



2019 Canada Winter Games Synchronized Swimming Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "training to compete" phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the CGC Sport Committee through his or her Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO. Generally, Technical Packages are developed by sport, but in certain cases may be developed by discipline.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Sport Division for consideration. The NSO or Chef de Mission will submit the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after 36 months prior to the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered after 24 months before the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered after 18 months before the Games, unless approved by all participating provincial/territorial associations and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games' participants early.

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**2019 Canada Winter Games
Synchronized Swimming Technical Package**

1. SPORT: SYNCHRONIZED SWIMMING

2. PARTICIPANTS

2.1. Competitors:

Female: 10 (2 solos, 2 duets, 1 team)

2.2. Staff:

1 Coach & 1 Manager

or

2 Coaches

One of the staff must be Female.

2.3. Additional Team Staff*:

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have same access as competitors and team staff.

- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder's access
 - Front of House (spectator areas)
 - Team Areas (athletes lounge, change rooms)

* Additional Team staff positions are administered by the Provincial/Territorial (P/T) Mission Team. Positions must be applied for based on each P/T Mission's process. For information pertaining to the process in your P/T contact your Chef de Mission.

3. CLASSIFICATION

Competitors 21 years of age or under as of December 31, 2019

Competitors 15 years of age or over as of December 31, 2019

Year of Birth: 1998 to 2004 inclusive.

In the team event only, teams from PE, NT, YT, and NU are eligible to select up to three (3) athletes 22 years of age as of December 31, 2019, but only if required to field a team at the Games. An overage athlete (22 years of age) may not displace a younger athlete from team selection.

4. ELIGIBILITY

4.1. Coaches

The head coach on the official registration form must be a registered member in good standing with their Provincial/Territorial Organization and with Synchro Canada and must be certified under the National Coaching Certification Program (NCCP) Competition-Development (Certified status). These coaches must be so certified not later than 180 days before the opening of the Games (by August 19, 2018).

Assistant coaches on the official registration form must be a registered member in good standing with their Provincial/Territorial Organization and with Synchro Canada and certified under the National Coaching Certification Program (NCCP) to at least Competition-Development (Trained status). These coaches must be certified / trained not later than 180 days before the opening of the Games (by August 19, 2018).

If a Provincial/Territorial team does not distinguish between a head coach and assistant coaches, at least one of the team's coaches must be Competition-Development certified, while the others must be Competition-Development trained.

For more information on the coach certification pathway, please see Appendix 2.

4.2. Competitors

Excluded from the Canada Games are:

- Athletes that have been Senior National Team members (as defined by Synchro Canada and approved by the Canada Games Council) at any time*;
- Athletes who do not meet the date of birth requirements as determined in section 3 of this document;
- Athletes that have held an SR1 or SR2 card (as defined by Sport Canada's Athlete Assistance program) at any time;
- Athletes who have previously competed at the following events: Senior World Championships, Olympic Games, Commonwealth Games or Pan Am Games.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or National Team status (i.e., no athlete will be excluded if they become National Senior Team members for the first time or are granted carding status after November 17, 2018).

* Athletes who hold a C card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective Provincial/Territorial Chef de Mission and approved by the Canada Games Council's Sport Committee.

5. COMPETITION

The categories and competition events included in this competition are:

- Solo: technical routine and free routine events
- Duet: technical routine and free routine events
- Team: technical routine and free routine events

5.1. Rules:

Synchro Canada rules shall apply for all events except as outlined below

5.2. Entries:

A provincial or territorial entry in any category is defined as one technical routine plus one free routine.

For the Team event, the tech team and free team may be executed by a different sub-grouping of athletes from the roster of 10 athletes.

Each province/territory may enter two routines in the solo and duet events, and one routine in each team event (one team technical routine and one team free routine).

Competitors may enter 1 solo, 1 duet and 1 team routine. All competitors must be entered in at least one technical event.

There shall be preliminaries and finals in all free routine events.

Following solo and duet free preliminaries the top placing solo and duet routine (based on the combined or championship score comprised of the technical routine score plus the free routine preliminary score) per province/territory will compete in the "A" finals. The second placing routine (by combined or championship score as described above) in both solo and duet, per province/territory, will compete in the "B" finals.

Following the team free preliminaries, all teams shall compete in a single final event.

5.3. Draws:

Synchro Canada rules related to start order draws will be used for all events except as outlined below.

