CANADA ARTISTIC SWIMMING

OFFICIAL RULE BOOK

UPDATED OCTOBER 2018

Ontario Addendum

Ontario Addendum to CAS Rulebook

2018-2019 Season

Updated January 7, 2019

Format of this Rulebook Addendum:

This document contains the full text of the October 2018 Canada Artistic Swimming Rulebook, which Ontario Competitions will follow, except where specifically noted otherwise.

LEGEND:

Black Text = Original Canada Artistic Swimming Rules

Blue Text = Ontario-specific rules (unchanged from 2017-18 season)

Underlined Blue Text = Ontario-specific rules (New for 2018-19 season)

~~**Black Text with Strikethrough**~~ = Original Canada Artistic Swimming Rules which do not apply to Ontario Competitions

Questions about rules:

This version of the Ontario Addendum Rulebook is now in its final form for the 2018-19 season. Please notify Ontario Artistic Swimming if you find any errors or inconsistencies (email: **rklein@synchroontario.com**).

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1. INTRODUCTION

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 of CAS shall abide by the present rules.

1.3 FINA RULES

All FINA rules apply to any Competition held in Canada unless specifically provided otherwise herein. In case of conflict, the present rules prevail.

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

Meets other than these are the responsibility of the relevant Provincial Associations.

ON 1.3.1 CAS RULES

All CAS rules apply to any Competition held in Ontario unless specifically provided otherwise herein (blue text indicates Ontario-specific rules). In case of conflict, the present (Ontario) rules prevail for Ontario competitions.

1.4 RULE CHANGES

In accordance with the Canada Artistic Swimming Rule Amendment Policy, there will be one annual opportunity to submit rule change proposals (deadline: April 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 FINA are addressed in the policy and may be made at the discretion of the Rules/Technical Committee.

ON 1.4.1 RULE CHANGES

For a provincial rule change to be considered by the Ontario Artistic Swimming (OAS) Rules Committee, an **OAS Rule Change Request Form** must be submitted. Rule change requests may only be submitted by registered OAS Officials, OAS Board Members and Staff and OAS member clubs for which a proposal must be submitted

jointly by the Club Head Coach and Club President. The due date for rule changes is as communicated by OAS for the current season.

2. DEFINITIONS

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

1. **"Canadian National 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. Events held at the Qualifier are to be as follows

    Senior FINA: tech/free solo, tech/free duet, tech/free mixed duet, tech/free team
    Junior FINA: tech/free solo, tech/free duet, tech/free mixed duet, tech/free team
    Senior FINA/Junior FINA: Free Combination, Highlight Routine
    Age Group 13 – 15: Figures, Solo, Duet, Mixed Duet, Team

2. **"Canadian Artistic Swimming Championships"** also known as "CASC" means the Championship for Senior FINA Junior FINA and 13-15 age categories and will be considered the National Championships for these categories. Events held at CASC are to be as follows:

    Athletes with a Disability: Events as described in Appendix G
    Age Group 13 – 15: Figures, Solo, Duet, Mixed Duet, Team
    Senior FINA: tech/free Solo, tech/free Duet, tech/free mixed duet, tech/free team
    Junior FINA: tech/free solo, tech/free duet, tech/free mixed duet, tech/free team
    Senior FINA/Junior FINA: Free Combination, Highlight Routine

3. **"Canadian Masters Artistic Swimming Championships"** means the Canadian championships for Masters. Events held are as follows: solo tech/free, duet tech/free, mixed duet tech/free, trio tech/free, team tech/free, free combination and highlight routine in all age categories.

4. **"CAS"** means Canada Artistic Swimming, the governing body of Artistic Swimming in Canada, also known as "Canada Artistic Swimming".

5. **"Championship"** Includes Canadian Artistic Swimming Championships (CASC), Canadian Masters, Provincials.

6. **"Compete"** means to participate in an event in which there is ranking with others.

7. **"Club Team"** means a team composed of members of a Competitive Club.

8. **"Deck work"** means a set of movements' part of a routine executed to music prior to entering the water.

9. **"Event"** means a portion of the meet for which awards are presented. Thus, "Junior FINA Duet" is an event, "AG 13 - 15 Solo" is an event.

10. **"Figure"** means a combination of positions and transitions performed in the water, as defined in the FINA manual.

11. **"FINA"** means «Fédération Internationale de Natation».

12. **"Finals"** means the last portion of the Event, for which awards are presented.

13. **"Free Combination"** means a routine consisting of parts of solos, duets, trios, and teams.

14. **"Free Routines"** means presentations in the water consisting of strokes, figures, and parts and combinations of these, performed to music.

15. **"Highlights" or "Acrobatic movements"** is a general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions, and are mostly achieved with assistance from other swimmer(s). The acrobatic movement ends with complete submersion of all participants including the one(s) being lifted. For multiple acrobatic movements: when submersion occurs between two acrobatic movements it will be considered as two lifts. When two acrobatic movements happen simultaneously it will be considered as one lift. A highlight routine is one composed of mandatory and optional highlights in a routine format.

16. **"International Competition"** means a Competition held under the jurisdiction of FINA or outside of Canada.

17. **"Junior FINA"** means a competition involving the junior age category.

18. **"Meet"** means the entire competition for a particular age group, including all the routines and figure events.

19. **"Members of CAS"** means an organization (eg PSO), or a person (an individual or a legal person) duly registered with CAS and who has paid applicable fees.

20. **"Nationals"** means the Canadian Championships for Masters. Events held are to be as follows: tech/free solo, tech/free duet, tech/free trio, tech/free mixed duet, tech/free team and free combination in all age categories

21. **"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.

22. **"Provincial Association"** means any one of Synchro Alberta, Synchro British Columbia, Synchro New Brunswick, Synchro Nova Scotia, Synchro Prince Edward Island, Synchro Québec, Synchro Ontario, Synchro Saskatchewan, Synchro Manitoba, Synchro Newfoundland-Labrador or Synchro Yukon or any of their successors and assignees.

23. **"Provincial Team"** means a team made up of swimmers registered with the same Provincial Association.

24. **"Interclub Routines"** means a routine in Tech/Free Team, Free Combination Routine, Highlight Routine and Tech/Free Mixed Duet, and duet (Ontario only), 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.

25. **"Qualifying Competition"** means a Competition in which Competitors must compete in order to qualify for another Competition. In addition, Ontario has specific meets which are mandatory attendance (such as the Early Bird Skills Testing and Lisa Alexander).

26. **"Routine"** means any of solo (1 member), duet (2 members), Trio (3 members), Team (see rule 4.6 a), Free Combination or Highlight Routine.

27. **"Senior FINA"** means a competition involving the Senior Age Category.

28. **"Star Program"** means the Canadian Artistic Swimming Star program as amended from time to time.

29. **"Technical Routines"** means a routine with required elements as defined in the FINA Manual (for Junior and Senior Competition and Masters).

30. **"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 rule 3.10.2.)

31. **"Club"** means a club registered as such with CAS. Clubs may be Recreational or Competitive. Competitive Clubs may have Competitive, Ontario Novice Competitive, and Recreational swimmers but a Recreational Club may not have any Competitive or Ontario Novice Competitive swimmers.

32. **"Competitive Swimmer"** means a swimmer who is registered with a Provincial Association or with CAS directly, who is a Member of CAS and competes.

ON 32 a) "Novice Swimmer" means a swimmer who is registered with a Provincial Association, who is a Member of CAS, and competes for Ontario Novice Competitions. Novice Swimmers may not have competed in the Competitive stream previously, except by permission from the Provincial Jury of Appeal.

33. **"Recreational Swimmer"** means a swimmer who is registered with a Provincial Association and Canada Artistic Swimming but does not compete.

34. **"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. Ontario Masters means a competitor who is 18 years of age or older; Ontario Novice Masters means a competitor who is 21 years of age or older.

