

Canada Artistic Swimming

Official Rulebook

Revised November 2025



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1 GENERAL

1.1 Interpreting the Rules

The purpose of each rule is to ensure that all competitors have an equal opportunity to achieve. In applying and interpreting the rules or when confronted by a novel situation not covered by the rules, every effort should be made to apply this principle.

1.2 Applicability of Rules

All Members / registrants of CAS shall abide by the present rules.

1.3 World Aquatics Rules

All World Aquatics Artistic Swimming rules apply to any competition hosted by Canada Artistic Swimming unless specifically provided otherwise herein. In case of conflict, the present rules prevail.

This rulebook contains all of the rules currently in force, which govern the conduct of Canadian artistic swimming competitions.

Competitions other than these are the responsibility of the relevant PTSOs.

1.4 Canada Artistic Swimming Events

The events for Canada Artistic Swimming competitions are **Female** Solo ("**Solo**" **hereunder**), Male Solo, **Female** Duets ("**Duet**" **hereunder**), Mixed Duets, Teams, Free Combination and Acrobatic Routine.

1.5 Canada Artistic Swimming Age Categories

1.5.1 All competitors remain qualified from 1 January to the following 31 December at the age they are at the close of day (23:59) on 31 December of the year of the competition.

1.5.2 Female athlete age groupings are:

Senior	15 +above
Junior	15 – 19 years of age
Youth	13 – 15 years of age
12 and under	11 or 12 years of age
10 and under	8, 9, or 10 years of age

1.5.3 Male athlete age groupings are:

Senior	15 +above
Junior	15 – 20 years of age
Youth	13 – 16 years of age
12 and under	11 or 12 years of age
10 and under	8, 9, or 10 years of age

1.5.4 Masters age groupings are:

Masters Solo/Duet	18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
Masters Trio/Team	18-34, 35-49, 50-64, 65-79, 80+
Masters Free Combination	18-39, 40-64, 65+

For Duets, Trios, Teams, and Free combinations age is determined by the average age of the routine members.

1.5.5 Adaptive Artistic Swimming

Is not subject to age categories.

1.6 Age Minimum

Competitors in Artistic Swimming 11 years and younger (on December 31st in the year of the competition) shall not be permitted to compete at the Qualifier and CASC. Athletes aged 12 (on December 31st in the year of the competition) may only swim-up to Youth Team, Youth Duet or Youth Mixed Duet and Free Combination – see 5.11.2.

Athletes aged 12 may request an exemption to swim up to Youth solo by asking for exceptional status when demonstrating physical maturity and psychological maturity which match their advanced artistic swimming skills. Such exemption must be requested to the CAS Rules/Technical Committee.

1.7 Rule Changes

In accordance with the Canada Artistic Swimming Rule Amendment Policy, there will be one annual opportunity to submit rule change proposals (deadline: June 1 annually). Emergency rule changes may be considered at any time during the season at the discretion of the Rules/Technical Committee.

Rule changes made by World Aquatics are addressed in the policy and may be made at the discretion of the Rules/Technical Committee.

1.8 Definitions

Please refer to Appendix I for Definitions of terms used in this rulebook.

2 SESSIONS

2.1 Figures

2.1.1 Youth

- Each competitor in Youth Solo, Male Solo, Duet, Mixed Duet, Duet and Team must perform two (2) figures (the same two (2) figures), according to the Youth age group category.
- Each Youth competitor in Free Combination may choose to enter the Youth figure event if they are not entered in any other routine event.
- Youth athletes who are not part of any other Youth event can still take part in the Youth Figures event.

- d) Youth figures are selected by the World Aquatics TASC every four (4) years, subject to the approval of the World Aquatics Bureau. World Aquatics reserves their right to make any changes if deemed necessary.
- e) The 2022-2025 Youth Figures are described in [Appendix 1 of the World Aquatics rules](#).

2.1.2 12 and Under

- a) If CAS holds any 12 and Under competition, World Aquatics rules shall be followed.
- b) CAS recommends PTSOs follow World Aquatics 12 and Under Figures with each competitor in 12 and Under Solo, Male Solo, Duet, Mixed Duet, and Team performing four (4) figures, according to the 12 and Under age group category, as described in the Appendix 1 of the World Aquatics rules.
- c) Each 12 and Under competitor in Free Combination may choose to enter the 12 and Under figure event if they are not entered in any other routine event.
- d) 12 and Under figures are selected by the World Aquatics TASC every four (4) years, subject to the approval of the World Aquatics Bureau.
- e) The 2022-2025 12 and Under Figures are described in [Appendix 1 of the World Aquatics rules](#).

2.1.3 10 and Under and 8 and Under

10 and Under figures as recommended in Appendix 5.
8 and Under figures/skills are determined by the PTSO.

2.1.4 Adaptive Artistic Swimming Athletes (AdAS)

Adaptive Artistic Swimming (AdAS) figures as per Appendix 4.

2.2 Technical Routines (Senior/Junior)

- 2.2.1** In the Technical Routine each Solo, Male Solo, Duet, Mixed Duet, and Team must perform the technical required elements as described in [Appendix 2 of the World Aquatics rules](#).
- 2.2.2** In the Technical Routine each Female Solo, Male Solo, Duet, Mixed Duet, and Team must perform a predetermined number of Free Elements (Hybrids and Acrobatics), and a free choice of Transitions as per [Appendix 3 of the World Aquatics rules](#).
- 2.2.3** The Required Elements and the number of Free Elements for each event are selected by the TASC every four (4) years, subject to approval by the World Aquatics Bureau. World Aquatics reserves their right to make any changes if deemed necessary. The Routines are choreographed to music.
- 2.2.4** Team Technical Routines shall consist of 4 to 8 competitors. In Canada, there is no deduction for teams with less than eight members.

2.2.5 Junior/Senior athletes do not have to enter a Technical Routine to compete in the corresponding Free Routine.

2.3 Technical Routines (Masters)

For Masters Technical Routines refer to Appendix III of the CAS Rulebook.

2.4 Free Routines (Senior/Junior/Youth)

2.4.1 Each Free Solo, Male Solo, Duet, Mixed Duet, and Team Routine will consist of a predetermined number of Free Elements (Hybrids and Acrobatics) and a free choice of transitions choreographed to music as per [Appendix 3 of the World Aquatics rules](#).

2.4.2 The number of Free Elements for each event are selected by the World Aquatics every four (4) years, subject to approval by the World Aquatics Bureau. World Aquatics reserves their right to make any changes if deemed necessary.

2.4.3 Team Free routines shall consist of 4 to 8 competitors. In Canada, there is no deduction for teams with less than eight members. Provincial age group teams may consist of 4 to 10 competitors.

2.5 Free Routines (12 and Under/10 and Under/8 and Under)

2.5.1 If CAS holds any 12 and Under competition World Aquatics rules shall be followed, and therefore CAS recommends PTSOs follow World Aquatics 12 and Under Free Routine predetermined number of Free Elements (Hybrids and Acrobatics) as per [Appendix 3 of the World Aquatics Rules](#). The number of Free Elements for each event are selected by the World Aquatics every four (4) years, subject to approval by the World Aquatics Bureau. World Aquatics reserves their right to make any changes if deemed necessary.

2.5.2 CAS recommends events for 10U are Duet, Mixed Duet and Free Team. Solo only allowed for athletes unable to be part of another routine in the club due to numbers. **10 and Under and 8 and Under events and routine parameters are decided by the PTSO.**

2.5.3 Refer to Appendix V of the CAS Rulebook for Provincial Age Group Guidelines.

2.6 Free Routines (Masters)

For Masters Free Routines refer to Appendix 3.

2.7 Free Routines (Adaptive Artistic Swimming)

Refer to Appendix 4.

2.8 Free Combination (Youth and 12 and Under)

2.8.1 Free Combination has four (4) to ten (10) competitors who make a combination of routines as per [Appendix 5 of the World Aquatics rules](#).

2.8.2 The Free Combination has a predetermined number of Required and Free Elements choreographed to music as per [Appendix 3 of the World Aquatics Rules](#).

2.9 Acrobatic Routine (Junior/Senior)

For CASC and Qualifier, the Acrobatic Routine shall be an **open event (combined Junior/Senior)** and may have four (4) to eight (8) competitors performing a predetermined number of Elements as described in [Appendix 3 of the World Aquatics rules](#).

3 PROGRAMMES

3.1 Canadian Artistic Swimming Championships (CASC)

Youth	Figures, Solo, Male Solo, Duet, Mixed Duet, Team, Free Combination
Junior	Solo Tech, Solo Free, Male Solo Tech, Male Solo Free, Duet Tech, Duet Free, Mixed Duet Tech, Mixed Duet Free, Tech Team, Free Team
Senior	Solo Tech, Solo Free, Male Solo Tech, Male Solo Free, Duet Tech, Duet Free, Mixed Duet Tech, Mixed Duet Free, Tech Team, Free Team
Open (Junior/Senior)	Acrobatic Routine
Adaptive Artistic Swimming	Events as described in Appendix IV inclusive of Mixed Ability Duet and Team

3.2 Canadian Artistic Swimming Qualifier

Youth	Figures, Solo, Male Solo, Duet, Mixed Duet, Team, Free Combination
Junior	Solo Tech, Solo Free, Male Solo Tech, Male Solo Free, Duet Tech, Duet Free, Mixed Duet Tech, Mixed Duet Free, Tech Team, Free Team
Senior	Solo Tech, Solo Free, Male Solo Tech, Male Solo Free, Duet Tech, Duet Free, Mixed Duet Tech, Mixed Duet Free, Tech Team, Free Team
Open (Junior/Senior)	Acrobatic Routine
Adaptive Artistic Swimming	Events as described in Appendix 4 inclusive of Mixed Ability Duet and Team

3.3 Canadian Masters Artistic Swimming Championships (CMASC)

Solo Tech / Solo Free	18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
Male Solo Tech / Male Solo Free	18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
Duet Tech / Duet Free	18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
Mixed Duet Tech / Mixed Duet Free	18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
Mixed Ability Duet Tech / Mixed Ability Duet Free	18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
Trio Tech / Trio Free Note: this event is not held internationally and may be removed from domestic event list if participation remains low.	18-34, 35-49, 50-64, 65-79, 80+
Team Tech / Team Free	18-34, 35-49, 50-64, 65-79, 80+
Free Combination	18-39, 40-64, 65+

Note: internationally the minimum age for Masters is 25.

4 ELIGIBILITY

4.1 Registration

Only duly registered Qualified Competitors may compete in a given event.

4.2 Qualified Competitor

In order to be a Qualified Competitor, one

- 1) Must comply with current CAS Rules and Policies
- 2) Must be a Competitive Swimmer. No recreational registered participant may compete
- 3) Must be a Canadian Competitor
- 4) Must meet the Age Requirement
- 5) Where relevant, must have been chosen by the Selection Committee
- 6) Must be either a duly registered member of only one Club, PTSO or be an Unattached Competitor who has been authorized to enter the Meet
- 7) Shall participate without the use of substances as per the Canadian Anti-Doping Program (CCES).
- 8) In team and free combination, and acrobatic routines a maximum of 2 swimmers (team and acrobatic routine) and 3 swimmers (free combination) who are not Canadian competitors but are registered with a Canadian Club may compete.

- 9) In a Master team or trio or free combination or acrobatic routine, a swimmer who is not a Canadian competitor but who is registered with a Canadian Club, may compete.
- 10) International competitors as per quotas of international competitors in 4.5.2.

4.3 Unattached Competitors

4.3.1 Canadian resident

Where no Club is available to an otherwise qualified swimmer, the swimmer may register directly with the PTSO of residence, or directly with CAS for residents of the Northwest Territories and Nunavut. **Unattached Competitors** are counted in the membership of the PTSO. If more than three swimmers reside in one area, they must form a club; unattached status is not available to them.

4.3.2 Non-Residents (Canadian)

Otherwise qualified competitors who are residing outside of Canada may register directly with CAS. These swimmers may be allowed to compete in the Qualifier, at the discretion of the Rules/Technical Committee. Such swimmers must follow all entry requirements for the Qualifier.

4.3.3 Masters

Swimmers may compete unattached in Solo, Duet, and Trio events, but must be members of a registered club to compete in Team or Free Combination events.

4.4 Club Representation

In sanctioned competitions, no artistic swimmer can represent more than one (1) Club during the Competitive year, September 1 to August 31, except under the following circumstances:

- a) Swimmers taking up residence (permanent) in another province may be granted permission to transfer by the PTSO from which they have departed.
- b) Swimmers transferring club affiliation within a PTSO shall be bound by the rules and procedures of the PTSOs concerning transfers.
- c) Members of schools, universities, and similar organizations may represent their organization in competitions promoted by such organizations and may at the same time compete for a Club in CAS competitions, if properly registered as an amateur competitive swimmer through the Club.
- d) Swimmers from more than one club in the same province may combine to form duets, mixed duets, teams, free combination and acrobatic routine teams called interclub entries.

4.5 International Competitors

4.5.1 In order to be a Qualified Competitor, one must be an international competitor as per quotas of international competitors in 4.5.2.

4.5.2 Quotas for routines:

QUALIFIER No. of International Competitors	CASC No. of International Competitors
International swimmers can enter Qualifier as exhibition.	Youth / Junior / Senior – Solo, Male Solo, Duet, Mixed Duet, Mixed Ability Duet – 2 per country Team/Free Combination – 1 per country Acrobatic Routine – 1 per country

4.5.3 At the discretion of the Canada Artistic Swimming Rules/Technical Committee the number of international entries in CASC for each country may be increased.

4.5.4 Qualifying for finals

If finals are held, any international competitor who places in the top 12 shall automatically qualify for finals. If a country does not have a routine in the top 12 then the top placing routine in prelims from that country shall qualify for finals regardless of placing.

4.5.5 International Competitor Awards

- a) International competitors are not eligible to hold trophies.
- b) International competitors are not eligible for awards at Qualifier.
- c) At CASC, international competitors placing in the top three shall be awarded medals applicable to their placing in the Canadian Championships results (but CASC results will be calculated without them)

4.6 Masters

Masters swimmers may compete in non-Canada Artistic Swimming aquatic activities without jeopardizing their eligibility for Canada Artistic Swimming competitions.

4.7 Coach Eligibility

Coach eligibility is as per the [current CAS Coach Registration and Certification Policy](#) as posted on the CAS website on the Bylaws & Policies page.

Canada Artistic Swimming performs pre-competition audits of clubs and coaches entered to attend Qualifier and CASC to ensure compliance with the policy. Only eligible coaches will be granted deck privileges.

Coaches of international entries are exempt from the coach certification requirements for CAS and PTSO hosted competitions.

5 ENTRIES

5.1 The competitor categories at Qualifier are Senior, Junior, Youth and Adaptive (see Appendix IV).

5.2 The competitor categories at CASC are Senior, Junior, Youth and Adaptive (see Appendix IV).

- 5.3** The competitor categories at CMASC are: Masters Solo/Duet (18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+); Masters Trio/Team (18-34, 35-49, 50-64, 65-79, 80+); and Masters Free Combination (18-39, 40-64, 65+).
- 5.4** A Youth competitor may enter a maximum of five (5) routine events **with no restriction as to age group, from the list below:**
- Youth Solo/Jr Solo (if 15) events
 - Youth Duet/Jr **or Sr** Duet/Mixed Duet/Mixed Ability Duet events
 - Youth Free/Jr Tech or Free /Sr Tech or Free Team events
 - Youth Free Combination Team event
 - Jr/Sr Acrobatic Routine Team event
- 5.4.1** A youth athlete may only compete in a maximum of 3 Team events **(team events include Youth Team, Junior/Senior Tech/Free Team, Free Combination, Acrobatic Routine).**
- 5.4.2** A Team may not have the same roster in Youth and Junior/Senior.
- 5.4.3** A Duet may not have the same roster in Youth and Junior/Senior.
- 5.4.4** Participation in the figure event is compulsory for Youth entries in Solo, **Male Solo**, Duet, Mixed Duet and Team.
- 5.4.5** The Free Combination consists of a Routine component only, and is a stand-alone event that can be entered without having to have another routine entered in the competition.
- 5.5** A Junior competitor may enter a maximum of nine (9) combined Junior or Senior events: Solo Tech, Solo Free, Duet Tech, Duet Free, Mixed Duet Tech, Mixed Duet Free, Team Tech, Team Free and Acrobatic Routine.
- 5.5.1** Tech and Free routines are separate events that are entered individually - it is not mandatory to enter one to be eligible to enter the other.
- 5.5.2** Acrobatic routine is a stand-alone event that can be entered without having to have another routine entered in the competition.
- 5.5.3** A Technical/Free Team may not have the same roster in the corresponding routine event in Junior and Senior, **and may not have the same athletes compete in the corresponding routine event in Junior and Senior.**
- 5.5.4** A Technical/Free Duet may not have the same roster in the corresponding routine event in Junior and Senior, **and may not have the same athletes compete in the corresponding routine event in Junior and Senior.**
- 5.6** A Senior competitor may enter a maximum of nine (9) Events: Solo Tech, Solo Free, Duet Tech, Duet Free, Mixed Duet Tech, Mixed Duet Free, Team Tech, Team Free and Acrobatic Routine.
- 5.6.1** Tech and Free are separate events that are entered individually - it is not

mandatory to enter one to be eligible to enter the other.

5.6.2 Acrobatic routine is a stand-alone event that can be entered without having to have another routine entered in the competition.

5.7 A Masters competitor may enter a maximum of nine (9) events: 1 Tech Team/Trio, 1 Free Team/Trio, 1 Free Combination, 1 Duet Tech, 1 Duet Free, 1 Mixed Duet Tech, 1 Mixed Duet Free, 1 Solo Tech and 1 Solo Free.

5.7.1 Tech and Free are separate events that are entered individually – it is not mandatory to enter one to be eligible to enter the other.

5.7.2 Free Combination is a stand-alone event that can be entered without having to have another routine entered in the competition.

5.8 Adaptive Artistic Swimming as per events in Appendix IV.

5.9 Coach Cards

5.9.1 Coach Cards of declared difficulty for each event entered must be submitted electronically by the deadline and method as stated in the competition information package for Qualifier, CASC, and CMASC.

5.9.2 Coach Cards must be submitted by coaches for Qualifier, CASC and CMASC by the deadlines stated by the CAS Competition Director or a fine of \$100.00 will be assessed per coach card not submitted.

5.9.3 The deadlines and reasons for which Coach Cards will be allowed to be modified before the start of each event will be announced by the CAS Competition Director before each competition.

5.9.4 Please refer to Appendix 4 regarding Coach Cards for Adaptive Athletes.

5.10 Entry Exceptions:

5.10.1 A Junior eligible age athlete may compete in both Junior and Senior Free AND/OR Technical Team as long as the roster is not the same (see 5.5).

