



SWIMMING

COMPETITION RULES

2nd October 2023

SECTION 1 - INTRODUCTION

SCR-11 INTRODUCTION

- i. These rules are intended to supplement the current ASA Statute and the Disciplinary Code and they shall not in any way supersede any rule contained in the said Statute or Disciplinary Code. If, on any point, there is a conflict between the Statute/Disciplinary Code and these Competition Rules, then the provisions of the Statute/Disciplinary Code shall prevail.
- ii. These rules shall remain in force until cancelled and or amended by the Council.

SCR-12 LAWS GOVERNING THE SPORT

All laws governing the sport are to be regulated as per WORLD AQUATICS Rules and Regulations unless otherwise specified by local rules and regulations.

SCR-13 THE SWIMMING SEASON

The competitive Season shall start with the First swimming meeting held after the first of September and shall end with the National Swimming Championships.

Should the National Championships be held in the middle of the season, the competitive Season will end with the last Meet scheduled in the Season Calendar as agreed and confirmed by Council at the start of the Season. *(approved on 02-10-2023)*

SCR-14 POINTS REFERENCE

Whenever it is required, WORLD AQUATICS points based on the year when the Season starts will be considered for the whole Season unless specifically required otherwise by specific competitions.

SECTION 2 - FORMAT

SCR-21 COMPETITIONS

The following competitions shall be organised by the ASA:-

- a. National Swimming Championships
- b. Age Group Time Trial Meets
- c. Swimming League
- d. Any other competitions.

SCR-22 GENERAL COMPETITION RULES (AGE GROUP MEETS AND NATIONAL CHAMPIONSHIPS)

- i. During each Meet or Championship, the organising team office will be located at the pool deck. The office will have all forms required as per regulations available and will resolve all matters pertaining to the competition including:
 - Submission of swimming relay entry form
 - Submission of competition specific information
 - Submission of swimming withdrawals
 - Protests
 - Specific enquiries from Team Leaders/Head Coaches concerning the progress of the Championships or Meet.

Forms for swimming withdrawals, swimming relay entries, and all championship related forms need to be submitted to the office at the earliest opportunity but definitely within 30 minutes from the start of the specific session by a Team or Club Representative.

Should a Club cancel the entries of any of their swimmers 48 hours prior to the start of the actual competition, no sanction will be imposed on the said club for such withdrawals.

For all Age Group Meets and competitions having direct Finals, withdrawal forms will only be accepted for medical reasons and must be backed by a medical certificate which should be presented within 72 hours following the start of the competition (*approved on 02-10-2018*)

If a swimmer feels unwell and withdraws from an event on the day of competition, he/she cannot participate in any other events he/she may have entered.

In the case of competitions having Heats and Finals, a swimmer is allowed to withdraw from an event, pay the relevant Sanction as outlined in the Disciplinary Code and other Rules and Regulations of the ASA and participate in subsequent events he/she may have qualified for on the same day.

- ii. In any competition, should a swimmer miss an event for any reason other than medical, the meet Referee shall decide the validity of the reason presented by the swimmer and accordingly accept or deny any further participation in that specific session. (*approved 05-02-2020*)

Failure to submit the respective forms/certificates indicated above will make the swimmer/team/club liable under the Disciplinary measures indicated in the ASA Disciplinary Code in place at the time of the competition. This rule applies only to swimmers registered with the ASA (*approved on 02-10-2018*)