35. **"Team"** means a group of at least four competitors but no more than eight for Senior FINA, Junior FINA, and National Age Group 13 – 15 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. For Ontario competitions a team is a group of four competitors but not more than ten (for Ontario meets there is also an allowance for 2 additional athletes to be listed as alternates, for a total of 12 listed athletes).

36. **"Alternate"** means a competitor who is designated to replace a member of a duet, team, or free combination.

37. **"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.

38. **"Age"** means the age of a competitor as of December 31st of the calendar year of the competitive season.

39. **"Meet Manager"** means an individual appointed by the host provincial association 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.

40. **"Timer"** means a person responsible for timing the routines. The timer shall see that the times are recorded on the master score sheet.

41. **"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.

42. **"Assistant Referee"** means a qualified person named to carry out any assigned duties by the chief referee.

43. **"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.

44. **"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.

45. **"Judge"** means an individual appointed to evaluate the performance and assign marks according to the criteria laid out in the rules. The NOC assigns judges for the Qualifier, CASC, and Canada Games. The Provincial Association assigns judges for Provincial championships and other Inter-provincial meets.

46. **"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.

47. **"Chief Judge"** For CASC, a Chief Judge shall be named for each Category. The Chief Judge for Senior FINA Events will be considered the Chief Judge for CASC.

48. **"Judges Slip (Chit)"** means the paper on which the judge's mark is recorded for each routine. 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.

49. **"NOC"** means the National Officials Committee - the management team of CAS that oversees the training, certification, and assignment of judges and referees.

50. **"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, combo and highlight routines.

51. **"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, FINA 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.

52. **"Qualified Referee"** means an individual who has completed the requirements of the referee certification program as outlined by the NOC.

53. **"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.

54. **"Modified Ordinal Point System"** means a system which uses swimmers' placings in figures and routine finals (or routine prelims for non-finalists,) to calculate an overall ranking, for each individual swimmer/team. This is used to determine the Aggregate Trophy.

ON 55. **"Eligible Swimmers"** for Ontario competitions means swimmers properly registered as Amateurs with OAS, and holding a current CAS membership. Ages, where applicable, shall be as of December 31st of the calendar year of the competitive season.

ON 56. **"Athletes with a Disability (AWD)"** fall into the following two categories; "AWD – Cognitive" and "AWD – Physical". Athletes with a Disability are exempt from some rules listed herein.

ON 57. "Competitive Stream" refers to competitions within the athlete pathway attended by Competitive swimmers.

ON 58. "Novice Stream" refers to competitions within the athlete pathway attended by Novice swimmers.

ON 59. "Non-Championship Event" refers to Ontario events which are not finals (non-Championship) events. These include: Early Bird Skills Testing, Lisa Alexander Figures, January Routine Meet, Trilliums Regionals (Combined 12&Under/Novice/Masters), Leslie Taylor Ontario Cup, Hilton Invitational, and SYNC Invitational.

ON 60. "Championship Event" refers to Ontario events which are the final (Championship) event. These include Combined Novice/Masters Provincial Championships, Ontario Championships and Trilliums 12&U Championships.

ON 59. **"OAS"** refers to Ontario Artistic Swimming.

3. GENERAL RULES

3.1 ELIGIBILITY

3.1.1 Registration

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

3.1.2 Qualified Competitor

a), b) moved to definitions

c) In order to be a **Qualified Competitor**, one

- Must comply with current FINA General Rules
- Must be a Competitive Swimmer
- Must be a Canadian Competitor
- Must meet the Age Requirement
- Where relevant, must have been chosen by the Selection Committee
- Must be either a duly registered member of only one Club, Provincial Association or be an Unattached Competitor who has been authorized to enter the Meet
- Shall participate without the use of substances as per the Canadian Anti-Doping Program (CCES).
- In team and free combination, and highlight routines a maximum of 2 swimmers (team) and 3 swimmers (free combination and highlight routine) who are not Canadian competitors but are registered with a Canadian Club may compete.
- In a Master team or trio or free combination or highlight routine, a swimmer who is not a Canadian competitor but who is registered with a Canadian Club, may compete.
- International competitors as per quotas of foreign competitors in 6.2

3.1.3 Unattached Competitors

a) Canadian Resident

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

b) 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 Board of Directors or a committee designated by the Board. Such swimmers must follow all entry requirements for the Qualifier.

3.1.4 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 Provincial Association from which they have departed.

b) Swimmers transferring club affiliation within a Provincial Association shall be bound by the rules and procedures of the Provincial Associations 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 mixed duets, teams, free combination and highlight routine teams called interclub entries.

ON e) In addition to CAS rule 3.1.4 d) above, OAS will permit swimmers from more than one club in the same province to combine to form interclub duets with approval from the OAS Jury of Appeal (at Provincial Competitive Competitions only). A formal request to form an interclub duet must be submitted no later than December 1st to OAS The OAS Jury of Appeal will review submissions on a case-by-case basis and may choose to grant the interclub duet request in instances where there are no other swimmers of the same age and ability within the same club and an appropriate duet partnership cannot be established.

3.1.5 Competitor Levels

a), b) c), d) moved to definitions

e) No recreational registered athlete may compete.

f) A competitor may enter a maximum of six (6) Events: 1 Team, 1 Free Combination, 1 Highlight Routine, 1 solo, 1 duet and 1 Mixed Duet.

A Junior FINA eligible age athlete may compete in both Junior and Senior FINA free AND/OR technical team.

For any club entering the same athletes in both Junior and Senior FINA free team, the team make-up **may** be different for each event, however no change to team composition is required.

A complete 8&Under, 10&Under, 11-12, or 13-15 event consists of a Figures component and a Routine component in Solo, Duet, Mixed Duet and Team.

A complete event for Senior FINA and Junior FINA Competition consists of a Technical Routine OR a Free Routine OR both for each of Solo, Duet, Mixed Duet and Team. See rule regarding eligibility to enter the free routine events.

Notwithstanding the foregoing, a complete event for Masters Competition consists of a Technical Routine component and a Free Routine component for each of Solo, Duet, Mixed Duet, Trio and Team. For Ontario competitions, Masters athletes may

compete in Technical routine only, Free routine only, or both (see ON Appendix C – Ontario Masters).

The Free Combination event and Highlight Routine event consist of a Routine component only. See rule regarding eligibility to enter these two events.

g) A Master competitor may enter a maximum of six (6) events: 1 team, 1 free combination, 1 trio, 1 duet, 1 mixed duet, and 1 solo.

3.1.6 Team Composition and Exemption to Age Category Requirements

a) **"Team"** means a group of at least four competitors but no more than eight for Senior FINA, Junior FINA, and National Age Group 13 – 15 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. For Ontario competitions, a team is composed of a minimum of four and a maximum of 10 competitors. In addition to these ten competitors, up to two alternates may be listed (for a total of twelve competitors listed; however only ten maximum may swim in-pattern). All twelve athletes may enter the figures or technical routine event. These numbers may be different for Ontario Winter Games.

b) An athlete may swim up one age category in duet and/or mixed duet and/or team and/or free combination and/or highlight routine. That athlete will compete in the figure/technical routine competition of the age category of the duet/team on which they are swimming. An athlete swimming up one age category but also entering a routine in their own age category must also swim the correct age group figures/technical routine for that category. ~~See Appendix H for provincial stream guidelines.~~

i) For Ontario competitions, an athlete may swim up OR down one age category in duet/trio and/or team (for Ontario competitions there are no age requirements for free combination or highlight routine, athletes of any age group may enter). An athlete swimming up or down an age category will compete in the figure/technical routine competition of the age category of the duet/trio or team on which they are swimming. An athlete swimming up/down one age category but also entering a routine in their own age category must also swim the correct age group figures/technical routine for that category. Any athlete swimming down an age category will be marked as 'Exhibition' in that figure event and would be eligible for duplicate awards as per Exhibition rules. See also Ontario rule 4.1.1.1 regarding blended age/average age teams (blended teams rules apply to both Ontario Competitive and Ontario Novice). Clubs which plan to attend CAS competitions must ensure they comply with CAS rule b) above.

c) Athletes may represent and compete for two member clubs in the same season in different routines.

