

# Aquatics Technical Package



2017 Special Olympics BC Summer Games  
Kamloops, British Columbia  
July 6-9, 2017

## **2017 SPECIAL OLYMPICS BC SUMMER GAMES**

### **Technical Package - Aquatics**

Technical Packages are a critical part of Special Olympics BC (SOBC) Games. They guide the selection of athletes by describing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chef de Missions in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements.

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, 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 Games Organizing Committee or Special Olympics BC through his or her Chef de Mission.

Technical Packages are developed primarily by SOBC, in consultation with Summer Sport Organizations (where applicable), following the principles, guidelines and requirements of SOBC. As the overall governing body of the Games, SOBC has the ultimate authority for Technical Packages however the information contained is only valuable if understood by all Coaches and Regional Team Members.

If an individual wishes to initiate a change to a Technical Package leading up to a Games, the desired change should be directed to the Chef de Mission. The Chef de Mission will evaluate the merits of the change and will, if it has merit, submit the requested change and the rationale for the change to Special Olympics BC on the individual's behalf. The Technical Package does not govern age groups, eligibility requirements, team sizes, or staff complements. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within one month of the Games. These time frames reinforce the importance of a complete understanding of the Technical Package early.

## I. Venue:

The Aquatics Competition will take place at the Brocklehurst Outdoor Pool.

**Location:** 2470 Fleetwood Avenue

**Services:** The outdoor pool is an 8-lane pool equipped with starting blocks, changing facilities, washrooms, locker access, and has a small warm-up pool.

## II. Participants

### a. Competitors:

Quotas for Aquatics were calculated using the procedures outlined in on the SOBC website.

#### **Final Athlete Quotas:**

|                |            |
|----------------|------------|
| Region One:    | 14         |
| Region Two:    | 28         |
| Region Three:  | 34         |
| Region Four:   | 10         |
| Region Five:   | 16         |
| Region Six:    | 45         |
| Region Seven:  | 8          |
| Region Eight : | 10         |
| <u>Yukon:</u>  | <u>4</u>   |
| <b>Total:</b>  | <b>169</b> |

### b. Staff:

Coach and Mission Staff quotas were allocated as per Special Olympics Canada Policy: for every four athletes, one coach position was allocated (4-1), unless an application was made by a Team for an additional coaching position.

#### **Final Coach Quotas:**

|               |           |
|---------------|-----------|
| Region One:   | 4         |
| Region Two:   | 7         |
| Region Three: | 9         |
| Region Four:  | 3         |
| Region Five:  | 4         |
| Region Six:   | 12        |
| Region Seven: | 2         |
| Region Eight: | 3         |
| Yukon:        | <u>1</u>  |
| <b>Total:</b> | <b>44</b> |

### III. Age Category

All participants must be 13 years of age or older as of the first day of competition.

### IV. Eligibility

#### a. Coaches

Any coaches listed on the official registration form must obtain the following certification no later than 60 days prior to the Summer Games (May 7<sup>th</sup>, 2017).

- NCCP Special Olympics Canada - Competition Sport Workshop
- Make Ethical Decisions Workshop
- Make Ethical Decisions Online Evaluation – **Competition** – Introduction

#### Exemption Process

Individuals who have coached at the Regional Qualifier for their sport and who meet all selection requirements for advancement to the Summer Games will be given the first opportunity to advance to the Summer Games. In the event a Region can not fill their quota of coaches for advancement to the Summer Games, a Region may select from other coaches within their Region provided the following:

- 1) Those coaches who attended a Regional Qualifier for their sport were given the first opportunity to move forward to the Summer Games.
- 2) ONLY those coaches who have completed their coaching certification (see above) may be considered.
- 3) Those coaches being considered for selection must meet all other criteria established for selection of coaches to the Summer Games.
- 4) All Summer Games coaching quotas given to a Region will be for Team Coaches. If Regions require a Team Volunteer (i.e. a 1-1) they must make that request in writing no later than three months prior to the Games to the Leadership Council. SOBC will provide each Region with a quota for Team Managers separate from that given for coaching positions.