- iii. During competitions, the Organising Team will be publishing the official meet /championship results when approved by the Referee and as soon as possible after the end of each event. These will be published online or put on a notice board in the designated area for the specific meet/championship.
- iv. In case of a protest, Team Leaders/Head Coaches are asked to submit their protest to the Organising Team at the Competition Office, who will take up the matter with the Referee. This has to be done within half an hour of the results being published. A deposit of €50.00 has to accompany the protest at the time the protest is submitted.
- v. Athlete straps and taping - No straps and taping other than that allowed by World Aquatic Swimming Rules is allowed unless a medical certificate is presented by the athlete and approved by the meet Referee prior to the start of the competition.
- vi. Swimmers are not allowed to tamper with the Automatic Timing equipment used throughout the Meets and Championships. This includes also the touch pads at both sides of the pool. For this reason, entry into the pool is only allowed from the starting blocks and exit from the pool is only allowed from the sides of the pool. Swimmers who do not follow this rule may be Disqualified from the event at the discretion of the Referee. (*approved on 02-10-2023*)
- vii. In case that few male and female swimmers have been entered for the same individual event, the event organizers may opt to combine such individual events.
- viii. In exceptional cases, and only upon request of the swimmer's coach, a swimmer may be allowed to swim in the same individual event as swimmers of a different gender. This will only be allowed if:
 - a. The swimmer is trying to achieve an MQS, and
 - b. As long as there is no detriment to another swimmer.In all cases of mixed individual events, any local records that have been set will **not** be recognized as official records.
- ix. WORLD AQUATICS approved mixed gender relays shall be organized in accordance with WORLD AQUATICS rules.
- x. Entry times in all competitions should reflect the swimmer's personal best for each specific event swam in the last 18 months.
- xi. The Basic Minimum Officials required to hold a Meet are the following:
 - 1 x Referee
 - 1 x Starter
 - 8 x Timekeepers
 - 1 x ARES computer operator
 - 1 x Results computer operator (*approved 02-10-2018*)

- xii. For International Meets and National Swimming Championships, in addition to the Basic Minimum Officials indicated in SCR22-x above, the following are also required:
- 2 x Stroke Judges
 - 4 x Inspector of Turns
 - 1 x Chief Inspector of Turns
 - 1 x Fixing Results/Assisting with Backstroke Ledges
 - 1 x Staging (*approved 02-10-2018*)
- xiii. During Time Trials and Competitions, the following Warm-Up Procedures are to be followed unless specific procedures are indicated for any specific Competition:
- a) A designated supervisor shall ideally be on deck during the entire warm up period.
 - b) The warm-up is reserved for competitors taking part in the competition.
 - c) Swimmers shall enter the water feet first except for starts which are limited to specified lanes.
 - d) Paddles and hard Fins are not to be used during the Warm-Up period. These are allowed in the 25m Pool if this is available for use.
 - e) Soft Fins, Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
 - f) At meet management's discretion and based on available space, the Meet Manager may permit the use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. This is only however allowed in the 25m Pool when this is available. Coaches are responsible for equipment reliability and use.
 - g) During the first part of the Warm-Up:
 - i. Lanes 0 and 9 shall be used as pace lanes. Swimmers swim from an in water push-off position from the starting end of the pool).
 - ii. Lane 1 will be reserved for Dives/Sprints practice. Only one-way swimming from the start end of sprint lanes is permitted. Swimmers should exit from lane 0 making sure there are no swimmers when exiting.
 - iii. Lanes 2 to 8 will be used for general warm-up until such time as one way sprints begin. Swimmers should not stop in the middle of the lanes
 - h) During the last 20 minutes of the Warm-Up an announcement will be made for the start of the SPRINT/DIVE Lane Period. This period will see the addition of another sprint dive lane in Lane 2.:
 - i. Lanes 0 and 9 shall be used as pace lanes. Swimmers swim from an in water push-off position from the starting end of the pool).
 - ii. Lanes 1 to 4 will be reserved for Dives/Sprints practice. Only one-way swimming from the start end of sprint lanes is permitted. Swimmers should exit from lane 0 making sure there are no swimmers when exiting.
 - iii. Lane 5 will be reserved for Backstroke starts with a Backstroke ledge installed on this lane
 - iv. Lanes 6 to 8 will be used for general warm-up until such time as one way sprints begin. Swimmers should not stop in the middle of the lanes
 - v. In the case where Relays are included in the Program, lane 8 will be allocated for relay practice during the last 20 minutes of the warm up.
 - i) Cone markers or similar signs should be placed on the starting platforms in lanes not specified as one way sprint lanes.
 - j) Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.

- k) Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.
- l) An announcement will be made 5 minutes prior to Warm-up finishing and at the completion of the Warm-up. At this time swimmers are to clear the pool.
- m) The Meet Referee or Organising Committee can change the lane allocation as appropriate even during the Warm-Up session itself.
- n) The Meet Referee may remove a swimmer, a coach and/or the entire team from the deck, events or the entire meet for violations of these guidelines.