3.1.7 Entrants

a) Figures Competition

All competitors including alternates and substitutes shall compete in the figures event except in Senior FINA, Junior FINA, Masters Nationals Events, Free Combination and Highlight Routines. Athletes swimming up or down an age category for duet and/or Mixed Duet and/or team must enter the appropriate figure event/technical

routine (age qualified) if that event is being held at the meet in which they are competing. All athletes named to the team may enter the figure/technical routine event (if age eligible) at any competition in which the team on which they are listed is competing.

ON a) i) Stand-alone Figures: For Ontario events, athletes swimming up or down an age category for duet and/or mixed duet and/or team, or athletes swimming only in the free combination or highlight routine, may still opt to enter their own age-eligible figure event (if applicable). There will be no restrictions on 'stand-alone' figures. Note however that each athlete may compete in a maximum of 2 figure events at any one competition. Athletes swimming only in the free combination and/or highlight routine are not required to enter the figures or technical routine event (optional).

b) Routines

Qualifier:

In age group 13-15 all teams entered are required to swim in the prelims of that event. The teams achieving the top 12 championship scores from prelims will advance to finals. In age group 13-15, all solos and duets are required to swim in the finals of that event (no prelims will be held).

In Junior FINA and Senior FINA competition all teams are required to compete in the technical team event to be eligible to compete in the free team event. The top 12 routines in the free team event will advance to finals (no finals will be held in technical team.) In Junior FINA and Senior FINA competition all solos, duets, and mixed duets must enter the technical event final of each category if they wish to enter the free event final of that category (no prelims will be held)

See CASC rule below for highlight and free combination eligibility. The highlight routine event and free combination routine event shall be final events (no prelims will be held).

CASC:

In Junior FINA and Senior FINA competitions all solo, duet, mixed duet, and team entries **must** compete in the technical event of the category entering in order to be eligible to enter the free event of the same category.

Any free routine in solo, duet, or mixed duet that qualifies for CASC through the Qualifier but does not qualify in the technical routine event may enter the free event and will also compete in the technical routine event.

Free Combination and Highlight Routines are open to all clubs that have entered routines (solo, duet or team) in the competition. Participants in the Free Combination/Highlight routines need not have been members of the qualifying routines. If, at the Qualifying meet, the club's qualifying routines fail to advance to the next and any subsequent meet, the free combination/highlight routine would continue to be eligible to attend that meet and any subsequent meet.

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.

Ontario Competitions:

In Junior FINA and Senior FINA competitions all solo, duet, mixed duet, and team entries **must** compete in the technical event of the category entering in order to be eligible to enter the free event of the same category.

Any free routine in solo, duet, or mixed duet that qualifies for Ontario Championships through the qualification competition but does not qualify in the technical routine event may enter the free event and will also compete in the technical routine event.

There are no restrictions on entry to the free combination and highlight routine events for Ontario competitions at which these events are offered (i.e.,a club need not have entered another routine in the competition to be eligible).

All routines are required to swim in the prelims of the event, if they are held. For 8&Under (Novice only), 10&Under, 11-12, and 13-15, Championship Score determines which routines are eligible to move on to finals (if applicable). For Junior FINA and Senior FINA, all Technical routine events shall be finals only. For Junior FINA and Senior FINA, routine Score determines which Free routines are eligible to move on to finals (if applicable). See rule 4.7.2 regarding preliminaries and finals.

3.1.8 Alternates and Substitutes

a), b) moved to definitions

c) A Duet may have one alternate.

d) A Trio may have one alternate.

e) A Team/Free Combination/Highlight Routine may have a maximum of two alternates.

f) Number of Routine Entries - Rule 3.1.5 f 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.)

g) Substitutes must be entered according to the general criteria, except that the entry form should clearly indicate that this routine is a substitute.

h) 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 highlight routine in the same category at the same competition (see rule 3.1.5 f). Any athlete who is listed on multiple entry lists should be scratched from the secondary routine no less than 2 hours prior to the event (as per 4.6.8 c) i)).

ON i) Alternates must be prepared to compete

Any athlete listed as an alternate must be medically cleared and prepared to compete. If an athlete is not medically cleared and prepared to compete, the athlete must be declared a scratch. Any change to the alternates listed on the entry form must be communicated as per 4.6.8 c) i).

ON j) Requirement for Alternate to swim

If byes or unforeseen circumstances bring the number of athletes on a team to fewer than four and there is an alternate listed for the team on the entry form, the alternate is required to swim (or the team will be disqualified). If there is no alternate listed, and the team has fewer than four athletes, the remaining members no longer meet the definition of a team, and are no longer eligible to compete. In this case the Bye Process should be followed. The remaining team members may request to pre-swim the event.

If byes or unforeseen circumstances bring the number of athletes on a duet to fewer than two and there is an alternate listed for the duet on the entry form, the alternate is required to swim (or the duet is disqualified). If there is no alternate listed, then the duet must scratch and should follow the Bye Process.

3.1.9 Coach's Eligibility

a) All coaches at the Qualifier/CASC must be fully certified at the Competition Development Level or NCCP Level 3. If a coach does not meet this requirement by the entry deadline for the Qualifier/CASC they will not have access to the pool deck at the event.

b) Notwithstanding the above, those coaches registered in “Competition Development Training” with NCCP and taking their certification have two competitive seasons from their date of NCCP registration to complete their certification after which they will not have access to the pool deck at the event.

c) Notwithstanding the above, coaches may attend the Qualifier/CASC as an "apprentice coach" for one competitive season. Apprentice means they attend the Qualifier/ CASC under the supervision of another coach who has their Competition Development (or NCCP Level 3) certification. If they attend as an apprentice, they will have full access to the pool deck. Coaches can be an apprentice for one year only. A coach does not have to be registered in Competition Development training to be an apprentice. The Apprentice coach (es) names must be included in the club’s meet entry package with the name of the supervising coach. A supervising coach may supervise no more than two apprentice coaches at an event.

d) Canada Artistic Swimming will oversee sections a) b) c), maintain records, and ensure that only eligible coaches have deck privileges at the Qualifier/CASC.

e) Coaches at Masters do not need any level of certification.

f) Coaches (Canadian or foreign) of International Entries are exempt from the coaching certification requirements as listed above.

ON 3.1.9.1 Coach’s Eligibility for Ontario Competitions

a) **All coaches at ANY Ontario competitions (Competitive, Novice, or Masters) must meet all of the following requirements:**
- Be a registered member of OAS
- Be at least **Competition Introduction CERTIFIED** – unless covered by b) below
- Wear OAS-issued photo ID Credentials (with current season validation sticker) at all times

b) **Two-year allowance for Competition Introduction Certification**

Those coaches who are Competition Introduction TRAINED (attended the Competition Introduction course), have two competitive seasons from the first day of their Competition Introduction Course to complete their certification, after which they will not have access to the pool deck for Ontario Competitions.

c) **OAS-issued Photo ID Coach Credentials**
OAS will oversee Coach Eligibility 3.1.9.1, maintain records, and ensure that only eligible coaches have deck privileges at the designated competitions.

All coaches must wear their OAS-issued photo ID credential while on deck at any Ontario competition. Credentials will include a validation sticker to indicate either full certification status, or a certification expiry date if b) above. If a coach does not have photo ID credential, they must contact OAS to obtain one.

This credential and validation sticker indicates to the Chief Referee that a coach is a registered OAS member and meets the certification requirements to be on deck. Failure to wear credentials will result in removal from the deck. There shall be a zero tolerance policy for coaches not wearing credentials with current validation stickers. If caught wearing someone else's ID, both parties involved shall be removed from the deck for the remainder of the day.

