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CROSS-DISCIPLINE RULES

In case of discrepancy, the rules of an individual discipline shall take precedence over rules in the Cross-Discipline section.

CD 1. OFFICIAL ALPS RULES

- A. Except for the exceptions noted in this rule book, all ALPS disciplines will follow the official national, provincial or federal governing regulations appropriate for the discipline.
 - Swimming – <http://www.fina.org/rules/english/swimming.php>
 - Diving – www.diving.ca/
 - Synchronized swimming – <http://www.fina.org/rules/english/synchro.php>
 - Water polo – http://www.fina.org/rules/english/water_polo.phpIgnorance of the rules **will not** be accepted as an excuse for not following them.

CD 2. OFFICIALS AT COMPETITIONS

Officials are asked to wear white clothes, if possible, during competitions.

CD 3. ELIGIBILITY TO COMPETE

- A. ALPS competitions are open only to bona fide members and staff of each pool.
- B. While each pool may determine to its own satisfaction who is considered to be a member, it is the right of the ALPS organization to decide who is and is not eligible to compete in ALPS-organized competitions. Each club is required to submit to the ALPS secretary prior to the AGM, a list of its current membership categories and costs. The Swimming coordinators will meet to review this material and, before the Coaches' Meeting, will contact any pool whose membership requirements do not comply with ALPS rules for eligibility to compete.
- C. ALPS declares ineligible to compete a person who does not have a membership that is defined within the published membership category list for their pool, or if they are not currently working, or have not previously worked, for that pool as a lifeguard. Also not allowed to compete are those with "special" reduced-cost memberships such as "swim team membership", memberships offered in exchange for pool facility maintenance nor "staff" who coach or teach for less than 8 hours per week.
- D. A paid employee hired to coach, teach, or train competitive swimming, diving, or water polo shall automatically be considered a member of the team for which s/he is coaching, teaching or training. A **full-time** employee shall be considered a full member of the pool.
- E. Attempts to circumvent pool affiliation rules are unacceptable. It is essential that pools discuss with the coordinator the status of any athlete whose eligibility may be disputed.
- F. It shall not be considered unsportsmanlike for a coach to question the membership status or age of an athlete. The correct procedure to request clarification is to call the coordinator, who will investigate. Member pools are required to cooperate with any investigation.
- G. In the event that a competitor's eligibility is questioned by a member of the ALPS executive committee, the competitor or pool will be required to give legitimate proof of eligibility to compete for a pool. Pools are required to produce at least a partial membership list if requested by a coordinator.
- H. A competitor who is determined to be ineligible to compete will not be entitled to earn points for a pool, and any points earned previously will be subtracted. A forfeit may be awarded to the competitor's team. All competition results shall be adjusted accordingly.

CD 4. POOL AFFILIATION

- A. Athletes may compete for only one ALPS club per season.
- B. An athlete may compete for another pool only if their own pool does not compete in a discipline. The competitor must be a bona fide member of both pools and the co-ordinator for the discipline must be advised before the athlete competes.

- C. An athlete who competes for an N.A.A. pool may not compete for an ALPS pool, except under extraordinary circumstances.
- D. Any special exception to pool affiliation rules must have prior written authorization from the ALPS Executive Committee.

CD 5. ATHLETE'S AGE CATEGORY

- A. The athlete's age group is determined by the athlete's age on **June 24, Saint-Jean-Baptiste Day. (N.B. WP 2)**
- B. Coaches are required to verify the age and eligibility status of all participants competing in the discipline.
- C. Under no circumstances may an athlete compete in a younger age category.
- D. Athletes who compete in an age group older than their own are judged according to the standards of the age group in which they compete.
- E. Athletes who compete in an age group older than their own are not required to remain in that age category for the entire meet or season.

CD 6. ENTRIES AND SCORE SHEETS

Any pool submitting entries or score sheets after a specified deadline will be fined \$25.00 per day. This penalty must be submitted in cash with the entries or score sheets, or the athlete or team in question will not be permitted to compete.

CD 7. FORFEITS

- A. Every effort should be made to avoid a forfeit. In the event a forfeit appears unavoidable, the head coach or ALPS rep of the opposing pool(s) must be notified at least 24 hours prior to the competition. The cancellation of a competition without such notice will result in a \$50.00 dollar penalty payable to ALPS and a forfeited loss for each team not showing up.
- B. If a pool forfeits a competitive swimming or diving meet, the cards/entry grids/sheets for the opposing pool must be submitted to the discipline coordinator **immediately**. All competitors whose names appear on the cards/entry grids/ sheets will be considered to have competed. Athletes from the pool that cancels will be considered not to have competed.
- C. Persistent forfeits will result in disciplinary action, including a club not being allowed to participate in ALPS competitions the following year.

CD 8. MEET DELAYS AND CANCELLATIONS

- A. The coordinator must be informed of any cancellation, forfeit or re-scheduling of a competition.
- B. Every effort should be made to complete a competition at its scheduled time, however a competition should be cancelled by the host club when the pool must be closed for safety reasons (lightning, power failure...etc.). The decision to further delay or cancel because of thunder or lightning is to be made following the legally-required waiting period.
- C. When it is necessary to cancel a meet already in progress, the meet shall resume from the point at which it was stopped unless the event is a judged event, in which case the event will be re-started from the beginning. The completion of the meet must be held prior to the next scheduled meet, at a time which does not interfere with another ALPS event, and which has been mutually agreed upon by all participating pools. When the pools cannot agree on a date, the decision shall be made by flipping a coin. This decision must be made before leaving the cancelled meet and the discipline coordinator must be notified of the new date.
- D. In all other cases, a meet can be re-scheduled only by mutual consent of all pools **and** with the permission of the discipline coordinator.
- E. When a competition has ended before all events have finished and one pool refuses to re-schedule the completion to another time, they will be considered to have lost the competition.

Competitors from the losing team will receive credit for competing only in the events up to the point of the forfeit. Competitors from the other competing team(s) will be considered to have participated in all events.

CD 9. INFRACTIONS

For any infraction of a rule in which an athlete or team wins points, the points gained for that event will be deducted and the athlete involved may be barred from Section Finals or Finals events. Team standings will be adjusted and win/loss points may be reversed. This process can occur up to 24 hours after Section Finals or semi-finals.

CD 10. AWARDS

- A. The host pool must provide ribbons to all participants. It is not required to provide numbered ribbons for more than six places but ribbons must be offered to all exhibition and official participants. Disqualified participants should be provided a last place ribbon or an exhibition ribbon, if available.
- B. It is the responsibility of winning pools to keep trophies in good condition. Trophies are to be delivered to the discipline coordinator two weeks prior to the competition related to the given trophy. Once awarded, all trophies must be delivered to the ALPS Vice-President by September 1st for engraving. The Vice-President will return the trophies to the winning pools at the annual wrap-up meeting(s).

CD 11. SANCTIONS

If a pool consistently fails to honor the regulations concerning ribbons and official score sheets, the pool may be subject to a penalty, which may include suspension or loss of points, to be determined by the ALPS executive.

CD 12. JURY OF APPEAL

- A. All protests will be resolved according to the procedure for the discipline. Any protest not resolved at the competition which requires the assembly of a jury of appeal must be submitted to the coordinator in writing, signed by the coaches. The protest must be attached to the official score sheet and be accompanied by **\$50.00 cash** which will be returned if the protest is upheld. The coordinator will review the situation as soon as possible and will notify the parties involved of the date chosen for the assembly of the jury of appeal.
- B. A jury of appeal will be selected as required. The proceedings of the jury of appeal must be in accordance with the international, national or provincial governing regulations appropriate for the discipline. The decision of the jury of appeal is final and irrevocable.

CD 13. RECOUNT

Requests for a recount of the final score of a competition must be made within 15 minutes of the announcement of the unofficial score. The recount must be carried out within 24 hours.

CD 14. OFFICIAL SCORE SHEET

The host pool must deliver the **original copy** of the official score sheet **with signatures, the relay / team lists** and the **list of officials**, to the discipline coordinator within 48 hours of the competition. Coordinators will not call with reminders to submit score sheets and late penalties will be applied (see rule CD 6.)

CD 15. GENERAL SAFETY

- A. In all cases, the pool manager, or most senior employee, shall assume the final authority in any

issue concerning the safety of the athletes, coaches, officials and spectators. No ALPS rule will require a pool manager or senior employee to allow the continuation of an event that s/he deems un-safe.

- B. In the case of a delay due to lightning or thunder, regardless of local or individual pool rules, the manager or most senior employee **DOES NOT** have the authority to re-start the event prior to a minimum 20-minute delay.
- C. In all cases, the rules giving the highest degree of safety to everyone involved, whether ALPS rules or local pool rules, shall have precedence.

CD 16. POOL SAFETY

The host club is responsible to provide on duty during warm up and events at least the minimum number of life guards required by Quebec Régie du Bâtiment laws. Coaches for the event will not be considered to be lifeguards on duty. Should the host club not meet the requirements, the visiting club must notify the discipline coordinator and may be awarded a win by default.

CD 17. DISCIPLINE

- A. The following unacceptable behaviour will result in ejection by the referee from the pool area of any athlete, coach, official, spectator, and/or team involved:
 - a. Refusal of any competitor to leave the water when so ordered by the referee.
 - b. Fighting before, during, or after a competition.
 - c. Swearing or persistent and excessive abuse directed towards the referee, coaches, players or spectators. If a coordinator receives two formal complaints in writing, the offending athlete will be summoned to a disciplinary committee.
 - d. Arriving at a competition under the influence of alcohol or drugs.
 - e. Any other socially distasteful acts or unruly behaviour, which could prevent the referee from carrying out his/her duties.
- B. It is the responsibility of each team, especially the coaches, to keep its fans, including non-playing players, parents and friends, under control during the competition.

CD 18. INFRACTIONS

- A. The referee must record the details of any infractions of the rules on the score sheet, including the names of any coaches or athletes whom s/he recommends be suspended. The signature of the coaches on the score sheet will attest to their agreement with the referee's interpretation of events and recommendations. Should a coach disagree with the referee's version, s/he should indicate the exact nature of the disagreement on the score sheet and sign it.
- B. The discipline coordinator will review all infractions and recommendations for suspension and will notify the parties involved of any decision.

COMPETITIVE SWIMMING RULES

GENERAL

SW 1. GOVERNING RULES

The following rules govern ALPS swim meets. For items not covered or requiring clarification, refer to Swimming Natation Canada (S.N.C.) regulations.

SW 2. AGE GROUPS

The recognized age groups for ALPS are: 8 and under, 9 and 10, 11 and 12, 13 and 14, and 15 and over.

SW 3. EVENTS

A. The recognized events for the above age groups are:

8 and under	25 yds/m freestyle, breaststroke, backstroke, butterfly; 100 yds/m freestyle relay
9/10	50 yds/m freestyle, breaststroke, backstroke; 25 yds/m butterfly; 200 yds/m freestyle relay
11/12 13 /14 15 and over	50 yds/m freestyle, breaststroke, backstroke, butterfly; 200 yds/m freestyle relay

B. Each swimmer may swim a total of three events, including exhibition swims. They may consist of 2 individual events plus 1 relay OR 1 individual event plus 2 relays.