SCR-23 NATIONAL SWIMMING CHAMPIONSHIPS

- i. For National Swimming Championships, only boys aged 9 years or older during the year when the Season ends and girls aged 8 years and older during the year when the Season ends may participate.
- ii. Swimmers may participate in the National Swimming Championships in those events in which the swimmer has swum at least once during Age Group Meets, overseas competitions and International meets of the same season including also any competitions held in the period between the end of the previous Season and the start of the current Season. In the case of overseas competitions Swimmers must send the official meet result to the ASA within 1 week from the last day of competition. (approved 05-02-2020) If the National Championships are planned to consist of Heats and Finals, then all athletes are eligible to participate in the Heats and rules iv to viii below shall be ignored. (approved on 02-10-2023)
- iii. Only those non-Maltese swimmers who have been residing in Malta for a period of at least nine months preceding the commencement date of the competition and who have participated in at least 3 local competitions organised by the ASA during the current season are eligible to participate. In the 50m events, a direct final is held for the for the 8 fastest non-Maltese swimmers who submit an entry. Non-Maltese swimmers are free to take part in the other distance events. Any times which they attain will be valid times, however they will be excluded from medal classifications if they place in the first 3 places. Non-Maltese swimmers are not allowed to form part of Relay teams (approved 21-01-2019).
- iv. Rankings for each event will be published after each Age Group Meet. The rankings as at 14 days prior to the National Swimming Championships will be taken as the valid rankings for the Nationals.
- v. For all the 50m events - for each Age Group, the first 8 ranked swimmers qualify
- vi. For the 100m Breaststroke, Backstroke & Butterfly and all 200m events – for all combined age groups, the first 40 ranked swimmers qualify
- vii. For the 100m Freestyle – for all combined age groups, the first 80 ranked swimmers qualify
- viii. For the 400m, 800m and 1500m – for all combined age groups, the first 8 ranked swimmers qualify.
- ix. Only those active swimmers who have participated in the National Swimming Championships will be eligible to participate at any major competitions (WORLD AQUATICS World

Championships, European Championships, Olympic Games, Commonwealth Games, Small States of Europe Games, and any other competition that may be so designated by the ASA) during the subsequent season following the National Championships. Any swimmer selected to attend any such competitions will only be allowed to participate in those events in which the swimmer participated during the said National championships unless official qualification is achieved for any such competition in any other event.

- x. During the selection process for any major competition as described above, for those swimmers not achieving official qualification, ranking will be determined by WORLD AQUATICS points and EU Swimming Rankings. The period for qualification shall be set by the ASA for each major competition.
- xi. The relay events held during the National Swimming Championships shall be at club level only, and only ASA affiliated clubs may participate unless a special request is made by the National Squad Coach and approved by the ASA Executive and the clubs in order to achieve an MQS for an upcoming competition.
- xii. The top 3 places in the Open category of each event will be awarded to the top 3 ranked swimmers in that event regardless of age.
- xiii. Withdrawal forms will only be accepted for medical reasons and must be backed by a medical certificate. They should be presented at the earliest opportunity in order to give time for the reserve swimmers to be informed. If a swimmer feels unwell and withdraws from an event then s/he cannot participate in any remaining events.
- xiv. The National Swimming Championships Club Trophy will be organised based on results obtained by swimmers during the events held during the National Swimming Championships.

Points will be attributed to individual swimmers as follows in each event:

- 1st place - 10 points
- 2nd place - 8 points
- 3rd place - 6 points
- 4th place - 5 points
- 5th place - 4 points
- 6th place - 3 points
- 7th place - 2 points
- 8th place - 1 point

For the Club classification, the 10 best rankings of each Club are taken into account.

In the case of Clubs obtaining an equal number of points, the number of best rankings is taken into consideration.

The Club obtaining the highest number of points in the overall ranking receives the National Swimming Championships Club Trophy

The winning Club will also benefit from 50 free starts (entry fees) during the next season, the club ranked second gets 30 free starts and the club ranked third 20 free starts
(*approved 02-10-2018*)

- xv. The ASA reserves the right to add heats in specific events for Classified Paralympic swimmers to take part. (approved 05-02-2020)