If a credential is lost, the coach must contact OAS and pay $25.00 for a replacement card (allow 2 weeks for delivery). If a coach cannot produce credentials while at a competition, a temporary credential may be purchased for $50.00 per day from the Chief Referee (the coach must be able to prove certification status to obtain this temporary credential). Temporary credentials must be returned after the final event of the day, subject to a $100.00 fine.

Due to the requirement for photo ID credentials, it is not necessary for every coach to be listed on a Club's meet registration roster. Clubs must ensure that at least one coach is listed for each competitor, however any number of additional coaches may attend a meet as long as they have valid credentials.

d) **Out-of-Province Coaches**
Coaches of out-of-province entries are exempt from the coaching certification requirements for Ontario competitions. However, out-of-provinces coaches must all be listed on the Club meet registration roster and must wear a temporary credential for the duration of the competition (to be collected from the Chief Referee at the start of the competition and returned upon completion).

e) **Coach Availability During Routines**
A registered and certified coach with valid credentials must always be present near the Referee/bulkhead at the time a routine performs and in case of the failure of music/disruption of sound etc., the coach must notify the Referee immediately. In the case of Masters routines in which competitors are often self-coached, a certified coach must still be designated to observe the routine and interact with the Referee if needed, however this designated coach does not need to be from the same Club as the routine.

3.2 SELECTION

3.2.1 International Competition

A Member may not compete in an International Competition unless approved by CAS. For more details, contact Canada Artistic Swimming's National Office in Ottawa.

ON 3.2.1.1 Ontario Rules for International Competition

a) All Club bids for International Competition should be executed as per the process described by Canada Artistic Swimming. Clubs must submit a copy of their CAS International Bid Submission Form to the OAS office.

b) OAS shall be the sole authority for the selection and organization of Ontario Provincial Teams.

3.2.2 Selection Committee

a) 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 (NL/PE/NS/NB.) The members can vary for the different categories.

For the Leslie Taylor Ontario Cup (the provincial qualification event for the National Qualifier), the Provincial Selection Committee will consist of a Board of Directors delegate, the Head of the Ontario Officials' Committee (OOC) or their designate, and the Chief Judge of the competition or their designates.

b) Selection of Competitors

The Selection Committee selects competitors in order of rank by Championship score. (Junior/Senior FINA competitors are selected in order of rank by routine score).

c) 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.

d) 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 championship score (or by routine score if Junior/Senior FINA).

Ontario substitutes for Trilliums 12&Under Championships & Ontario Championships

In the case that a routine that competed at the qualifying event (Hilton) and qualified via proportional entry as per 3.2.3 i) and j) below declines to enter the Championships event, the substitute shall be the next ranking routine that did not advance, by Championship score among all routines across all regions (or via routine score for Junior/Senior FINA).

e) Exceptional Circumstances

The Selection Committee may, upon the advice of the entrant's Provincial Association, 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. See also ON 3.2.1.1 Ontario Byes Process.

f) Qualifier Results
The Qualifier results must be faxed or e-mailed immediately at the conclusion of the Qualifier by the Selection Committee Chair to the Meet Manager of CASC.

g) Masters
Master athletes are not subject to a selection process to enter Masters Nationals. They may enter directly from their club. There are no quotas.

ON 3.2.1.1 Ontario Byes Process

a) Requirement for a Bye
The submission of a Bye Request is required whenever an athlete is medically (or otherwise) unable to compete at a qualifying or mandatory event.

Mandatory or qualifying events for Ontario athletes for the 2018-19 season include:

- Early Bird Skills Testing (mandatory)
- Lisa Alexander Figures/Elements (mandatory)
- Trilliums Regionals (mandatory)
- Leslie Taylor Ontario Cup (mandatory, qualifying event for the National Qualifier)
- Hilton (qualifying event for solos/duets for Trilliums 12&Under Championships or Ontario Championships)

See Ontario competition pathway for full list of mandatory or qualifying events by age group. For Provincial Team Trials the Ontario Byes Process must also be followed. Ontario AWD athletes have no mandatory competitions and no qualification requirements (therefore no Bye Requests are needed).

b) Submitting a Bye Request
Bye requests must be submitted as specified by OAS, including all required forms and supporting documentation. Bye Requests are reviewed by the Provincial Jury of Appeal. Requests should be forwarded to OAS as soon as the need for the Bye is known – failing to do so could result in the request being declined. Should the need for a Bye arise during an event, the Bye Request must be submitted immediately to the Chief Referee (any follow-up documentation must be provided to OAS no later than 7 calendar days after the last day of the competition).

c) Approved Byes
For approved byes, the athlete must be entered in the meet and pay all applicable fees. The athlete will be withdrawn from events as directed, and must be declared a scratch. Any byes granted at qualifying events will be added to the quota for that event (i.e. byes do not take a spot away from a qualified competitor).

d) Byes from Leslie Taylor Ontario Cup to National Qualifier
Bye Requests for entry into the National Qualifier must follow all Ontario Bye rules, and must be approved by the Provincial Jury of Appeal. Approved Byes are then

forwarded to the Provincial Selection Committee for final authorization for entry into the National Qualifier.

3.2.3 Quotas for Routines

a) CASC	
	Age Group 13 - 15 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. **Age Group 13 - 15 Team:** All teams that enter and compete at the Qualifier are eligible to enter the Canadian Championships **Senior FINA and Junior FINA Tech Solo, Tech Duet, and Tech 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. **Senior FINA and Junior FINA Tech Team:** All teams that enter and compete at the Qualifier are eligible to enter CASC. **Senior FINA and Junior FINA: Free Solo, Free Duet and Free 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. **Senior FINA and Junior FINA Free Team:** All teams that enter and compete at the Qualifier are eligible to enter CASC. **Free Combination and Highlight Routine:** All routines that enter and compete at the Qualifier are eligible to enter CASC. **AWAD solo, duet and team** – all athletes that are sanctioned by their provincial section are eligible to enter CASC.

b) Qualifier	
	13-15 Figures, Solo, Duet, Mixed Duet, Junior FINA and Senior FINA Tech Solo, Free Solo, Tech Duet, Free Duet, Tech Mixed Duet, Free Mixed Duet: The provincial quota includes 2 entries for the first 200 registered competitive swimmers (excluding Masters & AWAD) and 1 additional entry for additional registered competitive swimmers to a maximum of 4 per province as follows: 0-200 registered competitive swimmers = 2 entries; 201-400 registered competitive swimmers = 3 entries; 401-600+ registered competitive swimmers = 4 entries; Plus, Performance quota entries earned on the immediately preceding respective National championships results as follows: 2 entries per medallist and 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 **TECH TEAM, FREE TEAM, FREE COMBINATION, HIGHLIGHT ROUTINE:** All teams that enter and compete at their respective provincial selection meets are eligible to enter the Qualifier. As per CAS quotas for the National Qualifier for teams, all Ontario teams that compete at the Provincial Championships event (Leslie Taylor Ontario Cup) are eligible to continue on to the Qualifier. **Senior Entries:** All Senior entries that enter and compete at their respective provincial selection meets are eligible to enter the Qualifier. 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 40 entries. In this instance, the quota calculation as described for the Junior and 13-15 Solos and Duets will be applied. Any free routine in solo, duet, or mixed duet that qualifies for the Qualifier through the provincial selection meet but does not qualify in the technical routine event may enter the free event and will be required to compete in the technical routine event at Qualifier despite not qualifying.

d) reserved

e) reserved

f) Figures

Any eligible (age) athlete entered in a competition (solo, duet, team, free combination, highlight routine) may enter the figure/tech routine event. See rule 3.1.7 a)

Exception: Should a figure Event be used as a selection process for National Teams, all eligible competitors may enter the Event. There are no restrictions on figures as a stand-alone event for Ontario competitions (see 3.1.7 a) i)).

g) University Routines

The top three University solos, duets, mixed duets and teams at the University Championships are eligible to compete at the Canadian Championships in the Senior FINA Free events without qualifying through the Qualifier and without meeting the requirement of competing in the tech event of the routine category entering. The athletes competing at the Canadian Championships must be registered athletes with Canada Artistic Swimming.

