Scottish Swimming

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Regulations

for the

Synchronised Swimming

National Discipline Committee

Synchronised Swimming Committee Regulations

INDEX

SECTION	SS1	General
SECTION	SS2	Championship Conditions
	SS2.1	Management
	SS2.2	Competitions
	SS2.3	Penalties in Figure Session
	SS2.4	Figure Results
	SS2.5	Penalties in Routine Session
	SS2.6	Routine Results
	SS2.7	Final Result
	SS2.8	Time Limits for Routines
	SS2.9	Team Routine
	SS2.10	Pool Requirements
	SS2.11	Entries & Withdrawals
	SS2.12	Draw – Order of Appearance
	SS2.13	Officials
	SS2.14	Technical Officials Training
	SS2.15	Expenses
	SS2.16	Videos
SECTION	SS3	Synchronised Swimming Club Championships
	SS3.1	General
	SS3.2	Events
	SS3.3	Marking
	SS3.4	Awards
SECTION	SS4	Inter District Championships
	SS4.1	General
	SS4.2	Skill/Recreational 1 / 2 Championship
	SS4.3	Skill/Recreational 3, 4 / 5 Championship
	SS4.4	Marking and Awards
	SS4.5	Expenses
SECTION	SS5	Scottish National and Open Age Group Synchronised Swimming Championships
	SS5.1	General
	SS5.2	12 & Under Championship
	SS5.3	13, 14 & 15 Year Age Group
	SS5.4	Junior Championship
	SS5.5	Senior Championship
	SS5.6	Team Championship
	SS5.7	Awards
	SS5.8	Trophies
SECTION	SS6	Licensing
	SS6.1	General
	SS6.2	Licence Categories
	SS6.3	Jurisdiction
	SS6.4	Applying for a Licence
	SS6.5	Reports
	SS6.6	Fees

SS1.0 General

SS1.1 The Scottish Synchronised Swimming Committee (SSSC), a National Discipline Committee of Scottish Swimming shall comply with the relevant sub-sections of Company Article A3.1.3.

SS1.2 The SSSC shall conduct its business in accordance with A3.1.3.2 of the Company Articles

SS1.3 Membership of the Synchronised Swimming Committee shall be in accordance with Company Article A3.1.3.7.1.

SS1.4 The Synchronised Swimming Committee shall have the following responsibilities in addition to those stated in Company Article A3.1.3.6.1.

- SS1.4.1 Draft and formulate Regulations for Synchronised Swimming activities held in Scotland;
- SS1.4.2 Decide on the interpretation of the Regulations pertaining to synchronised swimming and give rulings there on;
- SS1.4.3 Compile and submit for Company Board of Directors approval a calendar of events for International, National Meets and Contests and District Championship Events;
- SS1.4.4 Conduct Synchronised Swimming Championships;
- SS1.4.5 Arrange lectures and conduct examinations of synchronised swimming teachers and judges certificates;
- SS1.4.6 Select competitors eligible to compete out with Scotland or in International contests held in Scotland;
- SS1.4.7 Appoint all necessary officials for synchronised swimming events.

SS1.5 Eligibility to compete is as defined in Company Rule R4.5.

SS16 The SSSC shall appoint or arrange for the appointment of a Jury of Appeal in advance of each Championship / Meet. The procedure and treatment will be in accordance with Company Rules R11.3 and R11.4.

SS17 The Company on receipt of information from SSSC shall issue an Annual Meet Information Pack for all National competitions to all Districts and Synchronised Swimming Clubs by 1st August each year. In addition the pack will be issued to District Synchronised Swimming Conveners or the District Secretary (if there is no Convener).

SS1.8 The Scottish Swimming and Company Governance documents will apply with regard to:-

a) Championships and Meets (C8.2.1 and R4.0)
b) Trophies (R10)
c) Eligibility (R4.5)
d) Fees (R3.4)
e) Protests (R11.1.1, R11.1.3 and R11.2)
f) Complaints (R12.0)
g) Suspensions and Fines (R13.0)
h) Appeals (R14.0)
i) Clearance (R5.2 Change of 1st or 2nd Claim Club)

SS2.0 Championship Conditions

SS2.1 Management

SS2.1.1 The management of Championships shall be the responsibility of the Scottish Synchronised Swimming Committee (SSSC) who may appoint an Organisation Sub-Committee

SS2.1.2 All Technical Routines will be video recorded (see SS2.16).
All free Combination Team routines shall be video recorded.

