



**NAA - North Shore Aquatic Association
AAN - Association Aquatique NorthShore
August 26th 2019 Meeting**

AGENDA

Date: August 26th, 2019

Time: 7:00pm

Location: Dorval Community Center, Salon B

1. Introduction and Welcome
2. Approval of minutes and agenda
3. Executive Reports
 - a) Treasurer
 - b) President
 - c) VP Swimming
 - d) VP Synchro
 - e) VP Diving
 - f) VP Water Polo
4. Proposals for Constitutional Changes
5. 2020 Calendar
6. Awarding of 2020 Events (see grid on page 6)
7. New Business / Announcements
8. Pool Depth Discussion and U10 Water Polo Discussion
9. Executive Election: President
10. Call for adjournment
11. Date of next meeting (May 25th 2020, 7pm)

Proposed Synchro Amendments — by Annemarie Salama-Siroishka VP Synchro

1- Add a Pre-Junior Solo event. Allow the pre-junior's to have more pull in the overall synchro score and would be fun!

3.1 General

Current

- 3.1.3 Synchronized swimming competitions will be divided into the following events
- Pre-Junior – Duet and team
 - Junior – Solo, duet and team
 - Senior – Solo, duet and team

New

- 3.1.3 Synchronized swimming competitions will be divided into the following events
- Pre-Junior – **Solo**, duet and team
 - Junior – Solo, duet and team
 - Senior – Solo, duet and team

3.3 Rules of Participation

3.3.2 Each pool shall be entitled to enter one (1) solo in the Junior and Senior categories and one (1) duet in the Pre-Junior, Junior and Senior categories. Pools may enter more than 1 one team in each category as long as rule 3.3.1 is adhered to. The top scoring pool representative at finals will be the scoring team that will count for points towards their pool's overall trophies. (Only one team per pool can score points). This not will affect the awarding of ribbons and medals at Prelims and Finals and will not affect the order of swim at finals as per rule 3.5.2.

New

3.3.2 Each pool shall be entitled to enter one (1) solo in the **Pre-junior**, Junior and Senior categories and one (1) duet in the Pre-Junior, Junior and Senior categories. Pools may enter more than 1 one team in each category as long as rule 3.3.1 is adhered to. The top scoring pool representative at finals will be the scoring team that will count for points towards their pool's overall trophies. (Only one team per pool can score points). This not will affect the awarding of ribbons and medals at Prelims and Finals and will not affect the order of swim at finals as per rule 3.5.2.

Current

3.3.5 For the benefit of the swimmers, there will be time restrictions to all routines. Junior solo will be one (1) minute thirty (30) seconds and Senior solo will be two (2) minutes. Pre-Junior duet will be one (1) minute, Junior duet will be one (1) minute forty-five (45) seconds and Senior duet will be two (2) minutes fifteen (15) seconds. Pre-Junior team will be one (1) minute, Junior team will be two (2) minutes and Senior team will be two (2) minutes thirty (30) seconds. There will be fifteen (15) seconds plus or minus for the routine time limits. All routines shall have a maximum time of ten (10) seconds for deck movements, which is included in the overall routine

time limits. If the routine exceeds these time restraints, there will be a one (1) point penalty off the final score.

New

3.3.5 For the benefit of the swimmers, there will be time restrictions to all routines. Pre-Junior solo will be forty-five (45) seconds, Junior solo will be one (1) minute thirty (30) seconds and Senior solo will be two (2) minutes. Pre-Junior duet will be one (1) minute, Junior duet will be one (1) minute forty-five (45) seconds and Senior duet will be two (2) minutes fifteen (15) seconds. Pre-Junior team will be one (1) minute, Junior team will be two (2) minutes and Senior team will be two (2) minutes thirty (30) seconds. There will be fifteen (15) seconds plus or minus for the routine time limits. All routines shall have a maximum time of ten (10) seconds for deck movements, which is included in the overall routine time limits. If the routine exceeds these time restraints, there will be a one (1) point penalty off the final score.

	Solo	Duet	Team
Pre-Junior	0:45 (+/- 15 seconds)	1:00 (+/- 15 seconds)	1:00 (+/- 15 seconds)
Junior	1:30 (+/- 15 seconds)	1:45 (+/- 15 seconds)	2:00 (+/- 15 seconds)
Senior	2:00 (+/- 15 seconds)	2:15 (+/- 15 seconds)	2:30 (+/- 15 seconds)

2- Even if FINA does not attribute extra points for swimmers, I think that summer swimmers should. It is much more difficult to coordinate 10 summer synchro swimmers than 10 national level swimmers. This will also encourage more participation.

