



**COMPETITIONS RULES AND GUIDELINES  
2023-2024**

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**SANCTION SCHEDULE:**

The schedule for running meets is:

D-60 days:

The Meet Manager shall contact Swim Nova Scotia to discuss the organization of the meet.

D-45 days:

The meet manager shall apply for a sanction at [www.swimmeet.ca](http://www.swimmeet.ca) and send a copy of their budget and sanction fee to Swim Nova Scotia. (Once the meet package has been approved by Swim Nova Scotia the event set up file should be posted for review prior to final sanctioning). All meet packages must include approximate timelines.

D-30 days:

The meet package and hy-tek set up file should be posted and sanctioned on the National Swim Meet web page.

D+1day:

Meet Results should be posted on the National Swim Meet web page.

D+14 days:

Meet report arrives at the office. The report includes the actual final financial statement, the Assignment of Meet Officials, gold bonus (\$0.60 per swim), and a report of problems and suggestions to assist in future meets.

**NOTE:**

Clubs are to notify Swim Nova Scotia no later than October 15<sup>th</sup> if they are not sending their full qualified contingent to a sanctioned competition. The penalty will be \$300.00 payable to the host club, via Swim Nova Scotia.

**COACHES:**

All Coaches must adhere to the Swim Nova Scotia Coach Membership Policy. Coaches that are not members in good standing with Swim Nova Scotia are not eligible to be on deck at sanctioned Swim Nova Scotia events.

**NOVA TECH:**

- See Nova Tech Aqua Kids Program Information

**SCOTIA SPRINTS:**

- See Scotia Sprints Rules

**AGE GROUP DEVELOPMENT MEETS:**

- All 12 & under swimmers are eligible for best time ribbons at all meets through their home club

**OUT OF PROVINCE MEETS:**

- These are meets usually attended by Nova Scotia swimmers.
- These meets have certain time standards that are set to limit the number of participants.
- These may include the following meets:
  - Easterns/Westerns
  - Canadian Junior Championships
  - Canadian Swimming Trials
  - Canadian Swimming Championships

**RELAY QUALIFICATIONS:**

Each club may enter one relay per event number if they meet the following criteria:

- I. At least two (2) of the four (4) members are qualified, entered, and swim in that age group.
- II. Swimmers must not move to a younger age group (from which they are entered) to fill up the relay. However, a swimmer may move to an older age group.
- III. At least three swimmers must be legally entered in the meet in an individual event.
- IV. A swimmer may only swim once per event, with an event defined as an individual relay race assigned a specified number in the program and consisting of one or more heats.

A second relay may be entered for clubs with four (4) or more swimmers qualified, entered, and swimming in the event's Age Group. A maximum of two (2) relay team swimmers may move up from younger Age Groups. A third relay may be entered for clubs with eight (8) or more swimmers qualified, entered, and swimming in the event's Age Group, etc.

\*Only two relays per team may score (teams must declare their scoring relays when they submit their relay names)

**MIXED RELAYS:**

Mixed Relays must consist of two (2) Men and two (2) Women. Split times achieved in these events cannot be used for records and/or entry purposes.

**EXHIBITION SWIMS:**

- Only the host club is eligible to enter swimmers as exhibition, other clubs, through their club coach may request exhibition swimmers at the discretion of meet management. It is recommended that meet management state this in their meet package. These swims must be signified by “EX” instead of an entry time. These entries must be seeded in the slowest heat and only in empty lanes available after all qualified swimmers are seeded. No extra heats may be created to accommodate exhibition swimmers. Exhibition swimmers shall only swim in their own age group and cannot advance to finals or receive points
- Non-competitive swimmers are eligible to swim at one meet throughout the year as an exhibition swimmer to encourage them to become competitive. These must be included with the entries and designated as exhibition
- No exhibition swimmers in Championship Meets

**ENTRY AND SCRATCH PROCEDURES:**

Both shall be clearly stated in the meet package. Clubs are asked to respect meet entry deadlines. Late entries may be considered by the host club with an additional penalty of \$100.00/day.