SS2.2 Competitions

SS2.2.1 Competitions shall consist of any combination of the following sessions.

SS2.2.1.1 Figure Competition - Each competitor must perform the required number of figures. The number and name of the figures will be as published in the Meet Information Pack.

SS2.2.1.2 Technical Routine - Each Solo, Duet and Team Routine must perform the required elements as published in the Meet Information Pack.

SS2.2.1.3 Free Routine – Each Solo, Duet, Trio and Team must perform the Free Routine, which may consist of any FINA listed figures, strokes and / or parts thereof to music. Free Routines are those having no restrictions as to choice of music, content or choreography.

SS2.2.1.4 Free Combination Team - Free Combinations has a maximum of ten (10) competitors who make a combination of routines (Solos, Duets, Trios, Teams). At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have four (4) to ten (10) competitors. Start of the first part of the routine may be on the deck or in the water. All of the following parts must start in the water. A new part begins in very close proximity to the previous part.

SS2.3 Penalties in Figure Session

SS2.3.1 Penalties in Figure Session as FINA Rule SS11

SS2.4 Figure Results

SS2.4.1 Calculations of the Figure Results as FINA Rule SS12

SS2.5 Penalties in Routine Session

SS2.5.1 Deductions and Penalties in Routines as FINA Rule SS18.2

SS2.6 Routine Results

SS2.6.1 Calculation of the Routine Results as FINA Rule SS19

SS2.7 Final Result

SS2.7.1 Calculation of the Final Result as FINA Rule SS20

SS2.8 Time Limits for Routines

SS2.8.1 Time limits for Technical Routines and Free Routines will be published in the Meet Information Pack. These time limits include ten (10) seconds for deck movements.

SS2.8.2 There shall be an allowance of fifteen (15) seconds less or plus the allotted time for Technical Routines and Free Routines.

SS2.8.3 The walk on for the athletes from the designated starting point to the achievement of a stationary position(s) may not exceed 30 seconds. Timing shall commence when the first competitor passes the starting point and end when the last competitor becomes stationary.

SS2.8.4 In routine events, when the Routine starts in the water, the time allowance for the athletes to achieve a stationery starting position in the water shall not exceed 30 seconds. Timing shall commence when the first competitor moves past the starting point and end when the last competitor assumes a starting position.

SS2.8.5 Timing of the routine shall start and finish with the accompaniment. Timing of the deck movements shall end as the last competitor leaves the deck. Routines may start on the deck or in the water, but they must finish in the water.

SS2.9 Team Routine

SS2.9.1 A team routine shall consist of at least four (4) but not more than eight (8) Competitors (for exceptions, see SS 6.2). The number of team Competitors may not change between Technical and Free Routines.

SS2.9.2 Free Combination Conditions
Free Combinations has a maximum of ten (10) competitors who make a combination of routines (Solos, Duets, Trios, Teams). At Least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have four (4) to ten (10) competitors. Start of the first part of the routine may be on the deck or in the water. All of the following parts must start in the water. A new part begins in very close proximity to the previous part.

SS2.10 Pool Requirements

SS2.10.1 Consideration must be given to the depth and width of the pool according to the level of competition.

SS2.11 Entries & Withdrawals

SS2.11.1 Entries must be made on the standard application form available from the Company and returned completed, accompanied by the appropriate fee, not later than 28 days before the start of the event. Entry details may be changed upon consultation with the Referee up to 24 hours before the event.

SS2.11.2 Competitors withdrawing from National events will be fined as follows.
A withdrawal after the closing date - £4.00 per routine.
Any withdrawal after 12 noon on the day prior to the competition - £7.00 per routine.
If the withdrawal is due to the medical reasons the swimmer must produce documentary proof of the medical condition.

SS2.12 Draw – Order of Appearance

SS2.12.1 The draw for the order of appearance shall be made by the SSSC Convener or an Official appointed for this purpose 7 days after the receipt of entry forms.