3.3 Rules of Participation

Current

3.3.13 To Follow Canada Artistic Swimming (formerly Synchro Canada) rule 4.7.2
Routines/Scoring (g) iii) Routine Adjusted Score: There will be no points added to the Total Score for teams over four (4) competitors.

New

3.3.13 In Team competition, whether Preliminaries or Finals, two tenths (0.2) of a point shall be added to the Total Score for each additional competitor over four (4) in any one team up to a maximum of 9 competitors.

3- It is very time consuming for me to run after the head of synchro coaches for them to hand in papers or follow deadlines.

3.6 Miscellaneous

New

3.6.4 If any deadline is not met by a pool, a one (1) point penalty per routine will be assessed at the event that the deadline is missed for.

Proposed Changes....

By Glenmore Pool

SWIMMING

ADD:

2.2.0

If any of the rules in section 2.2 Eligibility - are not adhered to, the Swimmer is disqualified from all events they were entered in/Swam. If points were earned, all points will be removed from the team and the scores adjusted as if the offending swimmer was never part of the event.

If the event in question is a Time trial or qualification to future events, the swimmer will not advance in any of the events they were entered in, including any alternate spots they were holding for Relays.

Current:

2.6.4

Alternates for relays in the Championship Meet, do not have to swim in the Time Trials. They must have swam in two (2) dual meets in the Summer (except as determined by rule 2.5.4) and their names must be written on the back of the Time Trials card as an alternate. A maximum of two (2) names can be on the back of the card. The original order of the swimmers must be maintained.

Change:

2.6.4

Alternates for relays in the Championship Meet, do not have to swim in the Time Trials. They must have swam in two (2) dual meets in the Summer (except as determined by rule 2.5.4) and their names must be written on the back of the Time Trials card as an alternate. A maximum of two (2) names can be on the back of the card. The original order of the swimmers must be maintained. *An Alternate counts as a Swim in ref to Rule 2.5.8 in Section 2.5 Preliminary - Time Trials and rules 2.2.2. to 2.2.4 in Section 2.2 Eligibility.*

SYNCHRO

Delete:

As no format to enforce.

3.6.3

The host pool is required to test their underwater and overhead music equipment within one (1) week prior to the competition to avoid speaker failure.

WaterPolo

Current:

5.2.7

A team shall consist of a maximum of thirteen (13) athletes: seven (7) players and six (6) substitutes. In order to play a team must have a minimum of five (5) players.

Change:

5.2.7

A team shall consist of no maximum number of athletes, to stay in line with the goal of the NAA, ref rule 1.1.2. Fun and Participation for Everyone.

PROPOSAL 1 BY CO-VP WATERPOLO

Current:

Weekly 10U games with playoffs and finals.

Change:

We suggest having 3 tournament days throughout the summer as a start to the 10U category. We do not think there is enough participation from enough pools to make this addition worth while. We believe that there will be more forfeits than actual games played which puts us in the same position as before. If we have weekly games, they would have to be played on Tuesdays with the 12U games which makes for long game days, participating pools would have to buy the right sized nets (very pricey) and balls which would prevent some pools from entering teams due to lack of funds. If we did 3 tournament style days, we could borrow the equipment and have better participation.

If the goal is to have a more structured 10U category, we can achieve this with the rules that we are proposing and by having tournament days that are in the NAA calendar. If in the future there are enough kids for weekly games then we can have a smooth transition to a weekly schedule by simply expanding it to every week.

PROPOSAL 2 BY CO-VP WATERPOLO

Proposed 10U rules that would provide a good jumping off point into the sport of water polo while making it adapted to the age and skill level.

Addition:

5.8 Mixed 10 and under “Mini Polo” Games

10U mini polo is an introduction to real water polo. The goals of mini polo are to introduce the FUNDamentals of the sport and to increase their confidence in the water. Practices and games should be a fun and supportive environment for everyone on both sides. Fair play and sportsmanship are the priority in this age category.

5.8.1 Five (5) players and one (1) goalie in the water at a time.

5.8.2 Games shall consist of two (2) eight (8) minute halves. Teams will switch sides at the break.

5.8.3 Mini polo nets must conform to the following dimensions: 101”L x 31”W x 28”H. Regular sized water polo nets cannot be used.

5.8.4 Water polo size 3 balls must be used.

5.8.5 Violence of any kind will not be tolerated and will result in an immediate ejection out of the game. Multiple ejections may lead to a suspension.

5.8.6 Players may not jump off of the bottom at any time (with exception to the goalie who may touch and jump from the bottom at any time)

5.8.7 Standing on the bottom (within reason) will be allowed. For example, a player is not allowed to stand on the bottom if it prevents another player from swimming or moving. Players may stand on the bottom if they have the ball but they cannot move while in possession of the ball.