**Scoring (Applicable Meets):**

6 Lane Pool

6 Places 50-30-20-15-14-13

12 Places 50-30-20-15-14-13; 9-7-6-5-4-3

8 Lane Pool

8 Places 50-30-20-15-14-13-12-11

16 Places 50-30-20-15-14-13-12-11; 9-7-6-5-4-3-2-1

- Team and Individual awards shall be compiled using the same point system.
- Relays shall receive the same points of individual events, to the same number of lanes in pool.
- All heats of finals and the consolation final shall be scored; points shall not be awarded in preliminaries. Events swum as timed finals shall be scored to 6 or 8 places only

**STARTS:**

- For all Swim Nova Scotia sanctioned meets, the Fina One Start rule shall apply

**DECK ENTRIES:**

- Host clubs decide if late or deck entries will be accepted and whether these entries will be awarded points and/or final swims. These entries may or may not re-seed an event. Deck entries must swim in their proper age group.

**RECORDS:**

- Are approved by Swim NS following sanctioned competitions.

**AWARDS:**

- See Swim NS Competition Awards document

**OFFICIALS/VOLUNTEERS:**

Clubs sending three (3) or more swimmers to any Swim Nova Scotia sanctioned competition are required to provide at least one official/volunteer per session. Clubs sending fifteen (15) or more swimmers to any Swim Nova Scotia sanctioned competition are required to provide at least two officials per session. The names of the officials/volunteers are to accompany meet entries. Note that this is a recommended guideline; clubs hosting meets may adjust accordingly.

**SANCTIONED TIME TRIALS:**

- See SNS Guidelines for Sanction Time Trials document

**OFFICIAL SPLIT REQUEST:**

Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall advise the Meet Management prior to the commencement of the session in question by completing the 'Official Split Request' form. Coaches may be asked to provide timers if required.

**UNIVERSAL PARTICIPATION:**

- Para: Swim Nova Scotia is fully inclusive of all swimmers with a disability (PARA Swimmers). Para swimmers must be classified. Contact Swim Nova Scotia for classification details.
- Cultural Cover-Ups: Swim NS supports the participation of all qualified swimmers into all competitions including provincials and permits the wearing of cultural coverings/suits so long as the material is permeable and will not aid in the buoyancy of the swimmer.
- Transgender Athlete Guidelines:
  - "Transgender"- Individuals who have been assigned one gender at birth but identify with the other gender. To align their bodies with their sense of gender, many transgender individuals undergo hormone therapy and/or surgery to transition to the other gender.
  - Swimmers wishing to register may register in the gender for which they identify with.

If an athlete requires special considerations, the athlete will need to contact Swim Nova Scotia; providing medical documentation may be requested.

Swim Nova Scotia will not disclose to outside parties any documentation submitted by an athlete.

## **TECH SUIT POLICY:**

### **Philosophy:**

Swim Nova Scotia believes tech suits have a limited place in Age Group swimming. We believe hard work, great technique, excellent practice and meet attendance is far more important to a swimmer's success. Swimmers need to work hard for their accomplishments and see the connection between that hard work and the pay off, that is because of the effort that they put in, not because of the suit they are wearing.

Tech suits are made for swimmers who are at or near the Junior & Senior National standard and who can understand the mental aspect that the suit adds. They are intended to be worn at important swim meets (2-3 times a season), not every meet or at practice. They wear quicker than regular suits and are made to be much more fragile. The typical life expectancy of a tech suit is a half-dozen races and cost well into the \$400-over price range.

### **Tech Suit Rules:**

1. Our policy will evolve over time and may change each season. Any changes will be made at the beginning of a season and will be communicated to our members.
2. All Nova Tech level swimmers regardless of ability or achievement will not be permitted to compete in a tech suit.
3. Violation of this policy will result in Nova Tech Participation & Level 1 times not being recognized and Level 2 swimmers being disqualified.
4. All Swim Nova Scotia members are reminded to adhere to SNC Rules CGR 5.2.2, 5.2.3 & 5.2.4

Please speak with your Personal Coach to find out which competition suits are approved to wear during your level of competition.

## **COMPETITION RISK MANAGEMENT:**

- See SNC Competition Warm-Up Safety Procedures document

## **COMPETITION DELAYS:**

- Should there be any delays during or in advance of competitions due to unforeseen circumstances, such as weather, safety, facility, etc. please contact Swim Nova Scotia