SS2.13 Officials

SS2.13.1 Officials appointed by the SSSC shall consist of:

a) Referee
b) An Assistant Referee for each additional panel of judges
c) A Chief Recorder
d) Each panel of judges shall consist of five (5) or seven (7) judges.
In Routines two panels of judges may be used.
In Free Routine sessions, if two panels are used, one panel shall judge Technical Merit and one Artistic Impression.
e) In Technical Routine sessions, three panels of judges must officiate, one panel shall judge Execution, one panel shall judge Impression and one panel will judge Elements.

SS2.13.2 For each figure panel – a clerk of the course, two scorers (one of whom will be the recorder) and a caller will be required

SS2.13.3 For routines – Three timekeepers, a clerk of course, two scorers and a number of runners will be required.

SS2.13.4 Controller of music and underwater speakers, Meet Secretary, Announcer and other officials as may be necessary

SS2.14 Technical Officials Training

SS2.14.1 The SSSC shall arrange for the training / retraining and examination of teachers and technical officials in accordance with sub-paragraph SS1.4.5.

SS2.14.2 Candidates for training and examinations must be 16 years of age and registered with Scottish Swimming prior to commencing training.

SS2.14.3 Workshops will be arranged after which an examination will be held in conjunction with other disciplines.

SS2.14.4 The SSSC will be responsible for maintaining a list of all qualified Officials.

SS2.15 Expenses

SS2.15.1 All claims for expenses shall be made on the official forms in accordance with Company Rule R3.7 and shall be submitted, countersigned by the discipline budget holder, to the Company.

SS2.16 Videos

SS2.16.1 All Technical and Combination Routines will be video recorded. It is the Referees responsibility to ensure that these videos are deleted after the event.

SS3.0 Synchronised Swimming Club Championships (Mary Black Rosebowl)

SS3.1 General

SS3.1.1 This competition is open to all affiliated clubs in Scotland and shall be held on a date to be decided by the Scottish Synchronised Swimming Committee (SSSC).

SS3.1.2 There is no figure section in this competition.

SS3.2 Events

SS3.2.1 The competition consists of the following Events

a) Solos - 2minutes 30 seconds	max 2 entries per Club
b) Duets - 2 minutes 30 seconds - 3minutes	max 4 entries per Club
c) Trios – 2 minutes 30 seconds - 3minutes	max 3 entries per Club

e) Combo Team – 3.30 minutes - 4.30 minutes no limit for Clubs

- Please note that solos must be as per the Long Term Athlete Development Plan.
- Recreational solos must have a minimum of grade 4 Recreational Award or above.

SS3.3 Marking

SS3.3.1 Points shall be awarded for each Event as follows:
Points awarded shall depend on entries for each event. Example – if 10 entries are received for an event, 1st place shall gain 10 points, 2nd place 9 points, 3rd place 8 points and so on. In an event of only two competitors then 1st place shall gain 2 points and 2nd place 1 point.

SS3.3.2 In the event of a tie each solo, duet, trio or team that is tied will receive the points for that place. The subsequent place(s) will not be awarded.

SS3.4 Awards

SS 3.4.1 Individual Awards
An award will be made for the 1st, 2nd and 3rd in each Event.

SS3.4.2 Club Awards
The Mary Black Rosebowl will be awarded to the Club with the highest number of Points. In the event of a tie for the Mary Black Rosebowl, the club with the most 1st places in each event shall be awarded the Rosebowl.

SS4.0 Inter District Championships

SS4.1 General

SS4.1.1 A maximum of twelve Competitors per District for each Competition.

SS4.1.2 Recreation Competitors must hold the relevant Recreation Grade.

SS4.1.3 All competitors must compete in the figure competition.

SS4.2 Skills 1/2 – Recreational Grade 2 Competition - Shell Oil Trophy

SS4.2.1 Figure Competition
All competitors must perform two compulsory figures and one group of two optional figures, which shall be drawn on the closing date for entries. The Compulsory and Optional Figures for each Group will be published in the Meet Information Pack.
The total figure marks gained by each District Team will be divided by the number of swimmers in that Team to give the Team Figure Score.

SS4.2.2 Free Routine Competition

a) **Duets and Trios -** The result will be 50% of the figure and 50% of the routine.
b) **Duets -** Competitors have to hold either Skill Level 1 or 2 or Recreational Grade 2.
c) **Trio**s - Competitors have to hold either Skill Level 1 or 2 or Recreational Grade 2.