5.8.8 Players are allowed to catch the ball with two hands but must pass or shoot the ball with one hand

5.8.9 Any kind of zone defense is not allowed

5.8.10 After a foul outside of the 5m line, a player cannot shoot the ball right away, they must pass it

5.8.11 The referee may decide that possession of the ball should be given to the other team if there is clear intention to waste time.

5.8.12 The score will stop being recorded after a 7 goal differential

5.8.13 Any rules that are not covered in this section will fall back to FINA rules.

PROPOSAL 3 BY CO-VP WATERPOLO

The following changes are all regarding the playoff schedule. Because we changed the age rule, the problem we were trying to fix was no longer an issue this season, therefore the way that we changed playoffs was no longer necessary. We propose going back to the old way of the top 8 teams from each division.

Current:

5.4.6 The dual meet schedule structure will be dependent on the number of teams participating. The schedule will either be randomly assigned or will be separated into two divisions based on the previous seasons results. This will affect who qualifies for playoffs (see 5.5.6)

Change:

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Current:

5.5 Preliminary Playoff Competitions

5.5.3 Scheduling and arrangements for Playoffs shall be the responsibility of the VP Water Polo, in consultation with the Water Polo Coaches.

Change:

5.5.3 Format, scheduling and arrangements for Playoffs shall be the responsibility of the VP Water Polo, in consultation with the Water Polo Coaches.

Current:

5.5.4 If two (2) teams have equal records at the end of the dual meet season and played each other during the season, then the regular dual meet will decide which of the two will advance. If the two teams have not played each other during the season, a sudden death playoff game shall be played between the teams immediately preceding the Playoff meet.

5.5.4.1 In the case where more than two teams have equal records at the end of the dual meet season, then the ranking of these teams shall be determined by a process to be decided by the VP of Waterpolo. This may include the use of playoff sudden death matches, a goal differential method or other method as the VP of Waterpolo may decide.

Change:

5.5.4 If two (2) teams have equal records at the end of the dual meet season, **then the ranking of these teams shall be determined by a process to be decided by the VP of Waterpolo. This may include the use of playoff sudden death matches, a goal differential method or other method as the VP of Waterpolo may decide.**

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Current:

5.5.6 The teams participating in playoffs will be decided depending on how the dual meet season schedule was made (two division schedule or random assignment). It will either be the top eight teams from each category (random assignment), or all of the teams from both divisions (two division schedule). The VP will make which format we will follow clear within the first week of regular season games.

5.5.7 In a top eight format, the 1st round Playoff games will be set up as follows: 1 v 8, 2 v 7, 3 v 6, 4 v 5 with the winners advancing to the next round. In the subsequent rounds of the Playoffs, the matchups will be set with highest ranked remaining team playing the lowest ranked remaining team in each category. If a team withdraws prior to the start of the playoffs, the VP may select an alternate (Team 9, 10, ...) to replace that team, in their current scheduled game time.

5.5.8 In a two-division dual meet season schedule, all teams would play a preliminary playoff game. Regular season rankings would be used to determine who plays who, similarly to the top eight format. The top 6 teams would move on to the round robin games, and then finals.

Change:

5.5.6 The top eight (8) teams from each division will participate in playoffs, with the remaining teams serving as alternates. In a top eight format, the 1st round Playoff games will be set up as follows: 1 v 8, 2 v 7, 3 v 6, 4 v 5 with the winners advancing to the next round. In the subsequent rounds of the Playoffs, the matchups will be set with highest ranked remaining team playing the lowest ranked remaining team in each category. If a team withdraws prior to the start of the playoffs, the VP may select an alternate (Team 9, 10, ...) to replace that team, in their current scheduled game time.

5.5.7 If a category does not have 8 teams, the format and schedule will be decided at the discretion of the Co-VP Water Polo. In a top eight format, the 1st round Playoff games will be set up as follows: 1 v 8, 2 v 7, 3 v 6, 4 v 5 with the winners advancing to the next round. In the subsequent rounds of the Playoffs, the matchups will be set with highest ranked remaining team playing the lowest ranked remaining team in each category. If a team withdraws prior to the start of the playoffs, the VP may select an alternate (Team 9, 10, ...) to replace that team, in their current scheduled game time.

~~5.5.8 In a two division dual meet season schedule, all teams would play a preliminary playoff game. Regular season rankings would be used to determine who plays who, similarly to the top eight format. The top 6 teams would move on to the round robin games, and then finals.~~

PROPOSAL 4 BY CO-VP WATERPOLO

This proposal is simply to avoid any future confusion regarding the ball size for the different age groups. This makes the NAA Water Polo rules fall more in line with Water Polo Canada and FINA.