5.11 Team Composition and Exemption to Age Category Requirements

5.11.1 “Team” means a group of at least four competitors but no more than eight for Senior, Junior, and Youth competitions at the national and international level.

5.11.2 An athlete may swim up one age category in Duet, Mixed Duet, Team, Free Combination and Acrobatic routine.

a) A 12U athlete aged 12 may swim up to Youth Duet or Youth Mixed Duet, Youth Team and Youth Free Combination, and therefore must enter Youth figures.

b) A Youth athlete may swim up to Junior Duet, Junior Mixed Duet, Junior Tech or Free Team, Senior Tech or Free Team and Acrobatic Routine (as per 5.4). A 15

year old athlete can also swim up to Junior Solo and Senior events because they are age eligible.

- 5.11.3** One first year Senior (20-year-old female/21-year-old male) can swim down on a Junior Team, likewise one first year Junior (16-year-old female/17-year-old male) can swim down on a Youth Team, with the following restrictions:
- a) Only one athlete per club, per age group can swim down in each age group (one from junior to 13-15, and one from senior to junior).
 - b) May only be a first-year junior or first-year senior as per ages above.
 - c) If there are 2 athletes, they may not be able to use the rule as they may be able to swim a duet in their own age group.
 - d) If there are 3 athletes, one can swim down (provided they meet the other criteria), and the other 2 can swim a duet.
 - e) If there are 4 or more athletes, no swimming down is allowed as they can swim a team.
 - f) If there are 11 athletes, the club can enter 2 teams of 6-5 or 7-4, or 2 full teams of 8 in junior and senior. They could also enter an acrobatic team or a combo (if Youth age eligible) with their extra swimmers, but they are not allowed to use this "swim down" rule. This measure is meant to help small clubs, not large clubs who have an odd number of athletes but still many options.
 - g) Athletes swimming down to Youth would need to enter the figure competition, but would not be eligible to enter Youth individual routines (would have to swim solo in the Junior age group).
 - h) Permission will be granted by the Rules Committee upon written request from the club. Special exceptions may be granted in exceptional cases. Decisions are final and non-appealable.
- 5.11.4** Athletes may represent and compete for two member clubs in the same season in different routines.
- 5.11.5** The number of team competitors may not change between team prelims and team finals.
- a) Exception: If a team does not have an alternate(s) listed on the entry and a team member is unable to compete following the preliminary event in the final team event due to exceptional circumstances (injury/illness) the team may compete without that athlete.
 - b) The request for the exception shall be submitted to the Chief Referee of the competition with supporting documentation (if possible - i.e. previous injury) a minimum of two hours prior to the event.
 - c) The two hour rule shall be waived in the case of sudden illness/injury.

5.12 Entrants

5.12.1 Figure Competition (Youth only for Qualifier and CASC)

All Youth competitors including alternates and substitutes entered in Solo, Male Solo, Duet, Mixed Duet, and Team shall compete in the figure event. Each Youth

competitor in Free Combination may choose to enter the Youth figure event if they are not entered in any other routine event and Youth athletes who are not part of any other Youth event can still take part in the Youth Figures event. Should the Youth figure event be used as a selection process for a national program, all eligible competitors may enter the Figure Event.

5.12.2 Routines - Qualifier

- a) In Youth all teams entered are required to swim in the prelims of that event, if it is being held. The teams achieving the top 12 combined scores from prelims will advance to finals.
- b) In Youth, all solos and duets are required to swim in the finals of that event (no prelims will be held).
- c) In Junior and Senior Technical routine competition (Solo Tech, Male Solo Tech, Duet Tech, Mixed Duet Tech, Team Tech) all routines will advance to finals (no prelims will be held).
- d) In Junior and Senior Free routine competition (Solo Free, Male Solo Free, Duet Free, Mixed Duet Free, Team Free) all routines will advance to finals (no prelims will be held).
- e) The Acrobatic Routine event and Free Combination routine event shall be final events (no prelims will be held) and are stand-alone events that can be entered without having to have another routine entered in the competition.

5.12.3 Routines - CASC

- a) In Junior and Senior competitions - Tech and Free are separate events that are entered individually. It is not mandatory to enter one to be eligible to enter the other. There will be no combined tech/free scores and rankings.
- b) Free Combination and Acrobatic Routine are stand-alone events that can be entered without having to have another routine entered in the competition.
- c) All routines are required to swim in the prelims of the event, if they are held. The top 12 routine scores from prelims will advance to the finals.
- d) There will be no prelims in **Youth Solo, Junior/Senior Solo Tech, Junior/Senior Solo Free and Junior/Senior Duet Tech. The Competition Director may decide not to hold Junior/Senior Duet Free prelims.** Finals start orders will be seeded according to Qualifier results with 30-40-30 distribution rule. Byes are considered to have finished last before distribution is drawn.

5.12.4 Alternates and Substitutes

- a) A Duet may have one alternate.
- b) A Mixed Duet may have two alternates - one male, one female.
- c) A Trio may have one alternate.
- d) A Team/Free Combination/Acrobatic Routine may have a maximum of two alternates.
- e) Number of Routine Entries (Rules 5.4-5.7) does not apply to alternates, (i.e. alternates may be listed on more than one entry but may not swim more than once in each event.)

- f) Substitutes must be entered according to the general criteria, except that the entry form should clearly indicate that this routine is a substitute.
- g) Athletes may be named on more than one entry list but may only compete on one each of Tech Team, Free Team, Free Routine Combination, and Acrobatic routine in the same category at the same competition.

5.12.5 Substitute Routines

Substitute routines must be declared as competing no later than two hours prior to the first event of the competition for that age group. In prelims at CASC, only a substitute routine from the Qualifier may replace a competitor who has withdrawn.

5.13 Exhibition Entries

5.13.1 If a routine does not meet the defined requirements for a routine or has ineligible athletes as members of a routine (see Eligibility and Selection rules) that routine may, at the discretion of the CAS's Rules/Technical Committee, enter CASC or Qualifier.

5.13.2 An exhibition routine:

- a) Must pay all competition entry fees and meet entry deadlines
- b) Will be drawn as if a qualified competitor in the event
- c) Will be listed on all draws/programs as an exhibition routine
- d) Will be announced, following their swim, as an exhibition routine
- e) That qualifies for a final event **shall be added to the finals quota of that event and** shall be drawn to swim first regardless of their placing in the preliminaries
- f) Is not eligible for awards

5.13.3 If an exhibition routine qualifies for finals there must be 12 qualified routines in the event.

5.13.3 Senior National Team Athletes

If a Senior National Team athlete wishes to participate in Qualifier or CASC, that athlete may, at the discretion of CAS's National Team Head Coach and with approval from the Rules/Technical Committee, enter the competition. A Senior National Team athlete:

- a) Must pay all competition entry fees and meet entry deadlines
- b) Will be drawn as a qualified competitor in all events
- c) Will be listed on all draws and programs as a Senior National Team competitor
- d) Will be announced as a Senior National Team routine
- e) Who qualifies for a final event shall be added to the finals quota of that event and shall be drawn to swim based on their placing in preliminaries
- f) Is eligible for duplicate awards.

6 SELECTION

6.1 International Competition

A Member/registrant may not compete in an International Competition unless approved by CAS. For more details on eligibility and application procedures, please refer to the [CAS International Bid Policy](#).

6.1.1 World Aquatics/other international rules may differ from Canadian rules. Any athletes/routines planning to compete out of country should check that their routines are following the rules as outlined in the competition information package of the host federation.

6.1.2 World Aquatics Masters rules may differ from Canadian rules. Any athlete planning to compete out of country should check that their routines are following World Aquatics Masters rules or other rules as outlined by the host federation.

6.2 Selection Committee

6.2.1 Composition

A Selection Committee is struck for each qualifying meet. Members must not have a Conflict of Interest. For the Qualifier, the Selection Committee shall be composed of the Chief Referee of the competition plus one member from the West (BC/AB/SK/MB/YT), one member from the East (ON/QC) and one member from the Atlantic region (NB/NL/NS/PE) The members can vary for the different categories.

6.2.2 Selection of competitors

The Selection Committee selects competitors in order of rank by final result.

6.2.3 Effect

No routine can be entered at CASC unless the Qualifier Selection Committee has authorized it. No routine can be entered at the Qualifier unless its Provincial Selection Committee has authorized it.

6.2.4 Substitutes

Substitutes may be selected to compete if the originally selected routines are unable to participate. The substitute shall be the next ranking routine by combined score.

6.2.5 Exceptional Circumstances

The Selection Committee may, upon the advice of the entrant's PTSO, qualify for entry into CASC Championships competitors who are unable to swim in the Qualifier events due to exceptional circumstances (such as, but not limited to: injury, illness, school exams) beyond the control of the swimmers. Such byes entries shall be added to the Qualifier's quota. The same shall apply for competitors unable to swim in the Provincial qualifying meet for the National Qualifier competition. In order to be eligible for a bye, a routine must be entered in

the competition and must pay all applicable fees. Byes cannot be considered after the fact.

6.2.6 Qualifier Results

The Qualifier results must be emailed immediately at the conclusion of the Qualifier by the Selection Committee Chair to the CASC Competition Director.

6.2.7 Masters

All routines that enter and compete at their provincial selection competition are eligible to enter CMASC. Provincial quotas may be imposed on a year-to-year basis by the CMASC Competition Director, and shall be announced at least 4 months before the event if needed. Clause 6.2.5 for exceptional circumstances applies to Masters competitors for CMASC.

6.2.8 Adaptive Athletes

Please refer to Appendix 4.

6.3 Quotas for Routines

6.3.1 CASC

Youth Solo, Male Solo, Duet and Mixed Duet	Top 20 from the Qualifier plus 1 per province/territory if not included in the top 20, to a maximum of 28 routines, not including byes.
Youth Team and Free Combination	All teams that enter and compete at the Qualifier are eligible to enter CASC.
Senior and Junior: Solo Tech, Male Solo Tech, Duet Tech, and Mixed Duet Tech	Top 20 from the qualifier plus 1 per province/territory if not included in the top 20, to a maximum of 28 routines, not including byes.
Senior and Junior: Solo Free, Male Solo Free, Duet Free and Mixed Duet Free	Top 20 from the qualifier plus 1 per province/territory if not included in the top 20, to a maximum of 28 routines, not including byes.
Senior and Junior: Team Tech, Team Free, and Acrobatic Routine	All teams that enter and compete at the Qualifier are eligible to enter CASC.
Adaptive events	All routines that enter and compete at their provincial selection competition are eligible to enter CASC.

The top three Experienced Category Solos, Duets, Mixed Duets and Teams at the CUASL National Championships are eligible to compete at CASC in the Senior Free events without qualifying through the Qualifier. The athletes competing at CASC must be registered as competitive athletes with CAS.

6.3.2 Qualifier

Youth Team and Free Combination	All teams that enter and compete at their respective provincial selection meets are eligible to enter the Qualifier.
Senior and Junior: Team Tech, Team Free, and Acrobatic Routine	All teams that enter and compete at their respective provincial selection meets are eligible to enter the Qualifier.
Youth Solo, Male Solo, Duet, Mixed Duet Junior and Senior Solo Tech, Male Solo Tech, Solo Free, Male Solo Free, Duet Tech, Duet Free, Mixed Duet Tech, Mixed Duet Free	<p>The provincial quota includes 2 entries for the first 200 registered competitive swimmers (excluding Masters & Adaptive) and 1 additional entry for additional registered competitive swimmers to a maximum of 4 per province as follows:</p> <p>0-200 registered competitive swimmers = 2 entries;</p> <p>201-400 registered competitive swimmers = 3 entries;</p> <p>401-600+ registered competitive swimmers = 4 entries;</p> <p>Plus, Performance quota entries earned on the immediately preceding respective National championships results as follows:</p> <p>2 entries per medallist and</p> <p>1 entry per placement of 4-12 (or total amount of entries in final) to be awarded in the subsequent year, not counting foreign entries, and not including byes.</p> <p>Quotas may be re-allocated between provinces as per Appendix 6.</p>
Senior entries:	<p>All Senior entries that enter and compete at their respective provincial selection meets are eligible to enter the Qualifier.</p> <p>In the case of Senior Solos, Duets and Mixed Duets, all entries will qualify as noted above unless the numbers in any given year exceed the maximum quota in place for those events of 30 entries. In this instance, the quota calculation as described for the Junior and Youth Solos and Duets will be applied.</p>
Adaptive events	All routines that enter and compete at their provincial selection competition are eligible to enter the National Qualifier.

7 CONFLICT OF INTEREST

7.1 Conflict of Interest is as per the [current CAS Conflict of Interest Policy](#) as posted on the CAS website on the Bylaws & Policies page.

The following categories of people are deemed to have a conflict of interest:

- a) A Family Member of a competitor; For purposes of this rule, a "Family Member" includes step relationships and is any of parent, child, sibling, uncle, aunt, nephew, niece, first cousin, grandparent, or spouse (includes non-married romantic partners) boyfriend and girlfriend) or an inhabitant of the same household
- b) A current Coach of a competitor; defined as a personal or team coach of a competitor who coaches that competitor in figures and/or routines on a regular basis
- c) A Club manager of a competitor;
- d) A Family Member of a Coach of a competitor; defined as a guardian, child, sibling, partner or an inhabitant of the same household, of a Coach of a competitor
- e) A Family Member of a Club manager of a competitor;
- f) A Board member of a competitive Club of a competitor; and
- g) A Family Member of a Board member of a competitive Club of a competitor
- h) In certain circumstances (ie National Championships) a board or staff member of a PTSO

8 PROTESTS

8.1 Protests

8.1.1 No protests shall be made against the judges' marks/scores. Penalties and Difficulty Technical Controller decisions and Synchronization Technical Controller decisions (major errors only) are appealable.

8.1.2 Protests may be made by a participant (defined as: coach or athlete who is 18+ if the coach is not available) registered for the Meet.

8.1.3 For protests NOT involving the review of Technical Controller decisions (difficulty or synchronization), the process shall be as follows:

- a) Within 5 minutes of an event/session ending, verbal notification of an intent to protest must be made to the Referee. In the absence of this verbal notification no written protest shall be accepted and if the event is a final, the awards ceremony will proceed.
- b) Protests shall be made in writing to the Referee via the CAS Protest Form accompanied by a \$200 cash payment within 30 minutes from when the Referee signs the results.
- c) The Chief Referee shall arbitrate in case of protest; in the event that mediation is not possible, the matter shall be referred to the Jury of Appeal.
- d) The Referee shall assemble the Jury of Appeal, who shall make a decision based on the information given on the written protest form.

8.1.4 For protests involving the review of Technical Controller decisions (difficulty or synchronization), the process shall be as follows:

- a) Within 5 minutes of an event/**session** ending, verbal notification of an intent to protest must be made to the Referee. In the absence of this verbal notification no written protest shall be accepted and if the event is a final, the awards ceremony will proceed.
- b) Protests shall be made in writing to the Referee via the CAS Protest Form accompanied by the appropriate cash payment, within 30 minutes from when the Referee signs the results. **Cost to appeal shall be \$200 per base mark/major synchronization error protested.**
- c) **The protest shall be reviewed by a Review Panel composed of the Lead Technical Controller from the event being protested, the Referee (or their designate), and a National Technical Controller not involved in the original decision.**
- d) The lead Technical Controller of the applicable panel shall identify to the Review Panel the element in question and explain the error made so that the Panel is informed as to what they are reviewing. The Review Panel shall review the video a maximum of **2 times in slow motion if technology permits, or a maximum of 3 times at normal speed otherwise,** and make a decision based on what was reviewed. This decision shall be final and non-appealable. The Referee shall inform the coach once a decision is made on the outcome of the protest.

8.2 Jury of Appeal

8.2.1 "Jury of Appeal" means a group of people without a Conflict of Interest appointed by the NOC Chair (for Qualifier, CASC, and Masters Nationals) or by the President of the Host Province or their designate (for Provincials) to resolve any protests that may be made pertaining to the competition. It is composed of three members and one alternate, one of whom must be an accredited National Technical Controller (for CAS events) or Provincial Technical Controller (for Provincial events).

8.2.2 The Jury of Appeal shall resolve any protests referred to it by the Chief Referee.

8.2.3 Responses from the Jury of Appeal may be made verbally but must be followed by a written decision that will be distributed to the Chief Referee and the parties involved in the protest. The decision of the Jury of Appeal shall be final.

8.2.4 A report of the circumstances and the decision should be forwarded by the Chief Referee to the NOC to be available for discussion.

9 DOPING CONTROL

9.1 As per current World Aquatics and CCES rules and regulations.

10 FIGURE SESSIONS

10.1 Youth

- 10.1.1** In the Youth category each competitor in Solo, Male Solo, Duet, Mixed Duet, and Team must perform a group of two (2) figures from the Section (A, B or C) of figures drawn from the list described in the [Appendix 1 of the World Aquatics rules](#).
- 10.1.2** Each competitor in Youth Free Combination or Youth athletes who are not part of any other Youth event may perform the two (2) figures selected by the above-described procedure.
- 10.1.2** Competitions other than CAS Competitions (Qualifier and CASC), may choose from the Age Group figures (see World Aquatics Rules Appendix I – link as per 10.1.1) for the level of ability of the competitors entered in the competition.

10.2 12 and Under

- 10.2.1** If CAS holds any 12 and Under competition World Aquatics rules shall be followed and it is therefore recommended that PTSOs follow the World Aquatics Rules for 12 and Under Figures as per [Appendix 1 of the World Aquatics Rules](#).
- 10.2.2** In the 12 and under-age category each competitor in Solo, Male Solo, Duet, Mixed Duet, and Team must perform four (4) figures: the two (2) compulsory figures and one (1) group of two (2) figures drawn from the list as described in Appendix I of The World Aquatics rules (as per link in 10.2.1). Each competitor in 12 and under Free Combination may perform four (4) figures selected by the above-described procedure.

10.3 10 and Under / 8 and Under

10 and Under figures as recommended in Appendix V.
8 and Under figures/skills are decided by the PTSO.

10.4 Adaptive Artistic Swimming

Adaptive Artistic Swimming figures as per Appendix IV.

10.5 Figure Draw

- 10.5.1** Figure section and groups from the World Aquatics Figures 2022-2025 as per [World Aquatics Rules Appendix 1](#) shall be drawn by the Chief Referee or their designate.
- 10.5.2** For Qualifier and CASC, the figures section (A, B, or C) shall be drawn and posted one week before the Figure Session and will be posted on the official competition communication channel immediately after they have been drawn. The figure group from within that section shall be drawn seventy-two (72) hours before the start of the Figure Session and will be posted on the official competition communication channel immediately after they have been drawn.