5.4. Order of Events:

- Day One: Solo Technical Routines
- Day Two: Duet and Team Technical Routines
- Day Three: Solo and Duet Free Preliminary Routines
- Day Four: Duet Free Final Routines (A & B), Team Free Preliminary Routines
- Day Five: Solo Free Final Routines (A & B), Team Free Final Routines

6. SPORT SCORING

Routines shall be scored according to FINA and Synchro Canada rules in force at the time of the Games.

Final competition scores in each category will be the combined score of the Technical Routine and the Free Final Routine.

At the conclusion of each event (technical and free final routine scores combined), ranking points will be awarded as follows.

6.1. Solo and Duet Events:

Position	Pts		Position	Pts		Position	Pts		Position	Pts
1st place	100		8th place	81		15th place	71		22nd place	64
2nd place	97		9th place	79		16th place	70		23rd place	63
3rd place	94		10th place	77		17th place	69		24th place	62
4th place	91		11th place	75		18th place	68		25th place	61
5th place	88		12th place	74		19th place	67		26th place	60
6th place	85		13th place	73		20th place	66			
7th place	83		14th place	72		21st place	65			

6.2. Team Events:

Position	Pts		Position	Pts
1st place	150		8th place	80
2nd place	140		9th place	70
3rd place	130		10th place	60
4th place	120		11th place	50
5th place	110		12th place	40

6th place	100		13th place	30
7th place	90			

There will be no scoring for a swimmer or team that is disqualified.

7. PROVINCIAL/TERRITORIAL RANKING

When the last event has been concluded, ranking points from each event will be added to give an overall ranking in Synchro. Points for the Games' Flag will then be awarded on the same basis as follows:

1 st Place – 10 Points	5 th Place – 6 Points	9 th Place – 2.5 Points
2 nd Place – 9 Points	6 th Place – 5 Points	10 th Place – 2 Points
3 rd Place – 8 Points	7 th Place – 4 Points	11 th Place – 1.5 Points
4 th Place – 7 Points	8 th Place – 3 Points	12 th Place – 1 Point
		13 th Place – 0.5 Points

8. TIE BREAKING RULE – COMPETITION

Ties shall not be broken in preliminaries. If there is a tie in the combined result (technical routine and free routine final combined), the following tie-breaking method will be applied:

- 1st – the higher free final routine score (applies to solo, duet, team) will break the tie – if still tied
- 2nd – then the highest Artistic Impression score of free routine will break the tie – if still tied
- 3rd – then the highest Execution score of free routine will break the tie – if still tied
- 4th – then the highest elements score of tech routine will break the tie

9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING

Should a tie occur in final provincial/territorial standing, the team with the greater number of event first places will be assigned the higher rank. If the tie persists, the procedure is repeated for event second places, then third, etc.

NOTE: When a multiple tie occurs, and is only partially resolved by the application of a tie breaking rule, the remaining ties will be resolved by returning to priority #1 and proceeding through the order again.

10. MEDALS

GOLD:	13 (one for the first-place solo winner, one each for the first-place duet winners, and one each for the first-place team members, including the alternates by championship score.)
SILVER:	13 (as above for second place winners)
BRONZE:	13 (as above for third place winners)

11. COMPETITIVE UNIFORM

Synchro Canada rules/guidelines for competition attire will apply.

Provincial/Territorial colours must be worn for medal presentations.

12. EQUIPMENT

n/a

13. APPENDICES

The attached appendices are an integral part of this technical package.

- Appendix 1: Competitor Eligibility
 - Appendix 2: Coach Certification Requirements
 - Appendix 3: Performance Guidelines
 - Appendix 4: Age Dispensation
 - Appendix 5: Participant Agreement Form
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APPENDIX 1 – COMPETITOR ELIGIBILITY

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens or permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.
5. An athlete attending school on a full-time basis outside his or her Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or Territory in which the athlete attends school. To be eligible to compete for the Province/Territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
6. An athlete who is training outside his or her Province or Territory of permanent residence may represent the Province or Territory in which they are training provided he or she can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
 - i) Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season

- AND –
 - ii) Having represented that Province or Territory at an international, national or regional championship,

- AND –
 - iii) Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.

- OR
 - iv) Other similar circumstances may be considered.
7. An athlete is permitted to try out for any Province or Territory of eligibility but can only try out for one Province or Territory per sport (i.e. an athlete may try out for swimming for one Province or Territory but cannot try out for swimming in another Province or Territory. An athlete may try out for one Province or Territory in swimming, and may try out for another Province or Territory in diving).