SCR-24 AGE GROUP TIME TRIAL MEETS

- i. For Age Group Time Trials, unless specifically indicated in the Calendar of events, only boys and girls aged 8 years and older during the year when the Season ends may participate.
- ii. The age used in determining to which age group swimmers belong, is the age reached in the birthday during the year of competition.
- iii. Age Group Time Trials with restricted Age Groups may be organised from time to time at the discretion of the ASA depending on the availability of the Calendar and the Pool.
- iv. **Limit on 400m, 400m IM, 800m Freestyle, 1500m Freestyle events**
Entry time limits have been set for the following events:

400m freestyle	05:20:00 (boys), 05:50,00 (girls)
400m IM:	06:00,00 (boys), 06:30,00 (girls)
800m freestyle:	11:00,00 (boys), 12:00,00 (girls)
1500m freestyle:	21:00,00 (boys), 22:30,00 (girls)

Clubs will be penalized as outlined in the Disciplinary Code and other Rules and Regulations of the ASA if swimmers are entered for these events and do not perform within these time limits (approved 02-10-2018).

- v. In Age Group meets swimmers will be allowed to start from the pool deck rather than from the block if they prefer. (approved 05-02-2020)

SCR-25 SWIMMING LEAGUE

- i. The Swimming League will be run during the Age Group Time Trials held between October and July and any International Meets. At the end of the season Top Swimmer, Male and Female will be determined in three age groups (as defined in sections v, vi & vii below). Prizes will be awarded. The National Championships are excluded from this League. (approved 02-10-2023)
- ii. A Trophy for each Champion will be awarded. These awards will be presented during the season's National Swimming Championships or at the start of the following Season if the National Championships are not the last Meet of the Season. For this reason, the awards of the previous season will have to be returned to the ASA by the end of May. (approved 02-10-2023)
- iii. All swimmers who take part in the Age Group Time Trials will automatically be included in the League Table.
- iv. **Events**

1. 50m Free	4. 400m Free
2. 100m Free	5. 800m Free
3. 200m Free	6. 1500m Free

- | | |
|----------------------|----------------------------|
| 7. 50m Breaststroke | 13. 50m Backstroke |
| 8. 100m Breastwork | 14. 100m Backstroke |
| 9. 200m Breaststroke | 15. 200m Backstroke |
| 10. 50m Fly | 16. 200m Individual Medley |
| 11. 100m Fly | 17. 400m Individual Medley |
| 12. 200m Fly | |

- v. Open category - Scoring will be based on the best 2 events. Age groups: Male Swimmers aged 19 and older during the year when the Season ends and Female Swimmers aged 18 and older during the year when the Season ends. *(approved 05-02-2020)*
- vi. Junior category - Scoring will be based on the best 4 events. Age groups: Male Swimmers aged 17 and 18 during the year when the Season ends and Female Swimmers aged 16 and 17 during the year when the Season ends. *(approved 05-02-2020)*
- vii. Cadets category - Scoring will be based on the best 8 events. Age groups: Male Swimmers aged 16 and younger during the year when the Season ends and Female Swimmers aged 15 and younger during the year when the Season ends. *(approved 05-02-2020)*
- viii. The points will be calculated according to the current WORLD AQUATICS Point System. These are shown on the results of all ASA Swimming Competitions.
- ix. An event can be swum more than once over the season and the best recorded time will count. Relay swims do not qualify for the league.

SECTION 3 - SWIMMING EVENTS

SCR-31 REGISTRATION WITH THE ASA

- i. Only those swimmers that are properly registered with the ASA as swimmers will be eligible to participate in any ASA organized swimming event. The ASA reserves the right to deny participation of a swimmer in an ASA organized swimming event or to disqualify the swimmer if the swimmer is not properly registered with the ASA as a swimmer. This rule does not apply for foreign visiting swimming teams that have been accepted to participate in an ASA organized swimming event.
- ii. Registration Forms for swimmers of Maltese nationality shall be submitted to the ASA office not later than the closing date for the submission of on-line entries of the swim meet in which the athlete will be participating in *(approved 21-01-2019)*
- iii. A swimmer must be in possession of an ASA Identity Card before he/she is eligible to participate in any swimming competition. These identity cards are issued when a recent passport-sized photograph is submitted to the ASA Secretariat together with the Registration Form not later than the closing date for the submission of on-line entries of the swim meet in which the athlete will be participating in. A swimmer without the

required card shall not be eligible to participate in any swim meet. It is the responsibility of the club's officials to make the necessary arrangement to collect the swimmers' Identity Cards from the ASA Office. Cards may be inspected by the Meet Referee or an Appointed Person prior or during any swim meet (*approved 21-01-2019*).

