Front Pike Pull Down to Fishtail

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

Ariana Rotation

Starting from a **Split Position**, maintain the relative position of the legs to the surface, with the hips rotating 180°. Finish in a **Split Position**.

Flamingo Bent Knee

A Flamingo is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent knee is extended to **Vertical Position**. A *Vertical Descent* is executed.

Barracuda

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

Tower

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.

Ariana

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

Provincial Stream 8 & Under

The pre-set figures for **Provincial Stream 8 & Under** shall be as listed below (1 group of 4 figures).

Sailboat Single
Back Tuck Somersault
Front Pike Pulldown
Split Position

Provincial Stream 8 & Under Figure Descriptions

Sailboat Single

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

Somersault Back Tuck

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

Front Pike Pulldown

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

Split Position

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

Provincial Stream 10 & Under

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

Compulsory:

1	302	Blossom
2	320	Front Pike Somersault

Optional Groups:

Group 1

3	315	Kipnus
4	101	Ballet Leg Single

Group 2

3		Walkout Front
4		Sailboat Alternate

Provincial Stream 10 & Under Figure Descriptions

302 Blossom

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

320 Front Pike Somersault

From a **Front Layout Position**, a Front Pike Position is assumed. As the trunk moves downward to assume a **Front Pike Position**, the buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action. Maintaining this position the body somersaults forward around a lateral axis so that the hips replace the head at one quarter point to assume a Submerged **Ballet Leg Double Position**. The buttocks, legs and feet travel downward until the hips occupy the position of the head at the beginning of this action. With continuous movement, the body continues to somersault around a lateral axis so that the hips replace the head at each quarter point of the revolution until the head and buttocks return to the surface. As the legs move upward to assume a **Front Layout Position** the head, back and buttocks travel along the surface until the hips occupy the same position as the head at the beginning of this action.

315 Kipnus

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

101 Ballet Leg Single

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

Walkout Front

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

Sailboat Alternate

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

Provincial Stream 11-12

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

Compulsory:

1	101	Ballet Leg Single
2	301	Barracuda

Optional Groups:

Group 1

3	439	Oceanita
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4 362 Surface Prawn

Group 2

3 311 Kip
4 360 Walkover Front

Group 3

3 349 Tower
4 406 Swordfish Straight Leg

Provincial Stream 11-12 Figure Descriptions

101 Ballet Leg Single

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

301 Barracuda

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

439 Oceanita

From a **Back Layout Position**, a Nova (435) is executed to a **Bent Knee Surface Arch Position**. The legs are simultaneously lifted as the toe of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**. A *Vertical Descent* is executed.

362 Surface Prawn

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

311 Kip

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

360 Walkover Front

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

349 Tower

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.

406 Swordfish Straight Leg

From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.

Provincial Stream 13-15

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

Note: As communicated July 30, 2015 by the Synchro Swim Ontario Board of Directors the Provincial 13-15 figures will be aligned with FINA 13-15 figures, effective the 2015-16 season.

Compulsory:

1	423	Ariana
2	301e	Barracuda Spinning 360°

Optional Groups:

Group 1

3	342	Heron
4	115	Catalina

Group 2

3	355h	Porpoise Spin Up 180°
4	140	Flamingo Bent Knee

Group 3

3	240a	Albatross ½ Twist
4	346	Side Fishtail Split

Provincial Stream 13-15 Figure Descriptions

423 Ariana

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

301e Barracuda Spinning 360°

A Barracuda is executed to **Vertical Position**. A 360° *Spin* is executed at the same tempo as the *Thrust* to complete the figure.

342 Heron

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is bent with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the legs. A *Thrust* is executed to a **Bent Knee Vertical Position**, with the foot of the bent leg moving simultaneously to the inside of the vertical leg during the rise. A *Vertical Descent* is executed in a **Bent Knee Vertical Position** at the same tempo as the *Thrust*.

115 Catalina

A Ballet Leg is assumed. A Catalina Rotation is executed. The horizontal leg is lifted to **Vertical Position**. A *Vertical Descent* is executed.

355h Porpoise Spin Up 180

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed to heel level. The designated ascending spin is executed to complete the figure.

140 Flamingo Bent Knee

A Flamingo is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent knee is extended to **Vertical Position**. A *Vertical Descent* is executed.

240a Albatross ½ Twist

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

346 Side Fishtail Split

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to vertical as the trunk rotates 90° on its longitudinal axis to assume a **Side Fishtail Position**, and with continuous motion another 90° rotation is executed in the same direction as the vertical leg is lowers to assume a **Split Position**. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed.