#### b. Competitors

- i. The athlete must be registered with an accredited Special Olympics BC Local, and be active in a Special Olympics program.
- ii. Only athletes that are registered with Special Olympics BC for two consecutive seasons are eligible.
- iii. Only athletes that are training in that sport for a minimum of one sport season before Summer Games are eligible.
- iv. Only athletes that take part in qualifying events sanctioned by the Region are eligible.
- v. Athletes must be 13 years old for summer competitions as of July 6, 2017 to be eligible.

- vi. After quotas are established by SOBC, athletes will be selected on a standard of performance at a sanctioned Regional Qualifier, completed before July 15, 2016. When the qualifiers are completed, SOBC will announce the quotas based on the number of athletes that attended each qualifier.

## V. Competition

### a. Rules

The competition will be run according to Swimming/Natation Canada (SNC) rules, except when they are in conflict with Special Olympics Canada (SOC) rules. In such cases SOC rules shall apply.

### b. The Following Events will be held at the Summer Games:

|                    |   |
|--------------------|---|
| Freestyle:         | 25, 50, 100, 200, 400 metres              |
| Backstroke:        | 25, 50, 100, 200 metres                   |
| Breaststroke:      | 25, 50, 100, 200 metres                   |
| Butterfly Stroke:  | 25, 50, 100, 200 metres                   |
| Individual Medley: | 100, 200 metres (fly, back, breast, free) |
| Freestyle Relay:   | 4 x 25 metres                             |

***Actual events that will be offered are dependent upon registration and relays will only be run if time permits and do not provide selection points.***

### c. Schedule

The aquatics competition will take place over a two-day period.

Tentative Schedule:

Day 1- Friday July 7<sup>th</sup>, 2017  
Divisioning and Finals  
Day 2- Saturday July 8<sup>th</sup>, 2017  
Divisioning and Finals

### d. Practice/Warm-Up

Due to time constraints practice time will not be made available prior to the start of competition.

The competition schedule will allow for appropriate warm-up time. Exact warm-up times will be made available once the competition schedule is finalized.

#### e. Divisioning

Divisioning will be conducted according to the official Special Olympics Canada Divisioning Policy

Divisioning for Individual Sports:

Step 1: Divide by Gender

Step 2: Divide by Ability

Proceed on the premise that the recommended performance difference between athletes in a division is 25%.

Step 3: Divide number of athletes registered in an event

*For 3 or more athletes:*

Place athletes into division no less than 3, no more than 8

If there are only 4 athletes in an event the athletes may all compete in one division or be separated into two divisions at the discretion of the divisioning team.

*For 2 Athletes entered into an event:*

Athletes would compete against each other.

*For 1 athlete entered into an event*

An athlete would compete against their own divisioning time in the event. If they are competing against their own divisioning time medals would be awarded as follows:

Gold Medal: Final performance is better than the division performance

Silver Medal: Final performance is the same as or less than the divisioning performance by 10%

Bronze Medal: Final performance is less than the divisioning performance by 11-25%

For events that are not divisioned, the athlete will be awarded a gold medal.

#### **Maximum Performance Rule (MPR)- Replaces Honest Effort Rule**

Divisioning heats are conducted to ensure that athletes compete against athletes of a similar ability level in their final competition. To ensure that athletes compete at the best of their ability during the divisioning round, the maximum performance rule will be implemented.

Maximum performance would indicate that there should be no more than 15% difference in performance between divisioning and final events. If an athlete exceeds their divisioning event performance by 15% in the final round of competition the following shall occur:

- Athlete is flagged under the Maximum Performance Rule (MPR)
- The athlete will be re-divisioned and placed in the correct division as indicated by their time/distance.

- The athlete will be eligible for a medal if their time/distance warrants in their new division.
- Re-divisioning will not affect the standing of athletes in the division where the flagged athlete is placed. (i.e. re-divisioned athlete places third in new division, current athlete in division will also be awarded third place).
- Flagged athlete will not receive any selection points (for advancement to higher levels of competition) for the event.
- The Maximum Performance Rule would not apply if an athlete when re-divisioned would still be placed in the same division.

If the coach is of the opinion that his/her athlete has not competed at the best of their ability in the divisioning race, and may be in danger of violating the MPR, they have the option to submit a faster time for their athlete so that they can be placed in a division which reflects their ability.