- iv. Loan Registration Forms shall be submitted to the ASA Office at any given time during a season but not later than the closing date for the submission of on-line entries of the swim meet in which the athlete will be participating in (*approved 21-01-2019*)

SCR-32 TEAM OFFICIALS

- i. Clubs are entitled to nominate coaches, team managers and support staff based on the number of swimmers they have competing as follows:
 - 1 to 5 swimmers in individual events - 2 x coach, team manager or support staff
 - 6 to 20 swimmers in individual events - 3 x coaches, team managers or support staff
 - 21 to 40 swimmers in individual events - 4 x coaches, team managers or support staff
 - 41 or more swimmers in individual events - 6 x coaches, team managers or support staff
- ii. During locally organized events each participating club, after having informed the event organizers beforehand and obtained the necessary approval, may appoint one official team photographer to be on the pool deck during the competition.
- iii. Clubs are required to nominate Officials to assist during time trials as Time Keepers or other positions as indicated in SCR22-x and SCR22-xi according to the following quotas:

For Time Trials

- 1 to 20 swimmers taking part in a competition or meet - 1 Official
- 21 and more swimmers taking part in a competition or meet - 2 Officials

For International Meets and National Championships

- 1 to 10 swimmers taking part in a competition or meet - 1 Official
- 11 to 30 swimmers taking part in a competition or meet - 2 Officials
- 31 and more swimmers taking part in a competition or meet - 3 Officials

The names of these officials must be submitted by the clubs at least 24 hours prior to the start of the Competition or Meet. In case of Competitions with more than 1 session, the officials for the sessions must be submitted at least 24 hours prior to the start of the specific session.

Clubs who fail to provide the required Officials as indicated above will be liable under the Disciplinary measures indicated in the ASA Disciplinary Code in place at the time of the competition (*approved 02-10-2018*)

SCR-33 RESTRICTED AREAS

- i. The Restricted Areas at the National Pool during Swimming Events consist of
 - a. The Organising Team office at pool deck level.
 - b. The whole pool deck area
- ii. Only swimmers taking part in the event, Team officials and other persons authorised by the Organising Team are allowed to enter the Restricted Areas.
- iii. Unauthorised entry into the restricted areas may result in disciplinary action being taken against the individual/s involved.

SCR-34 PARTICIPATION FEES

- i. The club participation fee for each Age Group Meet and the National Swimming Championships shall be of €30.00 per club. *(approved 02-10-2023)*
- ii. Additionally, there shall be an entry fee of €2.00 per event per swimmer and €5.00 per relay entry during Age Group Meetings. *(approved 02-10-2023)*
- iii. During the National Swimming Championships there shall be an entry fee of €3.00 per event per swimmer and €10.00 per relay entry. *(approved 02-10-2023)*
- iv. During International Meets, there shall be a Club participation fee of €40 per club and an entry fee of €6.00 per event per swimmer. The fee for Relays, will be of €20 per team.
- v. All swimmers registered with local clubs affiliated with the ASA shall benefit from a discount of 50% on the entry fees during International Meets.

SCR-35 ASA SWIMMING RECORDS

- i. The following bonuses shall be given to swimmers for each record that is broken *(approved 02-10-2018)*:
 - Age-group record: €50
 - National Long Course record: €100
 - National Short Course record: €100
- ii. Should an Age-Group swimmer obtain a result which is also a National Record, then regardless of the swimmers' age, he/she will be named as the National Record holder as well.
- iii. In the case of Records obtained in multiple age groups, swimmers will only be entitled to only one bonus.

iv. Age-Group Records will be maintained for all events indicated in the table further below.