Provincial Stream 16-20

The Figure groups for **Provincial Stream 16-20 years** shall be as listed below and their draw shall be conducted according to Synchro Swim Ontario General Rule 4.7.3..

Note: As communicated July 30, 2015 by the Synchro Swim Ontario Board of Directors the Provincial 16-20 compulsory figures will be aligned with FINA Junior figures, effective the 2015-16 season. The optional 16-20 provincial figures will remain unchanged for 2015-16, with the exception of the addition of Jupiter to Group 3 due to the duplication of Porpoise with Compulsory Figures. There will be full alignment for all figures the in 2016-17 season.

Compulsory:

1	308	Barracuda Airborne Split
2	355g	Porpoise Twist Spin

Optional Groups:

Group 1

3	330	Aurora
4	154*	London - *modified

Group 2

3	142	Manta Ray
4	343	Butterfly

Group 3

3	112	Ibis
4	325	Jupiter

Provincial Stream 16-20 Figure Descriptions

308 Barracuda Airborne Split

A Barracuda is executed to a submerged **Back Pike Position** with the toes just under the surface. A *Rocket Split* is executed.

355g Porpoise Twist Spin

A Porpoise is executed to **Vertical Position**. A *Twist Spin* is executed.

330 Aurora

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg rises vertically as the other moves along the surface to a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. The horizontal leg is lifted to **Vertical Position**. A *Vertical Descent* is executed.

154* London - *modified

A rapid *Ballet Leg* is assumed followed by a rapid partial Somersault Back Tuck, as both legs are drawn into a **Tuck Position**, until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed.

142 Manta Ray

A Flamingo executed to a **Surface Flamingo Position**. As the body unrolls, the bent leg is extended horizontally to assume a **Fishtail Position**. The horizontal leg is lifted in a 180° arc over the surface of the water, as it passes vertical, the vertical leg is moved to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened and with continuous motion, an *Arch to Back Layout Actions* is executed.

343 Butterfly

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**, without hesitating a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** at the same tempo as the initial actions of the figure. A *Vertical Descent* is executed.

112 Ibis

A *Ballet Leg* is assumed. Maintaining this position, the body is rotated backwards around a lateral axis through the hips to assume a **Crane Position**. The horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.

325 Jupiter

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. Maintaining the 90° angle between the legs, the horizontal leg moves to a vertical as the vertical leg simultaneously continues its arc to the surface to assume a **Knight Position**. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a **Fishtail Position**. The horizontal leg is lifted to the **Vertical Position**. A *Vertical Descent* is executed.

National Stream 11-12

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

Compulsory:

1	101	Ballet Leg Single	1.6
2	301	Barracuda	2.0

Optional Groups:

Group 1

3	439	Oceanita	1.9
4	362	Surface Prawn	1.4

Group 2

3	311	Kip	1.8
4	360	Walkover Front	2.1

Group 3

3	349	Tower	1.9
4	406	Swordfish Straight Leg	2.0

National Stream 11-12 Figure Descriptions

101 Ballet Leg Single

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

301 Barracuda

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

439 Oceanita

From a **Back Layout Position**, a Nova (435) is executed to a **Bent Knee Surface Arch Position**. The legs are simultaneously lifted as the toe of the bent leg slides along the inside of the vertical leg to assume a **Vertical Position**. A *Vertical Descent* is executed.

362 Surface Prawn

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

311 Kip

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

360 Walkover Front

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

349 Tower

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.

406 Swordfish Straight Leg

From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.

National Stream – 13-15 FINA

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

Compulsory:

1	423	Ariana	2.2
2	301e	Barracuda Spinning 360°	2.2

Optional Groups:

Group 1

3	342	Heron	2.1
4	115	Catalina	2.3

Group 2

3	355h	Porpoise Spin Up 180°	2.4
4	140	Flamingo Bent Knee	2.4

Group 3

3	240a	Albatross 1/2 Twist	2.6
4	346	Side Fishtail Split	2.0

13-15 FINA Figure Descriptions

423 Ariana

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

301e Barracuda Spinning 360

A Barracuda is executed to **Vertical Position**. A *360° Spin* is executed at the same tempo as the *Thrust* to complete the figure.

342 Heron

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is bent with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the legs. A *Thrust* is executed to a **Bent Knee Vertical Position**, with the foot of the bent leg moving simultaneously to the inside of the vertical leg during the rise. A *Vertical Descent* is executed in a **Bent Knee Vertical Position** at the same tempo as the *Thrust*.