If an athlete is disqualified in their divisioning event the coach has the following options:

- 1) Submit a faster time
- 2) Concede the event qualifying time/distance/height
- 3) Re-swim of the event\*

\*NOTE: The following events are eligible to be re-swim: Aquatics: All 25m & 50m races. Races are only re-swam if an event occurs in the pool that affects multiple athletes.

If an athlete is disqualified in the second divisioning race they will have the following two options:

- 1) Submit a faster time
- 2) Concede the event qualifying time

## **IMPLEMENTATION OF THE MAXIMUM PERFORMANCE RULE CANNOT BE PROTESTED.**

Medical Scratch Exemption: If an athlete is injured or falls ill while at the games the team coach has the option of filling out a medical scratch form. The medical scratch form must be signed by medical personnel onsite and the decision of this person will take precedent over that of a regional medical person. If an athlete is granted the exemption the team will continue to compete however if this forces the team below the minimum it will be disqualified from awards and will not be considered for selection to Team BC for the National Games. The athlete does have the option of returning to competition if the medical personnel onsite at the sport venue clears the athlete.

For individual sports, if a medical exemption is granted, the athlete will not be penalized for missing events and those events will not count towards selection to Team BC. If the medical situation forces an athlete below the minimum number of events required for that sport the athlete will not be considered for Team BC and the National Games.

The medical scratch Exemption Form is included in this package.

f. Relays

Results from the relays will not count towards the selection of athletes to the Provincial Team and will only be run if time permits.

g. Starts

The start shall be as per Swimming/Natation Canada Rules.

The start command will be in English only and will be as follows:

- "Take your marks" when all swimmers are stationary, then the starter shall give the starting signal.

The starting signal will be an electronic tone that is part of the electronic timing system.

h. False Starts

As per Swimming/Natation Canada and FINA Rules the 2017 SOBC Summer Games will employ a one false start rule meaning any false start will result in the disqualification of the athlete perpetrating the infraction.

i. Marshalling

Athletes will be marshaled in a secure area in the pool area. Athletes will be called to the marshaling area approximately 30 minutes before their event with a second call at 15 minutes, and a final call at 5 minutes.

j. Technical Officials

The Games Organizing Committee will select technical officials that are appropriately certified.

k. Protest Procedures

All protests must be approved by the **Chef de Mission** and submitted **in writing** by the **Head Coach** to the SOBC **Head Referee for Aquatics** within 30 minutes following the posting of results.

The protest fee of \$50.00 cash must accompany all protests.

Any discrepancies in results (as posted) should first be checked with the **Results Coordinator** (located in the Results area at the venue).

Please find attached a copy of the Protest Form to be utilized for the 2017 Special Olympics BC Summer Games. Note: Divisioning can not be protested.



## VI. Head Coaches Meetings

### a. Schedule

The first head coaches meeting will take place approx. 2 weeks prior to the Games via conference call. Subsequent head coaches meetings will take place at the competition venue and any other meetings will be called only if necessary. **Agenda items must be in the possession of the SOBC Summer Games Representative for Aquatics by 10:00pm on the evening prior to the next day's competition.**

### b. Meeting Attendance

Regional Teams are limited to 1 representative they can send to the coaches meetings.

## VII. Results

Results will be posted in a designated area immediately following competition. A full results package will also be provided to all head coaches and Regional Coordinators within thirty days after Games.

Once results are official they will be made available to the media and posted on-line.

## VIII. Heat Sheet Distribution

### a. Pre-Games

Heat sheets will be distributed to each team's Chef de Mission prior to the Summer Games. It is the responsibility of that Chef de Mission to review the heat sheets, in coordination with regional team coaches, to make sure that all information is correct.

Once the Chef de Mission signs off on the heat sheets no dispute can be made on site as to what events or divisions athletes are entered in.

### b. On-Site

Heat sheets will be provided daily to each Team through their respective Chef de Mission.

## IX. Award Presentations

Award presentations will take place throughout the 2 days of competition at the sport venue. Gold, silver, and bronze medals will be awarded in each division to the first, second and third place and relay teams respectively.

The athletes who have been judged first, second and third shall stand in their official uniforms, on the podium with the first place winner slightly above the second who is on his or her right and third who is on his or her left. The 3<sup>rd</sup> place award is presented first, then 2<sup>nd</sup> place and finally 1<sup>st</sup>.