Skill 1/2 - Rec Grade 2

2 Duets per District	2mins 30 secs – 3mins
2 Trios per District	2mins 30 secs – 3 mins
1 Free combination per District	3.30mins - 4.30mins

d) **Free Combination Team** -Free Routine combination can consist of 4 - 10 swimmers.

SS4.2.3 Final Result: Figures 50%, duet / trio routines 50% free combination team 100%

SS4.3 Skill Level/Recreational 4/5 Competition - Elizabeth Hamilton Trophy

SS4.3.1 Figure Competition
Each competitor must perform two compulsory figures and one group of two optional figures, which shall be drawn on the closing date for entries as intimated in the Meet Information Pack
The total figure marks gained by each Team will be divided by the number of swimmers in that Team to give the Team Figure Score.

SS4.3.2 Free Routine Competition
The Routine Competition will consist of Solo, Duets and Trios: The result will be 50% of the figure and 50% of the routine.

a) Duets: Competitors have to hold either Skill Level 3, 4 or 5 or Recreational Grade 4 or 5.

b) Trios: Competitors have to hold either Skill Level 3, 4 or 5 or Recreational Grade 4 or 5.

c) Solo: Competitor must hold Skill Level 4 or 5 or Recreational Grade 4 or 5

Skill 3,4,5 /Recreational Grade 4 or 5	2 Duets per District 2mins 30secs - 3mins
Skill 3,4,5 /Recreational Grade 4 or 5	2 Trios per District 2mins 30secs - 3mins
Skill 4/5 /Recreational Skill Level 4 or 5	1 Solo per District 2mins - 2mins 30secs
Skill 3,4,5 /Recreational Grade 4 or 5	1 Combination Team per District 3mins 30secs – 4mins 30sec

SS4.3.3 Final Result: Figures 50% solo/duet/trio routines 50% free combination team 100%.

SS4.4 Marking & Awards

SS4.4.1 Medals shall be awarded to the winner of each section only.

SS4.4.2 The marks gained by each Team in each Section (Figures, Solo, Duet and Team) shall be added together and the Trophy awarded to the District with the highest overall total.

SS4.5 Expenses

SS 4.5 1 All expenses up to the agreed budget limit shall be borne by Scottish Swimming who shall receive all income. Costs in excess of the agreed limit, shall be borne by each individual District. Assembly costs within each District shall be the responsibility of the District. The Company Board may consider exceptional cases requesting assistance and grant additional expenses. Each District may send up to twelve swimmers a coach and a Team Manager for each Championship / Competition.

SS5.0 Scottish National Synchronised Swimming Age Group and Open Championships

SS5.1 General

SS5.1.1 The Senior Championships in Solo and Duet are open to competitors who have passed Skill Level 4 or above of the ASA Award Scheme and are open to members of organisations affiliated to FINA.

SS5.1.2 The minimum requirements for the Junior Championships is Skill Level 3 of the ASA Award Scheme for National competitors and is open in Solo and Duet to members of organisations affiliated to FINA.

SS5.1.3 The minimum Skill Level requirement for the 13, 14 & 15 year age group Championship is Skill Level 2 of the ASA Award Scheme for National competitors and is open in Solo and Duet to members of organisations affiliated to FINA.

SS5.1.4 The minimum Skill Level requirement for the 12 and under age group Championship is Skill Level 2 of the ASA Award Scheme for National competitors and is open in Solo and Duet to members of organisations affiliated to FINA.

SS5.1.5 Recreational Strand competition consists of solo, duet and combination team routines.

SS5.2 12 and Under Age Group Championship

SS5.2.1 Figure Competition

The championship shall consist of two parts.

Each competitor must perform two compulsory figures and one group of two optional figures. The draw will take place seventy two (72) hours prior to the start of the Figure Competition and be taken from the current FINA Figure List. There is a minimum entry standard of Skill Level 2 for all UK entries

SS5.2.2 Routine Competition

Free Routine competition in Solo and Duet. The times will be published in the Meet Information Pack.

SS5.2.3 12 years under Solo

There will be a maximum of 12 solos performed. The 6 highest average figure scores swum by Scottish eligible swimmers (eligibility in accordance with Company rule R4.5.3.) will qualify to perform a solo routine. The remaining 6 solo routines will be performed by the swimmers achieving the top 6 average figure scores from the open category – excluding any swimmers who have qualified under the previous criteria.