10.5.3 For all other age groups (12 and Under, 10 and Under, 8 and Under), the order of appearance and the figures to be performed by each competitor shall be decided by lot. The Optional group shall be drawn first, then the order of appearance shall be drawn.

10.6 Swimmer identification

Swimmers shall be identified by number for the figure competition. Referees shall have access to the draw in order to be able to locate and organize swimmers, but names shall not be called.

10.7 Swimmer apparel and accessories

10.7.1 Goggles and nose clips may be worn.

10.7.2 For figures the swimmers must wear a plain black one-piece suit and white cap. The cap must be devoid of identifying marks. The suit must be devoid of identifying marks other than a manufacturer's logo not exceeding 16 square centimeters; nothing may hang/dangle from the suit (including long ties) – nothing on the suit should be able to float.

10.7.3 Only small stud jewelry is permitted. Competitors must remove any dangling jewelry prior to the start of the event. Jewelry exceptions as per 10.13.

10.8 Figure Panels

10.8.1 For Youth two panels shall judge any figures event. For 12U a minimum of two and preferably four panels shall judge any figures event. Each panel shall be assigned a panel referee and an assistant panel referee by the chief Referee. When qualified judges are available in sufficient numbers five (5) judges shall officiate.

10.8.2 Each judge at each panel is assigned a number for the purposes of recording, reporting and tracking scores.

10.8.3 The Head Judge of each panel shall convene a meeting to review and discuss the figures to be judged, just before the event.

10.8.4 The judges shall flash their marks simultaneously, on the Panel Referee's signal.

10.8.5 Alternate judges shall record their marks for each figure and submit them to the Panel Referee after the event, to be forwarded to the NOC member responsible for judges' statistics.

10.8.6 Any panel judge or referee who perceives a potential penalty situation should call a conference of the judges on the panel. The judges in conference will decide what shall be done, and the Head Judge will inform the Panel Referee.

a) If a penalty is in order, the Panel Referee will instruct the scorers to deduct the appropriate penalty from the score. Once the Panel Referee is satisfied that the penalty has been recorded properly, they will initial each score sheet.

- 10.8.7** If a judge is unable to flash a mark, an average of the marks of the rest of the panel shall be taken to determine the mark for that judge. This mark shall be rounded to the nearest tenth of a point.
- 10.8.8** If a judge is unable to complete the judging of a figures event, the alternate judge will take over, and the marks of the alternate judge will be used from the beginning of the event.

10.9 Judgement of Figures

- 10.9.1** As per World Aquatics Rule AS 10.1 the competitor can obtain points from 0 – 10 using 1/10th points.

Perfect	10	Good	7.9-7.0	Weak	3.9-3.0
Near Perfect	9.9-9.5	Competent	6.9-6.0	Very Weak	2.9-2.0
Excellent	9.4-9.0	Satisfactory	5.9-5.0	Hardly Recognisable	1.9-0.1
Very Good	8.9-8.0	Deficient	4.9-4.0	Completely Failed	0

- 10.9.2** As per World Aquatics Rule AS 10.2 all judgements are made from the standpoint of perfection considering design and control, with each transition of the figure having a numerical value based on its difficulty (NVT).

10.10 Preswimmer

Prior to the event, at least one swimmer not entered in the event may be judged by the judges officiating for the event.

10.11 Conduct during judges' conference

When a judges' conference is taking place, the competitor shall not receive any feedback other than from the judging panel. The Panel Head Judge shall be the liaison between swimmers, coaches and judges when explanations or discussions are necessary.

10.12 Penalties in Figures

- 10.12.1** For Youth figures at Qualifier or CASC, if a competitor does not perform the announced figure, a competitor stops during the figure, or if the figure does not have all the required elements or are performed other than according to the description, the result of the figure will be a zero. Please refer to [World Aquatics rules Appendix 1 for Basic Body Positions, Basic Movements and Figure descriptions and requirements](#).
- 10.12.2** If a zero is awarded to a figure, the panel judge 1 shall inform the panel referee who shall inform the scoring panel that the result will be zero for that figure.
- 10.12.3** For 12U figures, a one-point penalty shall be assessed and the athlete will be permitted a second attempt. If following the second attempt the penalty is still applicable, a zero shall be awarded.

10.13 Figures Swimmer Absent

10.13.1 Extraordinary Circumstances

Throughout this subsection, extraordinary circumstances beyond the control of the swimmer shall be considered.

10.13.2 Missing a Figure

A competitor's number shall be called three times. If the competitor does not answer the call, a zero shall be awarded for that figure.

10.13.3 Missing the Figures Event

A swimmer who misses the entire figure event receives a score of zero for that event.

10.13.4 Competing with a Wrong Competitor Number

If an athlete intentionally competes in a figure competition using an incorrect competitor number they shall be assessed a \$100 fine, per infraction, to be paid by the club to the Chief Referee of the competition within one hour of the completion of the figure event. If the fine is not paid, a one-point penalty shall be deducted per figure swum under the wrong number.

10.14 Calculation of the Figure Result

As per [World Aquatics Rule AS 12 – Calculation of the Figure Result](#).

10.14.1 The highest and the lowest marks are cancelled (one of each). The three (3) remaining marks are added, the sum divided by three (3). The result is multiplied by the degree of difficulty to obtain the score for each of the four or two figures competed.

10.14.2 The sum of the four or two figures shall be divided by the total degree of difficulty of the figures competed and multiplied by 10, and then the penalties shall be deducted.

10.14.3 For Solo the figure result shall be obtained according to 10.14.2.

10.14.4 For Duets – for each competitor the figure result shall be obtained according to 10.14.2. These results shall be added and divided by two (2) to find the average score (round off to the fourth decimal places).

10.14.5 For Teams – for each competitor who swims a team routine the figure result shall be obtained according to 10.14.2. These results shall be added, and the total divided by the number of competitors on the team to find out the average score (round off to the fourth decimal places).

10.14.6 If a competitor after the preliminaries in Duet or Team is not able to swim figures (due to illness or injury), in Duet the figure score of the reserve is used to

determine the total score for the duet: in Team, the higher figure score of the two reserves is used to determine the total score for the team.

10.14.7 The Chief Scorer shall determine and enforce the necessary procedures to ensure that scoring is carried out accurately and as quickly as possible.

11 ROUTINE SESSIONS

11.1 A mixed duet shall consist of one female and one male.

11.2 A team shall consist of at least four (4) but not more than eight (8) competitors (no gender quotas). The number of team competitors may not change between preliminary and final, unless an exception is granted as per 5.11.5 a-c.

11.3 A Free Combination shall consist of at least four (4) but not more than ten (10) competitors (no gender quotas). The number of team competitors may not change between preliminary and final, unless an exception is granted as per 5.11.5 a-c.

11.3.1 Free Combination General Requirements as per [World Aquatics Rules Appendix 5](#)

11.3.2 Free Combination Required Elements as per [World Aquatics Rules Appendix 5](#)

11.4 An Acrobatic routine shall consist of at least four (4) but not more than eight (8) competitors. (no gender quotas) The number of team competitors may not change between preliminary and final, unless an exception is granted as per 5.11.5 a-c.

11.4.1 Acrobatic Routine General Requirements as per [World Aquatics Rules Appendix 4](#)

11.4.2 Acrobatic Routine Required Technical Elements as per [World Aquatics Rules Appendix 4](#)

11.5 In Duet, Mixed Duet, Team, Free Combination and Acrobatic Routine events competitors who are listed on the entry according to rule 5.12.4 may be interchanged before routine sessions.

11.5.1 Any changes of the names of the competitors from the most recent entry lists must be handed to the Referee in writing at least two hours prior to the published start time of routine number one. This time must be published in the official competition schedule. Changes after this can only be made in case of sudden illness or accident of a competitor and if the reserve is ready to compete without delaying the competition. The final decision in such a situation shall be made by the Chief Referee.

11.5.2 Failure to notify the substitution and / or scratching according to 11.5.1 shall result in a fine of \$100.00.

11.6 If the lack of alternates reduces the Team, Free Combination or Acrobatic Routine size to less than that defined in 11.2, 11.3 or 11.4 the team shall be disqualified.

11.7 Routine Content

11.7.1 Routine titles, content, music and movements are prohibited from:

- a) encouraging or celebrating hate, harm, or discrimination
- b) appropriation and/or misrepresentation of populations that have been historically discriminated against.

11.7.2 If content references cultural groups or specific communities, those communities need to have been meaningfully consulted and compensated for their involvement.

11.7.3 If Routine content is deemed to be inappropriate by the Referee as per 11.7.1, the Referee has the authority to disqualify the routine. The decision is appealable.

11.8 Walk-On and Deck Movements

As per World Aquatics rules.

11.9 Prelims and Finals

11.9.1 For Qualifier, all events except Youth Team will be direct finals. If the Youth Team event has fewer than 15 competitors at the time of the draw for order of swim, the Competition Director, in consultation with the Chief Referee of the competition, may decide to hold the event as a direct Final. In such a case, the draw shall be random.

11.9.2 Prelims and Finals shall be held in the following events at CASC:

- Youth Solo, Duet, Mixed Duet, Team, Youth Free Combination;
- Junior Solo Tech, Junior Solo Free, Junior Duet/Mixed Duet Tech, Junior Duet/Mixed Duet Free, Junior Team Tech, Junior Team Free;
- Senior Solo Tech, Senior Solo Free, Senior Duet/Mixed Duet Tech, Senior Duet/Mixed Duet Free, Senior Team Tech, Senior Team Free;
- Junior/Senior Acrobatic routine;
- Direct finals shall be held in all Adaptive events

11.9.3 At CASC, for events with fewer than 15 competitors at the time of the draw for order of swim, the Competition Director, in consultation with the Chief Referee of the competition, may decide to hold only direct finals. In such a case, the draws shall be random.

11.9.4 Notwithstanding 11.9.2 and 11.9.3, the CAS Competition Director reserves the right not to hold any prelims in any Solo or Duet event at CASC even when more than 15 competitors are registered to accommodate the event schedule. Clubs must be notified at least 3 months before the competition.

11.9.5 Qualifying for Finals

a) CASC

The top twelve Canadian routines shall qualify for finals (if they are held). Ties in the last qualifying position shall also qualify for finals.

b) Qualifier (Youth Team)

The top twelve routines plus ties in 12th place shall qualify for finals (if they are held).

11.10 Draw for Order of Swim Procedure

11.10.1 Draw for Order of Swim – CASC

- a) The CAS Scorer or designate will be responsible for conducting all draws electronically. These draws shall be forwarded to the Competition Director for distribution to participating clubs. World Aquatics rules will be followed unless otherwise specified.
- b) The draw for order of swim for all routine prelims and direct finals shall be random, **except for all Youth, Junior, Senior and Mixed solos and duets.**
- c) **For all Youth, Junior, Senior and Mixed solos and duets, the order of swim will be seeded based on results from Qualifier, using the 30-40-30 distribution rule (the top placing 30% of total entries shall draw to swim in the bottom 30% of the routine event, the bottom placing 30% of total entries shall draw to swim in the top 30% of the routine event, and the middle placing (40%) shall draw to swim in the remaining places in the routine event.) The draws within each group shall be random.**
- d) In prelims of a solo or duet or mixed duet event with more than six entries in total, a competitor may be drawn in first, second, or third position only once.

11.10.2 Draw for Order of Swim – CMASC

- a) The CAS Scorer or designate will be responsible for conducting all draws electronically. These draws will be forwarded to the Competition Director for distribution to participating clubs.
- b) The draw for all routines at CMASC shall be random.

11.10.3 Draw for Order of Swim – Qualifier

- a) The CAS Scorer or designate will be responsible for conducting the draws for the Qualifier electronically. These draws will be forwarded to the Competition Director for distribution to participating clubs.
- b) The start order draw for the following events shall be random:
 - Youth Team Prelims
 - Junior and Senior Solo Tech finals
 - Junior and Senior Solo Free finals
 - Junior and Senior Male Solo Tech finals
 - Junior and Senior Male Solo Free finals
 - Junior and Senior Duet Tech finals
 - Junior and Senior Duet Free finals
 - Junior and Senior Mixed Duet Tech finals

Junior and Senior Mixed Duet Free finals

Junior and Senior Team Tech finals

Junior and Senior Team Free finals

Youth Free Combination finals

Open Acrobatic routine finals

- c) The start order draw for Youth Solo finals, Youth Male Solo finals, Youth Duet finals and Youth Mixed Duet finals shall be seeded based on Youth figure results, using the 30-40-30 distribution rule (the top placing 30% of total entries shall draw to swim in the bottom 30% of the routine event, the bottom placing 30% of total entries shall draw to swim in the top 30% of the routine event, and the middle placing (40%) shall draw to swim in the remaining places in the routine event.) The draws within each group shall be random.
- d) In Youth Solo finals, Youth Male Solo finals, Youth Duet finals and Youth Mixed Duet finals, if a competitor withdraws from the first 30% or middle 40% of the draw they will be a scratch. If the withdrawn competitor is in the last 30% of the draw, the next highest placing competitor from the middle 40%, based on the figures score, will swim in the withdrawn competitor's position.

11.10.4 Draw for Order of Swim – Routine Finals

For all routine finals that were preceded by a preliminary round, the order of swim shall be the reverse order from the preliminary round results (the last placing qualifying entry going first, and the top-placing entry going last).

11.10.5 Deadline for entry to finals

- a) No routine may be qualified to enter the final of an event after the event has started. For the purposes of the present rule, the final shall be deemed to have started when the first competitor enters the water.
- b) In finals at CASC, the substitute will be first in the order of swim.

11.10 Swimmer apparel, accessories and make-up

11.10.1 Nose clips are allowed for all events. Goggles are allowed with medical certification for routine events. Medical certification to be submitted to the Chief Referee at least 30 minutes prior to the event. Masters and Adaptive athletes may use goggles for all events without having to submit medical certification.

11.10.2 The swimwear (swimsuit, cap and goggles) of all competitors shall be non-transparent, and suitable for the individual sports disciplines and shall not carry any symbol which may be considered offensive. Nothing may hang/dangle from the suit (including long ties) – nothing on the suit should be able to float. Swimmers will be permitted to wear swimwear that meets religious or personal beliefs (ex swimwear that includes a hijab or a full body covering). In the event that the referee thinks a competitor's swimwear does not conform, the competitor will not be permitted to compete until changing into appropriate swimwear.

- 11.10.3** Theatrical make-up shall not be worn. Natural makeup that represents the athlete's unique personality and/or the theme of their routines may be used.
- 11.10.4** The use of accessory equipment, or additional clothing is not permitted unless required by medical reasons.
- 11.10.5** For safety reasons only small stud jewelry is permitted. Competitors must remove any dangling jewelry, or dangling items from headpieces or swimwear prior to the start of the event.
- 11.10.6** Requests for religious or medical alert adornments (only) to be worn during competitions must be addressed to the Chief Referee in advance of the competition via the registration form or as required by the Competition Director. The following situation is permitted:
- a) Standard medical alert or bracelet of religious significance (for example a Sikh Kara bracelet) may be worn under the following conditions: it must be only one bracelet, must not more than one centimetre wide; and it must have a smooth surface with no sharp or protruding edges that could potentially injure a swimmer. The Referee shall inspect the bracelet prior to the swimmer entering the pool to ensure the criteria are met.
 - b) The Chief Referee has the authority to allow or disallow any jewelry or adornment based on his or their assessment of the risk of injury. The Chief Referee also has the authority to require a bracelet to be taped into position if the design warrants additional care be taken while competing.

12 ROUTINE TIME LIMITS

- 12.1** Time limits shall be as per [World Aquatics AS 14.1](#) and [World Aquatics rules Appendix 3](#). Time limits for Technical Routines, Free Routines and Acrobatic Routines including ten (10) seconds for deck movement:

Jr/Sr Technical Routine Solo/Male Solo:	2 minutes 00 seconds
Jr/Sr Free Routine Solo/Male Solo:	2 minutes 15 seconds
Jr/Sr Technical Routine Duets/Mixed Duets:	2 minutes 20 seconds
Jr/Sr Free Routine Duets/Mixed Duets:	2 minutes 45 seconds
Jr/Sr Technical Routine Teams:	2 minutes 50 seconds
Jr/Sr Free Routine Teams:	3 minutes 30 seconds
Acrobatic Routine:	3 minutes 00 seconds
Jeux Canada Games time limits shall follow those for the Jr/Sr Category	

Youth Solo/Male Solo:	2 minutes 00 seconds
Youth Duet/Mixed Duet:	2 minutes 30 seconds
Youth Free Team:	3 minutes 00 seconds
Youth Free Combination:	3 minutes 00 seconds

It is recommended that PTSOs follow World Aquatics 12U Time Limits:	
12U Solo/Male Solo:	2 minutes 00 seconds
12U Duet/Mixed Duet:	2 minutes 30 seconds
12U Free Team:	3 minutes 00 seconds
12U Free Combination:	3 minutes 00 seconds

Recommended 10U Time Limits:	
10U Solo/Male Solo:	1 minute 15 seconds
10U Duet/Mixed Duet:	1 minute 45 seconds
10U Free Team:	2 minutes 15 seconds

The maximum times for Masters Artistic Swimming routines, each of which is inclusive of a maximum of ten (10) seconds for the deck movement, are as follows:	
Masters Solo Tech:	2 minutes 00 seconds
Masters Solo Free:	2 minutes 15 seconds
Masters Duet/Mixed Duet Tech:	2 minutes 20 seconds
Masters Duet/Mixed Duet Free:	2 minutes 45 seconds
Masters Trio Tech:	2 minutes 20 seconds
Master Trio Free:	2 minutes 45 seconds
Masters Tech Team:	2 minutes 50 seconds
Masters Free Team:	3 minutes 30 seconds

Masters Free Combination:	3 minutes 00 seconds
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- 12.2** There shall be an allowance of five (5) seconds less or plus the allotted time for all routines.
- 12.3** Deck movement (deck work) must not exceed 10 seconds.
- 12.4** In all routine events, the walk-on of the competitors from the designated starting point to the achievement of a stationary position(s) may not exceed 30 seconds for Technical or Free Mixed Duets, Technical and Free Teams, for Free Combination and Acrobatic Routine, and may not exceed 20 seconds for any Solo and Duet Events.
- 12.5** In routine events, when the Routine starts in the water, the time allowance for the athletes to achieve a stationary starting position in the water shall not exceed 30 seconds for Technical and Free Mixed Duet, Technical and Free Teams, Free Combination and Acrobatic Routine and 20 seconds for any Solo and for female Duets Events.
- 12.6** Timing of the performance shall start with the walk-on and finish with the accompaniment. Timing of the walk-on shall commence when the first competitor moves past the starting point and ends when the last competitor assumes a starting position. Timing of the deck movements shall begin with the accompaniment and end as the last competitor leaves the deck.
- 12.7** The accompaniment shall begin upon a signal from the Referee or appointed official. After the signal the competitor(s) must perform the routine without interruption (as per Section 18). Routines may start on the deck or in the water, but they must finish in the water.
- 12.8** A minimum of two timers shall time from the start of the walk-on to a stationary position, deck time from the start of the music until the last swimmer leaves the deck, and the total routine time from the start of the music to the end of the music. The overall time, the deck work time, and the routine walk on time shall be recorded on the master score sheet, to the nearest second.
- 12.9** All Competitors shall provide music in accordance with the published quality requirements as stated in the competition information package. Organizers may request new music should it not meet the standards required.