115 Catalina

A Ballet Leg is assumed. A Catalina Rotation is executed. The horizontal leg is lifted to **Vertical Position**. A *Vertical Descent* is executed.

355h Porpoise Spin Up 180°

A Porpoise is executed to **Vertical Position**. A *Vertical Descent* is executed to heel level. The designated *Ascending Spin* is executed to complete the figure.

140 Flamingo Bent Knee

A Flamingo is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent knee is extended to **Vertical Position**. A *Vertical Descent* is executed.

240a Albatross 1/2 Twist

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

346 Side Fishtail Split

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to vertical as the trunk rotates 90° on its longitudinal axis to assume a **Side Fishtail Position**, and with continuous motion another 90° rotation is executed in the same direction as the vertical leg is lowers to assume a **Split Position**. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed.

National Stream – Junior FINA

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

Compulsory:

1	308	Barracuda Airborne Split	2.8
2	355g	Porpoise Twist Spin	2.6

Optional Groups:

Group 1

3	330c	Aurora Twirl	3.0
4	154	London	2.8

Group 2

3	142	Manta Ray	2.8
4	343	Butterfly	2.9

Group 3

3	112f	Ibis Continuous Spin (720°)	2.8
4	325	Jupiter	2.8

Junior FINA Figure Descriptions

308 Barracuda Airborne Split

A Barracuda is executed to a submerged **Back Pike Position** with the toes just under the surface. A *Rocket Split* is executed.

355g Porpoise Twist Spin

A Porpoise is executed to **Vertical Position**. A *Twist Spin* is executed.

330c Aurora Twirl

An Aurora is executed to **Vertical Position**. A *Twirl* is executed.

154 London

A rapid *Ballet Leg* is assumed followed by a rapid partial Somersault Back Tuck, as both legs are drawn into a **Tuck Position**, until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Combined Spin of 360°* is executed.

142 Manta Ray

A Flamingo executed to a **Surface Flamingo Position**. As the body unrolls, the bent leg is extended horizontally to assume a **Fishtail Position**. The horizontal leg is lifted in a 180° arc over the surface of the water, as it passes vertical, the vertical leg is moved to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened and with continuous motion, an *Arch to Back Layout Finish Action* is executed.

343 Butterfly

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**, without hesitating a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** at the same tempo as the initial actions of the figure. A *Vertical Descent* is executed.

112f Ibis Continuous Spin (720°)

An Ibis is executed to a **Vertical Position**. A *Continuous Spin (720°)* is executed.

325 Jupiter

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. Maintaining the 90° angle between the legs, the horizontal leg moves to a vertical as the vertical leg simultaneously continues its arc to the surface to assume a **Knight Position**. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a **Fishtail Position**. The horizontal leg is lifted to the **Vertical Position**. A *Vertical Descent* is executed.

Athletes with a Disability

Refer to Appendix G.

Appendix B: Routine Required Elements

Provincial Stream Routine Required Elements

There are no Provincial Stream routine required elements.

National Stream Routine Elements:

2013-2017 FINA REQUIRED ELEMENTS FOR TECHNICAL ROUTINES

GENERAL REQUIREMENTS

1. Unless otherwise specified in the description of an element:
 - All figures or components thereof shall be executed according to the requirements described in appendices II-IV.
 - All elements shall be executed high and controlled, in uniform motion with each section clearly defined.
 2. Required Elements #1 - #5 shall be judged within the Elements score.
 3. Time limits as in SS 14.1.
- It is strongly recommended, for clarity of judgment that Required Elements #1 - #5 are separated by other contents.

SOLO REQUIRED ELEMENTS

Required elements 1 – 5 are to be performed in the order listed.

- 1 Starting in a **Vertical Position**, the body rotates through 360° opening to a **Split Position**. Continuing in the same direction a further 360° rotation is completed while the legs join to **Vertical Position**. Rotating in the opposite direction, a *Continuous Spin* of 1440° (4 rotations) is executed. [DD 2.1]
- 2 Starting in a submerged **Back Pike Position** with the legs vertical, a *Rocket Split* is executed to an **Airborne Split Position**. Maintaining maximum height a *Twirl* is executed as the legs join to **Vertical Position** followed by a rapid *Vertical Descent*. [DD 2.6]
- 3 150 – Knight is executed. Head first travel is allowed during the transition to the Ballet Leg. [DD 3.1]
- 4 Starting in a **Vertical Position** a *Full Twist* is executed followed by a *Combined Spin* of 1080° (3 rotations). [DD 2.4]
- 5 Starting in a submerged **Back Pike Position** with the legs vertical, 301e – a Barracuda Spinning 360° is executed. [DD 1.9]

DUET REQUIRED ELEMENTS

Required elements 1 – 5 are to be performed in the order listed.