SW 4. SWIMMING UP

A swimmer may be entered in more than one age group in a meet. Relay teams may, in whole or in part, be comprised of swimmers from a younger age group.

SW 5. THE START

- A. LONG WHISTLE: The swimmer steps onto the block or edge of pool and remains still. For backstroke, there will be a second whistle as the swimmers enter the water.
- B. STARTER'S COMMAND: On the starter's command ("take your marks" or "à vos marques"), the swimmer immediately takes up a start position with at least one foot at the front of the block. When ALL SWIMMERS are stationary, the starter gives the starting signal.
- C. FALSE START: Only one false start is permitted. The announcement "The false start rule is now in effect" in either English or French MUST be made before a second start. On a second start, the race will not be called back. A swimmer who has started early will be disqualified at the end of the race. (Exception: if a swimmer slips off the starting platform, it should not be considered a false start.)
- D. 8 AND UNDER: For all 8 and under events at dual meets, Section Finals, and Finals, swimmers must start from the side of the pool **ONLY**.
- E. STARTING BLOCKS: When starting blocks are used, the water depth for a distance of 1.0 meter to 5.0 meters from the starting end wall **must be at least 1.2 meters**.

SW 6. BACKSTROKE

- A. COUNTING STROKES: Swimmers are allowed to count strokes from the flags before the start of the race.
- B. BACKSTROKE TURN: A turn over after the backstroke flags at the turning end is permitted. The swimmer may kick into the wall as long as there is only one arm pull (or both arms simultaneously.) All swimmers except the 8 and unders must finish the backstroke on their backs.

SW 7. DISQUALIFICATIONS

- A. INDIVIDUAL EVENTS:
 - a) Except where otherwise noted in these rules, swimmers competing in all age categories will be judged strictly in accordance with S.N.C. regulations governing strokes and turns.
 - b) Swimmers in the 8 and under category will not be disqualified for stroke infractions provided they are making their best efforts to perform the correct stroke. They should not, however, be permitted to gain unfair advantage over their competitors.
- B. RELAYS: **Any** team will be disqualified for an early take-off.

SW 8. COACHES ON THE WORKING DECK

For 8 and under swimmers, handicapped swimmers or other special circumstances, it is recommended that coaches be on the working deck. Otherwise, coaches are not permitted on the working deck

SW 9. PROTESTS

Protests must be made in writing to the referee within 30 minutes of the disputed decision or disqualification. All protests at dual meets, Section Finals, and Finals should be settled during the meet or immediately following the meet **by the referee of the meet**. If a protest remains unsettled and must go beyond the referee at a dual meet, Section Finals, or Finals, then the protesting pool must include \$50.00 cash with any protest that will require a jury of appeal to settle.

IN SPECIAL CASES where the meet has ended or there is no jury of appeal, a written protest must be received by the Coordinator of Competitive Swimming (in his/her absence, by a Section Coordinator) within 24 hours of the completion of the meet.

If the protest is lost, the \$50.00 cash is retained by ALPS.

If the protest is won, the \$50.00 cash will be returned to the protesting pool.

DUAL MEETS

SW 10. SCORING

- A. When a meet is held in a six-lane pool, each club is allowed three entries in the first heat of each event. **ONLY THE FIRST TWO SWIMMERS AND FIRST RELAY TEAM FROM EACH CLUB TO FINISH THE FIRST HEAT OF THE EVENT MAY SCORE POINTS.** The third swimmer and the second and third relay teams from each club to finish the event automatically become "exhibition" and may not score points under any circumstances, including the disqualification of either club's official swimmers or relay team. Swimmers in subsequent heats may not score points.
- B. Scoring for scheduled dual meets is as follows:
 - Individual events - 8, 6, 5, 4
 - Relay team - 10, 4
- C. The team points for dual meets are as follows:
 - Winning team - 50 points
 - Losing team - 10 points
 - Tie - 30 points each

1	Starter	"	"	"
1	Chief Timer	"	"	"
2	Chief Place Judge	one from each club		
2	Place Judges	"	"	"
2	Recorder/Scorer	"	"	"
2	Stroke/Turn Judges	"	"	"
2	Lane Timers	"	"	"

* 16 for 8-lane pools

** Should be S.N.C. qualified. If the host club cannot provide officials in one or more positions, it is recommended that the visitors be approached, with as much prior notice as possible, to provide assistance.

- B. In a six-lane pool, at least 23 officials are recommended, with the visitors providing at least 10.
- C. In addition, the host club should provide at least seven stopwatches and a good starting gun. The visiting club should provide six stopwatches. These numbers should be adjusted accordingly for eight-lane pools.

SW 14. MEET CANCELLATIONS

If the last dual swim meet of the season is cancelled due to weather, the outcome of the meet will be a tie and the points awarded to each team will be half of the points available to be won at that meet. The cards and relay sheets for all swimmers must be submitted **immediately** to the discipline coordinator who will calculate the score. All competitors whose names appear on the cards will be considered to have participated in all events.

SECTION FINALS

SW 15. ELIGIBILITY

- A. A swimmer must compete in at least two ALPS dual meets to be eligible to compete in Section Finals.
- B. A swimmer who has competed in two ALPS dual meets but did not compete in Section Finals is eligible to swim in ALPS Finals or ALPS Consolation Finals as a member of a relay team only.

SW 16. CARDS AND ENTRY GRIDS

Entry cards and grids must be printed in ink, using the full name of the athlete. For competitive swimming, cards must be color-coded (blue for boys, pink for girls) across the top. Cards and entry grids must be delivered to the meet manager, or discipline coordinator as the case may be **no later** than 9:00 A.M. exactly **ONE WEEK** prior to Section Finals.

The head coach must sign the entry grids, signifying that all entries have been checked and verified.

Swimmers who will swim in two or more age groups must be identified by highlighting their names in the grids.

SW 17. SEEDING

In Section Finals, each club will be permitted two official entries in each individual event and one team in each relay event. If there are 12 swimmers or less in an individual event, there will be only 2 heats.

Sections A and B

Seeding will be as follows for a six-lane pool.

Individual events

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1		Club 6	Club 4	Club 5	Club 7	
Heat 2	Club 3	Club 1	Club 6	Club 7	Club 2	
Heat 3	Club 5	Club 3	Club 1	Club 2	Club 4	

Relay events:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1		Club 7	Club 5	Club 6		
Heat 2		Club 3	Club 1	Club 2	Club 4	

Section C

Seeding will be as follows for a six-lane pool:

Individual events

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1		Club 7	Club 5	Club 6	Club 8	
Heat 2	Club 3	Club 1	Club 7	Club 8	Club 2	Club 4
Heat 3	Club 5	Club 3	Club 1	Club 2	Club 4	Club 6

Relay events:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1		Club 7	Club 5	Club 6	Club 8	
Heat 2		Club 3	Club 1	Club 2	Club 4	

Club number indicates the ranking of each club in order of its final standing within its section.

Order of Heats in Section Finals:

- Heat 1 - Fast swimmers
- Heat 2 - Faster swimmers
- Heat 3 - Fastest swimmers

SW 18. SCORING

- A. Each team in each section will carry the accumulated points earned for their wins, losses, or ties at their scheduled dual meets into Section Finals, and accumulate Section Finals event points to determine the Section Championship.
- B. In the case of a tie between two or more clubs at the end of the dual meet schedule, the order of ranking going into Section Finals is determined by the number of points attained by the clubs at the dual meets involving the clubs which are tied.
- C. Scoring at the Section Final meets will be as follows:

Individual events: 15, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
Section "C" only: 17, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relays: 30, 26, 24, 22, 20, 18, 16
Section "C" only: 34, 30, 28, 26, 24, 22, 20, 18

SW 19. CHANGING SECTIONS

- A. As a result of Section Finals, the first place teams from Sections B and C will move up to the next higher section. Accordingly, the last place team from Sections A and B will move down to the next lower section.
- B. In the case of a tie between two or more clubs at the end of Section Finals competition, the order of ranking for relegation will be determined by:
 - a. First: the winner of the dual meet between the tied clubs or, if this does not break the tie;
 - b. Second: the accumulated individual and relay points attained by each tied club at all of the season's dual meets .

FINALS & CONSOLATION FINALS

SW 20. FINALS COMPETITION

- A. ALPS Finals is a competition of the fastest six swimmers and relay teams from the combined Section Finals. The swimmers/teams are selected on the basis of time or adjusted judges' decisions times.
- B. Each team in ALPS Finals will start with 0 points and the scoring for this competition will be as follows:
 - a. Individual events: 7, 5, 4, 3, 2, 1
 - b. Relays: 14, 10, 8, 6, 4, 2

SW 21. CONSOLATION FINALS COMPETITION

- A. ALPS Consolation Finals for individual events is a competition of the next 12 fastest competitors from the combined Section Finals (places 7 through 18).
- B. Relays will consist of the next six teams from the combined Section Finals (places 7 through 12).
- C. Each team in ALPS Consolation Finals will start with 0 points and the scoring for this competition will be as follows:
 - a) Individual events: 13, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
 - b) Relays: 26, 22, 20, 18, 16, 14

SW 22. SCRATCH MEETING

- A. Failure of a club's swim team coach or delegate to attend the scratch meeting held during the week prior to ALPS Finals will result in a penalty of fifty (50) points applied against scoring in the Finals meet.
- B. Failure to scratch a swimmer from an event at Finals, in accordance with the schedule for such scratches, will result in a penalty of a deduction of 10 points per swimmer. The deduction is to be made in the Finals or Consolation Finals score accordingly.
- C. A 'No Show' for a Final and/or Consolation Final event shall result in the same 10 point penalty. However, the swimmer shall be allowed to swim in any subsequent individual or relay event in which s/he has been entered.
- D. Section coordinators are responsible to deliver to the clerk of course, at the scratch meeting, all dual meet score sheets and attached relay team lists.

SW 23. PROTOCOL

- A. There will be no abnormalities tolerated at Finals such as improper swimwear, clown dives, and deliberate stroke infractions. Contravention of this rule will result in a 10-point penalty to the offending team as well as an automatic disqualification of the swimmer.
- B. Each year the club that will host ALPS swimming Finals will have access to the previous year's

computer diskette that contains all of the information needed to produce the current year's Finals program booklet.

SECTION FINALS/FINALS COMPETITIONS

SW 24. OFFICIALS/FACILITIES

- A. The ALPS organization is responsible for providing officials for Section Finals and Finals. The meet manager for each Section Final shall be the Section Co-ordinator and the meet manager for Finals shall be the ALPS Co-ordinator of Competitive Swimming.
- B. The host clubs are responsible for providing the facility and the equipment and supplies necessary for the smooth and efficient running of the meets. Host clubs should have two spinal boards on hand during the competitions.

SW 25. MEDALS AND RIBBONS

- A. The ALPS organization is responsible for providing the medals and ribbons for Section Finals and Finals.
- B. It is the responsibility of the swim team coaches to pick up all the medals and ribbons won by relay teams from their club. These will not be given out to the swimmers.