Addition:

5.4 Dual Competitions

5.4.6 12U mixed, 14U girls, 14U boys and 16U girls will all use a size 4 water polo ball. 16U boys MAY use a size 5 ball during regular season games (size 5 balls will be used in the playoffs and finals for this age category).

PROPOSAL 5 BY CO-VP WATERPOLO

We suggest making water polo 6 players and 1 goalie across all categories. This falls in line with FINA rules and would make everything the same in each category. Some comments from the 12U coaches made us propose these changes. This would help the 12U category get more subs in the 5 minute quarters because there would be more kids playing.

Current:

5.1.5 The number of players in the water shall consist of 5 swimmers and 1 goalie. Teams may play with 4 swimmers and 1 goalie should both teams be in agreement. No team may start the game with less than 5 players. If the coaches cannot reach an agreement, then the team missing

players will play shorthanded (5 vs. 4) or can choose to forfeit (while incurring the point penalties outlined below).

Change:

5.1.5 The number of players in the water shall consist of 6 swimmers and 1 goalie for all age groups (with the exception of 10U mini polo - see section 5.8). Teams may play with 5 swimmers and 1 goalie if both teams are in agreement. No team may start the game with fewer than 6 players. If the coaches cannot reach an agreement, then the team missing players will play shorthanded (6 vs. 5) or can choose to forfeit (while incurring the point penalties outlined below).

PROPOSAL 6 BY CO-VP WATERPOLO

This would allow more kids to participate. We had to unfortunately bench some kids from playing because of what was originally written into the constitution. We propose this change in response to the change brought forward by Glenmore. There must be a maximum number of kids on a roster, otherwise it will be too chaotic. We think this would be fair compromise.

Current:

5.2.7 A team shall consist of a maximum of thirteen (13) athletes: seven (7) players and six (6) substitutes. In order to play a team must have a minimum of five (5) players.

Change:

5.2.7 A team shall consist of a maximum of fifteen (15) players: seven (7) players and eight (8) substitutes. In order to play a team must have a minimum of six (6) players.

PROPOSAL 7 BY CO-VP WATERPOLO

Addition:

5.7.2 Quebec Games Tournament

5.7.2.6 Once a team has entered a team into the play-in tournament, the Co-VPs must be sent a roster 48hrs before the tournament. No changes may be made to the roster after it is submitted.



May 2020

NAA Calendar / Calendrier AAN

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25 7:00 PM NAA 1st Meeting	26	27	28	29	30	31																																																																																			

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June 2020

NAA Calendar / Calendrier AAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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8	9	10	11	12	13	14
15 7:00 PM NAA 2nd Meeting	16	17	18	19	20	21
22 7:00 PM Waterpolo Coaches Meeting	23 7:00 PM Diving Coaches Meeting	24 7:00 PM Swimming Coaches Meeting	25 7:00 PM Synchro Coaches Meeting	26	27	28
29 Diving B 1st meet	30 Waterpolo U12 and Boys 1st meet	May 2020				
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July 2020

NAA Calendar / Calendrier AAN

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August 2020

NAA Calendar / Calendrier AAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<div style="background-color: #e0e0ff; padding: 5px; text-align: center;">Jul 2020 M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</div>	<div style="background-color: #e0e0ff; padding: 5px; text-align: center;">Sep 2020 M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</div>		1 A Time Trials B Time Trials C Time Trials	2 Rain Date
3 Rain Date	4 Waterpolo Playoff 1	5 Pre-Junior Synchro Finals	6 Rain Date	7 Rain Date	8 Big Meet	9 Rain Date
10 Junior Synchro Finals	11 Waterpolo Playoffs 2	12 Senior Synchro Finals	13 Diving Finals	14 Rain Date	15 Waterpolo Finals	16 Waterpolo Finals
17	18	19	20	21	22	23
24 NAA Final meeting of 2020	25	26	27	28	29	30
31						

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Limited Historical Hosts of Awarded NAA Events with Anticipatory Column

Event	2018	2019	
Swimming			
Big Meet	VYC	GLE	
A Time Trials	GLE	WES	
B Time Trials	ECC	SUR	
C Time Trials	BAL	BWD	
Summer Swim Meet	BWD	WAL	
Synchro			
Senior Finals	THO	VYC	
Junior Finals	WPK	THO	
Pre Junior Finals	FVW	ELM	
Senior Prelims	SUR	WPK	
Junior Prelims	VYC	ECC	
Diving			
Diving Finals	ELM	FVW	
Water polo			
Finals	ECC	VYC	
Playoffs/#1	ELM	ECC	
Playoffs/#2	WES	ELM	