h) Combined Novice/Masters Provincial Championships	
	All Novice routines that enter and compete at Trilliums Regionals are eligible to enter Combined Novice/Masters Provincial Championships. All Masters routines are eligible to enter Combined Novice/Masters Provincial Championships (it is not necessary for Masters routines to have entered Trilliums Regionals). **AWD** – all AWD athletes are eligible to enter Combined Novice/Masters Provincial Championships.

i) Trilliums 12&Under Championships	
	Age Group 10&Under and 11-12 Teams: All team routines that enter and compete at Trilliums Regionals are eligible to enter Trilliums 12&Under Championships. **Age Group 10&Under Duet:** All 10&Under duets that enter and compete at Trilliums Regionals are eligible to enter Trilliums 12&Under Championships. **Age Group 11-12 Solo and Duet/Trios:** Quotas will be based on proportional representation based on the number of entries registered at the qualification event (Hilton) from each Region (Central, East, North, and West), who have declared their intent to try to qualify on to Trilliums 12&Under Championships. A total of 15 duet/trio entries and 15 solo entries will be eligible to advance to Trilliums 12&Under Championships. There may be no pre-swimmers selected for Trilliums 12&Under Championships if video recordings of pre-swimmers are used (see rule 4.5.3 d) regarding pre-swimming).

	AWD – all Competitive AWD athletes are eligible to enter Trilliums 12&Under Championships.

j) Ontario Championships	
	Age Group 13-15 Teams, Junior FINA Tech/Free Teams, Senior FINA Tech/Free Teams, Free Combinations, and Highlight Routines: All team routines that enter and compete at Leslie Taylor Ontario Cup are eligible to enter Ontario Championships (provided they did not attend National Championships – see rule 4.9 regarding National Exhibition entries). **Age Group 13-15 Solo and Duet/Trio, Junior FINA Tech/Free Solo and Duet/Trio, and Senior FINA Tech/Free Solo and Duet/Trio:** Quotas will be based on proportional representation based on the number of entries registered at the qualification event (Hilton) from each Region (Central, East, North, and West), who have declared their intent to try to qualify on to Ontario Championships. A total of 15 duet/trio entries and 15 solo entries in each age group will be eligible to advance to Ontario Championships. There may be no pre-swimmers selected for Ontario Championships if video recordings of pre-swimmers are used (see rule 4.5.3 d) regarding pre-swimming). **AWD** – all Competitive AWD athletes are eligible to enter Ontario Championships.

3.3 PROTESTS

3.3.1 Conflict of Interest

(see also CAS Conduct Policy)

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

a) a relative of a Competitor - For purposes of this rule, a "relative" includes step relationships and is any of parent, child, sibling, uncle, aunt, nephew, niece, first cousin, grandparent, or spouse (includes boyfriend and girlfriend)
b) a 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 parent, child, sibling or spouse of a Coach of a Competitor
d) a Team Manager or relative of a Team Manager
e) an inhabitant of the same household of any of a), b) c), or d)
f) Ontario Competitions: Refer to the OAS Conduct Policy on what is considered a Conflict of Interest for Ontario Competitions.
g) The use of an official with a conflict (for Ontario events): If a conflict is present at a meet, the Chief Referee is required to call a meeting of the Coaches with swimmers affected prior to the event to inform them as to the nature of the conflict. The event will only proceed using a panel with a conflict if it is unanimously agreed upon by all Coaches of swimmers in that event.

3.3.2 Dispute Resolution

a) Protests

i) No protests shall be made against the judges' marks/scores.

ii) 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.

iii) Protests shall be made in writing to the Referee within 30 minutes from the time official results of the event involved are published. 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.

ON iv) Protests must be submitted together with a deposit of $100 Canadian (returned if the protest is successful).

b) Jury of Appeal

i) “Jury of Appeal” means a group of people without a Conflict of Interest appointed by the NOC Chair (for the Qualifier, CASC, and Masters Nationals) or by the President of the Host Province or his/her designate (for Provincials) to resolve any protests that may be made pertaining to the Meet. It is composed of three members and one alternate.

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

iii) 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.

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

3.4 DOPING CONTROL

a) An athlete who is a Member of Canada Artistic Swimming, or who is a member of a Provincial Association or Club which is a Member of Canada Artistic Swimming, may be subject to unannounced doping control.

b) Athletes undergoing doping control shall follow all CCES rules and regulations.

c) Master athletes are not subject to doping control tests.

4. COMPETITIONS

4.1 AGE

a) moved to definitions

4.1.1 Age categories

a) Age categories are:

Age Group 10 and under (10U)	~~are 8, 9, or 10 years old (Synchro age 9 or 10)~~
Age Group 11 and 12	11 & 12
~~Age Group Novice~~	~~Athletes that are 11 years of age and older who have not been registered or competed as a competitive swimmer in the past. A swimmer will only be able to swim in this category for 1 year.~~
Age Group 13 – 15	13 to 15
Age Group 16 - 20	16 to 20
Junior FINA	15 to 18
Senior FINA	15 & over
Masters Solo/Duet	19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over
Masters Trio/Team	19-34, 35-49, 50-64, 65-79, 80 and over
Masters Free Combination	19-39, 40-64, 65 and over

A Competitor must meet the Age Requirement set forth herein above in order to be eligible to compete in a given Age Category.

ON 4.1.1.1 Ontario Age Categories

a) Age categories for Ontario are:

Competitive Age Categories:

Competitive Age Group 10 and under (10U)	1 to 10
Competitive Age Group 11 and 12	11 & 12
Competitive Age Group 13 – 15	13 to 15
Competitive Junior FINA	15 to 18
Competitive Senior FINA	15 & over

Novice Age Categories:

Novice Age Group 8 and under (8U)	1 to 8
Novice Age Group 10 and under (10U)	1 to 10
Novice Age Group 11 and 12	11 & 12
Novice Age Group 13 – 15	13 to 15
Novice Age Group 16 – 20	16 to 20
Novice Masters	21 & over

Masters Age Categories:

Masters Solo	18-34, 35-49, 50-64, 65-79, 80+
Masters Duet/Trio	18-34, 35-49, 50-64, 65-79, 80+
Masters Team	18-34, 35-49, 50-64, 65-79, 80+
Masters Free Combination	18 & over (open)

b) Ontario blended age rules

i) For Ontario competitions, the Age Group in which a team or a duet/trio competes is determined by the average age of the members (including alternates) of the routine, as follows:

8 & Under (Novice only)	a blended team or duet/trio whose average age is 8.4 or lower
10 & Under	a blended team or duet/trio whose average age is 10.4 or lower
11-12	a blended team or duet/trio whose average age is 10.5-12.4
13-15	a blended team or duet/trio whose average age is 12.5-15.4
16-20 (Novice only)	a blended team or duet/trio whose average age is 15.5-20.0
Junior FINA	a blended team or duet/trio whose average age is 15.5-18.4
Senior FINA	a blended team or duet/trio whose average age is 18.5 to 25.0

Note: Routines averaging 18.0 years and over are also eligible to compete in Masters (in addition to Competitive stream events). All members of the team must be a minimum of 18 (as of Dec 31 of the year of competitive season) and all Masters rules must be followed.

ii) Method of Calculation

Add all of the ages of the members of the routine (important: age of athletes as of December 31 of the calendar year of the competitive season) and divide by the number of members on the team.