SW 26. TROPHIES

- A. The **Section Trophy** is awarded to the winning team from each Section.
- B. The **Pratt Trophy** is awarded to the winner of ALPS Finals.
- C. The **John Finn Trophy** is awarded to the team with the highest accumulated points in the 10 and under events in ALPS Finals (not Consolation Finals).
- D. The **Montreal West Trophy** is awarded to the team accumulating the most points in the ALPS Consolation Finals. This trophy may not be won by the same team that wins the Pratt Trophy. Should the same team score the most points in Finals and Consolations, the Montreal West Trophy will be awarded to the second place Consolation Finalists.

DIVING RULES

D 1. REQUIREMENTS

A. Coaches' Requirements

A minimum of one (1) coach per participating team must be present at the scheduled coaches' clinic at the beginning of each season or his/her pool will not be eligible to participate during the season.

B. Judges' requirements

A minimum of one (1) volunteer (not lifeguard) per participating team, as well as the appointed diving referee judge for each pool must be present at the scheduled judges' clinic at the beginning of each season or their pool will not be eligible to participate during the season.

C. Diving Meets

Diving meets shall be held on Sunday mornings or, alternatively, on a Monday evening in the event of cancellation due to weather. Competitions will use only the 1-meter springboard. All Sunday dive meets are to start at 9:00am; hosting and visiting clubs may mutually agree on an earlier start time.

D 2. DIVING MEETS

A. The hosting pool shall provide:

- two (2) judges who are listed on the qualified judges list. The visiting pool shall provide one (1).
- a warm up time for the visiting pool, known 24 hours in advance of the meet
- three (3) table workers; two (2) scorers and one (1) announcer. One adult volunteer must have one of these tasks.

D 3. AGE GROUPS

The recognized age groups for ALPS diving are: 8 and under, 9 and 10, 11 and 12, 13 and 14, and 15 and over. Age is determined by the age of the participant on June 24th of the current ALPS season.

D 4. REQUIRED DIVES

GROUP A: 15 and over	5 different dives: 3 dives each selected from a different group, the total degree of difficulty of which shall not exceed 5.4, and 2 dives each selected from a different group, with no limit of degree of difficulty,
GROUP B: 13/14	4 different dives: 2 dives each selected from a different group, the total degree of difficulty of which shall not exceed 3.7, and 2 dives each selected from a different group, with no limit of degree of difficulty.
GROUP C: 11/12	4 different dives: 2 dives each selected from a different group, the total degree of difficulty of which shall not exceed 3.7, and 2 dives each selected from a different group, with no limit of degree of difficulty.
GROUP D: 9/10	3 different dives: 2 dives each selected from a different group, the total degree of difficulty of which shall not exceed 3.7, and 1 dive selected from a different group, with no limit of degree of difficulty.
GROUP E: 8 & under	3 different dives: 2 dives each selected from a different group, the total degree of difficulty of

which shall not exceed 3.7, and 1 dive selected from a different group, with no limit of degree of difficulty.

D 5. DIVE SHEETS

- A. Upon arrival at the host club, each coach must submit his/her club's individual dive sheets. This information must be submitted to the host club not less than 30 minutes prior to the start of the first event.
- B. A dive sheet must be prepared and submitted for any diver who anticipates competing. A diver who does not show will be scratched with no penalty. A diver not appearing on the submitted dive sheets will not be admitted to the competition. The decision to accept or deny a late entry belongs solely to the referee.
- C. Officials working at the scoring table do not have the authority to accept, refuse or alter any dive sheet without the referee's authorization. When a referee has not been specifically designated, the host coach shall serve in the above decision-making process.
- D. Changes to a dive sheet, including the list of dives to be performed or the order of execution of the dives, will not be permitted less than 10 minutes prior to the scheduled start of the event.
- E. A diver diving up an age category will have the term "Hors Concours" written clearly at the top of his/her dive sheet. The diver may only score points in his/her age category per diving meet and his/her placing will not count towards qualifying for diving Finals. Hors Concours participants are only permitted during the regular season (not Finals), and may not earn club points. Hors Concours participants retain eligibility in their proper age category.
- F. The dive sheet must include the following information:
 - a. the diver's name
 - b. the proper order of execution of dives
 - c. the number of each dive
 - d. the position of the dive; that is (A) straight, (B) with pike, (C) with tuck, (D) free
 - e. the degree of difficulty, as determined by FINA and/or any ALPS modifications.
 - f. the diver's signature
 - g. the referee's signature
- G. Dives with limit must be listed, and performed, before dives without limit. If a dive sheet does not reflect the proper combination, the list shall be put in order by the referee. The first out-of-order dive or lowest-scoring illegal dive(s) shall be considered a failed dive.
- H. Dives with limit shall be performed from different categories of dives (front, back, reverse, etc). A dive with limit may not be repeated as a dive without limit.
- I. Dives of the same number, regardless of the position, shall be deemed to be the same dive.
- J. The number and position of the dive to be performed appearing on the dive sheet takes precedence over the written description of the dive. If there is a discrepancy between the two, regardless of what was intended, the number with position shall predominate. Each diver is entirely responsible for the accuracy of the dive information on the sheet. Coaches should verify each diver's sheet, especially for those 12 and under.
- K. The referee shall inspect the dive sheets before the start of each event. Should a dive sheet not comply with the rules, the referee shall have it corrected before the beginning of the competition. The coach shall be informed of the referee's decision as soon as possible. It will be the coach's responsibility to inform the diver before the start of the competition.
- L. If a dive sheet shows dives with limit exceeding the maximum DD, the lowest scoring illegal dive shall be failed. Changes will be permitted before the start of the event.
- M. Dive sheets will remain with the host pool and must be turned in by 4:00pm on the Tuesday following the Sunday meet to the Malcolm Knox Aquatic Centre receptionist. It is the responsibility of the hosting pool to hand in the dive sheets. The host pool will receive a 25.00\$ fine per day past this deadline.

D 6. THE REFEREE

- A. The referee shall be located in a position that allows him/her to manage the competition and

- ensure that the rules are observed and any statutory penalties imposed.
- B. The referee may designate assistants to observe the performance of the divers.
 - C. The referee must review the dive sheets prior to the start of each event and sign in the allocated position.
 - D. At the end of the competition, the referee shall review the score sheets in collaboration with the two scorers and shall confirm the final results by signing the score sheets. When a computer system is used, the referee shall confirm the final result by signing the computer printout.

D 7. JUDGING

- A. Only those who attend the mandatory judging clinic before the season and/or are placed on the judges list by the diving coordinator will be allowed to judge. The list will be provided by the diving coordinator.
- B. The judging panel shall comprise the referee and the judges and any assistants designated by the referee. The use of coaches / lifeguards must be limited and they must be on the certified judges' list.
- C. There should be three judges for each event (a minimum of five for Finals). Whenever possible, the host club shall provide two judges and visiting clubs shall provide one judge each. Coaches will arrange for the judges, referees and scorekeepers for regular season meets.
- D. The judges should be placed apart from each other with the referee placed closest to the scoring table. Once placed, a judge shall not change position unless at the direction of the referee and then only in exceptional circumstances.
- E. The position of each judge shall be identified by a number and their names are to be recorded for each event on the Judges' Event Sheet, which is to be returned to the coordinator along with the meet results.
- F. After each dive, each of the judges shall, without communicating with one another, immediately and simultaneously and in a distinct manner indicate the score awarded for the dive.
- G. When a judge, by reason of illness or other unforeseen circumstances, has made no award for a particular dive, the average of the awards of the other judges shall be adopted as the award; and it shall be calculated to the nearest half point. If this average results in exactly a 0.25 or 0.75 fraction, then this is to be rounded up to the next highest half point.
- H. The referee may remove any judge whose judgment s/he considers to be unsatisfactory and may appoint another judge as a replacement. Any such change of judges shall take place only at the end of a round of dives. At the end of the competition, the referee shall make a written report to the diving coordinator, to be placed with the meet result sheets.

D 8. EXECUTION OF THE DIVE

- A. If a dive is incorrectly announced, the diver or coach shall have it rectified at once, if possible, *before its execution*. If the incorrectly announced dive is executed, the referee may cancel it and have the correct dive announced and performed immediately.
- B. Once the diver has assumed his/her position on the board, the referee shall give a signal to begin the dive. For backward and inward take-offs, the diver shall proceed to the end of the springboard only after the referee has given the signal.
- C. The diver shall be given sufficient time for the preparation and execution of the dive but the diver shall receive 0 points for the dive announced if it takes more than one minute after the referee has given the signal.
- D. If a diver executes a dive before the signal is given, the referee shall decide whether the dive shall be repeated.
- E. The referee may have a spoiled dive repeated if, in his/her opinion, the execution of the dive was influenced by exceptional circumstances. The request for such a repetition must be made immediately by the coach.
- F. When it is quite clear that the dive has been performed in a position other than that announced, the referee shall repeat the announcement and declare that the maximum award shall be 2 points, before giving the judges the signal to show their marks. If a judge then awards more than 2 points, the referee shall declare the award from that judge to be 2 points.

- G. When the referee is certain that a diver has performed a dive of a number other than that announced, the referee shall declare it a failed dive and the diver shall receive a score of 0 for that dive.
- H. When one or both arms are held beyond the head in a feet-first entry or below the head in a head-first entry, the referee shall declare the maximum award to be 4½ points. If a judge then awards more than 4½ points, the referee shall declare the award from that judge to be 4½ points.
- I. The referee may declare a dive to be failed if s/he considers that assistance has been given to the diver during the execution of the dive. The execution of the dive is considered to start when the referee gives the signal.
- J. If there is a strong wind, sudden noise, or flash the referee may give a diver the right to a re-start without deduction of points.

D 9. SPECIFICS OF THE DIVE

- A. Forward and reverse take-off dives may be performed either standing or with a hurdle, at the option of the diver. Backward and inward take-off dives must be performed standing.
- B. Standing Dives
 - 1) The starting position of a standing dive is standing on the front end of the board.
 - 2) The body shall be straight, head erect, with the arms straight in any position. The dive commences when the arms leave the starting position.
 - 3) When executing a standing dive, the diver must not bounce on the board before the take-off or the referee shall declare a maximum of 4½ points.
 - 4) When executing a standing dive, a diver may not lift his/her feet off the board. Each judge shall deduct 1-2 points from points awarded, according to individual opinion.
- C. Hurdle Dives
 - 1) The starting position of a hurdle dive is when the diver is ready to take the first step of the hurdle.
 - 2) When executing a hurdle dive, the run shall be smooth, straight and continuous to the end of the springboard. The final step shall be from one foot and the take-off from the springboard shall be from both feet simultaneously or the referee shall declare it a failed dive.
 - 3) When a diver stops his/her hurdle before the end of the board and then continues, the referee shall deduct 2 points from the award of each judge.