Event	Age Group A		Age Group B		Age Group C		Age Group D	
	<i>men</i>	<i>women</i>	<i>men</i>	<i>women</i>	<i>men</i>	<i>women</i>	<i>men</i>	<i>women</i>
	<i>Age</i>	<i>10-11</i>	<i>9-10</i>	<i>12-13</i>	<i>11-12</i>	<i>14-15</i>	<i>13-14</i>	<i>16-17</i>
50m Freestyle	✓	✓	✓	✓	✓	✓	✓	✓
100m Freestyle			✓	✓	✓	✓	✓	✓
200m Freestyle			✓	✓	✓	✓	✓	✓
400m Freestyle			✓	✓	✓	✓	✓	✓
800m Freestyle			✓	✓	✓	✓	✓	✓
1500m Freestyle			✓	✓	✓	✓	✓	✓
50m Backstroke	✓	✓	✓	✓	✓	✓	✓	✓
100m Backstroke			✓	✓	✓	✓	✓	✓
200m Backstroke			✓	✓	✓	✓	✓	✓
50m Breaststroke	✓	✓	✓	✓	✓	✓	✓	✓
100m Breaststroke			✓	✓	✓	✓	✓	✓
200m Breaststroke			✓	✓	✓	✓	✓	✓
50m Butterfly	✓	✓	✓	✓	✓	✓	✓	✓
100m Butterfly			✓	✓	✓	✓	✓	✓
200m Butterfly			✓	✓	✓	✓	✓	✓
200m Ind Medley			✓	✓	✓	✓	✓	✓
400m Ind Medley			✓	✓	✓	✓	✓	✓

SECTION 4 – OVERSEAS TRAINING AND COMPETITIONS

SCR-41 SWIMMERS RESIDING AND TRAINING OVERSEAS

- i. A written monthly report must be sent to the National Coach and to the ASA detailing the monthly training log, performance, illnesses and/or injuries, and any other relevant information. Each swimmer has a personal responsibility to ensure their training log is agreed, and signed by their Club's Head Coach at the end of every calendar month. Each set of paperwork must be forwarded to the National Coach and to the ASA within fourteen days of the beginning of the following month.
- ii. The swimmer must inform the National Coach and the ASA in advance, in writing, of any participation at any swimming meet or swimming competition. The National Coach must approve such participation. After the swimming meet or swimming competition, the swimmer must inform the National Coach and the ASA of all the swimmer's results at the said meet/competition within 1 week from the end of the said meet/competition. The ASA must receive the official results document of the said meet/competition, and if any national or age-group records are set, the official results document must be signed by an official of the said meet/competition.

SCR-42 PARTICIPATION IN OVERSEAS COMPETITIONS

- i. Clubs or Swimmers residing in Malta and training locally must inform the ASA in advance, in writing, of any participation at any swimming meet or swimming competition overseas other than those organized by the ASA. After the swimming meet or swimming competition, the club or swimmer must inform the ASA of all the results at the said meet/competition within 1 week from the end of the said meet/competition. The ASA must receive the official results document of the said meet/competition, and if any national or age-group records are set, the official results document must be signed by an official of the said meet/competition.
- ii. Swimmers who have times making them eligible to qualify in National Team Selection criteria Groups A and B must obtain prior authorisation in writing from the National Coach before participating at any swimming meet or swimming competition overseas.

SECTION 5 – NATIONAL TEAM RULES

The Aquatic Sports Association of Malta (ASA) will announce the National Swimming Team members prior to the beginning of each Swimming Season.

1. PURPOSE

The ASA believes that long-term high-performance swimmer development is based on the provision of a supported training and competitive environment. Over the course of a calendar year, the ASA selects swimmers to receive financial and program support, and also to participate in national training and competitive programs. On occasion, the ASA will select swimmers to represent Malta at International Competitions. These swimmers must meet specific performance criteria established by the ASA.

It is the ASA's intention to identify and support those swimmers whose dedication to swimming and performance results have met the highest standards and select those swimmers to form part of a National Team.

2. APPLICATION

The ASA will annually prepare objective, performance-based selection criteria for the National Team. This selection criteria will be established and distributed to the swimming community in the year prior to the identified year for selection.

Swimmers will be selected as members of the National Swimming Team for a specified period of time which will be communicated at the time of selection. Once identified, each swimmer will be notified of the privileges and responsibilities associated with selection to the National Team. The ASA will facilitate access by the swimmer to any available financial and training support.

Selection to the National Team does not automatically guarantee participation in international events. At the same time swimmers who were not identified as National Team Swimmers at the beginning of the season could still be selected for participation in international events. Such swimmers should achieve the necessary minimum qualifying criteria for the respective competitions and fulfill the necessary National Team Commitments.