Team Example:

Swimmer 1 = 11	*= Total Age (92) divided by No. of swimmers (8)*
Swimmer 2 = 13	*= 11.5*
Swimmer 3 = 10	*= 11-12 yrs age group*
Swimmer 4 = 12	
Swimmer 5 = 11	
Swimmer 6 = 12	
Swimmer 7 = 12	
Swimmer 8 = 11	

Duet Example #1:	*Duet Partner 1 = 12 years* *Duet Partner 2 = 13 years*	*Average = (12 + 13)/2 = 12.5 yrs* *= 13-15 age group*
Duet Example #2:	*Duet Partner 1 = 11 years* *Duet Partner 2 = 12 years* *Duet Alternate = 13 years*	*Average = (11 + 12 + 13)/3 = 12.0 yrs* *= 11-12 age group*

iii) Changes to team make-up during the season

A team's average age 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 Trilliums Regionals). After the first routine meet is entered, the routine's age group does not change for the remainder of the season (even if team make-up changes). Exceptions to this may be considered via request to the Provincial Jury of Appeal only.

iv) Duet Partners

There shall be no change of duet partners between the qualification event (Hilton) and the Championship event, except the substitution of the listed alternate. Alternates must be listed on the entry form throughout the qualifying meets.

c) Solo: Athletes may only compete in the solo Age Category of their own Age Group (as per a) above).

The only exception shall be a 10&Under athlete who meets the following criteria, who in this case shall be permitted to swim up one age category to 11-12 figures and/or solo for development purposes:

- Placed in the Top 10 in 10&Under Figures at Trilliums 12&Under Championships the previous season. (The athlete must have placed Top 10 as per the posted results, regardless of the ages of other competitors – Example: Not just top 10 of all 9 year-olds, but top 10 of ALL 10&Under athletes).
- A request must be submitted to the Provincial Jury of Appeal in this case.

d) Competitive Pathway & Figures/Technical Event Age Group

The Age Group of a team or duet/trio shall be calculated as per b) Ontario blended age rules above. All athletes on a routine will compete in the figure/technical routine competition of the age category of the duet/trio or team on which they are swimming (see Ontario rule 3.1.6 b) i)). Example: If the average age of the team is calculated as 12.5, the team is a 13-15 Age Group team and all athletes must compete in the 13-15 Figure event (regardless of the actual age of the competitors that make up the team). An athlete may choose to also enter their own age-eligible figure event (if applicable) – see ON 3.1.7 a) i) Stand-alone Figures.

Athletes follow the Competitive Pathway, which outlines which competitions athletes are eligible to attend based on the Age Group of the routine they compete on. Example: A 12 year-old athlete who competes on a 13-15 team must attend the competitions for the 13-15 Age Group. If an athlete competes in routines in different age groups, they must also swim the correct age group figures/technical routine for that category and attend all relevant competitions for that age group.

ON e) Upgrading to Novice or Competitive

Athletes may upgrade from Recreational to Novice, and from Novice to Competitive during the season, however the deadline for any upgrades will be the same as the entry deadline for the Novice Regionals/Trilliums Regionals event. Athletes must attend the qualifying meet in order to attend the finals/championship meet in their stream, therefore switching between Recreational/Novice or Novice/Competitive after the deadline is not permitted.

4.2 TIME LIMITS

4.2.1 The Start of a Routine

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

b) Routines may start on the deck or in the water, but they must finish in the water

c) In routine events, when the routine starts in the water, the time allowance for the walk-on of the athletes from the designated starting point to the achievement of a starting position in the water shall not exceed 30 seconds. Timing shall begin when the first competitor moves past the starting point and end when the last competitor assumes a starting position.

4.2.2 Time Limits - Deck Work

Deck Work must not exceed 10 seconds.

4.2.3 Time Limits for Routines

Including Deck Work, routines shall have the following maximum times, in minutes:

Novice	Solo	Duet/ Mixed Duet	Team	Free Combination	Highlight Routine
ON Novice 8U			1:45		
ON Novice 10U			2:00		
ON Novice 11-12			2:30		
ON Novice 13-15			2:45		
ON Novice 16-20			3:00		
ON Novice Masters (21+)			3:00		
Competitive	**Solo**	**Duet/ Mixed Duet**	**Team**	**Free Combination**	**Highlight Routine**
Age Group 10 & Under	~~1:15 *only allowed for athletes unable to be part of another routine in the club due to numbers~~ There is no 10U solo category for Ontario competitions	1:45	2:15		

Age Group 11 - 12 ~~& Novice~~	1:45	2:15	2:45		
Age Group 13 - 15	2:15	2:45	3:30	4:00	
Age Group 16-20 and Junior/Senior FINA – technical	2:00	2:20	2:50	4:00	
Age Group 16-20 and Junior/Senior FINA – free	2:30	3:00	4:00	CASC 4:00	CASC 2:30
Masters	Solo	**Duet/Trio Mixed Duet**	Team	Free Combination	Highlight Routine
Masters Technical	1:30	~~1:40~~ 1:45	1:50		
Masters Free	2:30	~~3:00~~ 3:30	4:00	4:30	
~~Masters Tech/Free Trio~~	~~Tech – 1:45~~	~~Free - 3:30~~			
AWD	**Solo**	**Duet/ Mixed Duet**	**Team**	**Free Combination**	**Highlight Routine**
Level 1	1:30	1:45	2:00		
Level 2	2:00	2:30	3:00		
Level 3	2:15	2:45	3:15		
Level 4	2:30	3:00	3:30		
Level 5	2:45	3:15	3:45		

For all routines in the National Stream, there shall be an allowance of fifteen seconds less or plus the allotted time limit, beyond which a penalty is incurred. ~~In the Provincial Stream there will be no minimum time and routines may not exceed the maximum time without incurring a time penalty.~~

For Ontario competitions:

Competitive: There shall be an allowance of fifteen seconds less or plus the allotted time limit, beyond which a penalty is incurred.

Novice & Masters: There shall be an allowance of fifteen seconds plus the allotted time limit, beyond which a penalty is incurred. There is no minimum time limit for Novice or Masters (however the above times are suggested as guidelines).

AWD: There is no minimum time limit and there shall be no penalties assessed for time violations for AWD. Times above are suggested as guidelines.

For all routines, there shall be a time limit for walk-ons – see 4.2.4

For Masters, there is no minimum time.

Jeux Canada Games time limits shall follow those for the Junior FINA Category.

Note - the free combination event for Junior FINA, and Senior FINA is one event (not separated by age group.) This also applies to the Highlight Routine event. Within Ontario, there is one free combination event which includes all age groups (free combination is an open age category event for Ontario competitions at which it is offered).

4.2.4 Timing

a) 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.

b) 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.

4.2.5 Time Violations

a) Overall Time Limits

A one-point penalty will be deducted from the routine score if there is a deviation from the specified routine time allowance (less than or more than).

b) Deck Drill Time Limits

i) A one-point penalty shall be deducted from the routine score if deck walk on time limit is exceeded.

ii) A one-point penalty shall be deducted from the routine score if the time limit for deck movements is exceeded.

c) Recording the Penalty

The timers shall advise the Referee of the penalty situation immediately following the completion of the routine. The Referee arranges to have the music selection retimed for penalty in 4.2.5 a) only.

If the time violation is confirmed, the Referee shall immediately advise the coach, and instruct the scorers to deduct the appropriate penalty from the routine score. Note: a routine could receive three penalty points (deck walk on/deck movement/routine time.)

4.3 PENALTIES IN TECHNICAL ROUTINES

a) A half-point (0.5) penalty shall be deducted from the Execution score for violations of Duet required element 6 and 7, Mixed Duet required elements 6, 7 and 8 and Team required element 6, 7, 8 and 9 in Senior FINA and Junior FINA Technical routines.

b) A half-point (0.5) penalty shall be deducted from the execution score for solo, duet, and mixed duet if any of the elements 1-5 are not performed parallel to the sides of the pool where the panels of judges are seated.

c) A half-point (0.5) penalty shall be deducted from the Execution score for violations of Solo required element 6, Duet/Trio required element 6 and 7, and Team required element 6.7.8.9 in Masters Technical routines.