D 10. DEDUCTIONS/PENALTIES

- A. When a diver makes a second attempt, loses his/her balance or moves from the original position, the penalty for making the second attempt shall be the deduction of 2 points from the award of each judge by the referee. Such deductions shall not be made by the judges but shall be announced by the referee, who shall deduct 2 points from the award of each judge. This is also called a balk.
- B. In any dive, if the diver touches the end of the board or dives to the side of the direct line of flight, each judge shall exercise his/her own opinion regarding the deduction to be made.
- C. During the passage through the air, the body can be carried straight (A), with pike (B), with tuck (C) or free position (D). If the position is any other than announced or which is on the sheet, the score for the dive shall be a maximum of two (2) for each judge.
- D. In the straight position, the body shall not be bent, either at the knees or the hips, the feet shall be together and the toes pointed. The position of the arms is optional.
- E. In straight dives with twist, the twisting shall not be started while on the board. This is meant for front dive and back dive half twist; it is the judge's discretion to deduct marks. Typically there is a maximum of 4.5 for twisting on the board.
- F. In the pike position, the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet together and the toes pointed. The position of the arms is optional.
- G. In the tuck position, the body shall be compact, bent at the knees and hips with the knees and feet together, hands on the lower legs and the toes pointed. When viewed from the side, the tuck shall be compact, with the front of the thighs close to the chest and the backs of the lower legs close to the backs of the thighs. When a judge considers that these requirements have not been

fulfilled, with s/he shall deduct 1-2 points.

- H. In the free position, the body position is optional but the legs shall be together and the toes pointed.
- I. In pike dives with twist, the twist shall not be started until there has been a marked pike position.
- J. In somersault dives with twist, the twist may be performed at any time during the dive.
- K. When a twist is greater or less than 90 degrees or more than that announced, the referee shall declare it a failed dive.
- L. The entry into the water shall in all cases be vertical, or nearly so, with the body straight, the feet together and the toes pointed. Marks are deducted for entries below or beyond the vertical line.
- M. All head-first entries shall be executed with the arms stretched beyond the head in line with the body, with the hands close together.
- N. All feet-first entries shall be executed with the arms close to the body and no bending at the elbows. When one or both arms are held beyond the head in a feet-first entry or below the head in a head-first entry, the maximum award shall be 4½ points.
- O. A dive is finished when the entire body is completely under the surface of the water.

D 11. AWARDS AND SCORING

- A. Points or half points shall be awarded from 0 to 10, according to the opinion of the judges and the following:

Completely failed:	0 points
Unsatisfactory:	½ to 2 points
Deficient:	2 ½ to 4 ½ points
Satisfactory:	5 to 6 points
Good:	6 ½ to 8 points
Very Good:	8 ½ to 10 points

For 8 & under divers only, a completely failed dive will earn a minimum of 0.5 for any legitimate attempt of a dive.
- B. When judging a dive, a judge must not be influenced by any factor other than the technique and execution of the dive. The dive is to be considered without regard to the approach to the starting position, the difficulty of the dive or any movement beneath the surface of the water.
- C. Judges are to consider the technique and grace of:
 - the starting position
 - the hurdle
 - the take-off
 - the flight
 - the entry
- D. When a dive is performed in a position clearly other than that announced, the dive shall be deemed unsatisfactory. The highest award for such a dive is 2 points.
- E. When a dive is performed partially in a position other than that announced, the judges shall award up to a maximum of 4½ points, according to their opinion.
- F. When a repetition of a dive is granted, the first dive shall be judged and the marks shall be noted, to be used if an eventual protest is accepted.
- G. When a judge considers that a dive of a different number has been performed, s/he may award 0 points even if the referee has not declared it to be a failed dive.
- H. A diver who refuses the execution of a dive shall receive 0 points.

D 12. DISQUALIFICATIONS

- A. Failure to attempt the required number of dives for a divers' particular age group shall result in disqualification from the meet.
- B. In the event a diver is injured or becomes ill while diving in a meet and cannot complete his/her list of dives, s/he shall be disqualified from the meet.
- C. No points, individual or team, shall be awarded to a disqualified diver.

- D. Clown diving or tom-foolery will not be accepted. It constitutes poor sportsmanship and a dangerous practice. The referee will ask the diver to cease diving in the competition and his/her points will be disqualified from the team's score.

D 13. PROCEDURE FOR SCORING INDIVIDUAL EVENTS

- A. The judge's awards shall be dictated one by one, in the same consecutive order, to the first secretariat who shall write them on the score sheet and add up the score total. If the competition is for Finals, the first secretariat will also cancel out the highest and lowest scores.
- B. The second secretariat shall independently state the total of the remaining awards and multiply it by the degree of difficulty to determine the score of the dive.
5 Judges Awards: Total \times Difficulty = Score
 $8, 7, 7, 7, 6.5 = 21 \times 2.0 = 42.0$
- C. When two or more divers score the same number of points, a tie shall be declared for that particular place. Equal team points will be awarded.
- D. Once any individual scoring adjustment or corrections have been made, the total scores, points and placement shall be adjusted accordingly.

D 14. APPEAL/PROTEST PROCEDURE

- A. Any protest or appeal associated with the organization and/or staging of any competition which is initiated **more than one hour prior to the start** of the event in question shall be referred to the ALPS coordinator.
- B. A score for any dive may not be protested; however if a rule is broken when giving such score, a protest may be submitted.
- C. All protests and appeals must be submitted in writing and must specify the article, rule or section of the ALPS rulebook that is in dispute in order to be considered.
- D. A protest may be conveyed to the meet referee. The meet referee shall immediately assemble the judges for that event and the coordinator, if available, and they shall constitute the meet jury of appeals. The coordinator shall be designated as the meet jury of appeals chairperson or, in his/her absence, the referee will assume this role.
- E. The referee will not take part in the jury if the protest is against him/her. The referee also cannot refuse a protest.
- F. The referee or member designate will make a presentation and interpretation of the current rules which affect the specific protest or appeal. All parties will be invited to make a presentation and then leave.
- G. Following all presentations, the meet jury of appeals chairperson will call for a vote of the members of the meet jury of appeals, with a majority vote considered binding. The chairperson shall abstain from voting at this time.
- H. There will be no other abstentions in any vote taken by the meet jury of appeals.
- I. In the case of a tie vote at the first meeting of the meet jury of appeals, the assembled members shall adjourn and reconvene immediately with additional information pertinent to the appeal, which might help in reaching a decision. In the case of a tie at the reconvened meeting of the meet jury of appeals, the chairperson will break the tie.
- J. The meet jury of appeals chairperson who convenes and presides at any meeting(s) of a meet jury of appeals, shall forward a written report to the coordinator within 10 days following the conclusion of the competition, regarding all relevant materials, presentations and the final vote.

REGULAR SEASON MEETS

D 15. SCORING AND AWARDS

- A. Each club may enter as many participants per event as desired. Only the top 3 participants per club per event are eligible for team points. All other participants in the event become "exhibition"

divers for that event and may not score points.

- B. Scoring for regular meets is as follows:

<u>Place</u>	<u>Pts</u>	<u>Place</u>	<u>Pts:</u>
1 st	16	7 th	7
2 nd	14	8 th	5
3 rd	12	9 th	4
4 th	11	10 th	3
5 th	10	11 th	2
6 th	9	12 th	1

- C. Team points shall be awarded points as follows:

<u>Placing Points:</u>		<u>In the event of a tie:</u>	
1st place	100 points	Tied for 1st place	90 points each
2nd place	75 points	Tied for 2nd place	70 points each

- D. The host club's coach is responsible for scoring for regular season meets and for ensuring that a complete list of final results accompanies the meet's dive sheets when delivered to the Diving Coordinator.

D 16. CHANGING SECTIONS

- A. Points scored by a club during the regular season meets shall be used to determine the Section winners. The first place club from Section B shall move up to Section A and the last place club in Section A shall move down to Section B.
- B. In the event of a tie between two or more clubs, the teams' regular season meet scores will be totalled and the team with the highest total shall be determined the winner.

DIVING FINALS

D 17. FINALS COMPETITION

- A. In order to qualify for Finals, a participant must have placed 1st, 2nd or 3rd in the same age group in at least three regular season meets.
- B. Dive sheets for Finals must be submitted on the Thursday prior to the meet by 4:00 p.m. No exceptions will be tolerated and late penalties will be applied (\$25.00 per day late).
- C. The ALPS Diving Coordinator shall be responsible for supplying judges and referees for the Diving Finals competition.
- D. Each competitor at Finals is required to have a parent/guardian signature on their submitted dive sheet. Without a signature, the diver will not be allowed to compete at the Finals.

D 18. SCORING AND AWARDS

- A. The host pool will be responsible for providing the scorekeepers. The configuration for the scoring table at Finals shall be "provincial format" - 7 people (2 sets of duplicate scorekeepers and 1 shadow). It is preferable that these scorekeepers be adults. This format may be replaced by a computer scoring system, to be reviewed beforehand by the coordinator.
- B. All results will be given only at the end of the competition.
- C. The ALPS Diving Finals recognizes individual performance and merit but will also award "club Points" at the Finals
- D. For each event, trophies shall be awarded to 1st to 3rd place winners, medals shall be awarded to 4th -6th place winners, ribbons shall be awarded for 7th -12th place winners, and participation ribbons shall be awarded for all places after 12th. The ALPS coordinator will ensure that the ribbons are available at the meet.
- E. The ALPS High Aggregate Champion male and female divers shall be determined as follows: the divers from each group shall have their total scores divided by the number of required dives from their age group. The male and female divers with the highest raw score at the Finals shall win.

D 19. MEDALS AND RIBBONS

The ALPS organization is responsible for providing the medals and ribbons for Diving Finals.

NOVICE DIVERS' MEET

D 20. COMPETITION RULES

- A. The meet is open to anyone from any ALPS club, regardless of whether or not that club participates in the ALPS diving discipline. However, participants must NEVER have competed in any organized meet sanctioned by Plongeon Quebec, NOR have competed in an organized winter "Club" meet. *Examples: Espoir, Provincial, Jeux du Québec Qualifiers, Jeux du Québec, Regional Club vs. Club meets.*
- B. The ALPS regular meet rules will apply.
- C. The age groups will be as follows:
8 and Under, 9 -10, 11-12, 13-14, 15 and Over
- D. Club points will be issued for this meet but will not count towards regular season placements.

D 21. REQUIRED DIVES

- A. The recognized events for the above age groups are:

8 and under:	3 dives
9 -10:	3 dives
11-12:	4 dives
13-14:	4 dives
15 and over	5 dives
- B. A diver may select any dives however the same dive cannot be repeated in a different position.
Example: A diver cannot perform both 101A (Front dive layout) and 101B (Front dive pike).
- C. The Degree of Difficulty of all dives will be identical to those of regular season meets.
 - 101 (ABC): 1.3
 - 201 (ABC): 1.6
 - 301 (ABC): 1.7
 - 401 (ABC): 1.5
 - 5111 / 5211: 1.4
 - 100 / 200 (ABC): 0.5
 - 101 D / 201 D: 1.0
- D. All other DD's will apply for remaining dives.
- E. No failed dives will be called; a diver may re-attempt a dive if it is originally failed. If the second attempt is failed, the diver shall receive a score of one (1) per judge.