8. Athletes may only compete for one Province or Territory at a single Canada Games.
9. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
10. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or P/TSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.
11. Where a team/Province/Territory/Chef wishes to challenge the eligibility of an athlete on another Provincial/Territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

Other

12. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimeters.
13. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.

APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS

In order to become a Competition-Development Certified coach in Synchronized Swimming the following Sport Specific Courses, Multi-Sport Courses, Projects/Papers and Evaluations are required.

- Synchro Specific Courses
 1. Developing Athletic Abilities
 2. Plan a Practice (2)
 3. Performance Planning
 4. Analyze Figure Abilities
 5. Analyze Routine Abilities
 6. Manage a Sport Program

- Multi-Sport Courses
 1. Coaching & Leading Effectively
 2. Managing Conflict
 3. Leading Drug-Free Sport
 4. Psychology of Performance
 5. Making Ethical Decisions
 6. Prevention & Recovery
 7. Making Headway in Sport

- Required Projects/Papers
 1. Complete Coach Portfolio

- Evaluations
 1. Making Ethical Decisions-Comp Dev. version (Multisport online evaluation)
 2. Managing Conflict (multisport online evaluation)
 3. Leading Drug-Free Sport (multisport online evaluation)
 4. Practice Observation Evaluation & Debrief
 5. Competition Observation Evaluation & Debrief

For additional information regarding the Synchronized Swimming Competition-Development coaching pathway, please see [NCCP Coach Development Pathway-Synchro Canada](#).

APPENDIX 3 – PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective National Sport Organizations, at the request of the Canada Games Council and the Federal-Provincial/Territorial Sport Committee (FPTSC,) to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams.

These Guidelines are not required selection criteria.

Synchro Canada recognizes regional differences on how athletes are selected for the Canada Games. Below are some guidelines for Provinces and Territories to follow around the type of athletes accessing the Canada Games.

1. Provincial/Territorial Teams at Canada Games should include the best athletes within the chosen stage of development or age group. In the case of synchronized swimming, the Train to Compete Stage of Development has been identified as the ideal stage of development for the Canada Games.
2. Selected pool of athletes should all have the opportunity to try out for the Provincial/Territorial Canada Games Team. No club team or Regional Training Centre can enter the Canada Games.
3. Potential athletes should be athletes involved in the National Stream in their respective Provinces/Territories and/or related Provincial/Territorial programs.
4. Potential athletes should be training on an annual basis as part of an RTC, a Podium Club program, a school based program or any other high-performance environment.
5. Potential athletes should be engaged in a daily training environment with the technical, tactical, physical and mental aspects being considered on an annual basis and with an off-season training protocol.
6. Potential athletes must be training a minimum of one technical program (solo, duet or team).

APPENDIX 4 – AGE DISPENSATION

The decision to set a minimum age for participation in the Canada Games was made in the best interest of the young competitive synchronized swimmers across Canada. It is intended to protect very young athletes from possible physical, psychological and/or emotional harm that could occur by competing at the Games and is based on the following rationale:

1. Two of the main goals of the Canada Games are to foster participation from across the country and to contribute to the development of high performance athletes.
2. The Canada Winter Games competition is classified as a “junior” level competition by Canada Games Council and Synchro Canada.
3. The minimum age requirement is aligned on the minimum age set by the international synchronized swimming body (FINA) for the Junior World Championships competition.
4. The multi-sport nature of this event, combined with the atmosphere and social reality of a “Games village” and the wide range in age of all the athletes (up to 25 years of age depending on the sport) add to the pressure experienced by the athletes. ☒
5. Synchro Canada does not currently require athletes to meet any performance standard to participate in the Canada Games. For this reason, the Council has requested that a process be put in place to provide a dispensation from the minimum age. This process supersedes the Technical Package.

If your provincial/territorial Synchro Organization wishes to request a special dispensation from the minimum age requirement for an athlete who is 14 years of age (born in 2005), the following documents must arrive at the Synchro Canada national office no later than **January 5, 2019**.