- 1 436 – Cyclone is executed to a **Vertical Position**. A *Full Twist* is executed as one leg lowers to a **Bent Knee Vertical Position**, followed by a *Continuous Spin* of 1080° (3 rotations) as the bent knee is joined to a **Vertical Position**. [DD 3.1]
- 2 From a **Back Layout Position**, travelling head first, one leg is lifted straight to a **Ballet Leg Position**. The horizontal leg is lifted to a **Ballet Leg Double Position**. Maintaining the **Ballet Leg Double Position**, a rotation of 360° is executed. The legs are held straight throughout the element. [DD 1.9]

- 3 Starting and maintaining a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, 2 rapid rotations (720°) are executed. Continuing in the same direction, the horizontal leg is lifted to a **Vertical Position** as *Continuous Spin* of 720° is executed. [DD 2.1]
- 4 Starting in a **Front Pike Position**, the legs are lifted to a **Vertical Position**. A *Half Twist* is executed followed by a further rotation of 180° with the legs opening to a **Split Position**. A *Walkout Front* is executed. [DD 2.8]
- 5 Starting in a submerged **Back Pike Position** with the legs vertical, 301c – Barracuda Twirl is executed. [DD 2.4]
- 6 The routine must contain a lift or throw, this can be placed anywhere in the routine.
- 7 With the exception of the deck work, entry, and the lift or throw, all elements required and supplementary must be performed simultaneously and facing the same direction. Mirror actions are not permitted.

TEAM REQUIRED ELEMENTS

Required elements 1 – 5 are to be performed in the order listed.

- 1 Starting in a submerged **Back Pike Position** with the legs vertical, 301 – a Barracuda is executed. [DD 1.8]
- 2 435 – A Nova is executed to the **Bent Knee Surface Arch Position**. A rotation of 360° is executed as the legs are lifted to a **Vertical Position** followed by a *Continuous Spin* of 720° (2 rotations). [DD 2.4]
- 3 Starting in a **Front Pike Position**, the legs are lifted to a **Vertical Position**. A *Full Twist* is executed, the legs are lowered to a **Split Position**. A *Walkout Front* is executed. [DD 2.9]
- 4 Starting in a submerged **Back Pike Position** with the legs vertical, 308 – a Barracuda Airborne Split is executed. [DD 2.5]
- 5 Travelling Ballet Leg Sequence. Starting in a **Back Layout Position** travelling head first, a *Ballet Leg* is assumed, the horizontal leg bends to a **Flamingo Position** and is then lifted to a **Ballet Leg Double Position**. [DD 1.7]
- 6 The routine must contain one head first throw and a Cadence Action with either arms or legs. These may be placed anywhere in the routine.
- 7 With exception of the deck work, entry, the throw and the Cadence Action, all elements – required and supplementary – must be performed simultaneously and facing the same direction by all team members. Variations in propulsion and direction facing are permitted only during pattern changes and underwater actions. Mirror actions are not permitted.

Appendix C: Awards

Awards Structure

Provincial Stream: 8 & Under, 10 & Under, 11-12 Years, 13-15 Years, 16-20 Years, AWD-C, AWD-P
National Stream: 11-12 National Stream, 13-15 FINA, Junior FINA, Senior FINA