4.4 FREE COMBINATION & HIGHLIGHT ROUTINE

4.4.1 Free Combination Routine

a) There shall be a minimum of 4 and a maximum of 10 members. In addition to these 10 competitors, teams may have up to two alternates (for a total maximum of 12 competitors on the roster of a free combination routine) – See 3.1.8 e). ~~For the Provincial Stream of competition combo is only open to athletes who are aged 13 and over~~. For Ontario competitions there are no age requirements for free combination or highlight routine and athletes of any age group may enter (see ON 3.1.6 b) i)).

b) The start of the routine may be on deck or in the water.

c) All of the following parts must start in the water.

d) A new part begins where the previous part ends

e) At least two (2) parts must have fewer than three (3) swimmers and at least two (2) parts must have 8-10 swimmers (teams of 10), 7-9 swimmers (teams of 9), 6-8 swimmers (teams of 8), 5-7 swimmers (teams of 7), 4-6 swimmers (teams of 6), 3-5 swimmers (teams of 5) and 3-4 swimmers (teams of 4).

4.4.2 Free Combination Penalties

a) A two-point penalty per infraction shall apply to all the parts of 4.4.1 (b - e)

4.4.3 Highlight Routine Requirements & Penalties

1. There shall be a minimum of four (4) and a maximum of ten (10) members. In addition to these 10 competitors, teams may have up to two alternates (for a total maximum of 12 competitors on the roster of a highlight routine) – see 3.1.8 e).
2. Additional content may be added
3. Required elements may be performed in any order
4. All members must be involved to perform the required elements.
5. Penalties - a 2.0-point penalty per infraction of #4 and if any of the required elements are missing.
6. HIGHLIGHT REQUIRED ELEMENTS:
    1. A minimum of four acrobatic movements

    Acrobatic movements: A general term for jumps, throws, lifts, stacks, platforms, etc., which is performed at spectacular gymnastic feats and/or risky actions, and is mostly achieved with assistance by another swimmer(s).

    2. A connected or intertwined action

    Connected action: Joined or linked together.

    Intertwined action: Act of twisting together and around each other in spirals.

    3. A float to give a kaleidoscopic effect

    A float: a formation or pattern swimmers carry out with their bodies at the surface of the water. Some parts of their bodies can be above or below the surface.

    A kaleidoscopic effect: a symmetrical design or pattern that continuously shifts from one set of relations to another and rapidly changes.

4.5 FIGURES

4.5.1 Swimmers' Apparel

a) Nose clips are allowed for all events. Goggles are allowed for figure events and with medical certification for routine events. Medical certification to be submitted to the Chief Referee at least 30 minutes prior to the event.

b) 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. Jewelry is not allowed (see Rule 4.6.1 c) for special exceptions).

4.5.2 Organization of Swimmers

a) Swimmer Identification

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

4.5.3 Conduct of Figures Event

a) Event

i. One group of four figures shall constitute the figures event.

b) The Draw for the Figure Group

i. **Timing**

The figure group for the Qualifier shall be drawn and posted by the Chief Referee or his/her designate one week prior to the start of the figure event and will be posted on the Canada Artistic Swimming website immediately after they have been drawn.

The figure group for all Ontario competitions shall be drawn and posted by OAS two weeks prior to the start of the figure event and will be posted on the OAS website immediately after they have been drawn. Rules for Ontario Winter Games may differ.

c) Figure Groups

The National Office shall circulate the Competitive figure groups each September if there are any changes. The Chief Referee or his/her designate shall draw one figure group for each age category from the relevant figure list.

Figure groups for Ontario competitions will be provided in the Rulebook. Draws for figure groups will be as per specific competition rules (for example, there are no draws for Novice figures, with the exception of Left/Right Sailboat for 8&Under).

ON c) i) **Elements on panels**

At the Lisa Alexander competition, there will be an event for Junior and Senior Elements on panels. There is no draw for elements on panels.

d) The Pre-Swimmer

Prior to the event, at least one swimmer not entered in the event may be judged by the judges officiating for the event. For Ontario competitions, video recordings of pre-swimmers for judge panel meetings may be used in place of pre-swimmers.

4.5.4 Spin / Twist

In figures or technical routine elements where a spin or twist is part of the figure, a zero will be called as follows:

- Any deviation of ¼ + or – the specified amount of rotation is executed. For example, if a full twist is required, and the swimmer completes ¾ (270°) of the rotation or less, or 1 ¼ (450°) of the rotation of more, the score would be zero for that figure.
- In a continuous spin, any 180° deviation (more or less) in the exact number of rotations would receive a zero.
- Combined spins and all variations of combined spins: any difference in the amount of rotation of descending and ascending spins, as well as direction of rotation will result in a zero score.
- For all other spins (such as 180, 360, Spin up 180, Spin up 360) any deviation of ¼ + or – the specified amount of rotation, will result in a zero for that figure. For example, if a 180° is required and the swimmer completes 135° (3/4 of the rotation) or less or 225° (1 ¼ rotations) or more, the score would be zero for that figure.

4.5.5 Coach behaviour during judges' conference

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

ON 4.5.5.1 Designated Coach areas during Figures Events

For Ontario Competitive and Novice stream Figures Events, all coaches shall remain within the designated coach area. Competitors may only receive coaching from within the designated coach area or outside of the competition space (e.g., shallow-end designated for warm-up is permissible).The designated coach area will be clearly signed by meet management, and will not be placed near/behind the figure panels. Coaches will be given one warning during the Figures Event, after which they will be fined $50.00 per infraction for coaching a competitor outside of the designated coach area.

4.5.6 Penalties in Figures

a) Awarding Zero - A zero shall be awarded (but not flashed) if:

- a competitor performs other than the figure posted for that panel or,
- a competitor stops during the figure
- if a zero is awarded to a figure, the panel judge 1 shall inform the athlete and the panel referee who shall inform the scoring panel that the result will be zero for that figure.

b) a) ~~shall apply only to 13-15 National.~~ For all other categories, a two-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.

ON c) Penalties in Figures

For Ontario Competitive stream Figures Events, rule 4.5.6 b) apply (i.e., Ontario will not enforce zero penalties on the first attempt).

For Ontario Novice stream Figures Events, if an athlete makes an error on their first attempt, the Head Judge shall inform the athlete of the error and the athlete will be allowed to perform the figure again (i.e., no penalty is applied). If, after the second attempt, the athlete still fails to complete the figure as per the FINA description, 4.5.6 a) applies and a zero shall be awarded (but not flashed).

4.5.7 Figures Swimmer Absent

a) Extraordinary Circumstances

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

b) 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.

c) Missing the Figures Event

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

d) Competing with a Wrong Competitor Number

If an athlete 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.

4.6 ROUTINES

4.6.1 Swimmers' Apparel

a) 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 AWAD athletes may use goggles for all events.

b) For all routines clothing shall conform to FINA specifications as stated below: (see AS 13.9 - 13.14)

i) The swim wear (swimsuit, cap and goggles) of all competitors shall be non-transparent, in good moral taste and suitable for the individual sports disciplines and not to 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. In the event that the referee thinks a competitor(s) swim wear does not conform, the competitor(s) will not be permitted to compete until changing into appropriate swim wear.

ii) Theatrical make-up shall not be worn. Straight makeup that provides a natural, clean and healthy glow is acceptable.

iii) The use of accessory equipment, or additional clothing is not permitted unless required by medical reasons.

iv) Jewelry may not be worn in routines. Requests for religious or medical alert adornments (only) to be worn during competitions must be addressed to the Referee in advance of the competition via the registration form or as required by the meet manager. The following situation is permitted:

Standard medical alert or sikh kara bracelets 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.

The Referee has the authority to allow or disallow any jewellery or adornment based on his or her assessment of the risk of injury. The Referee also has the authority to require a bracelet to be taped into position if the design warrants additional care be taken while competing.

ON v) Technical Routine Apparel: For Ontario competitions, athletes competing in Junior and Senior FINA Technical routine events may choose to wear a normal competition routine suit OR a plain black, one-piece suit. Hair may be gelled or worn in a black cap.