3. NATIONAL TEAM SWIMMERS PREPARATION

Selected swimmers will train either as part of the ASA squad (under the guidance of the ASA National Swimming Coach) or as part of elite groups within their clubs (under the guidance of their clubs' Head Coach/Elite Squad Coach in collaboration with the National Swimming Team Coach). The selections will be published after personal meetings between the ASA National Swimming Coach and the athletes together with their club coaches.

Swimmers Identified by the National Swimming Coach who opt to train under the guidance of their club's Head Coach will be subsidised by the ASA as part of the necessary funding at the end of the season based on the results achieved.

4. SELECTION FOR MAIN INTERNATIONAL COMPETITIONS

The ASA will prepare objective selection criteria for participation in the Main international competitions (Olympic Games, World and European Championships, Junior World and European Championships, COMEN Cup etc.)

In order to be selected for such competitions, swimmers must fulfil the following criteria and any other criteria which might be requested for specific Competitions:

- be a Maltese citizen
- be a registered ASA member for the respective season
- be available to fulfil National Team commitments
- take part in at least 50% of local competitions organized by the ASA (for locally based swimmers) or to take part in at least 4 international competitions (for swimmers based abroad) during the 12-month prior to respective selection

5. NATIONAL TEAM COMMITMENTS

a. National Team Members should:

- Demonstrate respect to individuals regardless of body type, physical characteristics, athletic ability, nationality, national origin, religion, religious belief, political belief, economic status, race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender, gender identity, gender expression, age, marital status, family status or disability.
- Consistently demonstrate the spirit of sportsmanship, sports leadership.
- Avoid public criticism of athletes, coaches, officials, organizers, volunteers, employees and members.
- Consistently treat individuals fairly and reasonably.
- Show concern, empathy and caution towards others that may be sick or injured.
- Act with integrity and professionalism by being ethical, considerate, fair, courteous and honest in all dealings with people and organizations.

b. National Team Members are obliged to:

- Abstain from the use, possession, and the supply of banned substances and practices.
- Refrain from the use of power or authority in an attempt to coerce another person to engage in inappropriate activities.
- Refrain from consuming alcohol or tobacco products while participating in ASA programs or events and take reasonable steps to manage the responsible consumption of alcohol in adult-oriented social situations associated with ASA events.
- Use social media responsibly, modeling appropriate behaviour that is expected of representatives of ASA.
- Respect the property of others and not willfully cause damage.
- Report any alleged infractions of this code of National Team Commitments.

c. National Team Members privileges:

- Access to any available financial support through the ASA.
- Access to Gym facilities
- Access to Physiotherapy facilities
- Provision of Supplements under guidance of a professional Nutritionist
- Swimmers Identified by the National Swimming Coach opting to train under the guidance of their clubs' Head Coach/Elite Squad Coach will be subsidised by the ASA as part of the necessary funding at the end of the season based on the results achieved.

SCR-51 KIT

- i. The National team kit as designated by the Aquatic Sports Association of Malta or its officials for swimmers attending any of the National Team commitments including training sessions, is to be worn at all times unless the abovementioned body or persons deem a situation to be an exception.
- ii. Permission not to wear the national Team Kit can only be granted by the Team manager, Coach or ASA Official.
- iii. The Team Kit must be kept in an acceptable state at all times during any commitment.
- iv. The Team Kit must be worn to all medal ceremonies and media calls. This kit must be worn correctly and as in rule iii above.

SCR-52 GENERAL CONDUCT

- i. The decisions of the Team manager, Coaches or ASA Official are final.
- ii. At no time is any swimmer to act in a way that would harm the name of Malta or the Aquatic Sports Association of Malta.
- iii. Swimmers will be at any designated meeting place or event at the time stated by the team officials.
- iv. Swimmers are expected to remain with the team at all times during overseas trips unless permission is obtained from a team official. In the case permission is granted refer to rule iii above.
- v. Curfews will be established daily by the team officials and no team member may leave their room after curfew.
- vi. Any damage or theft caused during the trip will be the responsibility of the offending swimmer.
- vii. The Team officials may establish any other rules as deemed necessary. The directions and decisions of coach/ team officials are final.

- i. For all overseas events that are listed in the Official ASA swimming calendar, any parents, relatives or acquaintances of participating swimmers that are travelling to the event are not allowed to reside in the same residence as the swimming team throughout the whole competition, except for those who have been designated as officials with the swimming team.