



Rule Clarifications

1) **Question: Can a 13-15 year old swim on a 16-18 Duet?**

No - a 13 - 15 cannot swim on a 16 - 18 duet. The rule that was passed is **only for teams** - "An athlete may swim up one (1) age category in teams." The rationale behind this was that allowing an athlete to swim out of her age group for team would be a stepping stone to pure age groups (ie eventually only being able to swim in the correct age group for all events) Solos and duets would be pure age groups.

2) **Question: Can a 12 year old swim on a Junior, 16-18 or Senior Team?**

A 12 year old could not swim on a Junior, 16 - 18 or Senior team since the rule says that an athlete can swim up one (1) age category for team - technically the age group that a 12 & under could swim up to would be 13 - 15 - not eligible for Junior/16 - 18/Senior.

The following rule states the exception and says that a 12 year old can swim on those teams (Junior/Senior/AG 16 - 18) with a medical certificate. they would have to swim both sets of figures.

So the answer is Yes - with the correct medical certification they can swim on a Junior, 16-18 or Senior team. The Synchro Canada rules have this as an exception to our age requirements (being able to swim up one age category.) This rule was put in place to cover this exact situation - a 12 year old wanting to swim in an age category that our rules would technically not allow. This also covered Canada Games and an athlete who was younger than the bottom age being allowed to swim on the team.

3) **Question: Can a 12 year old swim on a COSSC combo?**

By the current rules - the COSSC combo can be any age - 16 - 18/Junior/Senior - plus any younger athletes as they can swim up an age category.

4) **Question: Can a 16 year old swim on a combo at Espoir?**

No. The Espoir combo is technically 15 & under (13 - 15 with 12 & unders swimming up an age category)

5) **Question: Why are the Juniors and 16-18's swimming in 2 separate figure events even though they are technically the same figures?**

Rationale for separate Junior and 16-18 Figure events at Canadian Open 2011:

- Less stressful competition experience for current 16 & overs (who are increasing their technical level from 13-15 figs to 16-18 figs and now swimming at the Canadian Open as opposed to Espoir)
- Opportunity for 16-18's to compete more directly with other 16-18's in their own

category.

- More cohesive groups for comparison for judging purposes
- Time for events; with current numbers, if the 16-18's were combined with the Juniors the figure event could feasibly last 9 hours (which is too long for all involved)

6) Question: Why are we going back to age groups?

- The age group system ensures that athletes are training and competing within the LTAD stages; it respects their chronological and developmental age.
- The age group system will encourage athlete progression because of their age. It provides incentives and boundaries for moving through the system.
- In LTAD stages where the age range is quite wide (ex. Training to Train), stages are divided into two or more age groups to ensure athletes are having positive psychological and social interactions with peers of a similar developmental age. In the Tier system, athletes were sometimes training with athlete 5 years older (a common example was a 9 year old training with 15 year olds).
- The age group system aligns with our international sport body, FINA, to ensure smooth transitioning to international competitions.