13 MUSIC ACCOMPANIMENTS

13.1 Content of Lyrics

Music that uses swear words in any language and/or promotes hate, harm, or discrimination is prohibited at all competitions. A \$100 fine will be given to routine entries who fail to abide by this rule.

13.2 Submission of music

For Qualifier, CASC, and CMASC competitors shall provide music electronically as requested in the competition information package. All music must be submitted and labelled as directed by the deadline provided.

13.2.1 If the music is not submitted by the deadline, if it is not in the correct format, or it is not labelled correctly, or if it is not submitted using the correct process, there will be a \$100 fine per infraction. This fine is to be paid at least 24 hours before the beginning immediately to the Chief Referee of the competition.

13.2.2 There shall be a one-point penalty if the fine is not paid prior to the event. The Referee shall instruct the scorers to deduct this penalty from the routine score.

13.3 CAS will designate someone to operate the music at all routine events.

13.4 Failure of Music/Disrupted Sound

If, for any reason, the sound is disrupted during a performance, the Referee shall take no action unless requested to do so by the coach. The coach must inform the referee prior to the announcing of the marks. If the coach requests action, see 18.4.

13.5 Music Tests

13.5.1 Music tests shall be conducted only when technical difficulties make them necessary.

13.5.2 The Referee shall order a music test when there is reason to believe there is a technical difficulty, after the current competing routine has finished.

13.6 Sound Level

For CAS competitions, a decibel (sound level) meter shall be used to monitor the sound level and ensure that no person shall be exposed to average sound levels exceeding 85 decibels or momentary peak sound levels exceeding 100 decibels.

14 ROUTINE PANELS

14.1 As per [World Aquatics Rule AS 16.1](#) – Two (2) panels of five (5) judges must officiate in all routines: one for Elements and one for Artistic Impression.

14.1.1 Each judge at each panel is assigned a number for the purposes of recording, reporting and tracking scores.

14.1.2 For Masters see Appendix 3, For Adaptive see Appendix 4.

14.2 As per [World Aquatics Rule AS 16.1](#) – Two (2) groups of three (3) Technical Controllers must officiate in all routines: one group to check the number, order of performance and predeclared difficulty of the Free Elements (Hybrids and Acrobatics), and the performance and predeclared order of Technical Required Elements (technical routines), and one group to register the number and type of synchronisation errors observed. The Technical Controllers may use the VAR (Video Assisted Review). They can have one (1) review in slow motion for each element or transition part they are questioning. In order for

a Base Mark or Major Errors to be applied or the review to be dismissed, two of the three TC must be in agreement.

14.2.1 There will be one (1) Difficulty Technical Controller (DTC) and two (2) Difficulty Assistant Technical Controllers (DATC). The purpose of the role is to verify all of the Technical Required Elements (technical routines), and the Free Elements (Hybrids and Acrobatics) performed in real time as they occur in a routine. The Referee is consulted in case of a Conflict of Interest where one of the DTC recuses themselves. They are also responsible for the identification of any "technical errors", which are differences in what is declared on the Coach Card to what is performed in the water OR an error in a Technical Required Element (technical routines). The Difficulty Technical Controller will have communication to the Referee.

14.2.2 There will be three (3) Synchronisation Technical Controllers (STC) who will record the number of synchronisation errors (unequal actions) they observe during the performance of a routine. They will be seated on deck with a clear view of the pool.

14.4 During routine sessions the officials shall be placed in elevated positions on opposite sides of the pool.

14.5 At the completion of each routine the judges submit their scores.

14.6 If one or more judges by reason of illness or other unforeseen circumstances has made no award for a routine, the average of the awards of the other judges shall be computed and shall be considered as the award. This shall be calculated to the nearest 0.1 point.

14.6.1 If an unexpected situation happens during a session and one or more judges cannot award for a routine, the referee can disrupt the session and performance. After the settlement of a matter and safe confirmation, the referee shall resume the session and allow the competitor to swim again.

14.7 Recording Marks

14.7.1 At Qualifier and CASC the judges shall record their marks electronically via the computer scoring system in place by CAS.

14.7.2 If an electronic system is not available - the judges shall record their marks on the Judges' Slips provided and shall pass the completed slip to the runner after each routine. The mark that is recorded on the Judge's Slip becomes final as it reaches the scorers' table. At this point, the judge may not alter the written mark in any way.

14.7.3 The judge's mark is considered complete only if it consists of a digit, a decimal point, up to 2 digits, e.g. 7.0 or 6.75. If not complete, the scorer shall ask the referee to return it to the judge for clarification.

14.7.4 In the case of judges using flash cards at an event - if a flashed mark differs from the Judge's Slip, the later shall prevail and be the official mark as per 14.7.2.

15 JUDGEMENT OF ROUTINES

- 15.1** As per [World Aquatics Rule 17.1 – Judgement of Routines](#). In Routines the competitor can obtain points from 0 – 10 by increments of 0.25 points.

Perfect	10	Good	7.75 – 7.0	Weak	3.75 – 3.0
Near Perfect	9.75 – 9.5	Competent	6.75 – 6.0	Very Weak	2.75 – 2.0
Excellent	9.25 – 9.0	Satisfactory	5.75 – 5.0	Hardly Recognisable	1.75–0.25
Very Good	8.75 – 8.0	Deficient	4.75 – 4.0	Completely Failed	0

- 15.2** In all Routines each judge shall award scores from 0-10 points each (see 15.1).

- 15.2.1 Elements** panel judges shall award one score for the **execution** of each Element (Free and Technical Required).

- a) In EXECUTION, consider: the level of excellence in performing highly specialized skills. Execution of all routine Elements, Technical Required elements and Free elements (hybrids and acrobatics)

- 15.2.2 Artistic Impression** panel judges shall award three scores, one score for **Choreography and Musicality**, one score for **Performance** and one score for **Transitions**.

- a) In CHOREOGRAPHY and MUSICALITY consider the creative skill of composing a routine that combines artistic and technical elements. The design and weaving together of variety, creativity, and innovation of all movements: elements and transitions. The pool coverage. Expressing the mood of the music, use of the music's structure and the movements and synchronization with music.
- b) In PERFORMANCE consider- the manner in which the swimmer(s) present(s) the routine to the viewers: the walk-on and deck movements. The use of body language to express physical and emotional power, confidence, and total command of the performance.
- c) In TRANSITIONS consider the artistry and mastery of varied and purposeful movements, propulsions and strokes that link routine elements.

- 15.2.3** Difficulty Technical Controllers check the predeclared difficulty on the submitted Coach Card. Difficulty values will be as per World Aquatics AS Rules Appendices VI (Hybrid Difficulty) and VII (Acrobatic Catalogue). World Aquatics reserves the right to adjust the components assigned to each category as required and CAS will follow any adjustments.

16 DEDUCTIONS AND PENALTIES IN ROUTINES

16.1 All deductions and penalties as per: [World Aquatics Rules Section 18: DEDUCTION, PENALTIES AND OTHER MATTERS IN ROUTINES](#)

16.2 Technical Controller (DTC/DATC/STC) Review Request

As per Section 8 – Protests.

17 CALCULATION OF ROUTINE RESULTS

17.1 As per World Aquatics rule AS 19.1 Calculation procedure for all routines:

$EL1DD*Ex + EL2DD*Ex + \dots + ELnDD*Ex - Sy \text{ errors penalty} - \text{Other penalties}$
= Elements Score

$CH/MU \text{ score} + P \text{ score} + Tr - \text{Other penalties}$
= Artistic Impression Score

$\text{Elements score} + \text{Artistic Impression score} - \text{Other penalties}$
= Routine Score

The mark for each element is calculated as follows: the highest and the lowest awards for each mark are cancelled (one high, one low). The three (3) remaining awards are added, and the sum divided by three (3). The result is multiplied by its correspondent DD.

For each of the three Artistic Impression marks the highest and the lowest awards for each mark are cancelled (one high, one low). The three (3) remaining awards are added.

EL = Element (either required or free)

DD = Sum of values of each element component and bonuses for free elements (as per Hybrid Difficulty Table/Acrobatic Catalogue) and assigned DD for technical required elements #1 to #5

Ex = Execution mark

n = Total number of elements in an event (see [World Aquatics Rules – Appendix 3](#))

CH/MU = Choreography and Musicality

P = Performance

Tr = Transitions

World Aquatics will manage all DD values. Factoring can be applied.

World Aquatics reserves the right to adjust if required.

CAS will follow all World Aquatics Factoring for routines.

CAS reserves the right to make adjustments for domestic competitions (Qualifier and CASC).

17.2 Routine Score

The Routine Score shall be the sum of the Elements score and Artistic Impression Scores less any penalty deductions as per AS18 (CAS rule 16).

17.3 Final Result or “Combined Score”

- 17.3.1** The final figure result shall be that of the competitors who actually swam the Free Routine. For exceptions see rule AS 12.3.4 (CAS Rule 10.14.6). **CAS will follow World Aquatics Factoring for figures for addition to the final result.**
- 17.3.2** The final result is determined by adding the final score of each performed session; if both Preliminary and final Routine sessions are held, the routine score from the final session shall replace that of the Preliminary session to determine the Final Result.
- 17.3.3** In events that include one (1) session – Junior/Senior Technical Routines, Junior/Senior Free Routines, Acrobatic Routine or Free Combination – the result shall be the score of that session.
- 17.3.4** In events that include two (2) sessions – Figures and Free Routine (Youth events) or Technical Routine and **Free/Acro Routine** (Canada Games) – the results shall be a combined score as calculated according to applicable rules (World Aquatics for Youth events, Canada Games rules for Canada Games).
- 17.3.5** In events that include three (3) sessions – Technical Routine, Free Routine and Acrobatic Routine – the results shall be the sum of each session.
- 17.3.6** In case of ties (calculated to four decimals) the following shall apply:
- Ties shall not be broken in all routines in prelims (CAS rule).
 - The following procedure will be used to break a tie for the Final Result or “combined score”:

For all routines:

 - The highest elements score shall decide.
 - If there is still a tie, the highest Choreography and Musicality score in the Artistic Impression panel determines the position.
 - If there is still a tie, the highest verified total declared degree of difficulty in the Elements Panel will decide.

For events with combined results (Technical and Free Routines) For example: Canada Games, the following procedure will be used:

 - The higher Free Routine score of the final result shall decide
 - If there is still a tie, the Elements score of the Free Routine determines the position.
 - If there is still a tie, the highest choreography and Musicality score in Artistic Impression score of the Free Routine determines the position.
 - If there is still a tie, the highest Elements score from the Technical Routine result shall decide.

17.4 Ranking Routines

- 17.4.1** Competitors may be ranked twice, for purposes of awards.
- 17.4.2** Rank in "Routine" is determined by Routine Score as per 17.2.
- 17.4.3** The Final Result or "Combined Score" is determined as per 17.3.1-17.3.6.
- 17.4.4** Placings for purposes of qualifying for finals and selection to subsequent competitions are by Final Result or "Combined Score" as per 17.3.1-17.3.6.
- 17.4.5** Swimmers' placings in all events shall be determined by the scores received in finals.

18 ROUTINE SESSION INTERRUPTIONS

Throughout this section, extraordinary circumstances beyond the control of the swimmer shall be considered.

18.1 Entire Routine Absent

During a routine event, a competitor shall be called three times. If the competitor does not answer the call, the routine shall be awarded a zero.

18.2 Routine Member(s) Absent

18.2.1 Before the Beginning of Event Portion

In duet and team events, competitors who are listed on the entry forms (members and alternates) may be interchanged before or after prelims. The Chief Referee and the Chief Scorer shall be informed if there are any changes in the listed members of the routine not later than two hours before the event. The figures score for the routine shall be recomputed (See Calculation of the Figure Result).

Failure to comply with this rule shall result in the assessment of a \$100 fine, per infraction, to be paid by the club to the Chief Referee prior to the start of the event portion. If the fine is not paid, a one-point penalty shall be deducted from the routine score. Notwithstanding the above, an alternate can be changed up to the time the routine starts if unforeseen circumstances arise without penalty.

18.2.2 After Beginning to Swim

If any swimmer fails to swim the complete team routine, the judges in conference may assess a penalty. If assessed, the penalty shall be five points, to be deducted from the routine score. Failure of any competitor to swim the complete solo or duet routine shall result in disqualification of the routine.

18.3.3 Post-Routine Deck Display

If athletes other than the alternates to a duet or team routine are present in the deck display following the swim, a \$100 fine shall be assessed to the coach/club, to be paid prior to the medal presentation.

18.4 Interruption of a Routine

18.4.1 Referee's Discretion

A performance may be stopped at the discretion of the Referee.

18.4.2 Re-Swim

If the interruption is deemed to be beyond the control of the swimmers of the routine, the Referee shall allow the routine to be performed again during the event.

18.4.3 Routine Temporarily Unable to Perform

At the discretion of the referee and upon the request of the routine's coach, a routine temporarily unable to perform due to circumstances beyond the control of the athlete(s) may be scheduled later in the draw.

- a) The referee shall determine when the temporarily withdrawn routine shall swim.
- b) The routine scheduled to be performed immediately after the temporarily withdrawn routine shall be given up to 3 minutes to prepare and then must compete. Failure to follow the directions of the referee shall result in the disqualification of said routine.

19 OFFICIALS AND DUTIES

19.1 Officials for Qualifier and CASC shall be selected by the NOC in consultation with the CAS Director of Events based on submitted judge availability, provincial/territorial representation, and competition location (travel costs).

19.2 The required Officials will be:

19.2.1 A Chief Referee who controls the event, with the assistance of the Assistant Referees.

19.2.2 Assistant Referees (2) who control the event under the direction of the Chief Referee.

19.2.3 One assistant referee for each panel of judges in figures competitions.

19.2.4 Each Figure panel shall consist of five (5) judges. In Routines two (2) panels of five (5) judges shall be used.

19.2.5 One Difficulty Technical Controller (DTC) and one to two TC Assistants (DATC) are required for routine events.

19.2.6 Two to Three (2-3) Synchronization Technical Controllers are required for duet and team events.

19.2.7 For each Figure panel – a Panel Referee, a Panel Marshall and two to three (3) scorers.

- 19.2.8** For routines – a minimum of two timers, one Referee, one Assistant Referees, two (2) panels of at least three (3) judges, one panel of at least two (2) DTC/DATC Controllers and one panel of at least two (2) STC shall be used.
- 19.2.9** A CAS approved Sound Center Manager
- 19.2.10** A CAS approved announcer
- 19.2.11** A CAS approved video replay operator
- 19.2.12** CAS Evaluators (1-2). Appointed by NOC. Evaluators shall be selected from the trained group of CAS Evaluators.
- 19.2.13** Other officials as deemed necessary shall carry out duties assigned by the Chief/Assistant Referee.

19.3 Referee

- 19.3.1** The Referee in collaboration with CAS Competition Director and CAS Evaluators shall have control of the event. The Referee shall enforce the decisions of the group. Referees will take attendance and provide the judges with logistic information for the session (for example if there is break or if there are any scratches). The Evaluators will lead all judge panel discussions and judge debriefs.
- The Referee shall be responsible for:
1. Draw for order of appearance in all sessions.
 2. Recording changes of competitors prior to each session.
 3. Checking the electronic scoring system.
 4. Checking the computer results.
 5. Ensure that an evaluators program is provided.
- 19.3.2** The Referee shall be responsible for the running of the deck and flow of the event. Rules will be enforced by the referee after collaboration with CAS. The Evaluators may be consulted as necessary. The Referee, in collaboration with the CAS Competition Director, is responsible for questions and decisions of the events relating to the conduct of the event.
- 19.3.3** The Referee shall ensure that all the necessary officials are in their respective positions to conduct the session. They ensure the officials have their assignments for each routine.
- 19.3.4** The Referee may appoint reserve judges for any persons who are absent, incapable of acting or found to be inefficient or biased after consultation with CAS.
- 19.3.5** In emergencies the referee is authorized to assign a reserve judge.

- 19.3.6** The Referee ensures that the competitors are ready and signal for the start of the accompaniment. They shall approve the penalties resulting from any infraction to the rules. The Referee and CAS shall approve the results before announcements.
- 19.3.7** The Referee may intervene in the event at any stage to ensure that the CAS regulations are observed and shall adjudicate all protests in collaboration with CAS related to the session in progress.
- 19.3.8** The Referee shall recommend disqualification of any competitor for any violation of the rules that they personally observe by reporting the offender to CAS.
- 19.3.9** The Referee must attend the Coaches meeting and ensure logistics for the event are in place.

19.4 Officials Apparel

- 19.4.1** All judges and technical controllers shall be dressed in black pants, black Canada Artistic Swimming **Official** polo shirts, and appropriate black footwear. Black pants just below the knee are acceptable for figure and preliminary events.
- 19.4.2** Referees shall be dressed in black pants, red Canada Artistic Swimming polo shirts, and appropriate black footwear.
- 19.4.2** Scorers shall be dressed in black pants, blue Canada Artistic Swimming polo shirts, and appropriate black footwear.

20 COMPETITION MANAGEMENT

20.1 Hosting Qualifier, CASC or CMASC

The CAS Board of Directors or its designate shall decide whether to grant sanction to a PTSO **or club** applying to host Qualifier, CASC and CMASC.

20.2 Entries to Qualifier, CASC or CMASC

20.2.1 Forms

- a) Registrants must use the current Canada Artistic Swimming entry forms or the online registration program as directed in the meet information package.
- b) When requested to do so by the CAS Competition Director, and by the stated deadlines found in the online meet information page, all completely filled out entry information (sport entries + competition registration form) must be submitted to the CAS Competition Director.
- c) Payment must be submitted electronically, by the means and deadline by mail to the Canada Artistic Swimming National Office.
- d) Where a club believes that a swimmer's coach may change after an entry is submitted it is acceptable to name more than one certified coach, any of who may act as the coach during the competition

- e) The entry package is defined as:
 - 1. Entry forms - including athlete's names, birth years, coach names, NCCP levels, NCCP numbers, CAS registration numbers, club contact information.
 - 2. List of athletes indicating the categories entered
 - 3. Entry fee calculation
 - 4. Music practice request
 - 5. Hospitality and any other forms as requested by CAS Competition Director
- f) Incomplete entries that are received will be considered late if the missing information is not received by the entry deadline.