Note: Please refer to General Rule 4.12 regarding Exhibition Entries

2.0 Trophies and Medals

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

3.0 Ties

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

4.0 Individual Aggregate Award – Provincial Championships

Aggregate Award for 13-15 FINA & Junior FINA

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

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

Aggregate Award for Senior FINA

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

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

5.0 All-Round Swimmer Award – Provincial Championships

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

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

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

All-Round Award for Senior FINA

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

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

6.0 Club Aggregate Award – Ontario Open Age Group Championships

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

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

7.0 Results

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

8.0 Awards by Competition

Competitive Novice Figure Meets

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

Category	Event	Award
Figures	Competitive Novice 8&U Figures	1 st -3 rd Medals; 4 th -6 th Championship ribbons
	Competitive Novice 9-10 Figures	1 st -3 rd Medals; 4 th -6 th Championship ribbons
	Competitive Novice 11-12 Figures	1 st -3 rd Medals; 4 th -6 th Championship ribbons
	Competitive Novice 13-15 Figures	1 st -3 rd Medals; 4 th -6 th Championship ribbons
	Competitive Novice 16-20 Figures	1 st -3 rd Medals; 4 th -6 th Championship ribbons
	AWD-C, AWD-P	1 st -3 rd Medals; 4 th -6 th Championship ribbons
	Competitive Novice Masters Figures 18-34 yrs, 35-49 yrs; 50-64 yrs; 65 and over	1 st -3 rd Medals; 4 th -6 th Championship ribbons

Lisa Alexander Meet:

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

Provincial Qualifier: NO AWARDS

Provincial Championships:

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

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

Novice Competitive Regional Championships:

**Note: Teams will be awarded by Age Group. Duet and Solo awards will be awarded only as needed as per Section I.*

Category	Event	Award
Figures	8&U 10&U, 11-12, 13-15, 16-20, AWD-C, AWD-P, Masters	1 st -3 rd Medals; 4 th -6 th Championship Ribbons
Team	8&U, 10&U, 11-12, 13-15, 16-20, AWD-C, AWD-P, Masters	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship ribbons for Championship Score

Regional Championships:

Category	Event	Award
Figures	10&U, 11-12, 13-15, 16-20, AWD-C, AWD-P	1 st -3 rd Medals; 4 th -6 th Championship Ribbons
Solo	11-12, 13-15, 16-20 AWD-C, AWD-P	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship ribbons for Championship Score
Duet/Trio	10&U, 11-12, 13-15, 16-20, AWD-C, AWD-P, Masters	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship ribbons for Championship Score

Team	10&U, 11-12, 13-15, 16-20, AWD-C, AWD-P, Masters	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship ribbons for Championship Score
Combo	Provincial Combo & Masters Combo	1 st -3 rd Medals; 4 th -6 th Championship Ribbons
Land Drill	10&U, 11-12, 13-15, 16-20	1 st -6 th single ribbons

Hilton Worldwide Invitational:

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

Competitive Novice Routine Competition:

**Note: Teams will be awarded by Age Group. Duet and Solo awards will be awarded only as needed as per Section I.*

Category	Event	Award
Routines	Competitive Novice 8&U Team	1 st -3 rd Medals; 4 th -6 th Championship ribbons
	Competitive Novice 9-10 Team	1 st -3 rd Medals; 4 th -6 th Championship ribbons

	Competitive Novice 11-12 Team	1 st -3 rd Medals; 4 th -6 th Championship ribbons
	Competitive Novice 13-15 Team	1 st -3 rd Medals; 4 th -6 th Championship ribbons
	Competitive Novice 16-20 Team	1 st -3 rd Medals; 4 th -6 th Championship ribbons
	AWD-C, AWD-P	1 st -3 rd Medals; 4 th -6 th Championship ribbons
	Competitive Novice Masters Team 18-34 yrs, 35-49 yrs; 50-64 yrs; 65 and over	1 st -3 rd Medals; 4 th -6 th Championship ribbons

Masters Open Championships:

Masters Open Championships Award Structure (does not apply to Regional events):
18-34 years, 35-49 years, 50-64 years, 65 & over.

There are no trophies.

Category	Event	Award
Tech	Solo, Duet, Team	1 st -6 th single ribbons
Solo	Masters Free Solo	1 st -3 rd Medals; 4 th -6 th Championship Ribbons
Duet/Trio	Masters Free Duet / Trio	1 st -3 rd Medals; 4 th -6 th Championship Ribbons
Team	Masters Free Team	1 st -3 rd Medals; 4 th -6 th Championship Ribbons
Combo	Masters Combo	1 st -3 rd Medals; 4 th -6 th Championship Ribbons

Ontario Open Age Group Championships:

Category	Event	Award
Figures	10&U Figures	1 st -3 rd Medals; 4 th -6 th Championship Ribbons Synchro Swim Ontario 10&U Champion Trophy
	11-12 Figures	1 st -3 rd Medals; 4 th -6 th Championship Ribbons Synchro Swim Ontario 11-12 Champion Trophy
	13-15 Figures	1 st -3 rd Medals; 4 th -6 th Championship Ribbons 13 yrs Trophy, 14 yrs Trophy, 15 yrs Trophy
	16-20 Figures	1 st -3 rd Medals; 4 th -6 th Championship Ribbons Synchro Swim Ontario 16-20 Champion Trophy
	AWD-C	1 st -3 rd Medals; 4 th -6 th Championship Ribbons Synchro Swim Ontario AWD-C Figure Champion Trophy
	AWD-P	1 st -3 rd Medals; 4 th -6 th Championship Ribbons Synchro Swim Ontario AWD-P Figure Champion Trophy