D 22. ALPS DD SHEET 2009

DIVE NUMBER	DIVE NAME	STRAIGHT (A)	PIKE (B)	TUCK (C)	FREE (D)
100	Front jump (8 & under only)	0.5	0.5	0.5	
101	Front dive	1.3	1.3	1.3	
101	Front fall in			1.0	1.0
102	Front somersault	1.6	1.5	1.4	
103	Front 1 -1/2 somersault		1.7	1.6	
104	Front double somersault		2.3	2.2	
105	Front 2- ½ somersault		2.6	2.4	
106	Front triple somersault			2.9	
107	Front 3 – ½ somersault			3.0	
200	Back jump (8 & under only)	0.5	0.5	0.5	
201	Back dive	1.6	1.6	1.6	
201	Back fall in				1.0
202	Back somersault	1.7	1.6	1.5	
203	Back 1 – ½ somersault	2.5	2.3	2.0	
204	Back double somersault		2.5	2.2	
205	Back 2 – ½ somersault		3.2	3.0	
301	Reverse dive	1.7	1.7	1.7	
302	Reverse somersault	1.8	1.7	1.6	
303	Reverse 1 – ½ somersault	2.7	2.4	2.1	
304	Reverse double somersault		2.6	2.3	
305	Reverse 2 – ½ somersault		3.2	3.0	
401	Inward dive	1.5	1.5	1.5	
402	Inward somersault		1.7	1.6	
403	Inward 1 – ½ somersault		2.4	2.2	
404	Inward double somersault			2.8	
405	Inward 2 – ½ somersault		3.4	3.1	
5111	Front dive ½ twist	1.4	1.4	1.4	
5112	Front dive full twist	2.0	1.9		
5121	Front somersault ½ twist	1.9	1.8		1.7
5122	Front somersault full twist				1.9
5124	Front somersault double twist				2.3
5126	Front somersault triple twist				2.7
5131	Front 1 -1/2 somersault, ½ twist		2.1	2.0	
5132	Front 1 -1/2 somersault, full twist				2.2
5134	Front 1 -1/2 somersault, 2 twists				2.6
5136	Front 1 -1/2 somersault, 3 twists				3.0
5152	Front 2 -1/2 somersault, full twist		3.2	3.0	

DIVE NUMBER	DIVE NAME	STRAIGHT (A)	PIKE (B)	TUCK (C)	FREE (D)
5211	Back dive ½ twist	1.4			
5212	Back dive full twist	2.0			
5221	Back somersault, ½ twist				1.7
5222	Back somersault full twist				1.9
5223	Back somersault, 1- ½ twist				2.3
5225	Back somersault, 2 - ½ twist				2.7
5231	Back 1 -1/2 somersault, ½ twist				2.1
5233	Back 1 -1/2 somersault, 1 -½ twist				2.5
5235	Back 1 -1/2 somersault, 2 -½ twist				2.9
5241	Back double somersault, ½ twist				2.6
5311	Reverse dive ½ twist	1.9			
5312	Reverse dive full twist	2.1			
5321	Reverse somersault ½ twist				1.8
5322	Reverse somersault full twist				2.0
5323	Reverse somersault 1 – ½ twist				2.4
5325	Reverse somersault 2 – ½ twist				2.8
5331	Reverse 1- ½ somersault ½ twist				2.2
5333	Reverse 1- ½ somersault 1- ½ twist				2.6
5411	Inward dive ½ twist	2.0	1.7		
5412	Inward dive full twist	2.2	1.9		
5421	Inward somersault 1/2 twist		1.8	1.7	
5422	Inward somersault full twist				2.1
5432	Inward 1- ½ somersault, full twist				2.7
5434	Inward 1- ½ somersault, 2 twists				3.1

SYNCHRONIZED SWIMMING RULES

SS 1. ELIGIBILITY

Full-time staff members may not compete in any ALPS synchro competition. A part-time staff member may compete providing that person does not coach any part of the competitive synchro program, (she may coach a category 'B' team and/or a summer swimmer solo, duet or team).

SS 2. ENTRY FORMS & SYNCHRO ENTRY GRID

- A. Entry forms for all categories and the ALPS Synchro Entry Grid must be submitted, to the synchro coordinator, no later than **one week prior to the Synchro Draw Meeting**. Last minute changes, including scratches, may be made up to the date of the competition. The ALPS Synchro Entry Grid must include all synchro members from each pool with their full name, date of birth, and phone number.
- B. Entry forms must be clearly labeled with the category in which each routine is entered.
- C. Coaches must submit a separate entry form for each routine and each competition, (i.e.: 2 separate forms if a team is competing in the summer swimmer synchro meet *and* team finals).
- D. Entry forms must be submitted for pre-swimmers. The entry form must be clearly labeled "pre-swimmer" at the top of the form.

SS 3. JUNIOR TEAM ENTRIES

Each pool may submit only one entry in the junior 'A' team event. Any pool may submit an entry in the junior 'B' team category, so long as that pool is entered in the junior 'A' team category. Pools are permitted to enter more than one competitor in the junior 'B' team category. Only category 'A' teams will count in the calculation of the overall results at team finals.

SS 4. AGE CATEGORY

- A. A competitor is classified as senior if s/he:
 - a. has finished in 1st place in two consecutive years in solo or duet, and/or
 - b. is 13 or over.
- B. If a participant is a junior competitor and 13 years old, include the date of birth on the entry form.

SS 5. CANADIAN NATIONAL CHAMPIONSHIPS

- A. Competitors who competed at the Tier 6 Canadian National Synchronized Swimming Championships in the previous season and who placed in the top half of the field in the figure competition, may participate in the team event according to their age category, however, may participate only as a senior competitor in the solo or duet event.
- B. Competitors who competed at the Tier 7 Canadian National Synchronized Swimming Championships in the previous season and who placed in the top half of the field in the figure competition may participate in the senior team event only. Each team is limited to a maximum of four swimmers with these qualifications.
- C. Any athlete who has participated on a Canadian National Team may not compete in the solo or duet events, however may participate in the senior team event.

SS 6. MULTI-EVENT PARTICIPATION

- A. A solo swimmer may not participate in the duet event, however solo and duet participants may compete in the team event.
- B. Junior solo/duet competitors may swim on a senior team.
- C. Senior solo/duet competitors may swim on a junior team, if still of junior age.

SS 7. ORDER OF COMPETITORS

- A. A mandatory meeting will be held to draw the order of competitors for all events. Any pool that is not represented will be fined \$25. The meeting will be held three weeks prior to team finals. The exact time & location of the meeting will be announced at the beginning of the season.
- B. No pool may compete first in more than two events. If the same pool is drawn a third time to swim first, the draw will be re-done from scratch. This rule does not apply to the draw of pre-swimmers.

- C. Competitors whose entry forms are received after the start of the synchro draw meeting will automatically swim first in their respective events. If more than one pool submits late entry forms for the same event, the order for the late entries will be drawn together, separate from the other competitors, and those pools will begin the event.
- D. For the junior team event, the junior 'B' teams will be drawn separately and will begin the event, followed by the junior 'A' teams.
- E. Senior 'B' and 'C' teams will compete with the senior 'A' team category, however, their scores will not be calculated in the overall score.

SS 8. PRE-SWIMMERS

Limit 2 pre-swimmers for each event. The 1st choice pre-swimmer would be to the hosting pool (they may not have any pre-swimmers) and the 2nd choice would be drawn from a hat at the coaches meeting in June. If the hosting pool does not have a pre-swimmer, then 2 pools will be drawn to pre-swim. A pool cannot be drawn more than once unless there are no volunteers for pre-swimmers for that particular event.

SS 9. COMPETITION WARM-UP

The host pool for each competition will hold a 15-minute warm-up for competitors prior to each event. Neither music nor tapping is permitted during the warm-up time. Pre-swimmers may also warm-up for the event they are swimming.

SS 10. ENTRY INTO THE WATER

- A. Any competitor may commence a routine in the water. However, swimmers must wait for permission from the referee **and** until the previous competitor is swimming off before entering the pool. Any infraction of this rule will result in a .5 point penalty.
- B. For the deck work in the team and duet events, competitors may not execute stacks, towers, or human pyramids (i.e. each competitor must have some part of their body touching the deck at all times during deck work or competitors may begin in the water).

SS 11. USE OF POOL FLOOR

Competitors may not intentionally use the shallow end as a base during a routine. For each event, a judge will act as technical monitor to ensure routines are not using the floor of the pool to their advantage. The penalty for a violation of this rule is .5 points.

SS 12. DURATION OF ROUTINES AND MUSIC

- A. Each routine must be accompanied by music and be of the following duration:
 - a. Junior solo, duet, and team routines must be 2 minutes (+/- 15 seconds)
 - b. Senior solo, duet, and team routines must be 2 minutes, 30 seconds (+/- 15 seconds)

There is a .5 point violation if the music is under or over the restricted time limit.

Judging commences with the music, with a time limit on deck work of a maximum of 10 seconds for all events; (these 10 seconds are included in the above time limits). The routine must end in the water with the end of the music. The penalty for violation of any of these rules is .5 points.
- B. Coaches must submit 1 copy of their music, (cassette or CD) for each event. Coaches are responsible for their cassettes and CDs. If submitting a cassette, the music must be at the beginning of the cassette. If submitting a CD, the music must be on track 1. **Coaches must have a back-up copy** in case something happens to the original. Coaches must test their cassettes and CDs prior to the competition. The music must be cut; **the person playing the music will not lower the sound at the end of the routine.**
- C. All cassettes and CDs must be clearly labeled with the following information:
 - Master Copy
 - Age category & Event
 - Coach(es)
 - Pool

SS 13. RE-SWIM

- A. If a coach feels that her routine deserves a re-swim due to technical difficulty or interference during the competition, she must approach the ALPS synchro coordinator immediately after her competitor's routine is finished. The final decision will be brought to a jury of appeal consisting of the synchro coordinator and the five judges of that competition. Any competitor who re-swims will do so after the last competitor, and it will be announced that it is a re-swim. If the coach waits until the next competitor has started their routine, they will lose their opportunity to re-swim. Scores issued for the re-swim will automatically supersede the scores from the original swim.
- B. If an event in progress is postponed to another day due to technical difficulty such as poor weather, the event will start from the beginning with competitor #1. The competitors will swim in the same order as in the original competition.

SS 14. SCORING

- A. For routine events there should be five judges. Each judge awards one mark for Technical Merit and one mark for Artistic Impression. The highest and the lowest marks of each series are taken off, then the sum of the remaining three marks in each series is calculated and an average of these three marks is found. The Technical Merit average is multiplied by 6.0 and the Artistic Impression average is multiplied by 4.0. Each average is rounded to 3 decimal places, (ex. 36.284). These two totals are then added together, resulting in the final score, (rounded to 3 decimal places). All penalties will be deducted from the final score.
- B. If there are only four judges, the four marks are kept. The average of the four marks becomes the fifth mark and the same procedure as above is followed, starting with the removal of high and low marks.
- C. A team must have at least four participants to compete in the team event. Each additional swimmer, (beyond the four), earns .5 points, which is added to the final score. No additional points are added beyond eight swimmers. There is a maximum of ten participants in the team event. Any team with more than 10 swimmers will be penalized .5 per additional swimmer.
- D. To calculate the overall score for junior and senior, a pro-rated reverse scale will be used for each event (i.e.: if there are 14 competitors, 1st place gets 14 points, 2nd place gets 13 points, etc.). The points from the scale for solo, duet and category 'A' teams will be added together for each pool.
- E. All scores announced are unofficial until the awards presentation.
- F. Scoring will be done with the aid of an excel spreadsheet for all synchro events. Each hosting pool must supply a computer and printer for their respective competitions. Score keepers will also record the scores manually during the competition.