1. A letter of support from the respective provincial or territorial synchronized swimming organization.
2. A letter of support from the respective Chef de Mission for the 2019 Canada Games.
3. A letter from the athlete’s coach and a letter from the athlete’s pediatrician or family doctor (if the athlete no longer uses a pediatrician) confirming that the athlete is at the appropriate level of physical and mental development to handle the level and intensity of the Canada Games competition.
4. P/TSO CWGs training program outlining LTAD appropriate training for the athlete in the year leading up to and including the Games.
5. A Participant Agreement form signed by the athlete’s parents or guardians saving harmless Synchro Canada and the Canada Games Council from any injury which might result from her competing against older athletes. The blank waiver is part of this Appendix.
6. Recent competition results demonstrating that the athlete has obtained results comparable or superior to those of the age eligible athletes, which have been selected to the respective team for the Games.

The Chief Sport Officer will convene a committee to review applications. The dispensation will be granted only if all the conditions have been met. The decision is final and will be communicated to the

applicant within 10 working days of receipt of **all** the above documents.

APPENDIX 5 – PARTICIPANT AGREEMENT FORM

WAIVER NOTICE AND FULL AND FINAL RELEASE

By signing this document, you will waive certain legal rights. Please read it very carefully,

IN CONSIDERATION of allowing my minor child/ward to participate in the programs, activities and events associated the 2019 Canada Winter Games, **I ASSURE TO YOU THAT:**

1. I am the parent/guardian of the participant having full legal responsibility for decisions regarding the participant.
2. I believe that my minor/ward is physically, emotionally and mentally able to participate in the programs, activities and events of the 2019 Canada Winter Games.
3. I hereby acknowledge that I am aware of the risks and hazards associated with or related to the activities and events of the Canada Winter Games. The risks and hazards include, but are not limited to injuries from:
 - a. Executing strenuous and demanding physical techniques including boosts and lifts
 - b. Vigorous physical exertion, strenuous cardiovascular workouts, rapid movements and quick turns and stops
 - c. Exerting and stretching various muscle groups
 - d. Entering the water by either diving or jumping
 - e. Extended time underwater
 - f. Spending extended times in chlorinated water including bacterial infections and rashes
 - g. Dry land training including weights, pilates, running, dance, bands, circus school and massage
 - h. Falling or colliding with the pool, pool bottom, walls, stands, equipment or with other participants
 - i. Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment
 - j. Contact, colliding, falling or being struck by other participants, spectators or equipment
 - k. Spinal cord injuries which may render me permanently paralyzed
 - l. Travel to and from camps, competitive events and associated non-competitive events which are an integral part of the Canada Winter Games activities.
4. Furthermore, I am aware that:
 - a. Injuries sustained to my child/ward can be severe
 - b. My child/ward may experience anxiety while challenging himself/herself during the activities, events and programs
 - c. My child/ward may come into close contact with other participants, including the possibility of accidental and unexpected contact

- d. My child/ward’s risk of injury is reduced if he/she follows all rules established for participation and
- e. My child/ward’s risk of injury increases as he/she becomes fatigued.

I UNDERSTAND AND AGREE, on behalf of myself, my heirs, assigns, personal representatives and next of kin that my signing of this document constitutes that:

- 5. I am registering my child/ward willingly and my child/ward is participating voluntarily in the programs, activities and events associated the 2019 Canada Winter Games
- 6. I acknowledge that participation in the event of synchronized swimming carries with it potential hazards and I confirm that **Athlete Name** is physically and mentally fit to participate in Synchronized Swimming at the 2019 Canada Winter Games and has trained specifically for this purpose.
- 7. I agree to **accept all these risks and hazards** and be responsible for any injury or other loss which my minor child/ward might receive while participating in the programs, activities and events associated the 2019 Canada Winter Games.
- 8. I hereby RELEASE and FOREVER DISCHARGE **P/TSO Name** and Synchro Canada and the Canada Games Council and their directors, officers, committee members, members, employees, coaches, volunteers, officials, judges, participants, agents, owners/operators of facilities, and representatives on behalf of myself and **Athlete Name** from any and all responsibility and liability for injuries sustained by her participation in the programs, activities and events the events associated the 2019 Canada Winter Games and hereby agree to assume full and complete responsibility for any injuries sustained by her/him during such participation.of responsibility for any claims, demands, actions and costs which might arise out of my child/ward’s participation.

I ACKNOWLEDGE MAKING THIS AGREEMENT

I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

_____ Printed Name of Participant

_____ Printed Name of Parent or Guardian

_____ Signature of Participant

_____ Signature of Parent or Guardian

_____ Date