20.2.2 Late Entries

- a) Each routine whose entry package has not been received or is incomplete by the stated deadline is automatically assessed a **\$100 fine**. This fine must be paid to the Chief Referee or designate at the coaches meeting prior to the competition, or the routines concerned will be disqualified from the competition.
- b) The final deadline for late entries is two weeks prior to the start date of the competition.
- c) No entries will be accepted after this date. Only foreign entries are exempt from this rule.

20.2.3 Entry Fees

Entry fees for the Qualifier, CASC and CMASC are non- refundable.

20.3 Conduct of the Competition

20.3.1 Personnel

- a) The CAS Competition Director is in charge of the meet until the Chief Referee arrives. The CAS Scorer, in conjunction with the CAS Competition Director shall certify all entry forms for eligibility and completeness, prior to the draw.
- b) The NOC, **in collaboration with the CAS Competition Director**, shall determine the judges and referees for the meet.
- c) A Jury of Appeal **and a Chief Judge** shall be named by the NOC.
- d) The deck shall only be open to:
 - Accredited official competitors
 - Accredited official coaches
 - Accredited officials of the meet
 - Accredited official news media
 - others who have been granted pool privileges by the Chief Referee or the CAS Competition Director.

20.3.2 Activities on Deck

- a) Filming is allowed with the permission of the Chief Referee.
- b) Interviews with competitors will not be allowed in the immediate field of play area of the pool deck just before or during the events.
- c) Appropriate space will be provided for televised openings and closings.

20.3.3 Pre-Competition Meetings

- a) The judges shall meet under the **direction** of the Chief Judge before the competition to review and resolve any points at issue. The announcement of the Jury of Appeal shall also be made at this meeting.
- b) The Chief Referee shall chair a Coaches Technical Meeting of the coaches before the meet to clarify rules and procedures.

20.3.4 Announcing Competitors

- a) Competitors in prelims and finals shall be known by name and swim according to numbers assigned in the draw. Names of the competitors may be printed in the program.
- b) Before each competitor's swim, the announcer shall announce names as follows:
 - for solos and duets, the name(s) of the swimmers, and the club they represent
 - for trios the registered name of the club
 - for teams, the registered name of the club or the team. If the team has chosen a theme, this information may also be provided by the announcer.
- c) Following each competitor's swim, the announcer shall announce the names of the club, the named routine coach and the athlete(s).

20.3.5 Announcing Marks

- a) Routine scores may be read when available for all events. The component scores (Elements and Artistic Impression) **and the achieved degree of difficulty** may be read along with the overall Routine Score.
- b) For Youth events, **combined scores (including figures component, as per 17.3) may be read in addition to Routine Score.**
- c) Scores are unofficial until certified by the Chief Scorer.

21 AWARDS

21.1 Recipients

The list of awards is found in Appendix 2. They are attributed to the highest-ranking participant in a particular event.

21.2 Ties

21.2.1 In case of a tie, additional medals or ribbons shall be awarded.

21.2.2 In the event of a first place tie, the trophy certificate shall be awarded to both winners.

APPENDIX 1: DEFINITIONS

The terms listed in this section shall have the meaning attributed to it.

1. **"Acrobatic movement"** is a general term for jumps, throws, lifts, stacks, platforms, etc., which is performed as spectacular gymnastic feats and/or risky actions and is mostly achieved with assistance by another swimmer(s). Please refer to the World Aquatics Acrobatics Catalogue (World Aquatics AS Rules Appendix VII).
2. **"Acrobatic Routine"** is a routine composed of seven (7) acrobatic movements: one from each acrobatic group (A, B, C, P), and three (3) more of free choice (selected from any group). See World Aquatics AS Rules Appendix VI and the World Aquatics Acrobatics Catalogue (World Aquatics AS Rules Appendix VII).
3. **"Age"** means the age of a competitor as of December 31st of the calendar year of the competitive season.
4. **"Alternate"** means a competitor who is designated to replace a member of a duet, team, or free combination.
5. **"Alternate Judge"** means a judge named to a judge's panel to judge an event, whose marks are recorded but not flashed or announced. The alternate judge's marks may be used as provided herein.
6. **"Assistant Referee"** means a qualified person named to carry out any assigned duties by the Chief Referee.
7. **"CAS"** means Canada Artistic Swimming, the governing body of Artistic Swimming in Canada, also known as "Canada Artistic Swimming".
8. **"Canadian Artistic Swimming Championships"** also known as "CASC" and sometimes referred to informally as "Nationals" means the Championship for Senior World Aquatics, Junior World Aquatics and Youth age categories and will be considered the National Championships for these categories.
9. **"Canadian Artistic Swimming Qualifier"** also known as the "Qualifier" means a qualifying competition for CASC. All routines must compete in the Qualifier in order to be eligible to compete in CASC.
10. **"Canadian Competitor"** means a competitor who is a Canadian citizen or a permanent resident. A routine is considered a Canadian Competitor if all its members are Canadian citizens or permanent residents. See section 4: Eligibility.
11. **"Canadian Masters Artistic Swimming Championships"** also known as "CMASC" means the Canadian Championships for Masters. The event can sometimes be referred to informally as "Masters Nationals", and may adopt a variety of other names to reflect its growing international nature, including "Masters Canada Cup".
12. **"Championship"** Includes Canadian Artistic Swimming Championships (CASC), Canadian Masters Artistic Swimming Championships, and Provincial Championships.

13. **"Chief Judge"** For CASC, a Chief Judge shall be named for each Category. The Chief Judge for Senior Events will be considered the Chief Judge for CASC.
14. **"Chief Referee"** means the person in charge of a particular competition, responsible for carrying out the rules and ensuring that they are obeyed. The Chief Referee acts as liaison among the meet manager, scorers, judges, competitors and announcers and sees that the competition is run efficiently. The Chief Referee assigns duties to the Panel Referees and the Assistant Referees.
15. **"Chief Scorer"** means the person who supervises all facets of the scoring process. The Chief Scorer is responsible for ensuring that all marks are correctly recorded and calculated.
16. **"Club"** means a club registered as such with CAS. Clubs may be Recreational or Competitive. Competitive Clubs may have Competitive and Recreational swimmers but a Recreational Club may not have any Competitive swimmers.
17. **"Club Team"** means a team composed of members of a Competitive Club.
18. **"Coach Card"** is where the declared difficulty for a routine is detailed – Technical Required Elements, Free Hybrids and Acrobatics. Transition parts will also be declared on the coach card (Time and Part) to assist with following the order of performance. Please see Appendix VI for the CAS Coach Card.
19. **"Compete"** means to participate in an event in which there is ranking with others.
20. **"Competitive Swimmer"** means a swimmer who is registered with a PTSO or with CAS directly, who is a Registrant of CAS and competes.
21. **"Deck work"** means a set of movements' part of a routine executed to music prior to entering the water. Note: World Aquatics uses the term "deck movements" in World Aquatics AS rules.
22. **"Event"** means a portion of the competition for which awards are presented. Thus, "Junior Duet" is an event, "Youth Male Solo" is an event.
23. **"Figure"** means a combination of positions and transitions performed in the water, as defined in the World Aquatics AS Rules – Appendix 1 and the World Aquatics AS Manual.
24. **"Finals"** means the last portion of the Event, for which awards are presented.
25. **"Free Combination"** means a routine consisting of parts of solos, duets, trios, and teams.
26. **"Free Routines"** consist of a predetermined number of Free Elements (Hybrids and Acrobatics) and a free choice of transitions choreographed to music.
27. **"Head Judge"** means the member of the judges' panel designated to be the panel leader. The Head Judge leads any discussion among the judges of its panel and acts as the panel spokesperson.
28. **"International Competition"** means a Competition held under the jurisdiction of World Aquatics or outside of Canada.

29. **"Judge"** means an individual appointed to evaluate the performance and assign marks according to the criteria laid out in the rules. The National Officials Committee (NOC) assigns judges for the Qualifier, CASC, and Canada Games. The PTSO assigns judges for Provincial Championships and other Inter-provincial meets.
30. **"Judges' panel"** normally means a group of at least five judges to judge an event. One member is named to act as Head Judge. In addition, each panel may have an alternate judge named to it. For Free Routines there may be three panels, one to judge Execution, one to judge Artistic Impression and one to judge Difficulty. For Technical Routines there may be three panels, one to judge Execution, one to judge Impression and one to judge Elements. Members of the judges' panels for prelims and finals of a same event do not have to be the same.
31. **"Judges Slip (Chit)"** means the paper on which the judge's mark is recorded for each routine (when a computerized system is not able to be used). Judges' slips should have a place to record the judge's number, the event, the competitor number, and the judge's score(s). In all instances, the Judges slip is the official score.
32. **"Junior"** means a competition involving the Junior age category: 15-19 years of age (female), and 16-20 years of age (male).
33. **"Master"** means a competitor 19 years of age or older who is not competing in the age group system. The minimum age is for Canada only. International Masters competitors must be 25 years of age or older.
34. **"Meet"** means the entire competition for a particular age group, including all the routines and figure events.
35. **"Meet Manager"** means an individual appointed by the host PTSO to handle all the meet arrangements prior to the meet, to assist the referee in the efficient conduct of the actual meet, and to carry out the meet wrap-up.
36. **"Members or registrants of CAS"** means an organization (eg PTSO), or a person (an individual or a legal person) duly registered with CAS and who has paid applicable fees.
37. **"Modified Ordinal Point System"** means a system which uses swimmers' placings in figures and routine finals (or routine prelims for non-World Aquatics lists,) to calculate an overall ranking, for each individual swimmer/team. This is used to determine the Aggregate Trophy.
38. **"NOC"** means the National Officials Committee - the management team of CAS that oversees the training, certification, and assignment of judges and referees.
39. **"Panel Referee(s)"** means the official(s) in charge of a particular event, including the officials and the swimmers, under the direction of the chief referee who has no conflict of interest. The panel referee and assistant referees, as assigned by the chief referee, will monitor the required elements in tech, free, free combination and acrobatic routines.
40. **"Prelims"** means the preliminary portion of a routine event, from which routines qualify into finals. If the competitors swim only once, they are considered to be competing in finals.

41. **"Provincial/Territorial Sport Organization"**, also known as PTSO, means any one of Alberta Artistic Swimming, BC Artistic Swimming, Manitoba Artistic Swimming, New Brunswick Artistic Swimming, Newfoundland & Labrador Artistic Swimming, Nova Scotia Artistic Swimming, Ontario Artistic Swimming, Natation Artistique Québec, Saskatchewan Artistic Swimming, PEI Artistic Swimming, Yukon Artistic Swimming or any of their successors and assignees.
42. **"Provincial Team"** means a team made up of swimmers registered with the same PTSO.
43. **"Qualified Judge"** means a Judge who meets the criteria set out by the NOC and who has no conflict of interest. For CASC, a qualified judge is a level IV or level V. For Qualifier, and Canada Games, a qualified judge may be either level III or level IV or level V. For CASC, World Aquatics or UANA judges may judge at these meets if international entries are competing. A judge must re-qualify in the manner specified by the NOC to remain on the active judges list.
44. **"Qualified Referee"** means an individual who has completed the requirements of the referee certification program as outlined by the NOC.
45. **"Interclub Routines"** means a routine in Tech/Free Team, Free Combination, Acrobatic Routine and Tech/Free Mixed Duet that is composed of athletes registered with more than one club providing that the clubs are registered with one Provincial Section. Member athletes of this type of team represent their home club for solo and duet.
46. **"Qualifying Competition"** means a Competition in which Competitors must compete in order to qualify for another Competition.
47. **"Recreational Swimmer"** means a swimmer who is registered with a PTSO and Canada Artistic Swimming but does not compete.
48. **"Routine"** means any of solo (1 member), duet (2 members), Trio (3 members), Team, Free Combination or Acrobatic Routine.
49. **"Senior"** means a competition involving the Senior Age Category: Females/Males 15+
50. **"Substitutes"** means routines which are selected by the relevant Selection Committee to compete in the named Event in case a selected routine is unable to compete.
51. **"Team"** means a group of at least four competitors but no more than eight for Senior, Junior, and Youth competitions at the national and international level. For competitors at provincial meets a team is a group of at least four competitors but not more than ten.
52. **"Technical Controller"** Two (2) groups of three (3) Technical Controllers must officiate in all routines: one group to check the number, order of performance and predeclared difficulty of Free Elements, and the performance and predeclared order of Technical Required Elements (technical routines), and one group to register the number and type of synchronization errors observed.

Difficulty Technical Controller

There will be 1 Difficulty Technical Controller (DTC) and 2 Difficulty Assistant Technical Controllers (DATC). The purpose of the role is to verify all of the Technical Required Elements (technical routines), and the Free Elements (Hybrids and Acrobatics) performed in real time as they occur in a routine. They are also responsible for the identification of any "technical errors", which are

differences in what is declared on the Coach Card to what is performed in the water OR an error in a Technical Required Element (technical routines). The Difficulty Technical Controller panel will sit with close access to the Referee.

Synchronization Technical Controllers

There will be 3 Synchronization Technical Controllers (STC) who will record the number of synchronization errors (unequal actions) they observe during the performance of a routine. They will be seated on deck with a clear view of the pool.

- 53. **“Technical Routines”** means a routine with technical required elements as defined in Appendix II of the World Aquatics AS Rules, a predetermined number of Free Elements (Hybrids and Acrobatics), and a free choice of Transitions. Masters Technical Routines (rules under review).
- 54. **“Timer”** means a person responsible for timing the routines. The timer shall see that the times are recorded on the master score sheet.
- 55. **“Walk-on”** the entry of the competitors from the designated starting point to the achievement of a stationary position(s) on the deck.
- 56. **“World Aquatics”** is the international federation recognised by the International Olympic Committee (IOC) for administering international competitions in water sports.
<https://www.worldaquatics.com/>
- 57. **“Youth”** means a competition involving the Youth age category: 13-15 years of age (female), and 13-16 years of age (male).

APPENDIX 2: AWARDS

1. National awards are under the jurisdiction of the Canada Artistic Swimming Director of Competitions. Awards of Jeux Canada Games are under the jurisdiction of the Games Committee.
2. A maximum of one alternate per duet and a maximum of two alternates per team routine shall be included in the medal and ribbon presentation provided the said alternate is – not a member of another duet or team and – has been actively involved as a member of that duet or team.
3. When a tie occurs, duplicate awards will be presented and the placement immediately following the tie will not be awarded.
4. In the case of National Training Centre or foreign competitor entrants at National Qualifier or CASC: There will be two results sheets printed, one will include the national training centre/foreign competitors' placings and the second result sheet will be printed excluding the national training centre/foreign competitors and will be a Canadian club placing. Duplicate awards will be presented to the national training centre/foreign competitors. CASC results will be announced (including all national training centre/foreign entrants) followed by the Canadian National results (Canadian club competitors only).

5. National Qualifier

1st-2nd-3rd-4th-5th-6th place ribbons for:

- Youth Figures
- Youth Combined Routines (including figures)
- Junior and Senior Technical routines
- Junior and Senior Free routines
- Youth Free Combination
- Acrobatic Routine

6. Canadian Championships (CASC)

1st place gold medal, 2nd place silver medal, 3rd place bronze medal for:

- Youth Figures
- Youth Combined Routines (including figures)
- Junior and Senior Technical routines
- Junior and Senior Free routines
- Youth Free Combination
- Acrobatic Routine

7. Canadian Masters Championships

1st place gold medal, 2nd place silver medal, 3rd place bronze medal for:

- Technical routines
- Free routines
- Master Free Combination

APPENDIX 3: MASTERS (New rules for 2025-26)

1. Competition

- a) The Canadian Masters Artistic Swimming Championships (CMASC) will be in the portfolio of the CAS COO.
- b) The CAS COO will oversee CAS's commitment to the hosting committee, and will work with the Meet Manager of the hosting committee.
- c) Time will be set aside during CMASC for a Masters Meeting of all its members.
- d) All rules shall follow: The CAS Rulebook, World Aquatics Masters rules, and Appendix 3 of the CAS rulebook.
- e) CAS Masters Age Groups as per CAS Rulebook 1.5.4.
- f) CMASC events as per CAS Rulebook 3.3
- g) CMASC will not have preliminary events, all events will be finals only.
- h) Teams (Tech/Free/Combo) shall consist of a minimum of four (4) members and a maximum of team (10) members. *Please note World Aquatics rules are 4-8 members for Team Tech/Free in the case that a team plans to travel internationally.*
- i) Coach Card requirements as per CAS Rulebook 5.9.
- j) Awards in accordance with CAS Rulebook – Appendix II.

2. Judging and Scoring

- a) The judgment and scoring of Masters shall be in accordance with the NEW Masters Artistic Swimming rules with 2 panels of Judges, and 2 panels of Technical Controllers.
- b) Routine Panels as per CAS Rulebook 14. The CAS COO has the authority to determine the number of officials required to ensure the fair conduct of the competition.
- c) Judgment of Routines as per CAS Rulebook 15.
- d) Deductions and Penalties in routines as per CAS Rulebook 16.
- e) Calculation of Routine Results as per CAS Rulebook 17.
- f) World Aquatics will manage all final DD values. Factoring may be applied. World Aquatics reserves the right to make adjustments if necessary.
- g) CAS will follow all World Aquatics Factoring for routines, however reserves the right to make adjustments for CMASC.
- h) Masters events (Duet, Mixed Duet, Trio, Team, Combo) will have Synchronisation Technical Controllers, however, instead of small, obvious and major synchro errors, Masters will just have obvious and major errors counted.

