



Summer Swimming Tiering, School Swim Teams and 2 Hour Rule Info for ALL BCSSA SWIMMERS

Members of any BCSSA Summer Swim Club and/or compete in the summer months (May to September) can maintain their swimming fitness and stroke in the winter months (October to April), which is called "Winter Maintenance."

Originally when BCSSA was formed, almost all summer swim club members practiced in outdoor pools and could only swim from May to August (due to weather); and DID NOT swim during the winter months. Now, with the availability of indoor pools, many summer swim clubs can and do swim throughout the winter months. In order to maintain a level of fairness in competition to those swimmers who DO NOT have access to swimming in the winter, 2 categories were created: Summer (S) and Open Category (O Cat).

Summer ('S') Swimmer:

A swimmer who trains and competes with BCSSA for an unrestricted number of hours between May 1st and September 30th of each year; and **from October 1st to April 30th, may swim ONLY TWO HOURS or less of coached swimming** (considered to be any swimming under the direction of a coach, parent, designated trainer; or being given a workout schedule from a coach, parent or designate). Any swim training that is self-directed by the swimmer, OR any participation in Red Cross swim lessons, Life Saving Programs (NLS, WSI, Bronze Medallion, Bronze Cross) are all exempt from the 2 hour rule.

Open Category ('O Cat') Swimmer: ('O' Cat 1: Div. 1-4 Swimmers; 'O' Cat 2: Div. 5-8 Swimmers)

A swimmer who swims more than 2 hours per week **from October 1st to April 30th**; and who trains and competes with BCSSA for an unrestricted number of hours between May 1st and September 30th of any given year. In summer swim meets, O Cat swimmers are seeded with swimmers of the same division, but results are separated from summer swimmer results.

A swimmer is classified as EITHER an "S" or an "O CAT" SWIMMER, not both; and in order to maintain a SUMMER SWIMMER STATUS (S), the '2 HOUR RULE' must be adhered to.

For information on "School Swim Team Exemptions for "S" Swimmers" please see page 2.

SCHOOL SWIM TEAM EXEMPTIONS FOR "S" SWIMMERS:

(Must follow in order to maintain 'S' status)

Non-High School Students (Elementary & Middle School Students, including Gr. 8 Middle School):

In order to maintain their 'S' status, these swimmers may have up to 2 hours per week of coached time in the water during October 1st to February 28th, while training with their school swim team, **plus** any school swim meets (governed by *Section 2 A:3.i*) of the BCSSA Rule Book); **in addition to the usual two hours per week** of winter maintenance training with their summer swim club.

High School Students (including Grade 8 students IN High School):

In order to maintain their 'S' status, these swimmers may have unlimited hours of coached time in the water from Oct 1st to Nov 30th while training with their secondary school swim team, for the purposes of competing at a sanctioned annual school championship meet (governed by *Section 2 A:3.f*) of the BCSSA Rule Book); **in addition to the usual two hours per week** of winter maintenance training with their summer swim club.

In all cases, **one day of a swim meet** is considered one hour of training should it be scheduled outside of the specified dates; and ONE CALENDAR WEEK begins on SUNDAY and runs through to SATURDAY.

New BCSSA RULE for Water polo, Diving & Synchro:

Full participation in any sports, including the three aquatic disciplines listed above, will NOT affect the Swimmer's status, but the speed-swimming component must not exceed two hours per week.

The BCSSA administrative Rulebook is located at:

http://www.bcsummerswimming.com/docs/April2011_AdminRulebookEdition.pdf

Thank-You to Stephanie Rabbers, President of the Saanich Peninsula Piranhas on Vancouver Island for writing this up. BCSSA appreciates it very much and hopefully many others around the province will too.