SS5.2.4 12 years and under Duet
There will be a maximum of 12 duets performed. Duets shall be members of the same club and have competed in the Figure Competition. The 6 highest average figure scores swum by Scottish eligible swimmers (eligibility in accordance with Company Rule R4.5.3) will qualify to swim a duet. The remaining 6 places will be filled by the top 6 average figure scores from the open category – excluding any swimmers who have qualified under the previous criteria.

SS5.3 13yrs, 14yrs & 15 years Age Group Championship

SS5.3.1 Figure Competition
The championship shall consist of two parts.
Each competitor must perform two compulsory figures and one group of two optional figures. The draw will take place seventy two (72) hours prior to the start of the Figure Competition and be taken from the current FINA Figure List. There is a minimum entry standard of Skill Level 2 for all UK entries

SS5.3.2 Routine competition.
Free routine competition in Solo and Duet. The times will be published in the Meet Information Pack. There is a minimum entry standard of Skill Level 3 for all UK entries for solo and duets.

SS5.3.3 13yrs, 14yrs & 15 years Age Group Solo
There will be a maximum of 12 solos performed. The 6 highest average figure scores swum by Scottish eligible swimmers (eligibility in accordance with Company Rules R4.5.3) will quality to perform a solo routine. The remaining 6 solo routines will be performed by the swimmers achieving the top 6 average figure scores from the open category – excluding any swimmers who have qualified under the previous criteria.

SS5.3.4 13yrs, 14yrs & 15 years Age Group Duet
There will be a maximum of 12 duets performed. Duets shall be members of the same club and have competed in the Figure Competition. The 6 highest average figure scores swum by Scottish eligible swimmers (eligibility in accordance with Company Rule R 4.5.30) will qualify to swim a duet. The remaining 6 places will be filled by the top 6 average figure scores from the open category – excluding any swimmers who have qualified under the previous criteria.

SS5.4 Junior Championships (Competitors must be 15 - 18 as at 31st December)

SS5.4.1 Figure Competition
The championship shall consist of two parts.
Each competitor must perform two compulsory figures and one group of two optional figures. The draw will take place seventy two (72) hours prior to the start of the Figure Competition and be taken from the current FINA Figure List. There is a minimum entry standard of Skill Level 3 for all UK entries.

SS5.4.2 Routine Competition
Free Routine competition in Solo and Duet. The times will be published in the Meet Information Pack. There is a minimum entry standard of Skill Level 4 for all UK entries for solo and duets.

SS5.4.3 Junior Solo Championship
There will be a maximum of 12 solos performed. The 6 highest average figure scores swum by Scottish eligible swimmers (eligibility in accordance with Company Rule R4.5.3) will qualify to perform a solo routine. The remaining 6 solo routines will be performed by the swimmers achieving the top 6 average figure scores from the open category – excluding any swimmers who have qualified under the previous criteria.

SS5.4.4 Junior Duet Championship
There will be a maximum of 12 duets performed. Duets shall be members of the same club and have competed in the Figure Competition. The 6 highest average figure scores swum by Scottish eligible swimmers (eligibility, in accordance with Company Rule R4.5.3) will qualify to perform a duet routine. The remaining 6 places will be filled by the top 6 figure scores from the open category – excluding swimmers who have qualified under the previous criteria.

SS5.5 Senior Championship

SS5.5.1 The Solo and Duet Championships shall consist of a Technical Routine and a Free Routine. The FINA required Technical Elements shall be used. There is a minimum entry standard of Skill Level 4 or above for all UK entries
SS5.5.2 There will be no preliminary event.
SS5.5.3 Times will be published in the Meet Information Pack.

SS5.6 Team Championship

SS5.6.1 Free Combination Conditions
SS5.6.1.1 Open Free Combination Team
Free Combinations has a maximum of ten (10) competitors who make a combination of routines (Solos, Duets, Trios, Teams). At Least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have four (4) to ten (10) competitors.
SS5.6.1.2 Open Free Combination Recreational Team
Free Combinations has a maximum of ten (10) competitors who make a combination of routines (Solos, Duets, Trios, Teams). At Least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have four (4) to ten (10) competitors.