3. Time Limits

The maximum times for Masters Artistic Swimming routines, each of which is inclusive of a maximum of ten (10) seconds for the deck movement, are as follows:

Solo Technical Routines (Women's and Men's):	2 minutes
Solo Free Routines (Women's and Men's):	2 minutes and 15 seconds
Duet/Mixed Duet/Mixed Ability Duet Technical:	2 minutes and 20 seconds
Duet/Mixed Duet/Mixed Ability Duet Free:	2 minutes and 45 seconds

Trio Technical:	2 minutes and 20 seconds
Trio Free:	2 minutes and 45 seconds
Team Technical Routine:	2 minutes and 50 seconds
Team Free Routine:	3 minutes and 30 seconds
Open Free Combination Routine:	3 minutes

4. Requirements for Technical Routines in Masters Artistic Swimming

- a) Each Solo, Duet, Mixed Duet, Trio and Team Technical Routine must include all the required Technical Required Elements (see **7. Masters Technical Required Elements**), a predetermined number of Elements (Hybrids and Acrobatics), and a free choice of Transitions (see **6. Set Number of Elements for Masters Routines**).
- b) The routines are choreographed to music.
- c) Technical Required Elements can be performed in any order.
- d) It is required that the elements and degrees of difficulty for each component selected to be performed, as well as the order of performance selected, be declared and submitted on the Coach Card. Please refer to CAS Rulebook 5.9.
- e) For Team and Women's Duet: With the exception of Deck Work and Entry into the water, getting into and out of the optional circle (Team), the optional cadence (Team) and Acrobatics, Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all duet or team members.
- f) For Mixed Duets: Only Technical Required Elements must be performed simultaneously and facing the same direction. Deckwork and Entry into the water, Entry into or Exit out of Technical Required Elements, Transitions and Pair Acrobatics DO NOT have this restriction and MAY be performed freely (non-simultaneous and facing different directions).
- g) Additional movements can be added immediately before and after (breath to breath) Technical Required Elements. These movements will not add any extra difficulty nor will be considered as the additional hybrids.
- h) Each Technical Required Element must be performed as a separately declared Element/Hybrid and not combined into one hybrid (for example performing TRE3a and continuing with TRE5a in the same apnea – this is NOT allowed).
- i) It is strongly recommended for clarity of judgment that Technical Required Elements are separated by other content

5. Requirements for Free Routines in Masters Artistic Swimming

- a) Each Free Women's Solo, Men's Solo, Women's Duet, Mixed Duet, Trio, Team and Free Combination Routine will consist of a predetermined number of Elements (Hybrids and Acrobatics) and a free choice of Transitions (see **6. Set Number of Elements for Masters Routines**)
- b) The routines are choreographed to music.

- c) It is required that the elements and degrees of difficulty for each component selected to be performed, as well as the order of performance selected, be declared and submitted on the Coach Card. Please refer to CAS Rulebook 5.9.

6. Set Number of Element for Masters Routines

- a) The number of Total Required Elements can't be exceeded, or a penalty will apply as per Part Seven of the World Aquatics Artistic Swimming Competitions Regulations.
- b) Required Elements can be placed in any order which must be declared on the Coach Card.
- c) In Free Routines - Free Hybrids are DD Hybrids which must include one declaration from each different family in the routine (note: can be distributed across all of the free hybrids in the routine it is NOT per hybrid)
- d) In Technical and Free Routines Choreography Hybrids (ChoHY) are hybrids with no declared difficulty (ie factor of 1.0)

Set Number of Elements for Masters Routines Table:

Event	Time	Total Required Elements	Summary
Solo Tech	2:00	5	<ul style="list-style-type: none"> 5 Technical Required Elements
Solo Free	2:15	5	<ul style="list-style-type: none"> 3 Free Hybrids 2 Choreography Hybrids (ChoHY) The order of the elements is free
Duet/Trio Tech	2:20	6	<ul style="list-style-type: none"> 5 Technical Required Elements 1 Pair Acrobatic (free choice)
Duet/Trio Free	2:45	6	<ul style="list-style-type: none"> 3 Free Hybrids 2 Choreography Hybrids (ChoHY) 1 Pair Acrobatic (free choice) The order of the elements is free
Mixed Duet Tech	2:20	5	<ul style="list-style-type: none"> 4 Technical Required Elements (Choice of 4 of the 5 elements) 1 Pair Acrobatic (free choice) Declared in Transition part (not for DD) - 1 declared Sustained Surface Connection "SuCon" with travel (1m or more) or rotation (180 degrees or more) Additional surface connections are allowed
Mixed Duet Free	2:45	5	<ul style="list-style-type: none"> 2 Free Hybrids 2 Choreography Hybrids (ChoHY) 1 Pair Acrobatic (free choice) Declared in Transition part (not for DD) - 1 declared Sustained Surface Connection "SuCon" with travel (1m or more) or rotation

			(180 degrees or more) <ul style="list-style-type: none"> • Additional surface connections are allowed • The order of the elements is free
Team Tech	2:50	7	<ul style="list-style-type: none"> • 5 Technical Required Elements • 1 Choreography Hybrid (ChoHY), which may include cadence (optional) • 1 Team Acrobatic (free choice) • The routine may have one circle (optional)
Team Free	3:30	7	<ul style="list-style-type: none"> • 3 Free Hybrids • 2 Choreography Hybrids (ChoHY) • 2 Team Acrobatics (free choice but must not repeat the same acrobatic – as per Acrobatic Catalogue rules)
Combo	3:00	6	<ul style="list-style-type: none"> • 3 Free Hybrids <ul style="list-style-type: none"> ○ 1 DD hybrid for Solo ○ 1 DD hybrid for Duet ○ 1 DD hybrid for Team • 1 Choreography Hybrid (ChoHY) for team – must be executed with a minimum of 4 athletes • 2 Team Acrobatics (free choice but must not repeat the same acrobatic – as per Acrobatic Catalogue rules) • Element parts can't occur simultaneously (ie Team Acrobatic occurs while solo hybrid starts)



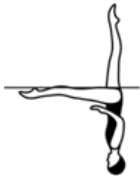

7. Masters Technical Required Elements

Element	DD	Element Name
1a	1.7	Pike-Fishtail-VP-Twist 180°
1b	1.6	Pike-Fishtail-VP
2a	1.7	Vertical Position-Open 180° to Split Position + Walkout Back or Vertical Position-Open 180° to Split Position + Walkout Front
2b	1.4	Walkout Back or Walkout Front
3a	1.2	Spinning 360°
3b	1.1	Spinning 180°
4	1.4	Assume a Surface Flamingo Position

5a	1.7	Barracuda
5b	1.6	Barracuda Bent Knee





Element 1a: Pike-Fishtail-VP-Twist 180° / DD 1.7

From a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position as a Half Twist (180°) is executed. The ending is optional.

				Total
NVT=	6.0	14.5	21.5	42
PV=	1.43	3.45	5.12	10

Element 1b: Pike-Fishtail-VP / DD 1.6

From a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position. The ending is optional.

				Total
NVT=	6.0	14.5	20.5	41
PV=	1.46	3.54	5.0	10





Element 2a: Vertical Position-Open 180° to Split Position + Walkout Back / DD 1.7





From a Vertical Position an open 180 to Split Position is executed followed by a Walkout Back.

or

Element 2a: Vertical Position-Open 180° to Split Position + Walkout Front / DD 1.7




From a Vertical Position an open 180 to Split Position is executed followed by a Walkout Back.




				Total
NVT=	20.0	23.0	7.0	50
PV=	4.0	4.6	1.4	10

				Total
NVT=	20.0	19.0	6.0	45
PV=	4.0	4.6	1.4	10

Element 2b: Walkout Back or Walkout Front / DD 1.4




Split Position followed by a Walkout Front or Walkout Back.

			Total
NVT=	23.0	7.0	30
PV=	7.67	2.33	10

			Total
NVT=	19.0	6.0	25
PV=	7.6	2.4	10




Element 3a: Spinning 360° / DD 1.2

From a Bent Knee Position, a Spin 360° is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.

			Total
NVT=	16.0	5.0	21
PV=	7.62	2.28	10





Element 3b: Spinning 180° / DD 1.1

From a Bent Knee Position, a Spin 180° is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.

			Total
NVT=	13.0	5.0	18
PV=	7.2	2.8	10




Element 4: Assume a Surface Flamingo Position / DD 1.4

Begin in a Back Layout Position. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position. The bent leg is straightened without movement of the thigh to assume a Ballet Leg Position. The shin of the horizontal leg is drawn along the surface of the water to assume a Surface Flamingo Position.

				Total
NVT=	10.5	11.0	7.5	29
PV=	3.62	3.79	2.59	10




Element 5a: Barracuda / DD 1.7

From the Back Pike Position with the legs perpendicular and the toes just below the surface, a Thrust is executed to a Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.

			Total
NVT=	31.0	13.0	44
PV=	7.21	3.02	10

Element 5b: Barracuda Bent Knee / DD 1.6

From the Back Pike Position with the legs perpendicular and the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A Vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust.

			Total
NVT=	28.0	11.0	39
PV=	7.18	2.82	10

APPENDIX 4: ADAPTIVE ARTISTIC SWIMMING (AdAS) - Updated Nov 2025

1. ATHLETE ELIGIBILITY

- a) Adaptive Artistic Swimming is open to any individual with a varying physical and cognitive ability that prevents competitive involvement in other event categories. Athletes have the choice of which competition category they compete in and will not be penalized based on that choice.
- b) The Mixed Ability category is defined as an Adaptive Physical or Cognitive athlete swimming with an athlete from another event category (Youth, Junior, Senior or Masters). Note that Mixed Ability Duet and Team is an open category and all genders will compete in the same category.
- c) Age minimum for CAS competitions as per CAS Rule 1.6.

2. COMPETITIVE STRUCTURE AND PROCEDURES

- a) Athletes will be awarded in three categories: Adaptive Artistic Swimming (Physical), Adaptive Artistic Swimming (Cognitive), and Mixed Ability (Duet and Team).
- b) Levels of Competition:

Category	Figures	Solo	Duet	Team
Adaptive	Levels 2-6	Levels 2-6	Levels 2-6	Levels 2-6
Mixed Ability	Levels A-C	Levels A-C	Levels A-C	Levels A-C
<i>Note: Adaptive Level 1 is for Provincial/Regional events and rules are at the discretion of the PTSO.</i>				

- c) Coaches will be responsible for assigning levels for their athletes at the start of the season. If a coach feels the athlete needs to change levels mid-season, the athlete may move up to a higher level, but cannot move down to a lower level mid-season.
- d) Adaptive Artistic Swimming athletes and Mixed Ability Duets and Teams are required to compete at their Provincial Qualifier event in order to qualify to advance to the Canadian Championships. Adaptive Artistic Swimming athletes and Mixed Ability Duets and Teams are required to be duly registered in their province to enter the National Qualifier, which will be deemed an Invitational Adaptive Artistic Swimming event.
- e) Athletes from different adaptive levels may compete together in duet and team. The average level will determine their routine competitive level. All athletes will compete at their own adaptive level for figure events.
 - i. An adapted team/duet/trio's average level is calculated based on the list of athletes entered at the first routine meet the routine competes in during the

season (either the January Routine Meet, Leslie Taylor Ontario Cup, or Regional League Winter Event). After the first routine meet is entered, the routine's level group does not change for the remainder of the season (even if team make-up changes) unless the coach decides to increase the level.

- ii. The level in which an adaptive team or a duet/trio competes is determined by the average level of the members (including alternates) of the routine, as follows:

Level 1: a blended team or duet/trio whose average level is **1.4 or lower**

Level 2: a blended team or duet/trio whose average level is **1.5 to 2.4**

Level 3: a blended team or duet/trio whose average level is **2.5 to 3.4**

Level 4: a blended team or duet/trio whose average level is **3.5 to 4.4**

Level 5: a blended team or duet/trio whose average level is **4.5 to 5.4**

Level 6: a blended team or duet/trio whose average level is **5.5 or higher**

- iii. Athletes from different categories (physical/cognitive) may compete together in duet and team. The coach will determine which category (physical/cognitive) best suits the duet/team.

- f) Routine maximum times as below. The routine must be at least 50% of the max time.

Level	Solo	Duet	Team
Level 2	1:45	2:15	3:00
Level 3	2:00	2:30	3:15
Level 4	2:15	2:30	3:15
Level 5	2:30	2:45	3:30
Level 6	Tech: 2:00 Free: 2:30	Tech: 2:20 Free: 2:45	Tech: 2:50 Free: 3:30
Mixed Ability	-	Level A: 2:00 Level B: 2:15 Level C: 2:30	Level A: 2:20 Level B: 2:40 Level C: 3:00
There is an allowance of 5 seconds over the allotted maximum time. Athletes may exceed the maximum time limit for walk-ons.			

- g) In each level there will be separate awards for Adaptive - Physical and Adaptive - Cognitive.

- h) Coaches, assistants, support person, or service animal may assist or guide an athlete in their walk-on, walk-off, as well as their entry and exit from the pool in the routine event. Coaches may also assist or guide an athlete in their swim-on, alignment with the marker, swim-off, as well as their entry and exit from the pool during the figure event.
- i) Coaches may assist on land or **in-water**, by providing cues to Adaptive athletes during routines. **Athletes may also use a floatation device for support during competition if needed.**
 - i. **Athletes in Level 2 can utilize in-water coach support for floatation only, however a flotation device is encouraged as an alternative. A coach may not physically manipulate an athlete to assist in their execution.**
 - ii. **Level 3 -6 can have in water support for safety reasons, however the coach cannot provide hands-on support. The use of a flotation device is allowed.**
- j) The coach of an adaptive athlete may communicate with the athlete after a wrong figure is performed, prior to the second attempt.
- k) Coach Cards:
 - i. Adaptive and Mixed Ability Duet Coach cards will be submitted.
 - ii. Number of movement declarations per family per hybrid have been increased for Adaptive and Mixed Ability events. **Restrictions for movement declarations per family are as outlined below:**

Competitive Adaptive Routines		
Level 2	Level 3 and 4	Level 5 and 6
Use the Adaptive Difficulty Table	Use the Adaptive Difficulty Table	Use AQUA Difficulty Table
Maximum 9 declarations per family per hybrid. Cannot exceed 3 of the same movement code per hybrid.	Maximum 7 declarations per family per hybrid. Cannot exceed 3 of the same movement code per hybrid.	Maximum 5 declarations per family per hybrid. Cannot exceed 3 of the same movement code per hybrid.

Competitive Mixed Ability Routines		
Level A	Level B	Level C
Use the Adaptive Difficulty Table	Use the Adaptive Difficulty Table	Use AQUA Difficulty Table

Maximum 9 declarations per family per hybrid. Cannot exceed 3 of the same movement code per hybrid.	Maximum 7 declarations per family per hybrid. Cannot exceed 3 of the same movement code per hybrid.	Maximum 5 declarations per family per hybrid. Cannot exceed 3 of the same movement code per hybrid.
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- iii. Horizontal leg movement declarations have been added to the Adaptive Difficulty Table for athletes that are able to perform limited inverted movements.
Restrictions for horizontal movements are as outlined below:

Competitive Adaptive Routines		
Level 2	Level 3 and 4	Level 5 and 6
Unlimited number of horizontal movement declarations per hybrid	Maximum of 3 horizontal movements declarations per hybrid.	No horizontal movements can be declared in hybrids.

Competitive Mixed Ability Routines		
Level A	Level B	Level C
Unlimited number of horizontal movement declarations per hybrid	Maximum of 3 horizontal movements declarations per hybrid.	No horizontal movements can be declared in hybrids.

- l) Hybrid components will be evaluated by DTCs based on a successful attempt to complete. Execution judges will take into consideration the execution of hybrids.
- m) Hybrids which are not successfully attempted as written on the coach card will receive partial basemarks up to 3 unsuccessful components (meaning that the DTC will remove only the DD of components which are not successfully completed to a max of 3). If 4 or more components are unsuccessful a Base Mark will be applied.
- n) Adaptive and Mixed Ability routines will define a hybrid as 3 or more movements.
- o) There will be no minimum height or execution levels required to claim a component (for example, a thrust may count as complete even if height attained is not at a 3.5). However, height will be taken into account by Elements Judges in accordance with scoring guidelines.
- p) Acrobatic constructions, connections, and positions may be repeated in a routine, however repetition of the exact same acrobatic code will be prohibited. Identical acrobatics will be penalized (Base Mark applied).

- q) Acrobatic movements for Adaptive Team Levels 2-3 and Mixed Ability Team A & B will be limited to groups A, B or P, and will have a safety limit of 2.5. Violating this rule will result in a Base Mark.
- r) Routine scoring for Adaptive as per CAS Rule 17 - Calculation of the routine result with the exception that Synchronization TCs will not be used, and therefore synch errors are not deducted in Adaptive or Mixed Ability routines.
- s) Adaptive scoring will utilize the following factors:

i. Technical Routines:

Category	Acro	Hybrid	ChMu	Perf	Trans	Figures
	60% Elements		40% Artistic Impression			n/a
Solo Tech	-	1.5	1.4	1.2	1.4	-
Duet Tech	1.0	1.5	1.6	1.4	1.6	-
Team Tech	0.8	1.5	1.5	1.3	1.5	-

ii. Free Routines:

Category	Acro	Hybrid	ChMu	Perf	Trans	Figures
	50% Elements		50% Artistic Impression			40% of Total Score
Solo Free	-	1.5	1.4	1.2	1.4	1.4
Duet Free	1.6	1.2	1.2	1.0	1.2	1.4
Team Free	0.7	1.5	1.2	1.0	1.2	1.5

iii. Mixed Ability:

Category	Acro	Hybrid	ChMu	Perf	Trans	Figures
	50% Elements		50% Artistic Impression			n/a
Duet	1.6	1.0	1.2	1.0	1.2	-
Team	0.7	0.9	1.2	1.0	1.2	-

t) Order of Swim for Adaptive and Mixed Ability Events:

- i. Following the warm-up period for Adaptive and Mixed Ability events, the order of competition will be Cognitive Levels 1-6, followed by Physical Levels 1-6.
- ii. Panel Marshalls and Event Announcers will announce when a new level of competition will begin so judges and technical controllers are aware when new rules may apply.
- iii. In figure events, the Panel Marshall will announce the level and the new figure being performed when a change in level occurs
- iv. Order of Adaptive Categories in Solo Events:
 1. The order of Adaptive categories in Adaptive solo events will be alphabetical and then ascending by number.
 2. At each competition, the Level 6 Technical solo will always be held in conjunction with the JR/SR Technical solo event and Level 6 Free Solo in conjunction with the Adaptive Solo event.

u) Procedure for Substituting a Figure or TRE due to Low Range of Motion:

- i. If an athlete is unable to complete a figure or TRE due to Low Range of Motion, a coach can submit a request for a substitute gure/TRE.
- ii. To do this, a coach must email their request to the CAS Director of Competitions.

3. ADAPTIVE ROUTINE SET NUMBER OF ELEMENTS (Last Updated November 2025)

- i. Number of hybrids and acrobatic movements listed below is the maximum number.
- ii. Routines may have less than the maximum number of hybrids and acrobatic movements.