SS 15. AWARDING OF THE TROPHIES

The pool that has accumulated the most points for the combined events (Solo, Duet, and Category 'A' Team) will be awarded a trophy. There is one trophy for Junior and one for Senior. The club with the highest combined points (Junior and Senior together) will be declared the overall winner and will receive a trophy. In addition, a trophy will be awarded to the club that has most improved its standing from the previous year in the combined overall category.

SS 16. SUMMER SWIMMER SYNCHRO MEET

- A. All Summer Swimmer routines will compete at the ALPS Summer Swimmer Synchro Meet. There is no summer swimmer category at the junior solo & duet competition, the senior solo & duet competition or the team finals competition.
- B. An athlete that has participated on a competitive novice team during the winter season is eligible to compete in the Summer Swimmer Synchro Meet, however, only in the team event. The team can have up to 2 novice winter swimmers on each team and still be eligible for the Summer Swimmer Synchro Meet.
- C. The Summer Swimmer Synchro Meet is open to all 22 ALPS pools, whether or not they have a competitive synchro team. This competition is open to swimmers in synchro lessons as well.
- D. Time limits are as follows for the Summer Swimmer Synchro Meet:
 - All junior routines: 1 minute 15 seconds - 2 minutes 15 seconds

- All senior routines: 1 minute 45 seconds - 2 minutes 45 seconds
- Limit on deck work: 10 seconds
- E. Tapping will be permitted in the junior team and duet categories only, but **MUST** be accompanied by music.
- F. If a summer swimmer stops swimming during the routine and swims to the side of the pool, the routine may be re-swum as a re-swim and will receive a .5 penalty. A decision of whether a re-swim is permitted will be made by a jury of appeal consisting of the 5 judges of the competition and the ALPS synchro coordinator.
- G. Summer swimmers may swim the same routine at the Summer Swimmer Synchro Meet and the junior solo & duet competition, the senior solo & duet competition or the team finals competition.
- H. Order of events: (pools may enter more than once in any category)
 1. Junior Solo
 2. Senior Solo
 3. Junior Duet
 4. Senior Duet
 5. Junior Team
 6. Senior Team
- I. There will be an awards ceremony immediately following the end of the Summer Swimmer Synchro Meet. All routines will receive medals (1st, 2nd, 3rd place) or ribbons for their event.
- J. There will be a Summer Swimmer Best Overall Trophy presented. The pool that accumulates the most points for all six Summer Swimmer events will win the trophy. Please see point SS14.D for scoring details. Points earned in the Summer Swimmer categories do not count towards the overall points for the "A" trophies, (Jr. Overall, Sr. Overall, and Combined Overall). Only the top place finisher from any particular pool may earn points for the overall standings.
- K. All standard ALPS Synchro rules apply to warm-ups, entry form deadlines and age limits.

WATER POLO RULES

WP 1. THE COORDINATOR

- A. ALPS water polo is organized by the water polo Coordinator who is elected at the ALPS AGM. The coordinator will have a sub-committee of two appointed members.
- B. The coordinator and the sub-committee shall be responsible for all matters pertaining to ALPS water polo including scheduling, interpretation of rules, disciplinary action, and organising clinics and tournaments.

WP 2. AGE GROUPS

The age categories for ALPS water polo are:

- a. Atom (born in 1998 or later) – mixed.
- b. Bantam (born in 1996 or later) - mixed.
- c. Cadet (born in 1994 or later) - boys and girls play separately.
- d. Juvenile (born in 1992 or later) - boys and girls play separately.

WP 3. DIVISIONS

- A. For cadets and juveniles there will be two divisions. The number of teams in each division and the number of times they will play each other will be defined in an annual update.
- B. Pools that do not have enough players to field a team will have the option to merge with another pool to form a waterpolo team. Any such combined team must have a new name that is not that of either pool. The head coach of each pool must contact the coordinator **before June 15th** to confirm their pool's participation for that summer.

WP 4. REGISTRATION OF PLAYERS

All players must be registered (at no cost) with the Fédération de water polo du Québec (FWPQ). Coaches must fill out the appropriate registration form, neatly and completely, and return it to the coordinator **before the fourth regular season game**. Failure to hand in a completed registration sheet on time will result in the loss of one point per game in the overall standings at each competitive level. If a pool wishes to add players, the coach must contact the coordinator and provide the necessary written information before the player can participate.

WP 5. LIMITATIONS ON ELIGIBILITY

- A. An individual who is an ALPS pool member working at a NAA pool cannot play for his/her ALPS home pool at any time in the summer, whether it is during the ALPS regular season, ALPS playoffs or Quebec Games.
- B. An individual working at an ALPS pool while retaining NAA home pool membership cannot play for both ALPS and NAA. If s/he decides to play in NAA, at no point in the summer is s/he allowed to play waterpolo in ALPS. If s/he decides to play in ALPS, at no point in the summer s/he is allowed to play waterpolo for his/her NAA home pool. Sanctions will include forfeit of all games in which s/he played while being considered an illegal player.
- C. No one whose family is a member of an NAA pool where water polo is played can join an ALPS pool to play water polo.
- D. A full-time staff person at an NAA pool cannot, at the same time, be a bona fide staff person at an ALPS pool.
- E. Recruiting winter players is prohibited. No one who is a member of a winter water polo club outside of the ALPS region and who does not permanently live within the ALPS territory may play for an ALPS water polo team, even if they work at an ALPS pool.
- F. Subject to the coordinator's prior approval, girls may play on boys' teams when their home pool does not have a girls' team; however, boys may not play on girls' teams.

WP 6. GAME TIMES

- A. Games will consist of four 7-minute quarters with a 2-minute interval between quarters. In the case of lopsided games, the coaches may mutually agree to shorten the fourth quarter and will so notify the referee and scoring table.
- B. Official game days and times during the regular season will be as follows:

	<u>Saturday</u>	<u>Tuesday/Thursday/Sunday</u>
Cadet girls	8h30	19h30
Cadet boys	9h15	20h15
Juvenile girls	10h00	21h00
Juvenile boys	10h45	21h45

- C. Coaches should contact each other prior to each game to ensure that all details are worked out. Game times and locations can be changed by mutual consent of the coaches who should try to accommodate any legitimate problems which another pool may have; however, every effort should be made to start and finish games at the time and place indicated on the schedule.
- D. A postponed game-in-progress will be considered complete if the goal differential was greater than 4 when the game was stopped; otherwise, the game will recommence from the point at which it was stopped.
- E. Any game not played prior to the deadline will count as a loss for one or both teams based on the following:
 - a) Which team was unavailable on the scheduled date or make-up date;
 - b) Which team was unwilling to agree on a legitimate alternative date.The final decision belongs to the coordinator.
- F. There will be no overtime during the regular season.

WP 7. PARTICIPATION

- A. No team will be permitted to start a game with fewer than 5 players.
- B. Should a pool be able to field a team of only 6 players, the game will continue and the team will have to play short-handed (7 on 6) until additional players arrive. When a team fields a minimum of 5 players, the game will also be played shorthanded (6 on 5).
- C. A player coming late to a game may enter the water when a proper substitution may be made, however the player's name must appear on the score sheet prior to the start of the game.

WP 8. GOVERNING RULES

ALPS water polo is governed by the FINA rules for water polo with the exceptions noted below.

- A. Teams must change ends between periods (instead of at half time).
- B. Games shall be running-time (instead of stopped time); however, the referee must ask that the clock be stopped in the event of a time-out or delays caused by injury, weather, unruly behaviour, problems with equipment or caps etc. The referee may also ask that the clock be stopped after goals in the fourth quarter if one of the teams is, in his/her opinion, delaying the game.
- C. The exclusion period is 30 seconds running time (versus 20 seconds stopped time).
- D. There is no 35-second clock (however, the referee will turn over the ball if, in his/her judgment, a team is wasting time and making no effort to advance the ball towards the opponents' goal).
- E. When a player leaves the game as a result of an accident, injury, or illness, the referee may allow the injured player to re-enter the water later in the game even though a substitutes has taken his/her place (normally, when a player leaves the game for medical reasons and is replaced, the player is not allowed to take part further in the game). In the case of bleeding, the referee shall stop the game and order the player from the water until the bleeding has stopped.
- F. There will be no time-outs during the regular season and only one in each playoff game. Calling a

- time-out when not allowed will result in a penalty (5m) shot.
- G. Cadet goalies may stand on the ledge, if any, in the deep end at any time to defend their goal; for juveniles, playing from (as opposed to resting on) the ledge under any circumstances shall constitute a major foul. "Launching" out from the ledge or jumping off the bottom in the shallow end to foul an opponent (as opposed to blocking a shot or retrieving the ball) shall constitute a major foul.
- H. For field players, playing off the bottom shall constitute a minor foul. Repeated offences after at least one caution shall result in a major foul, at the referee's discretion. Also, any deliberate attempt to prevent a goal-scoring opportunity by playing off the bottom shall represent a major foul. If it occurs in the last minute, the penalty will be a penalty 5-metre shot.
- I. Substitutions may be made only:
- between periods of play, including overtime
 - after a goal has been scored
 - during a major foul
 - during a time-out (playoff only)
- There shall be no substitutions at any other time. All substitutions will be made from the designated corner, usually near the bench. An illegal substitution will result in a penalty (5m) shot.
- J. There will be no sudden-death overtime, even after the first two 3-minute quarters.
- K. Pools should have regulation nets in good working order. The inner sides of the goal posts should be 3 meters apart and the underside of the crossbar should be 0.9 meters above the water surface when the water is 1.5 meters or more and 2.4 meters above the bottom of the pool in the event the water is less than 1.5 deep. Nets should extend at least 0.3 meters from the wall.
- L. Hosting pools must have two sets of caps with ear protectors and clearly marked numbers, which are in decent condition during the regular season and in playoffs. If not, they will be forced to forfeit their games. A visiting team may choose to bring their own caps.
- M. It is permitted for an offensive player to enter the 2m area without the ball but:
- the player may not receive the ball
 - the player may not obstruct the goalie
 - The player may not swim and obstruct a defensive player, with his/her team possibly taking an advantage of the situation.
- M. Goalie caps are not required to have the number 13 as long as they are clearly identifiable from the rest of the team.
- N. Quarters will be 7 minutes running time.

WP 9. SUSPENSIONS AND EJECTIONS

Players not in the water and their coach must remain at their bench during play. The referee will ask anyone who is neither a player nor a coach to be seated in the stands.

WP 10. REFEREES

- A. The home pool supplies the referee. The pool may pay a referee \$20 per/night. The coordinators will supply an approved list of referees along with phone numbers at the coaches' meeting.
- B. There will be a mandatory water polo clinic prior to the first game. All water polo staff from each pool must attend; this includes any referees or potential referees (minimum 3 per pool). ALPS reps are also encouraged to come for the information session. The clinic will cover refereeing, coaching, and how to properly set up for a water polo game. The clinic will be a three hour session (roughly two hour dry land and an hour water session). This is to ensure that each pool provides a safe and fair water polo environment. A pool that does not supply adequate participants will be ineligible to compete in the ALPS Water Polo season.

WP 11. SCORESHEETS

- A. Official score sheets are supplied to each pool and must be used. It is strongly recommended that the home team have all score sheets for each game completely filled out, with the exception of the visiting team's roster, prior to the arrival of the visiting team. Score sheets must be neatly filled out as indicated on the distributed sample copy.
- B. Failure to submit the official score sheet within the time requirements as indicated in the cross-discipline rules will result in forfeited games for the home team.