## Competition Preparation Tips

- Arrive on time for warm up. Warm up schedule should be provided prior to the meet, if you don't receive it prior to leaving for the meet ask the organizers.
- No water shoes in the water, best for athletes not to wear shoes up to marshalling as they do tend to forget and as soon as they dive/jump/start in the water they will get disqualified.
- No swim suits with zippers, if a suit has a zipper the athlete will be disqualified. Best practice is to make sure athletes do not have zippers, buttons or any other added piece to their suits.
- There will be a Head Coaches meeting prior to the start of the competition. Please be on time. If Head Coach is in the middle of an issue with the team it is very important that another coach is in the meeting as important information is being passed along, please send an assistant coach that can relay the information. Only **one** coach per team.
- If an athlete requires a touch start you must get permission during the coaches meeting so the officials know that you will be behind the athlete at the marshalling area.
- Remind athletes prior to going to marshalling area of what they are about to swim. Coaches are not allowed past marshalling area or behind the starting blocks, unless they have notified the referee during the coaches meeting (e.g. touch start athlete)
- Warm up is chaotic! Very chaotic! And very little space, you will have a certain number of lanes and only a small amount of time for your entire team to do a warm up. Make sure you are at your lane on time. No extra time or lanes will be provided so use your time wisely.
- **ABSOLUTLY NO DIVING DURING WARM UPS.** If pool space allows it there may be a diving lane but that is a rare occurrence.
- Athletes should bring clothes to wear on the pool deck to keep them warm in between swims. An athlete should also have 2 towels- one for the pool and one for after to shower.
- Not all swim meets will be able to accommodate a warm up and cool down area during the races.
- Athletes need to bring water bottles. Snacks and food may not be provided by the organizers of the swim meet. Know if there will be food during the meet and if it is available to athletes and coaches and either come up with a food and snacks plan as a team or ask athletes to bring their own.

- **ALWAYS HAVE A 4-1 ATHLETE-COACH RATIO.**
- Pool decks will be very loud and congested. If you have an athlete that cannot handle such things either have an extra coach on hand to assist. There will not be a quiet space on deck and the athlete may have to leave the pool deck for a time, this is when the extra coach or support person will be needed. 1-1 will require approval from Provincial Office for Provincial Games.
- There should be either a board or PA system that will call athletes to marshalling- make sure you can see it. Only send the athletes in that event to the marshalling area. Be aware of what events have been marshalled as the volunteers running marshalling will not come find your athlete.
- **Ensure you have all the medical forms for your athletes at all practices and competitions as well as the medical forms for the coaches.**
- Have Behavior Incident forms and Medical Incident forms with you and always fill them out when an issue arises. If in doubt as to fill out a form or not the best practice is to fill it out.
- Remember that you only have 30 minutes after a result has been posted to protest. Make sure you are constantly checking the results area and have \$50 cash ready to file the protest.



# Swimming Rules

The Special Olympics Canada (SOC) Sport Rules shall govern all SOC aquatics competitions. As a national sports program, SOC has created these rules based upon Fédération internationale de Nation Amateur (FINA) and Swimming/Natation Canada (SNC) rules for swimming. FINA and/or SNC rules shall be employed except when they are in conflict with the SOC Official Sports Rules. In such cases the following sections outlining the SOC Official Swimming Rules shall apply.

## **SECTION A** **Official Events**

|                    |  |
|--------------------|--|
| Freestyle:         | 25, 50, 100, 200, 400 metres                     |
| Backstroke:        | 25, 50, 100, 200 metres                          |
| Breaststroke:      | 25, 50, 100, 200 metres                          |
| Butterfly Stroke:  | 25, 50, 100, 200 metres                          |
| Individual Medley: | 100, 200 metres                                  |
| Freestyle Relay:   | 4 x 25 metres<br>4 x 50 metres<br>4 x 100 metres |
| Medley Relay:      | 4 x 50 metres                                    |

## **SECTION B** **Rules of Competitions**

1. Swimmers shall enter a minimum of two events and a maximum of six events per competition, excluding relay events.
2. Relay Events
  - i. Relay team members must come from the same Chapter.
  - ii. All relay teams must be an all-male team or an all-female team, no co-ed teams are allowed.

## **SWIM VENUE DIAGRAM**

Please note that the entire pool will be closed to the public during our competition days.