Solo	Time (+ 5s)	Max Elements	Summary	Max declarations per hybrid family
Level 2 Solo Free	1:45	4	<ul style="list-style-type: none"> Total of 4 Free Hybrids. Refer to Adaptive Difficulty Table. 	9
Level 3 Solo Free	2:00	5	<ul style="list-style-type: none"> Total of 5 Free Hybrids. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table. 	7
Level 4 Solo Free	2:15	5	<ul style="list-style-type: none"> Total of 5 Free Hybrids. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table. 	7
Level 5 Solo Free	2:30	6	<ul style="list-style-type: none"> Total of 6 Free Hybrids. Must include a skill from every family (except connections). Refer to AQUA Difficulty Table. 	5

Level 6 Solo Tech	2:00	6	<ul style="list-style-type: none"> Total of 5 Technical Required Elements (AdTREs) and 1 Free Hybrid. Refer to AQUA Difficulty Table. 	5
Level 6 Solo Free	2:30	6	<ul style="list-style-type: none"> Total of 6 Free Hybrids. Must include a skill from every family (except connections). Refer to AQUA Difficulty Table. 	5
Duet	Time (+ 5s)	Max Elements	Summary	Max declarations per hybrid family
Level 2 Duet Free	2:15	5	<ul style="list-style-type: none"> Total of 4 Free Hybrids and 1 Pair Acrobatic. Refer to Adaptive Difficulty Table. 	9
Level 3 Duet Free	2:30	6	<ul style="list-style-type: none"> Total of 5 Free Hybrids and 1 Pair Acrobatic. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table. 	7
Level 4 Duet Free	2:30	6	<ul style="list-style-type: none"> Total of 5 Free Hybrids and 1 Pair Acrobatic. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table. 	7
Level 5 Duet Free	2:45	8	<ul style="list-style-type: none"> Total of 6 Free Hybrids and 2 Pair Acrobatics. Must include a skill from every family. Refer to AQUA Difficulty Table. 	5
Level 6 Duet Tech	2:20	7	<ul style="list-style-type: none"> Total of 5 Technical Required Elements (AdTREs), 1 Free Hybrid and 1 Pair Acrobatic. Refer to AQUA Difficulty Table. 	5
Level 6 Duet Free	2:45	8	<ul style="list-style-type: none"> Total of 6 Free Hybrids and 2 Pair Acrobatics. Must include a skill from every family. Refer to AQUA Difficulty Table. 	5
Team	Time (+ 5s)	Max Elements	Summary	Max declarations per hybrid family
Level 2 Team Free	3:00	6	<ul style="list-style-type: none"> Total of 5 Free Hybrids and 1 Team Acrobatic. Refer to Adaptive Difficulty Table. 	9
Level 3 Team Free	3:15	7	<ul style="list-style-type: none"> Total of 5 Free Hybrids and 2 Team Acrobatics. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table. 	7

Level 4 Team Free	3:30	8	<ul style="list-style-type: none"> Total of 6 Free Hybrids and 2 Team Acrobatics. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table. 	7
Level 5 Team Free	3:30	9	<ul style="list-style-type: none"> Total of 6 Free Hybrids 3 Team Acrobatics. Must include a skill from every family. There must be a connected action in the routine but it doesn't need to be a connection from the table (can be a hand/arm connection). Refer to AQUA Difficulty Table. 	5
Level 6 Team Tech	2:50	8	<ul style="list-style-type: none"> Total of 5 Technical Required Elements (AdTREs), 3 Free Hybrids, and 1 Team Acrobatic. Refer to AQUA Difficulty Table. 	5
Level 6 Team Free	3:30	10	<ul style="list-style-type: none"> Total of 6 Free Hybrids and 4 Team Acrobatics. Must include a skill from every family. There must be a connected action in the routine but it doesn't need to be a connection from the table (can be a hand/arm connection). Refer to AQUA Difficulty Table. 	5

4. MIXED ABILITY ROUTINE SET NUMBER OF ELEMENTS (Last updated October 2024)

- Number of hybrids and acrobatic movements listed below is the maximum number.
- Routines may have less than the maximum number of hybrids and acrobatic movements.

Duet	Time (+ 5s)	Max Elements	Summary	Max declarations per hybrid family
Level A	2:00	4	<ul style="list-style-type: none"> Total of 3 Free Hybrids and 1 Pair Acrobatic. Refer to Adaptive Difficulty Table. 	9
Level B	2:15	5	<ul style="list-style-type: none"> Total of 4 Free Hybrids and 1 Pair Acrobatic. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table. 	7
Level C	2:30	7	<ul style="list-style-type: none"> Total of 5 Free Hybrids and 2 Pair Acrobatics. Must include a skill from every family. There must be a connected action in the routine but it does not need to be a 	5

			connection from the table (can be a hand/arm connection). <ul style="list-style-type: none"> Refer to AQUA Difficulty Table. 	
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Team	Time (+ 5s)	Max Elements	Summary	Max declarations per hybrid family
Level A	2:20	5	<ul style="list-style-type: none"> Total of 4 Free Hybrids and 1 Team Acrobatic. Refer to Adaptive Difficulty Table. 	9
Level B	2:40	7	<ul style="list-style-type: none"> Total of 5 Free Hybrids and 2 Team Acrobatics. Must include a skill from at least 3 families. Refer to Adaptive Difficulty Table. 	7
Level C	3:00	9	<ul style="list-style-type: none"> Total of 6 Free Hybrids and 3 Team Acrobatics. Must include a skill from every family. There must be a connected action in the routine but it does not need to be a connection from the table (can be a hand/arm connection). Refer to AQUA Difficulty Table. 	5

5. ADAPTIVE TECHNICAL REQUIRED ELEMENTS

Level 6 Tech Solo				
Element	DD	Name	Description	
AdTRE1a	2.1	Thrust Spinning 360	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . A 360° spin is executed.	
AdTRE1b	1.9	Thrust Spinning 180	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . A 180° spin is executed.	
AdTRE2a	1.6	Combined Spin 360	From a Vertical Position a <i>Combined Spin</i> of 360° is executed (1 rotation + 1 rotation). Continuing in the same direction and without a pause a <i>Vertical Descent</i> is executed.	
AdTRE2b	1.5	Combined Spin 180	From a Vertical Position a <i>Combined Spin</i> of 180° is executed (0.5 rotation + 0.5 rotation). Continuing in the same direction and without a pause a <i>Vertical Descent</i> is executed.	

AdTRE3a	2.0	Swordfish Straight Leg Ariana Rotation	From a Front Layout Position the back arches as one leg is lifted in a 180° arc over the surface of the water to a Split Position . Maintaining the relative position of the legs to the surface of the water an <i>Ariana Rotation</i> is performed.
AdTRE3b	1.6	Swordfish Straight Leg	From a Front Layout Position the back arches as one leg is lifted in a 180° arc over the surface of the water to a Split Position .
AdTRE4a	1.8	Front Pike to Side Fishtail with 90 rotation - Join to Vertical Position - Continuous Spin 360	From a Front Pike Position , one leg is lifted to assume a Side Fishtail Position . The horizontal leg is lifted to a Vertical Position . A continuous spin 360 is executed.
AdTRE4b	1.7	Front Pike to Fishtail - Join to Vertical Position - Spin 180	From a Front Pike Position , one leg is lifted to assume a Fishtail Position . The horizontal leg is lifted to a Vertical Position . A spin 180 is executed.
AdTRE5a	2.1	Rocket Split Bent Knee	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position . The back leg is rapidly lifted to vertical and the forward leg bends to assume a Bent Knee Vertical Position . A <i>Vertical Descent</i> is executed with the bent knee extended to a Vertical Position completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i> .
AdTRE5b	1.9	Vertical to Bent Knee Thrust	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position . Without a pause a <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg in a Vertical Position completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i> .

Level 6 Tech Duet			
Element	DD	Name	Description
AdTRE1a	2.3	Walkover Back Spinning 180°	From a Back Layout Position a Surface Arch Position is assumed. One leg is lifted in a 180° arc over the surface to a Split Position . Legs symmetrically close to a Vertical Position . A 180° <i>spin</i> is executed.
AdTRE1b	2.2	Walkover Back Close to Vertical	From a Back Layout Position a Surface Arch Position is assumed. One leg is lifted in a 180° arc over the surface to a Split Position . Legs symmetrically close to a Vertical Position . A <i>Vertical Descent</i> is executed.

AdTRE2a	2.4	Rocket Split Spinning 180°	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position . The legs rapidly re-join to Vertical Position . A rapid 180° <i>Spin</i> is executed.
AdTRE2b	2.2	Rocket Split	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position . The legs rapidly re-join to Vertical Position . A rapid descent is executed.
AdTRE3a	3.1	Beginning from a Ballet Leg Position - Flamingo Bent Knee rollback - Join to VP - Half Twist - 360 open to split - Walkout	From a Ballet Leg Single Position , a Flamingo Bent Knee Position is assumed. A <i>Flamingo Bent Knee rollback</i> is executed to assume a Bent Knee Vertical Position . Maintaining maximum height, the bent knee is extended to join the vertical leg in a Vertical Position . A <i>half twist</i> is executed followed by 360 open to split. A <i>Walkout Front</i> is executed.
AdTRE3b	2.6	Beginning from a Ballet Leg Position - Flamingo Bent Knee rollback - Join to VP - open to split - Walkout	From a Ballet Leg Single Position , a Flamingo Bent Knee Position is assumed. A <i>Flamingo Bent Knee rollback</i> is executed to assume a Bent Knee Vertical Position . Maintaining maximum height, the bent knee is extended to join the vertical leg in a Vertical Position . The legs are lower simultaneously to a Split Position. A <i>Walkout Front</i> is executed.
AdTRE4a	2.5	Fishtail - Knight - Spin 360°	From a Front Pike Position one leg is lifted to a Fishtail Position . The horizontal leg is rapidly lifted through an arc of 180° to assume a Knight Position . The leg is then rapidly lifted to assume a Vertical Position . A <i>Spin 360°</i> is executed.
AdTRE4b	1.8	Fishtail - Vertical - Spin 360°	From a Front Pike Position one leg is lifted to a Fishtail Position . The horizontal leg is rapidly lifted to assume a Vertical Position . A <i>Spin 360°</i> is executed.
AdTRE5a	2.1	Thrust - Bent Knee Twirl	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position as a <i>Twirl</i> is executed. Without a pause a <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg in a Vertical Position completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the <i>Thrust</i> .

AdTRE5b	1.9	Vertical to Bent Knee Thrust	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position . Without a pause a <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg in a Vertical Position completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the Thrust.
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Level 6 Tech Team TRE Descriptions			
Element	DD	Name	Description
AdTRE1a	2.3	Flying Fish Hybrid	From a Submerged Back Pike Position with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position and with no loss of height one leg is rapidly lowered to an airborne Fishtail Position . Without a pause the horizontal leg is rapidly lifted to a Vertical Position followed by a <i>Vertical Descent</i> .
AdTRE1b	1.7	Thrust	From a Submerged Back Pike Position with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position followed by a <i>Vertical Descent</i> .
AdTRE2a	2.0	Bent Knee - Half Twist to Vertical - Split - Walkout	Starting in a Bent Knee Position , a <i>Half Twist</i> is executed as the bent knee is extended to a Vertical Position . The legs are symmetrically lowered to a Split Position . A <i>Walkout Front</i> is executed.
AdTRE2b	1.7	Vertical - Split - Walkout	Starting in a Vertical Position , the legs are symmetrically lowered to a Split Position . A <i>Walkout Front</i> is executed.
AdTRE3a	1.9	From Bent Knee VP - Join to VP - Half Twist - Continuous Spin 360	From a Bent Knee Vertical Position , the bent knee is extended to join the vertical leg in a Vertical Position . A <i>Half Twist</i> is executed followed by a <i>Continuous Spin 360</i> .
AdTRE3b	1.5	From Bent Knee VP - Join to VP - Continuous Spin 360	From a Bent Knee Vertical Position , the bent knee is extended to join the vertical leg in a Vertical Position . A <i>Continuous Spin 360</i> is executed.

AdTRE4a	2.9	Butterfly Hybrid	The Butterfly Hybrid is to be performed rapidly. From a Front Pike Position , one leg is lifted to a Fishtail Position . The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a Split Position . Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a Fishtail Position . Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a Vertical Position . The legs are lowered simultaneously to a Bent Knee Surface Arch Position . (Note: The Bent Knee Surface Arch Position can be assumed by using either leg). The bent knee is straightened to a Surface Arch Position and with continuous motion an Arch to Back Layout Finish Action is executed.
AdTRE4b	2.0	Fishtail - Split - Walkout	From a Front Pike Position , one leg is lifted to a Fishtail Position . The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a Split Position . A <i>Walkout Front</i> is executed.
AdTRE5a	2.1	Rocket Split Bent Knee Hybrid	From a Submerged Back Pike Position with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . Maintaining maximum height, the legs are split rapidly to assume an Airborne Split Position followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne Bent Knee Vertical Position . A <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a <i>Vertical Descent</i> .
AdTRE5b	1.9	Vertical to Bent Knee Thrust	From a Submerged Back Pike Position , with the legs perpendicular to the surface, a <i>Thrust</i> is executed to a Vertical Position . One leg is lowered to a Bent Knee Vertical Position . Without a pause a <i>Vertical Descent</i> is executed as the bent knee is extended to join the vertical leg in a Vertical Position completed as the ankles reach the surface of the water, followed by a <i>Vertical Descent</i> at the same tempo as the Thrust.

6. ADAPTIVE FIGURES

- Athletes can modify the proposed figures as appropriate (see Procedure for Substituting a Figure or TRE due to Low Range of Motion)
- Where an athlete changes a figure while on the field of play - judges will evaluate what they see
- Figures Groups as follows:

Level	Group 1	Group 2	Group 3
2	Sailboat Alternate	Front Pike Pulldown	Bent Knee position
	Split to vertical at ankles	Back Tuck Somersault	Oyster

3	Ballet Leg Single	Neptunus	Bent Knee join to Vertical & sink
	Front Pike Pulldown to Split (1 st ½ of Front Walkover)	Kipnus	Blossom
4	Straight Leg Ballet Leg	Tower	Water Drop Spinning 180
	Front Walkover	Kip	Barracuda
5	Flamingo Bent Knee	Porpoise	Water Drop Twist Spinning 180
	Ariana	Kip Spinning 180	Barracuda Spin 180

Level 2 Figure Descriptions

Sailboat Alternate: Assume a Back Layout Position. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position. The toe moves along the inside of the extended leg until a Back Layout Position is resumed. Repeat the movement with the opposite leg, ending in a Back Layout Position.

Split Join to Vertical at Ankles: Assume a Split Position. From Split Position close the front and back leg evenly until arriving at a Vertical Position held at ankles.

Front Pike Pulldown: From a Front Layout Position with the face in the water the trunk moves downward to assume a Front Pike Position. The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action.

Back Tuck Somersault: From a Back Layout Position, the knees and toes are drawn along the surface to assume a Tuck Position. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A Back Layout Position is resumed.

Bent Knee Position: Assume a Bent Knee position with the body extended in Vertical Position with the thigh of the bent leg parallel to the surface of the water.

Oyster: From a Back Layout Position, the legs are raised to vertical as the body is submerged to a Submerged Back Pike Position with the toes just under the surface. The position should be held long enough for the judges to evaluate (approximately 10 seconds). The figure ends when the swimmer leaves the Submerged Back Pike Position.

Level 3 Figure Descriptions

Ballet Leg Single: Begin in Back Layout Position. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position. The knee is straightened without movement of the thigh to assume a Ballet Leg Position. The knee is bent without movement of the thigh to a Bent Knee Back Layout Position. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.

Front Pike Pulldown to Split: From a Front Layout Position a Front Pike Position is assumed. One leg is lifted in a 180° arc over the surface of the water to a Split Position.

Neptunus: From a Front Layout Position, a Front Pike Position is assumed. One leg is lifted to a Fishtail Position. The horizontal leg is bent to assume a Bent Knee Vertical Position. A Vertical Descent is executed as the bent knee is extended to meet the vertical leg as the ankles submerge.

Kipnus: From a Back Layout Position, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a Bent Knee Vertical Position midway between the former vertical line through the head and the shins. A Vertical Descent is executed in a Bent Knee Vertical Position.

Bent Knee Join to Vertical Sink: From Bent Knee Position, join to Vertical Position. Maintaining a Vertical Position, the body descends along its longitudinal axis until the toes are submerged.

Blossom: From a Back Layout Position the trunk is lowered as the hips are bent to assume a Submerged Ballet Leg Double Position. The feet separate along the surface as the hips rise and the body assumes a Split Position. The legs join to assume a Vertical Position at ankle level. A Vertical Descent is executed.

Level 4 Figure Descriptions

Straight Ballet Leg: From a Back Layout Position, one leg is raised straight to a Ballet Leg Position. The Ballet Leg is lowered.

Walkover Front: From a Front Layout Position a Front Pike Position is assumed. One leg is lifted in a 180° arc over the surface of the water to a Split Position. A Walkout Front is executed.

Tower: From a Front Layout Position a Front Pike Position is assumed. One leg is lifted to a Fishtail Position. The horizontal leg is lifted to a Vertical Position. A Vertical Descent is executed.

Kip: From a Back Layout Position a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are straightened to assume a Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and shins. A Vertical Descent is executed.

Water Drop Spinning 180: From a Front Layout Position a Front Pike Position is assumed. The legs are lifted simultaneously to a Bent Knee Vertical Position. A 180° Spin is executed in the same direction as the bent knee is extended to a Vertical Position and completed as the ankles reach the surface of the water. A Vertical Descent is executed.

Barracuda: From a Back Layout Position the legs are raised to vertical as the body is submerged to a Back Pike Position with the toes just under the surface of the water. A Thrust is executed to Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.

Level 5 Figure Descriptions

Flamingo Bent Knee: A Ballet Leg is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a Surface Flamingo Position. With the ballet leg maintaining its vertical position the hips are lifted as the trunk unrolls while the bent leg moves to a Bent Knee Vertical Position. The bent leg is extended to Vertical Position. A Vertical Descent is executed.

Ariana: From a Back Layout Position a Surface Arch Position is assumed. One leg is lifted in a 180° arc over the surface of the water to a Split Position. Maintaining the relative position of the legs to the surface of the water, the hips rotate 180. A Walkout Front is executed.

Porpoise: From a Front Layout Position a Front Pike Position is assumed. The legs are lifted to Vertical Position. A Vertical Descent is executed.

Kip Spinning 180: From a Back Layout Position the knees, shins and toes are drawn along the surface of the water to assume a Tuck Position. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs are straightened to assume a Vertical Position midway between the former vertical line through the hips and the former vertical line through the head and shins. A Vertical Descent Spinning 180 is executed.

Water Drop Twist Spinning 180: From a Front Layout Position a Front Pike Position is assumed. The legs are lifted simultaneously to a Bent Knee Vertical Position. A Half Twist is executed. A 180° Spin is executed in the same direction as the bent knee is extended to a Vertical Position and completed as the ankles reach the surface of the water. A Vertical Descent is executed.

Barracuda Spinning 180: From a Back Layout Position the legs are raised to vertical as the body is submerged to a Back Pike Position with the toes just under the surface of the water. A Thrust is executed to Vertical Position. A Vertical Descent Spinning 180 is executed at the same tempo as the Thrust.