WP 12. STANDINGS

- A. Standings will be kept for all categories.
Points will be awarded as follows:
3 for a win,
2 for a tie,
1 for a loss
0 for a forfeit
- B. These points will also apply the first two times a team invokes the Participation Rule. The third and subsequent times that a team invokes the Participation Rule, it shall receive only 2 points for a win, and 1 for a tie or a loss.

WP 13. END OF SEASON

All regular season Cadet and Juvenile games must be completed and all score sheets submitted by the date noted in the annual update. Any games not played or score sheets not submitted by that date may be counted as a forfeit for the offending team and the pool may be subject to a fine of \$25 per day.

PLAYOFFS

WP 14. PLAYOFF COMPETITIONS

- A. Playoffs will be for the regular cadet and juvenile levels only. Bantams will have a mid-season tournament.
- B. To be eligible to play in the playoffs, a player must have played in at least two games at any combination of level (cadet or juvenile) during the regular season. Playing in a game is defined as participating in the water in a valid game. Being on the score sheet or being available for games that are cancelled, postponed, or abandoned does not count as a game played.
- C. In the event that teams have the same number of points at the end of the regular season, the differential between goals scored and goals allowed over the entire season will be the deciding factor. For this purpose, no team will be considered to have won or lost a game by more than seven goals, irrespective of the actual score. Forfeited games will also count as a 7-0 score. Should two teams remain tied, the tie-breaking formula will be:
 - a. the outcome of the games between the two teams
 - b. the number of times, if any, either team invoked the Participation Rule
 - c. the flip of a coin
- D. Every effort will be made to have at least one and preferably two neutral referees for playoff games.
- E. When playoff games are tied after regulation time, there will be a 3-minute delay, and then overtime consisting of two 3-minute quarters separated by a one-minute interval. This pattern will continue until the tie is broken.

WP 15. PLAYOFF DATES AND LOCATIONS

- A. Times and locations of playoff games will be outlined in the annual update.

B. Playoff dates are final and cannot be changed, even by agreement between coaches.

BANTAM TOURNAMENT

WP 16. TOURNAMENT SCHEDULE

A bantam tournament will be held on a Saturday during the regular season. A schedule with the exact times will be distributed prior to the tournament.

QUEBEC GAMES

WP 17. TOURNAMENT SCHEDULE

The Quebec Games water polo tournament will be held on the first or second weekend of August at the Dollard Civic Center between approximately 14h30 and 21h30. ALPS will be represented by the two teams playing in the ALPS Gold Medal game or the top team in the "A" division and the top team in the "B" division, if the ALPS Semi-finals have not yet been played.

ATOM TOURNAMENT

WP 18. TOURNAMENT SCHEDULE

An atom tournament will be held on a Saturday during the regular season. A schedule with the exact times will be distributed prior to the tournament.

ASSOCIATION OF LAKESHORE POOLS - ALPS BY-LAWS

NAME

1. The name of the organization shall be ALPS.

PURPOSE AND OBJECTIVES

2. The objects of ALPS shall be to:
 - a. promote and organize competition in aquatic sports such as competitive swimming, synchronized swimming, diving, and water polo.
 - b. assist member clubs in their operations in any manner which such clubs and the Board of Directors may, from time to time, deem to be appropriate.

MEMBERSHIP

3. Membership shall, subject to Article 4 below, be open to any aquatic club whose primary function is recreational for the summer months only, and which does not consist of a group specially selected on the BASIS OF SKILL in aquatic sports. Membership shall be limited to clubs which are, in the opinion of the Board of Directors, within reasonable travelling distance of the other member clubs.
4. Applications for membership shall be submitted to the Secretary in writing. The Board of Directors shall have the authority to reject any application for membership but must submit any recommendation that a new member be admitted to a General Meeting of members for ratification by at least two-thirds of the members voting at such a meeting.

FEES

5. Fees for general membership or for participation in specific ALPS activities shall be established, from time to time, by the Board of Directors and submitted to a General Meeting of members for ratification.

SUSPENSION OR CANCELLATION OF MEMBERSHIP

6. The- Board of Directors shall have the right to suspend or to cancel the membership of any club for delinquency in payment of fees, for refusal to accept the rulings of the authorities appointed by ALPS to regulate competition, for changing the operation of the club in conflict with the provisions of By-Law 3, or, without limiting the generality of the foregoing, for any action that is felt to be contrary to the interests of ALPS as a whole.

MEETINGS OF MEMBERS

7.
 - a) The ANNUAL GENERAL MEETING of members shall be held at such place and at such time, PRIOR TO THE FIRST DAY IN JUNE in each year, as may be fixed by the Board of Directors.
 - b) Hosting of Sections and Finals in all disciplines for the next year shall be determined by a vote at the August Wrap-up Meeting of Coaches and ALPS Representatives. Each club is entitled to one vote.
 - c) No pool shall be allowed to bid on a major event they hosted the previous year unless no other pool submits a bid.
 - d) Each pool shall host only 1 major event per summer if there are other interested pools. Voting for the events will be done in the following order:
 1. Finals swimming

2. Synchro Teams
3. Section Finals (A, B, C)
4. Junior Solo and Duet
5. Senior Solo and Duet
6. Diving Finals
7. Summer Synchro Swimmers' Meet

8. Special General Meetings may be called at any time by the Board of Directors. The Board of Directors shall call a Special General Meeting whenever requested to do so, in writing, by at least five members in good standing at that time, i.e. current dues received.
9. NOTICE OF ALL MEETINGS of members shall be served AT LEAST 10 DAYS PRIOR TO THE DATE OF THE MEETING. A notice sent to the last known address of the individual designated by a member club as its ALPS Representative shall be deemed adequate.
10. One duly appointed Representative of each member is entitled to attend and to vote at any General Meeting of Members. The use of proxies is at the discretion of the President. Members of the Board of Directors are entitled to attend meetings of members but have no right to a vote in their capacity as Directors.

Coaches and other interested parties may be permitted to attend meetings at the invitation of the chairman. The chair may seek the opinion of such guests and take an informal poll of their views; but all resolutions must be ratified by the duly appointed delegates.

11. A QUORUM for all meetings of members shall consist of Representatives of at least 30% of the members in good standing at that time, i.e. current dues received. In the case of the Annual General Meeting, all fees must be paid in full from the previous year.
12. Voting at meetings of members shall be by the show of hands or by ballot, at the discretion of the chairman. The chairman shall call for a vote by ballot if requested to do so by 10% of the Representatives present at the meeting.

Each resolution will be decided on the basis of the votes cast by the members in attendance and voting on the issue. Motions, as a general rule, require for their adoption only a majority vote. Only those pools that participated in a particular discipline in the previous year can vote on issues within that discipline in the subsequent year.

An amendment of a constitution or by-laws, or rules of order, or order of business, previously adopted, requires a two-thirds vote. The appointment of a Representative to ALPS by a member club shall be designated by a member club. The appointment may be changed at any time prior to the start of a General Meeting of ALPS members.

DIRECTORS AND OFFICERS

13. The affairs of ALPS shall be managed by a BOARD OF AT LEAST FOUR AND NOT MORE THAN TWELVE DIRECTORS. The actual number of Directors may be fixed from time to time by the Board but any increase in the number of Directors must be filled by vote of the members.
14. At the Annual General Meeting, the members shall elect, from among the Directors, such officers as they consider necessary for the management of ALPS, provided that, at all times, there shall be in office a President and a Treasurer. THE OFFICE OF PRESIDENT AND VICE-PRESIDENT MAY NOT BE HELD FOR A PERIOD EXCEEDING THREE YEARS.

The Board of Directors may grant to officers and committees any and all of the powers of the Board of Directors.

15. The Board of Directors may, at any time, request the assistance of any individual for the performance of any of the duties of the officers of the Directors of ALPS.
16. Should the office of Director become vacant by reasons of death, resignation, disqualification, or otherwise, of a member of the Board of Directors, the remaining members of the Board, though less than a quorum, may elect or appoint another person to fill such a vacancy until the next Annual General Meeting of members.

ELECTION OF DIRECTORS

17. NAMES OF THE NOMINEES FOR ELECTION TO THE BOARD OF DIRECTORS SHALL BE SENT TO EACH MEMBER IN ACCORDANCE WITH ARTICLE 9 OF THESE BY-LAWS AT LEAST TEN DAYS PRIOR TO THE ANNUAL GENERAL MEETING. The name of any candidate proposed and supported by at least 10% of the members shall be included in addition to those candidates proposed by the Board of Directors. Despite this provision, a candidate for the office of Director may be proposed from the floor.

DIRECTORS shall be elected to SERVE UNTIL THE NEXT ANNUAL GENERAL MEETING; but any Director may be removed from office by a vote of members at a Special General Meeting.

MEETINGS OF THE BOARD OF DIRECTORS

18. Meetings of the Board of Directors may be called at any time upon order of the President or any two Directors. Three days' notice shall be given prior to any meeting of the Board but such notice may be waived by unanimous consent of the members of the Board.
19. The quorum for any meeting of the Board of Directors shall be at least one-half of the Directors present in person.

SIGNING OF DOCUMENTS

20. The Board may, from time to time, designate by resolution any person or persons to sign contracts, documents, or instruments for the payment of money, on behalf and in the name of ALPS.

INDEMNIFICATION

21. No Officer or Director of ALPS, acting within the scope of his duties, shall incur any responsibility towards any members of ALPS; and ALPS shall save harmless from the claims of third parties any such Director and Officer acting within the scope of his duties.

AMENDMENTS

22. The Board of Directors may amend these By-Laws from time to time but each such amendment shall have effect only until the next Annual General Meeting of members at which time it must be submitted for ratification. Amendments to the By-Laws must be ratified by a vote of at least two-thirds of the members in attendance and voting at a Special General Meeting called for that purpose. (review)

An amendment to the By-Laws proposed by at least 10% of the members shall be submitted to the next General Meeting of members for consideration and, if desired, ratification.

AMENDMENTS IN 1984

23. The Jury of Appeal for each discipline shall be chosen by the Board of Directors. THE DECISION OF THE JURY OF APPEAL IS FINAL AND IRREVOCABLE.
24. The executive of the ALPS is made up of the President, Vice-President, Treasurer, Secretary, Past

President and the Coordinators of each discipline.

25. (Removed in 2007)

26. (Removed in 2007)

27. The method of communication from ALPS to the pool representatives shall be by email, using blind carbon copy (BCC). It is of the utmost importance that each pool informs the secretary and president of email changes. In addition to the ALPS representative's email address, each pool may supply a second email address for ALPS-related communications.

28. Upon being elected or acclaimed to a position on the ALPS Board of Directors at the Annual General Meeting, each director shall receive a polo shirt with the ALPS logo and their position embroidered on it, so they may be clearly identified while attending ALPS community events.

29. The ALPS Directory shall be posted on the website each year. All personal contact information shall first be removed, unless specifically requested in writing.

30. Subject to at least a two-thirds majority vote, the current Executive Committee may refuse a nomination for a position on the Executive Committee.