SS5.6.2 Times will be published in the Meet Information Pack.

SS5.7 Awards

SS5.7.1 SASA Medals shall be presented as follows:-
a) Open Championship - Gold, Silver and Bronze medals will be presented.
b) National Champion - A Gold Medal will be presented (provided the individual is not also the Open Champion).
SS5.7.2 Trophies shall also be awarded where applicable.
SS5.7.3 Medals shall be presented to competitors in the Recreational Strand.

SS5.8 Trophies

a) 12 & under Scottish National Swimming Figure Championship - **Portsmouth Victoria Quaich**
b) 12 & under Open Figure Championship
c) 12 & under Scottish National Swimming Solo Championship
d) 12 & under Open Solo Championship
e) 12 & under Scottish National Swimming Duet Championship
f) 12 & under Open Duet Championship
g) 12 & under Scottish National Swimming Free Team Championship
h) 12 & under Open Free Team Championship
i) 13, 14 & 15 years Scottish National Swimming Figure Championship
j) 13, 14 & 15 years Open Figure Championship
k) 13, 14 & 15 years Scottish National Swimming Solo Championship
l) 13, 14 & 15 years Open Solo Championship **– The Dawn Zajac Cup**
m) 13, 14 & 15 years Scottish National Swimming Duet Championship
n) 13, 14 & 15 years Open Duet Championship
o) 13, 14 & 15 years Scottish National Swimming Free Team Championship
p) 13, 14 & 15 years Open Free Team Championship
q) Junior Scottish National Swimming Figure Championship
r) Junior Open Figure Championship
s) Junior Scottish National Swimming Solo Championship - **The Berlin Trophy**
t) Junior Open Solo Championship
u) Junior Scottish National Swimming Duet Championship - **The Neilson Trophies**
v) Junior Open Duet Championship
w) Junior Scottish National Swimming Free Team Championship
x) Junior Open Free Team Championship
y) Open Solo Championship
z) Scottish Swimming National Duet Championship
aa) Open Duet Championship
bb) Scottish Swimming National Team Championship
cc) Scottish Combination Team Championship - **Avril Dempster Memorial Trophy**
dd) Open Free Combination Team Championship

SS6.0 Licensing

SS6.1 General

SS6.1.1 Licensing is to provide the Company with a means of control over events and to ensure the maintenance of minimum standards during the operation of these events in Scotland.

SS6.1.2 Clubs/Organisations running events must be aware of the Health and Safety Regulations and implications in respect of insurance cover

SS6.1.3 A licence is required for any competitive event that involves two or more participating Clubs.

SS6.1.3 All swimmers must be members of Scottish Swimming or be registered members of another FINA affiliated country, prior to competing in any licensed meet

SS6.2 License Categories

SS6.2.1 Event licences will be categorised as follows

a) Level 1 - International Meets between two or more Nations and National Meets
b) Level 2 - District organised events.
c) Level 3 - Other Meets e.g. Regional events, Inter Club Meets, Club events.

SS6.3 Jurisdiction

SS6.3.1 The National Synchronised Swimming Committee is responsible for the issue of licences for Level 1 and 2 events.

SS6.3.2 The appropriate District Committee is responsible for the issue of licences for Level 3 events.

S6.4 Applying for a Licence

SS6.4.1 Application must be made on the appropriate form available from the Company, which will require the following details.

a) Name of organising body
b) Contact details, (name, address, day / evening tel / fax numbers, e-mail address)
c) Name / Title of Meet
d) Date of Meet
e) Venue
f) Details of Meet – Open or Age groups (specified), list of events.
g) Details of pool – Length and maximum and minimum depths.
h) Starting and estimated finishing time of sessions.
i) Licence type.

SS6.4.2 Application for level 1 and 2 meets must be made to the SSSC 12 weeks prior to the meet.

SS6.4.3 Application for a Level 3 meet must be made to the appropriate District committee no later than 8 weeks prior to the meet. A programme of events must accompany the application

SS6.5 Reports

SS6.5.1 A completed meet report form must be returned by the Referee within 7 days of the finish of the event to the SSSC.

SS6.6 Fees

SS6.6.1 The fee for each licence category will be set annually in accordance with Company Rule R3.4.1.