ADAPTIVE DIFFICULTY TABLE - November 2025



Adaptation of the AQUA Table for the Adaptive and Mixed Ability Categories – **Additions to the AQUA Table are highlighted in red**

Revised Difficulty Table DRAFT - Important Notes

- All hybrids shall start with a base value or "Base Mark" of 0.50 and then start adding difficulty from there, this ensures beginner/developing athletes don't have a hybrid DD value of less than a Base Mark in addition to this being a better mathematical process.
- Bonuses have been removed and will be considered in artistic impression. This also allows all 3 DTCs to all always watch the same components.
- To align with AQUA and allow for athlete challenge/success, Adapted Level 5 & 6/Mixed Ability Level C will follow the AQUA maximum declaration family restrictions, while Adapted Level 2/Mixed Ability Level A and Adapted Level 3 & 4/Mixed Ability Level B have increased maximum declarations. Each level will also have a different number of required families used.

Level Specific Notes

Adapted Level 2 / Mixed Ability Level A	Adapted Level 3 & 4 / Mixed Ability Level B	Adapted Level 5 & 6 / Mixed Ability Level C
<ul style="list-style-type: none"> • Maximum 9 declarations per family per hybrid • Cannot exceed 3 of the same movement code per hybrid. • Unlimited number of horizontal movement declarations per hybrid • Adaptive DD Table additions apply (red) 	<ul style="list-style-type: none"> • Maximum 7 declarations per family per hybrid • Cannot exceed 3 of the same movement code per hybrid. • Maximum of 3 horizontal movements declarations per hybrid. • Adaptive DD Table additions apply (red) • Each routine must include a skill from 3 different families 	<ul style="list-style-type: none"> • Maximum 5 declarations per family per hybrid • Cannot exceed 3 of the same movement code per hybrid. • No horizontal movements can be declared in hybrids. • Adaptive DD Table additions (red) <u>DO NOT</u> apply • Each routine must include a skill from every family (exception for Connections in Solo)

L	THRUSTS (T)	SPINS (S)		TWISTS incl. Twirls/Swirls (R)		AIRBORNE WEIGHT	FLEXIBILITY (F)	CONNECTIONS (C)	
(B) A S I C	Thrust with one or two legs followed by crashing on the surface	SB = 0.15	Spin 180 (one or two legs)	RB = 0.10	Swirl 180/Turn 180 non-sustained or up-down	Lift to any single leg position from Inverted Tuck, Table Top or a variant	Back Layout to Surface Arch or Bent Knee Surface Arch	Piked body position at the surface of the water or any position out of VP "cone" area	
		SCB = 0.35	Combined 180 (one or two legs)		Roll from Front Layout to Back Layout	Layout to Tub or Sailboat		Arm to arm connection	
		SCDB = 0.40	Two-direction Combined 180	1RB = 0.15	1leg Twist/Twirl 180	Tub or Sailboat to Layout			
				2RB = 0.20	Tub Turn 180				
				ROB = 0.25	Twist/Twirl 180 (VP)				
				RCB = 0.25	VP open 180 to Split				
	TB = 0.30				Split close 180 to VP	AB = 0.05	FB = 0.05	CB = 0.10	CB+ = 0.20



ADAPTIVE DIFFICULTY TABLE - November 2025

Adaptation of the AQUA Table for the Adaptive and Mixed Ability Categories – Additions to the AQUA Table are highlighted in red

1	Thrust with one leg followed by vertical descent	S1= 0.35 SC1= 0.80 SCD1= 0.85	Spin 360(one or two legs) Combined 360 (one or two legs) Two-direction Combined 360 (one or two legs)	R1= 0.20 1R1= 0.35 2R1= 0.45 RD1= 0.50 RU1= 0.55 RO1= 0.55 RC1= 0.55	Swirl 360/Turn 360 non-sustained or up-down Tub Turn 360 1leg Twist/Twirl 360 Back Tuck Somersault from Surface Tuck Twist/Twirl 360 (VP) Surface Tuck to Inverted Tuck Two-direction 360 (VP) Back or Front Pike Somersault Unbalanced Twist/Twirl 360 (VP) VP open to Split 360 Split to VP 360	a. Lift to any single leg position from Front Pike Sailboat to Ballet Leg Position b. Single leg descent Ballet Leg to Sailboat Position c. Lift to VP from Inverted Tuck, Table Top or a variant Ballet Leg to Flamingo Position d. Join to VP from Fishtail, Bent Knee VP or Split Ballet Leg Position to Layout (Straight Leg down)	a. Rapid Split from any position b. Rapid Knight from any Position c. BK Surface Arch to Knight (extending the BK up to Knight)	a. Connection in any one leg VP position (in "cone" area) with the "bottom" leg (non VP leg) connected. Can be facing any direction b. Connecting a bottom leg with a thigh of VP leg (athletes facing same direction) OR wrapping a leg around the body (pelvis) - can be facing any direction
	T1= 0.45					A1= 0.10	F1= 0.10	C1= 0.20
2	a. Thrust with one leg followed by Spin 180 b. Thrust with one leg followed by Twirl 180 and a crash	S2= 0.75 SC2= 1.60 SCD2= 1.65	Spin 720 (one or two legs) Combined 720(one or two legs) Two-direction Combined 720(one or two legs)	R2= 0.40 1R2= 0.75 2R2= 0.95 RD2= 1.00 RU2= 1.05	Swirl 720 1leg Twist 720 Twist 720(VP) Two-direction 720 (VP) Unbalanced Twist 720(VP)	a. Vertical descent in VP (with or without isolated movements) Layout to Ballet Leg Position (Straight Leg Lift) b. From Front Pike to a single leg position (Bent Knee VP, Fishtail, etc.) while rotating 180 Sustained Sailboat, Ballet Leg or Flamingo position held for equal to or more than 3 seconds	a. Walkout Front (to breath) b. Split to Front Pike (180 arc with straight leg) c. Split variants at the surface (demonstration of at least 2 different splits)	a. One leg (in VP "cone" area) face-to-face connection b. One leg back (in VP "cone" area), one leg forward (in VP "cone") connection c. C1 connections with a rotation of at least 180 at maximum height
	T2= 0.50					A2= 0.15	F2= 0.20	C2= 0.30

ADAPTIVE DIFFICULTY TABLE - November 2025

Adaptation of the AQUA Table for the Adaptive and Mixed Ability Categories – Additions to the AQUA Table are highlighted in red



3	a. Thrust and vertical descent	S3 = 1.15	Spin 1080 (<u>two legs</u>)	R3 = 0.60	Swirl 1080	a. Front Pike to VP (Porpoise lift)	a. Split to Split through VP (changing legs)	One leg (in VP "cone" area) <u>back</u> or <u>side</u> connection	
	b. Thrust with one leg followed by Spin 360	SC3 = 2.40	Combined 1080 (<u>two legs</u>)	1R3 = 1.15	1leg Twist 1080	b. Vertical ascent with 1 or 2 legs (with or without isolated movements)	b. Ariana Rotation		
	c. Thrust with one leg followed by Twirl 180 and descent	SCD3 = 2.45	Two-direction Combined 1080 (<u>two legs</u>)	2R3 = 1.45	Twist 1080 (VP)		c. Combination of Right and Left Leg Knight Position		
	d. Thrust with flexibility followed by crashing			RU3 = 1.75	Unbalanced Twist 1080 (VP)				
	T3 = 0.65					A3 = 0.20	F3 = 0.30	C3 = 0.40	C3+ = 0.50
4	a. Thrust with one leg followed by Spin 720	S4 = 1.55	Spin 1400 (<u>two legs</u>)	R4 = 0.80	Swirl 1440	a. From Front Pike to lift to a single leg position (Bent Knee VP, Fishtail, etc) while rotating 360	a. Bent Knee Front Layout to Bent Knee Arch Position OR Front Layout to Split with a straight leg	Two-leg connection (both legs must be in VP "cone" area). May be facing any direction.	
	b. Thrust with flexibility and descent	SC4 = 3.20	Combined 1440 (<u>two legs</u>)	1R4 = 1.55	1leg Twist/Twirl 1440	b. Front Pike to VP while rotating 180	b. From Surface Arch Position to Knight or Split with a straight leg		
	c. Thrust followed by Spin 180	SCD4 = 3.25	Two-direction Combined 1440 (<u>two legs</u>)	2R4 = 1.95	Twist 1440 (VP)		c. Bent Knee Surface Arch to Bent Knee VP		
	d. Flying Fish (with descent)			RD4 = 2.15	Two-direction 1440 (VP)		d. BK Surface Arch to Knight (lifting the extended leg and extending on the surface the bent leg)		
	e. Thrust followed by Twirl 180 (in VP) and a crash			RU4 = 2.35	U/B Twist/Twirl 1440 (VP)		e. Fishtail to Knight (horizontal plane, along the surface)		
	T4 = 0.80					A4 = 0.45	F4 = 0.40	C4 = 0.50	C4+ = 0.60

ADAPTIVE DIFFICULTY TABLE - November 2025

Adaptation of the AQUA Table for the Adaptive and Mixed Ability Categories - Additions to the AQUA Table are highlighted in red



5	<ul style="list-style-type: none"> a. Thrust followed by Spin 360 b. Thrust followed by Twirl 180 (in VP) and descent c. Thrust with flexibility followed by Spin 180 d. Flying Fish Spin 180 or Thrust Fishtail Helicopter Spinning 180 e. One leg thrust with Twirl 180 followed by Spin 360. 	S5 = 1.95 SC5 = 4.00 SCD5 = 4.05	Spin 1800 (<u>two legs</u>) Combined 1800 (<u>two legs</u>) Two-direction Combined 1800 (<u>two legs</u>)	1R5 = 1.95 2R5 = 2.45 RU3 = 2.95	1leg Twist 1800 Twist 1800 (VP) Unbalanced Twist 1800 (VP)	Front Pike to VP while rotating 360	<ul style="list-style-type: none"> a. Knight to VP OR Knight to Fishtail through VP b. Bent Knee Surface Arch to VP c. Knight rotating 180 (twisting in the Knight position) 	Rotation vertical connection with one leg in VP "cone" area (rotation of 180+ at maximum height). May be facing any direction.	
	T5 = 0.90					A5 = 0.65	F5 = 0.50	C5 = 1.00	C5+ = 1.10
6	<ul style="list-style-type: none"> a. Thrust with flexibility followed by Spin 360 b. Thrust followed by a Twirl 180 (in VP) followed by Spin 360 c. Flying Fish 360 or Thrust Fishtail Helicopter Spinning 360 	S6 = 2.35 SC6 = 4.80 SCD6 = 4.85	Spin 2160 (<u>two legs</u>) Combined 2160 (<u>two legs</u>) Two-direction Combined 2160 (<u>two legs</u>)	1R6 = 2.35 2R6 = 2.95 RD6 = 3.35 RU6 = 3.55	1leg Twist 2160 Twist 2160 (VP) Two-direction 2160 (VP) Unbalanced Twist 2160 (VP)	Sustained height with one leg or a combination of one or two legs lasting equal or more than 3 seconds OR Isolated movements performed in a stable and fixed single leg position (within VP definition of 0-45 degrees) - isolated movements performed with other (non-fixed) leg lasting 3 seconds or more OR A combination of the two techniques	<ul style="list-style-type: none"> a. Cyclone 180 (BK Surface Arch Twirl 180 to a VP) b. Knight rotating 360 (twisting in the Knight Position) c. Knight Join to VP while rotating 180 d. Flat Split/Split variants sustained at the surface 3 seconds or more 	<ul style="list-style-type: none"> a. Rotation vertical connection with two legs in VP "cone" area (rotation of 180+ at maximum height). May be facing any direction. b. Rotation vertical connection with one leg (rotation of 360+ at maximum height). May be facing any direction. 	
	T6 = 1.10					A6 = 1.15	F6 = 0.65	C6 = 1.25	C6+ = 1.35

ADAPTIVE DIFFICULTY TABLE - November 2025

Adaptation of the AQUA Table for the Adaptive and Mixed Ability Categories – **Additions to the AQUA Table are highlighted in red**



7	Thrust followed by Spin 720	S7 = 2.75	Spin 2520 (two legs)	2R7 = 3.45 RU7 = 4.15	Twist 2520 (VP) Unbalanced Twist 2520 (VP)	Sustained height in VP lasting equal or more than 3 seconds	Surface Arch to VP	Rotation vertical connection with two legs in VP "cone" area (rotation of 360+ at maximum height). May be facing any direction.	
	T7 = 1.50					A7 = 1.45	F7 = 0.75	C7 = 1.50	C7+ = 1.60
8	Thrust with flexibility followed by Spin 720	S8 = 3.15	Spin 2880 (two legs)	2R8 = 3.95 RU8 = 4.75	Twist 2880 (VP) Unbalanced Twist 2880 (VP)	Sustained height shown at least 3 seconds or more in VP performed in an unbalanced position	a. Knight Join to VP while turning 360 b. Bent Knee Surface Arch Position to VP rotating 360 (Nova turning 360)		
	T8 = 1.70					A8 = 1.65	F8 = 0.90		
9	a. Thrust to height of 8.5 (waist) or higher followed by Spin 1080 or more b. Thrust to height of 8.5+ (waist or higher) continued by catching (clearly stopping – stable height demonstrated for 1s or more) in a VP above the knees or higher	S9 = 3.55	Spin 3240 (two legs)	2R9 = 4.45 RU9 = 5.35	Twist 3240 (VP) Unbalanced Twist 3240 (VP)		Surface Arch Position to VP rotating 180		
	T9 = 2.00						F9 = 1.00		
10		S10 = 3.95	Spin 3600 (two legs)	2R10 = 4.95 RU10 = 5.95	Twist 3600 (VP) Unbalanced Twist 3600 (VP)		Surface Arch Position to VP rotating 360		
							F10 = 1.30		

APPENDIX 5: PROVINCIAL AGE GROUP GUIDELINES

Please note that the Provincial/Territorial Artistic Swimming Organizations retain the right to amend these guidelines as they see fit for their province/territory. Contact your provincial/territorial office for clarification of provincial age group rules in your province/territory.

1. Figures

a) Age Group 10U

Compulsory Group:

101	Ballet Leg Single	1.6
301	Barracuda	1.8

Group 1:

359	Modified Front Ariana	2.2
(Starting in 1st split position; ideally the left leg split)		
344	Neptunus	1.7

Group 2:

362	Surface Prawn	1.3
316	Kipnus	1.4

b) Age Group 11-12

Follow World Aquatics 12 and Under Figures as per [World Aquatics Rules Appendix 1](#).

c) Youth Age Group (female 13-15 or male 13-16)

Follow World Aquatics Youth Figures as per [World Aquatics Rules Appendix 1](#).

2. Routine Time Limits

Recommended Time Limits as per CAS Rule 12.1 for Senior (15+), Junior (16-19/20), Youth (13-15/16), 12U, 10U and Masters.

3. Technical Routines

For Provincial Junior or Senior Age Groups CAS recommends following World Aquatics rules for Technical Routines as outlined in the CAS Rulebook (2.2)

4. Free Routines

- For Junior, Youth and 12U Age Groups CAS recommends that PTSOs follow World Aquatics Free Routine predetermined number of Free Elements (Hybrids and Acrobatics) as per [Appendix 3 of the World Aquatics Rules](#)
- CAS recommends events for 10U are Duet, Mixed Duet and Free Team. Solo only allowed for athletes unable to be part of another routine in the club due to numbers. For 2022-23 there will be no CAS recommended predetermined number of Hybrids for 10 and Under.
- 8 and Under events and routine parameters are decided by the PTSO.

5. Team Composition

a) Teams

- In Provincial Stream teams may be composed of a minimum of 4 and a maximum of 10 swimmers.
- Teams may be composed of up to three consecutive age groups whereby no swimmer may swim up or down more than 2 age groups.
- The average age of the swimmers on the team, including any alternates, will determine which age group they will compete in. An average of 0 to .49 will have them swim in that age group and an average of .5 - .99 will have them swim up an age group, as applicable.
- Athletes on a team will swim in their own age group for figures and there will be no degrees of difficulty used.

b) Novice Teams

- Novice teams must be made up of a majority of eligible Novice athletes (minimum of 51%) in order to compete in the Novice category for teams.

c) Free Combination

- In the Provincial Stream of competitions two eligible age groups for the Combo event are recommended - 11-12 and Youth (13-15/16)
- Athletes from 10 & under are ineligible for this event.
- As per the Team composition rules for the Provincial Stream the athletes from the 11-12 and 13-15/16 (Youth) age group may combine to form a combo with the average of their ages determining where they swim.

d) Acrobatic Routine

- In the Provincial Stream of competition one eligible age group for the Acrobatic routine event is recommended - 13-20 (in best alignment with CASC).

6. Mixed Ability

Adaptive Athletes and Non-Adaptive Athletes may compete on blended Duets, Mixed Duets, and Teams in the "Mixed Ability" category. This category will follow the guidelines listed in Appendix IV. All athletes will compete figures (if applicable) according to their age group and ability level.

APPENDIX 6: QUALIFIER PROVINCIAL QUOTA ALLOCATIONS

Provincial Quota Allocations will be shared between provincial groups to increase flexibility in qualifying routines in cases where some provinces have more routines than quota spots and some others have unused quota spots.

The groups will be as follows:

Atlantic	NB / NS / PEI / NL
Central	ON / QC
West	BC / AB / SK / MB

Each province will retain its quota spots as determined through rule 6.3.2, but they will also be able to use unused spots from provinces within their group.

For example, if a province has 3 youth solos with only 2 quota spots, but another province within the same group has 1 youth solo with 2 quota spots, the first province might be eligible to qualify their solo with that spot.

The following rules will apply for the allocation of quotas

1. Provinces will first attempt to fill their quota spots
2. If there are **more unused quota spots** than extra routines within a group, those routines will automatically be qualified for Qualifier as long as they are registered for their Provincial Championships.
3. If there are **less unused quota spots** than extra routines within a group, a Qualifier Selection Committee will meet to select the qualified routines. The main criteria for selection will be the routine score (combined score for youth routines) at the Provincial Selection Competition, but the Committee will be free to decide on other factors, including routine potential, provincial representation, etc. Decisions from the Selection Committee will be final and non-appealable.
4. The Selection Committee will be composed of the Qualifier Chief Referee, one judge from Qualifier and the CAS Chief Operating Officer, or their designate.
5. If a province is not registering any athletes for Qualifier, its quota spots will not count towards the total for their group.
6. No province may be granted more than an additional 50% of its original number of quota spots, or 2 extra spots, whichever is greater. *For example, if a province has a quota of 8 routines, it may not be granted more than 4 extra routines through this special allocation rule. If it has a quota of 3, it may not be granted more than 2.*