

## BCSSA Swimmer's Declaration of 'S' or 'O' Status

BCSSA values integrity and honesty in all aspects of its organization. We encourage all members of our family: athletes, coaches, parents and/or volunteers, to respect these values and reflect them in their involvement with our organization. The following section of our rulebook is an important part of what makes BCSSA special. We ask everyone to read it, understand the intent of the rule, and properly identify the swimmer's status below.

### A. SWIMMING

1. All swimmers must declare all aquatic participation between October 1<sup>st</sup> of the previous year through April 30<sup>th</sup> of the current year. All participation must be declared on the swimmers registration form.

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

2. All swimmers must compete in their designated competitor categories.
3. **An 'S' swimmer** is an individual who trains and competes with BCSSA for an unrestricted number of hours between May 1st and September 30th of each year. From October 1st to April 30th an 'S' swimmer may:
  - a) Participate in speed swimming training and/or swim meets\*, provided the activity(ies) does/do not exceed a total of two (2) hours within a calendar week. A calendar week is Sunday through Saturday. A swim meet counts as one hour per day.
  - b) Train and compete in diving, water polo, synchronized swimming with no restrictions.
  - c) Engage in accredited and certified water safety and learn to swim programs delivered by a recreation program or school.
  - d) Between October 1st and November 30<sup>th</sup> in any year, engage in swimming activities for the specific purpose of competing in any swim meet which is recognized in the official program schedule of the annual swimming championships organized by any secondary school athlete association. Training for the meet must be carried out by or under the direction and/or supervision of the 'S' swimmer's school.
  - e) Non-high school swimmers, between November 1st and February 28th, may in any year, engage in swimming activities to a maximum of two (2) hours per week with their school sanctioned swim team, plus any school swim meets. These activities may be in addition to other permitted swimming activities and must be under the direction and/or supervision of the 'S' swimmer's school.
4. **An 'O' Swimmer** is an individual who:
  - a) Participated in organized aquatic activity during the winter season October 1st to April 30th prior to registration, if any activity was in excess of the provisions in point 3 stated above.
  - b) Achieved a CASA/SNC Senior National Qualifying Time in a non-BCSSA approved meet within the last 3 years.

*\* A Winter Swim Meet is a swim meet held during the non-competitive season of BCSSA. It is defined as a swimming competition involving two or more clubs with officials appointed for the express purpose of judging the correctness of each stroke and disqualifying swimmers who violate infractions observed. Correctness shall be determined by any set of rules that are defined by a recognized swimming organization including BCSSA, SNC and corresponding organizations in other countries.*

5. A swimmer may be registered as an 'S' swimmer following an 'O' membership on one (1) occasion only, except as in 4 (b).
6. Any exemption requests must be brought to the BCSSA Board of Directors at the Fall Board Meeting.
7. All 'S' and 'O' swimmers shall be treated equally.

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

I/we, \_\_\_\_\_, have read the previous statements and understand the intent of the S&O rule in swimming. I am verifying that \_\_\_\_\_, is an:  
(swimmer's name)

**"S" swimmer          "O" swimmer          (Please circle appropriate category)**

Signature of parent(s)/guardian(s), or swimmer if over the age of 18 \_\_\_\_\_