Compiled: May 27th, 1992

Amended May 21st, 2003

Amended May 26th, 2004

Amended April 19th, 2006 (completed rulebook with cross-discipline)

Amended April 25, 2007 (addition of #27-29)

Amended April 30th 2008 (addition of #30)

ALPS CODE OF CONDUCT

FOR ATHLETES, PARENTS, AND COACHES

The Association of Lakeshore Pools (ALPS) is a community-oriented organization that sponsors youth aquatic activities emphasizing fun, fair play and sportsmanship. Part of our mission is to enhance every participant's enjoyment of the aquatic experience. To better achieve this goal, we are implementing a Code of Conduct for all parents and participants of ALPS.

The Code of Conduct is a written contract between parents, participants, and coaches to abide by the rules and regulations as well as maintain a cooperative attitude and uphold the ideals of fair play and sportsmanship. This contract is more than just paper; it is the essence of the goals and objectives and thus, adherence to it is of primary importance.

Children who wish to participate on teams sanctioned by ALPS and their parents are required to agree to and sign this Code of Conduct.

PARENTS/SPECTATORS

Parents/Spectators must set the example for the children by exemplifying the highest standards of sportsmanship. Parents/Spectators participate by watching, cheering and supporting the efforts of all participants. Sports must be FUN. The event is for the children, their participation and enjoyment is the most important element.

1. Parents/Spectators have responsibilities to the coach, team and club they are part of.
2. Parents/Spectators must have respect for their coach, all children on the team, both their own and the visitors', and the officials. They will not harass abuse or berate the officials during or after an event. They shall not access the restricted area of the pool deck without an official's permission.
3. Parents/Spectators are expected to have respect for the coach; they should never criticize a coach in a public manner.
4. Parents/Spectators are expected to have respect for all the players.
5. Parents/Spectators are not to use foul or abusive language towards anyone for any reason.
6. Parents/Spectators have a responsibility to learn the rules of the sport.
7. Parents/Spectators are encouraged to get involved with the organization and to promote the sport in a positive manner.
8. Parents/Spectators must demonstrate the utmost in sportsmanship and integrity; they are the role models for their children.

ATHLETES/COACHES

Athletes participate for fun, to learn and to develop a passion for the sport as well as to improve their skills. Athletes are representative of the club as well as the team, coach, parents and community. Athletes and coaches must maintain a high level of sportsmanship and fair play. Athletes must have respect for their coach, opponents and the authority of the officials.

1. Athletes and coaches will participate within the rules of ALPS and spirit of the sport.
2. Athletes and coaches are expected to arrive on time and be prepared for events and training sessions.
3. Athletes and coaches will display self control in all situations and will not use foul language or abusive language at any time before, during or after an event or training session.
4. Athletes will train and participate to the best of their ability, have positive attitude and encourage others to do the same.
5. Athletes and coaches will show respect towards the officials as well as towards opponents. They will not harass abuse or berate an official for any reason.

By signing below, I agree that we, as parents, have read, understood, and explained the above code of conduct to our child. We understand that failure to respect this code of conduct can result in expulsion from the pool stands, deck, or basin for the parents, the athlete, or both. Further sanctions may also be levied by ALPS.

Parent 1 (print and date)

Parent 2 (print and date)

Athlete / Coach (print and date)

Parent 1 (signature)

Parent 2 (signature)

Athlete / Coach (signature)

CODE D'ETHIQUE ALPS

POUR ATHLETES, PARENTS ET ENTRAINEURS

L'association des piscines du Lakeshore (ALPS) est un organisme s'adressant à la communauté. Elle organise diverses activités aquatiques permettant aux jeunes de développer le plaisir de compétitionner, leur esprit sportif et le franc-jeu. Une partie de la mission de l'organisme est d'accroître le plaisir de l'expérience aquatique de chaque participant. Pour réaliser ce but, nous mettons en application un code d'éthique pour tous les parents et participants des ALPS.

Le code d'éthique est un contrat écrit entre les participants, les entraîneurs et les parents. Ceux-ci devront respecter les règles et règlements aussi bien que le maintien d'une attitude coopérative en respectant le franc jeu et l'esprit sportif. Ce contrat est plus qu'un simple formulaire, il reflète les buts et objectifs des ALPS. Il est donc important que chaque participant, entraîneur et parent y adhèrent.

Les enfants qui souhaitent faire partie d'une équipe sanctionnée par les ALPS, ainsi que leurs parents, doivent accepter ce code d'éthique et signer le présent formulaire.

PARENTS/ SPECTATEURS

Les parents/ spectateurs doivent donner l'exemple aux athlètes, en démontrant un franc-jeu exemplaire.

Les parents/ spectateurs participent en regardant, en encourageant et en soutenant les efforts de tous les participants. Le sport doit être AMUSANT. Les compétitions s'adressent aux enfants, leur participation et leur satisfaction sont donc les éléments les plus importants.

1. Les parents/ spectateurs ont des responsabilités envers l'entraîneur, l'équipe et le club dont ils font partie.
2. Les parents/ spectateurs doivent respecter les entraîneurs, tous les enfants des équipes participantes ainsi que les officiels. Ils ne doivent pas harceler, ni critiquer ceux-ci pendant ou après un événement. Ils n'accéderont pas au secteur réservé aux officiels sans leur permission.
3. Les parents/ spectateurs doivent respecter les entraîneurs; ils ne doivent jamais critiquer un entraîneur.
4. Les parents/ spectateurs doivent respecter tous les athlètes.
5. Les parents/ spectateurs ne devront pas faire usage d'un langage vulgaire ou injurieux pour aucune raison.
6. Les parents/ spectateurs doivent apprendre et connaître les règlements de compétition.
7. Les parents/ spectateurs sont encouragés à s'impliquer dans l'organisation et à promouvoir positivement le sport.
8. Les parents/ spectateurs doivent démontrer un franc jeu et une intégrité parfaite, ils sont les modèles pour leurs enfants.

LES ATHLETES/ENTRAINEURS

Les athlètes participent dans le but de s'amuser, apprendre et développer une passion pour le sport de même qu'améliorer leurs compétences. Les athlètes représentent le club, l'entraîneur, les parents et la communauté. Les athlètes et les entraîneurs doivent maintenir de hauts standards quant à leur esprit sportif et leur franc jeu. Les athlètes doivent respecter les entraîneurs, leurs adversaires et l'autorité des officiels.

1. Les athlètes et les entraîneurs respecteront les règles d'ALPS et participeront dans l'esprit du sport.
2. Les athlètes et les entraîneurs sont encouragés à se présenter à l'heure prévue et être préparés pour les événements et les séances de formation.
3. Les athlètes et les entraîneurs doivent toujours avoir une conduite irréprochable en tout moment avant, pendant et après un événement ou une séance de formation.
4. Les athlètes et les entraîneurs s'entraîneront et participeront au mieux de leurs capacités, démontreront une attitude positive et encourageront les autres à faire de même.
5. Les athlètes et les entraîneurs se montreront respectueux envers les officiels et leurs adversaires, ils

n'harcèleront pas et ne critiqueront pas un officiel pour aucune raison.

En signant ci-dessous, nous reconnaissons, comme parents, avoir lu et compris le code d'éthique et l'avoir fait comprendre à notre enfant. Nous convenons qu'un manque de respect à ce présent code peut entraîner l'expulsion des parents et/ou de l'athlète de l'aire de compétition. L'ALPS se réserve le droit d'appliquer des sanctions en cas de récidive.

Parents (majuscule/date)

Parents (majuscule/date)

Athlète/Entraîneur (majuscule/date)

Parents (signature)

Parents (signature)

Athlète/Entraîneur (signature)

**DOCUMENTS AVAILABLE ON THE ALPS WEBSITE
WWW.JUMPTOALPS.COM**

SWIMMING

- Equipment required to host a dual meet
- Event list for dual swim meets
- List of officials – home and away meets
- Relay teams registration form
- Disqualification slips
- Excel Score sheet for ALPS Dual Meets
- Score sheet page for exhibition heats – for manual scoring only
- Guide for manually scoring dual swim meets
- Entry Grids for Section Finals
- Positive check-in forms for Finals

SYNCHRONIZED SWIMMING

- Synchro competition entry forms
- Requirements to host a synchro meet
- Swimmer entry grid
- Important dates in 2009 synchro

DIVING

- List of resources and equipment needed to host a diving meet (coming)
- Degree of Difficulty
 - How to calculate the DD of a dive
 - ALPS Degree of Difficulty
- Diving Meet Forms
 - ALPS dive sheet
 - Diving results sheet
 - Diving meet entry list

WATERPOLO

- Sample score sheet
- FWPQ registration forms
- Playoff schedule
- Bantam tournament
- Quebec Games schedule
- Quebec Games rules
- Water polo summer camps information

GENERAL

- The ALPS Rule Book for the current year
- The ALPS Directory of Pools, web version (limited staff contact info)
- The ALPS Code of Conduct
- A list of all member pools with links to their websites
- Maps to all member pools
- Executive Board names and email addresses
- Schedule of major ALPS events for the current season
- Schedules of competitions for the individual disciplines
- A history of ALPS
- Archives of past seasons
- Scores for current season competitions

NEWS

- Dates of upcoming meetings
- ALPS rules for the current year
- Complaint procedure
- Orientation information for ALPS reps
- Online ALPS Directory

June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2	3 Coaches meeting 7pm Managers & reps meeting 8pm	4	5	6
7	8	9	10	11	12	13
14	15 WP Coaches Clinic WP Referee Clinic 6-9 pm	16 Swimming referees' meeting 7pm	17 Officials' Clinic	18	19	20
21	22	23 Water Polo Game #1	24 Swim Meet #1	25 Water Polo Game #2	26	27
28 Diving Meet #1 Water Polo Game #3	29	30 Water Polo Game #4				

2009

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 Swim Meet #2	2 Water Polo Game #5	3	4 Water Polo Atom Tournament
5 Diving meet #2 Water Polo Game #6	6	7 Water Polo Game #7	8 Swim Meet #3	9 Water Polo Game #8	10	11
12 Diving meet #3	13	14 Water Polo Game #9	15 Swim Meet #4	16 Water Polo Game #10	17	18 Water Polo Bantam Tournament
19 Diving meet #4 Water Polo Game #11	20	21 Water Polo Game #12	22 Swim Meet #5	23 Water Polo Game #13 Synchro Draw Meeting	24	25
26 Diving meet #5 Water Polo Game #14	27 Novice Dive Meet @ PVPC	28 Water Polo Playoff Game #1 (1Av2B)	29 Swim Meet #6	30 Water Polo Playoff Game #2 (2Av1B)	31	

2009

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 Water Polo Quebec Games @DDO
2 Diving meet #6 Water Polo Quebec Games @ DDO	3	4 Synchro Junior Solo & Duet @ Baie D'Urfe	5 Swim Meet #7	6 Synchro Senior Solo & Duet @ Viking	7 NAA vs. ALPS All Star Challenge	8 Swimming Sections @ CAVIP, CEDAR & LACH
9	10 Water Polo Cadet Finals @ Viking	11 Summer Synchro Competition @ Western Lachine	12 Water Polo Juvenile Finals @ Cedar Park	13 Synchro Teams @ Lakeshore	14	15 Swimming Finals @ Beaufort
16 Diving Finals @ PVPC	17	18	19	20	21	22
23	24	25	26	27	28	29

2009