Solo	13-15 Solo	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship Ribbons for Championship Score Synchro Swim Ontario 13-15 Champion Trophy
	16-20 Solo	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship Ribbons for Championship Score Synchro Swim Ontario 16-20 Champion Trophy
	AWD-C, AWD-P	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship Ribbons for Championship Score AWD-C Solo Champion Trophy, AWD-P Solo Champion Trophy
Duet	10 & Under Duet	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship Ribbons for Championship Score 10 & Under Duet Trophy
	11-12 Duet	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship Ribbons for Championship Score 11-12 Duet Trophy
	13-15 Duet	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship Ribbons for Championship Score 13-15 Duet Trophy
	16-20 Duet	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship Ribbons for Championship Score 16-20 Duet Trophy
	AWD-C, AWD-P	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship Ribbons for Championship Score AWD-C Duet Champion Trophy, AWD-P Duet Champion Trophy
Team	10&U Team	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship Ribbons for Championship Score 10&U Team Trophy
	11-12 Team	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship Ribbons for Championship Score 11-12 Team Trophy
	13-15 Team	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship Ribbons for Championship Score 13 yrs Trophy, 14 yrs Trophy, 15 yrs Trophy
	16-20 Team	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship Ribbons for Championship Score 16-20 Team Trophy
	AWD-C, AWD-P	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship Ribbons for Championship Score AWD-C Team Champion Trophy, AWD-P Team Champion Trophy
Combo	Combo Team	1 st -3 rd Medals; 4 th -6 th Championship Ribbons Combo Team Trophy
Club Aggregate	Age Group Club Aggregate Award	Club Aggregate Trophy

	Athletes with a Disability Club Aggregate Award	Athletes with a Disability Club Aggregate Trophy
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12 & Under Open Championships (Trilliums):

Category	Event	Award
Figures	8 & Under Figures	1 st -3 rd Medals; 4 th -6 th Championship Ribbons 8&U Figure Trophy
	10 & Under Figures	1 st -3 rd Medals; 4 th -6 th Championship Ribbons Trophy (donated by Mary Jane Ling)
	12 & Under Figures	1 st -3 rd Medals; 4 th -6 th Championship Ribbons Carolyn Kryzwicki Trophy
	AWD-P Figures (8&U, 10&U, 12&U)	1 st -3 rd Medals; 4 th -6 th Championship Ribbons
	AWD-C Figures (8&U, 10&U, 12&U)	1 st -3 rd Medals; 4 th -6 th Championship Ribbons
Solo	11-12 Solo	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship ribbons for Championship Score 11-12 Solo Trophy
	AWD-C and AWD-P: 11-12 Solo	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship ribbons for Championship Score
Duet	10 & Under Duet/Trio	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship ribbons for Championship Score Trophy (Durham)
	12 & Under Duet/Trio	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship ribbons for Championship Score Trophy
	AWD-C and AWD-P: 10 & Under Duet 12 & Under Duet	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship ribbons for Championship Score
Team	8 & Under Team	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship ribbons for Championship Score 8&U Team Trophy
	10 & Under Team	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship ribbons for Championship Score Trophy (Variety Village)
	12 & Under Team	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship ribbons for Championship Score The Iris Phypers Award Trophy
	AWD-C and AWD-P: 10 & Under Team 12 & Under Team	1 st -6 th Routine (single) ribbons for Routine Score 1 st -3 rd Medals; 4 th -6 th Championship ribbons for Championship Score

Appendix D: Synchro Swim Ontario Appeals Outline

Club/staff issues:

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

Prior to and between competitions (selection):

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

During a competition:

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

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

Appendix E: Membership Program Design

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

Club and Individual Membership Options (annual) Include:

Category Name	Fee Description	Fees		
		Synchro Ontario1	Synchro Canada2	Total Fees
Competitive Program (“C” Club)	A club registered as such with competitive and recreational swimmers. Competitive swimmers participate in Regional, Provincial, National or International competitions.	\$130	\$101	\$231
Competitive “C” Athletes (National Stream)	Amateur swimmers who compete at Regional, Provincial, National or International competition, and are registered with a CASSA/AFC card. (Athlete Levy & Award Fees also apply).	\$95	\$43	\$138
Competitive “C” Athletes (Provincial Stream)	Amateur swimmers who compete at Regional, Provincial, National or International competition, and are registered with a CASSA/AFC card. (Athlete Levy & Award Fees also apply).	\$85	\$43	\$128
Competitive “AWD” Athletes	Amateur swimmers with cognitive or physical disabilities who compete at Regional, Provincial, National or International competition, and are registered with a CASSA/AFC card. (Athlete Levy & Award Fees also apply)	\$85	\$21	\$106
Competitive Masters Club (“CM” Club)	A Masters club <i>solely</i> registered as such with competitive and recreational Masters swimmers. Competitive Masters swimmers participate in Regional, Masters Provincial, National or International competitions.	\$55	\$101	\$156
Competitive “CM” Master Athletes	Amateur swimmers who compete at Regional, Provincial, National or International Masters competitions, and are registered with CASSA. (Athlete Levy & Award Fees also apply).	\$85	\$21	\$143
Competitive “CN” Novice Athletes	Amateur swimmers registered with a “C” Club and are eligible to attend Synchro Swim Ontario events including all Novice Competitions and compete at Hilton Worldwide Invitational and Trillium 12&U Championship competitions.	\$30	\$21	\$51
Recreational Club (“R” Club)	A club registered with only Recreational swimmers (Swim Synchro, Trillium or Star based programs). Activity participation options include Club Watershows and other regular programmed in-Club events excluding sanctioned Club Invitational events and Synchro Swim Ontario Novice Competitions. No Novice Competitive Meets/Invitationals available for Recreational Swimmers.	\$50	\$51	\$101
Recreational “R” Swimmers (including Recreational Masters and Recreational AWD)	Swimmers who participate in a Club’s Recreational, skill-based program, such as Swim Synchro, Trillium/Pansy Forbes or Star. Activity participation options include Club Watershows and other regular programmed in-Club events excluding sanctioned Club Invitational events and Synchro Swim Ontario Novice Competitions. No Novice Competitive Meets/Invitationals available for Recreational Swimmers.	\$12	\$6	\$18
Special Programs Swimmer “SP”	Participants who are registered for a special program of the club that lasts longer than one day, such as a camp, and is not a regular program of the club (which requires a recreational membership). Should the program be less than one day in length, participants are considered “guests” and are not registered, however a list of names is to be submitted to the Synchro Swim Ontario office. Should the participant wish to participate in an additional club program such as a recreational session, they can upgrade their membership to “R” (additional fees apply).	\$4	N/A	\$4
Provincial Coach	A coach who will be coaching on-deck for provincial sanctioned meets or coaches only within their local club and NOT at the national level.	\$25	\$7	\$32
National Coach	A coach who will be coaching on-deck for national sanctioned meets in addition to provincial sanctioned meets.	\$25	\$26	\$51
Provincial Official	An Official (Judge, Referee, etc.) participating at the regional and/or provincial level.	\$25	\$6	\$31
National Official	An Official (Judge, Referee, etc.) participating at the national and/or international level.	\$25	\$26	\$51

General Registrants	All persons attending and/or exercising a role at SYNCHRO CANADA meeting(s) of the General Membership, Board of Directors, Executive members and all other interested supporters who wish to register.	\$25	\$26	\$51
Associate Registrants	Individuals who do not fit the criteria in the above Synchro Canada membership categories. Associate members would be Provincial and Club Executives, Meet Managers or other volunteers with a significant role who do not exercise a direct role with Synchro Canada.	\$25	\$6	\$31
Associate Volunteer Registrant	One (1) parent volunteer per competitive swimmer family eligible for volunteer assignments at SSO sanctioned events.	\$2	N/A	\$2
SOCAN CLUB FEE	Annual fee due to SOCAN for all clubs for use of music for training and events	\$64 + HST	N/A	\$72.32
Award Fee “C”, “CM”, “CN” and “AWD” Athlete	Competitive athlete award fee is payable upon registration to the association for each “C”, “CM”, “CN” and “AWD” registered Athlete.	\$12	N/A	\$12
Officials Levy “C” and “AWD” Athlete	Officials levy “C” (including AWD), is payable upon registration to the association for each “C” and “AWD” registered Athlete.	\$50	N/A	\$50
Officials Levy “CM” and “CN” Athlete	Officials levy “CM” and “PC” is payable upon registration to the association for each “CM” and “CN” registered Athlete.	\$25	N/A	\$25

“S” Scholastic Club \$ 55.00
 “S” Scholastic Swimmers \$ 12.00
 “S” Scholastic Coach/“TRI” Instructors-community (only) \$ 5.00

“U” University Club \$ 52.00
 “U” University Swimmers & Coaches \$ 12.00

NOTE:

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

“CR” Community Recreational Member

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

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

“CR” Community Swimmer Registration List to be submitted to SSO with payment of \$ 1.00 per swimmer

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

All Clubs (with the exception of Community Programs Members, Scholastic, University and newly formed clubs) must register with Synchro Swim Ontario, with payment and club registration to be in the hands of Synchro Swim Ontario, no later than October 1st of the current competitive year. Failure to comply with this deadline will result in a **\$100.00 fine**.

Complete registration for all Club Competitive, Club Competitive Novice and Club Recreational swimmers (with the exception of new swimmers) must be in the hands of Synchro Swim Ontario by November 1st of the current competitive year. Complete registration shall consist of the following:

- Full payment

- Correctly completed Participant Agreement and Medical Consent (minors) OR Waiver and Medical Consent signed by the appropriate persons
****Procedures for Online Registration and submission of waivers etc. to be distributed by September Meeting.*
- Birth certificate for all new competitive swimmers
- Annual Award fee per candidate paid at registration
- Annual Officials levies paid at registration
- Annual SOCAN fees paid at registration
- Other information as requested in the registration package

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

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

Provincial AWD Rules as per CASSA Rulebook Appendix H.

Figures – Athletes with a Disability (Physical)

Level 1

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

Optional Group 1	Optional Group 2
Front Pike Pull Down	Front Layout Position
Back Layout Position	Back Tuck Somersault

Level 2

Compulsory: Back Tuck Somersault
Ballet Leg Single

Optional Group 1	Optional Group 2
Front Pike Somersault	Bent Knee Join to Vertical at Height and Descent
Split Position	Sailboat Alternate

Level 3

Compulsory: Ballet Leg Single
Barracuda

Optional Group 1	Optional Group 2
Surface Prawn	Walkover Front
Kipnus	Tower

Level 4

Compulsory: Ariana
Kip

Optional Group 1	Optional Group 2
Flamingo Bent Knee	Albatross
Barracuda Spin 180	Back Walkover

Level 5

Compulsory: Porpoise Full Twist
Aurora

Optional Group 1	Optional Group 2	Optional Group 3
Kip Split Closing 180	Manta Ray	Knight
Barracuda Airborne Split	Kip Spin 360	Flying Fish

Figures – Athletes with a Disability (Cognitive)

Level 1

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

Optional Group 1

Front Pike Pull Down
Back Layout Position

Optional Group 2

Front Layout Position
Back Tuck Somersault

Level 2

Compulsory: Back Tuck Somersault
Ballet Leg Single

Optional Group 1

Front Pike Somersault
Split Position

Optional Group 2

Bent Knee Join to Vertical and Descent
Sailboat Alternate

Level 3

Compulsory: Ballet Leg Single
Barracuda

Optional Group 1

Blossom
Kipnus

Optional Group 2

Walkover Front
Bent Knee Join to Vertical at Height and Decent

Level 4

Compulsory: Surface Prawn
Kip

Optional Group 1

Flamingo Bent Knee
Barracuda Spin 180

Optional Group 2

Albatross
Porpoise

Level 5

Compulsory: Porpoise Full Twist
Aurora

Optional Group 1

Kip Split Closing 180
Barracuda Airborne Split

Optional Group 2

Manta Ray
Kip Spin 360

Optional Group 3

Knight
Flying Fish

Rules for Athletes with a Disability:

1. ATHLETE ELIGIBILITY - Preliminary Classification

- a) Synchro for persons with a disability is open to any individual whose physical disability prevents them from engaging in meaningful competition against able-bodied opponents.
- b) Athletes with an intellectual disability must meet the medical definition of a person with an intellectual

disability. Athletes with Downs Syndrome must have an Atlanto-Axial X-ray within the last five years and/or be cleared by a physician to participate. New athletes must submit clearance forms from a physician before participating.

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

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

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

3. COMPETITIVE STRUCTURE

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

Routine times:

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

There is a time allowance of 15 seconds plus the allotted time with no minimum

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