ON c) Gel Removal

i) Gel Removal in Competition or Warm-Up Pools

Clubs with athletes observed removing gel, bobby pins, headpieces and hairnets in the competition or warm-up pool will be assessed a $100.00 fine by the Chief Referee of the competition. All removal of gel, bobby pins, headpieces and hairnets is to only be removed in the designated areas of the facility change rooms (where permitted).

ii) Gel/Hair Pins in Change rooms/Pool Facilities

If a Club's competitors are caught leaving a mess in the change rooms/pool facilities (gelatin, bobby pins, hairnets, other garbage etc.), the Club will be fined $100.00 per infraction. Infractions will be detailed in the meet manager guide.

4.6.2 reserved

4.6.3 Conduct of the Event

a) Control of Event

The Referee controls the event, under the direction of the Chief Referee.

b) The Start of the Routine

i) For the deck work in team/free combination/highlight routine, duet, and trio competitors may not execute stacks, towers, or human pyramids (i.e. each competitor must have some part of their body touching the deck.)

ii) The accompaniment shall begin upon a signal from the referee.

iii) The judges shall commence judging when the accompaniment begins, and shall award marks, which indicate the level of performance of the routine.

4.6.4 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.

4.6.5 Entry Position Violation

A one-point penalty shall be assessed to a routine which does not start at the end designated by the Meet Manager.

4.6.6 Deck Movement Violation

A two-point penalty shall be assessed if during the deck movements in team/free combination, duet, and trio routines competitors are executing stack, towers, or human pyramids.

4.6.7 Violation of Limits on Acrobatic Movements in Free Routines

There is a maximum of six acrobatic movements in free routine teams.

There shall be a penalty of 2.0 if this number is exceeded. Regardless of the number of additional acrobatic movements, the maximum penalty would be two points. This does not include partner (2 swimmers) lifts.

4.6.8 Routine Swimmer Absent

a) Extraordinary Circumstances

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

b) 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.

c) Routine Member(s) Absent

i) **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 Section 4.7.1 b) iv). 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.

ii) **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.

d) After 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.

4.6.9 Interruption of a Routine

a) Referee's Discretion

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

b) 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.

4.6.10 Routine Temporarily Unable to Perform

a) 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.

b) The referee shall determine when the temporarily withdrawn routine shall swim.

c) 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.

ON 4.6.10.1 Coaches Providing Cues from the Deck

Coaches may not assist on land by providing cues to swimmers during routines, subject to a one point penalty deducted from the routine score.This rule applies at all Ontario Competitive and Novice stream Competitions. AWD coaches are exempted from this rule and may provide cues to AWD athletes from the deck.

ON 4.6.10.2 Highlight Safety For Ontario Competitions

In order to ensure the personal safety of our competitors, there shall be no platforms, stacked lifts, or throw highlights permitted in shallow water. Partner (two swimmer) highlights are permitted as long as the assisting swimmer uses only their

hands/arms to lift (i.e. inverted assists, pushing with legs, or standing on shoulders is not permitted). The meet manager shall ensure a pylon or figure marker is made available, and the Chief Referee shall place the marker to designate shallow water. Chief Difficulty Judge #1 shall notify the Referee immediately following the routine if a violation of this rule was observed. A two-point penalty shall be assessed by the Referee per infraction.

For Ontario Novice stream Events: In order to ensure the personal safety of our competitors, and to emphasize appropriate skill development, there shall be no platforms, stacked lifts, or throw highlights permitted at Novice Events/Competitions. Partner (two swimmer) highlights are permitted as long as the assisting swimmer uses only their hands/arms to lift (i.e. inverted assists, pushing with legs, or standing on shoulders is not permitted). Chief Difficulty Judge #1 shall notify the Referee immediately following the routine if a violation of this rule was observed. A two-point penalty shall be assessed by the Referee per infraction.

Refer to FINA rule 18.3.4/18.3.5 for guidelines on use of the bottom of the pool during competitions.

4.7 SCORING AND DRAWS

a) moved to definitions

4.7.1 Figures / Technical Routines

a) The Draw

The draw for order of performance for figures shall be at random.

b) Scoring

i) Procedures

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

c) Technical Routine

In the Technical Routine, if a judge or judges (but not the entire panel) on Element Panel 3 have awarded a zero, the referee and the head judge of the technical panel will review the official video. If the element has been executed, then the average of the marks of the other judges shall be computed and shall be considered as the missing mark(s). This shall be calculated to the nearest 0.1 point. If the element has not been executed, then the marks of the judges that awarded a mark shall be changed to a zero.

d) Video Review for Technical Routines (new)

i) video review may be used to confirm the award of a zero on technical elements
ii) the review will be done by at least one and preferably two of: Referee, Technical Monitor, Evaluator, and Head Judge
iii) the video may be watched in real time or slow motion or both
iv) stop action and/or freeze frame will be allowed
v) the video may be reviewed a maximum of 5 times. If the error is not clearly identified and agreed upon by the reviewer(s), the element will be awarded scores by each judge

vi) for the judge(s) who initially awarded a zero to the element, their score will be calculated by averaging the marks awarded by the judges who did not award a zero to the element

ON e) Timing of Video Review

For Ontario competitions, video review will be conducted at the conclusion of the event (or, for very long events, during a break period part-way through the event). Until the video review takes place, judge's scores are flashed or announced, and if any judge notes a potential penalty, the routine is announced as "Under Technical Review."

ON f) Degrees of Difficulty for Figures/Elements on Panels/Technical Routines

For Ontario competitions, Degrees of Difficulty (DDs) will always be applied to figure scores/elements on panels score/technical routines score, except for the following:

- There shall be no DDs applied to 10&Under Competitive Figures
- There shall be no DDs applied to Novice Figures (or required elements) for any Novice age group
- There shall be no DDs applied to AWD Figures
- There shall be no DDs applied to 11-12 partial Figures at the Lisa Alexander Competition (see ON Appendix J).

4.7.2 Routines

a) Scheduling

i) Prelims and finals shall be held in the following events at CASC: 13-15 solo, duet, mixed duet, team; Junior tech solo, Junior free solo, Junior tech duet, Junior free duet, Junior tech mixed duet, Junior free mixed duet, Junior tech team, Junior free team, Senior tech solo, Senior free solo, Senior tech duet, Senior free duet, Senior tech mixed duet, Senior free mixed duet, Senior tech team, Senior free team, Junior/Senior free combination, Junior/Senior highlight routine. Finals shall be held in all AWAD events.

ii) For Qualifier, and CASC events with fewer than 15 competitors at the time of the draw for order of swim, the Meet Manager in consultation with Canada Artistic Swimming's Competition Committee Chair and the Chief Referee of the competition may decide to hold only "Finals". In such a case, the draw shall be as per draw for prelims.

ON iii) Ontario Scheduling (Preliminaries and Finals)

Preliminaries and Finals shall be held in all routine events For Ontario competitions except as noted below:

1. Fewer than 15 competitors

For events with fewer than 15 competitors (excluding Exhibition entries) at the time of the draw for order of swim, the Chief Referee may decide to hold only the "Finals" portion of the event.

2. January Routine Meet

At the January Routine Meet only one "Finals" event will be held by random draw for all routine events. Judges marks will be given, along with full results, but as this is a feedback-only meet there shall be no awards.

3. Technical Routines, Free Combination, and Highlight Routines

Technical routines (Junior/Senior FINA), free combination, and highlight routines shall be finals-only.

4. Novice Competitions

All Ontario Novice Competitions shall be finals-only.

5. Masters Competitions

All Ontario Masters Competitions shall be finals-only.

6. Hilton Worldwide Invitational

All events at the Hilton Worldwide Invitational shall be finals-only.

7. Trilliums 12&Under Championships and Ontario Championships

All duet/trio and solo events at the Trilliums 12U Championships and Ontario Championships shall be finals-only.

8. Others at Discretion of OAS/Chief Referee

OAS may, at its discretion and in consultation with the Chief Referee of the event, decide to hold finals-only events should it be deemed necessary due to facility, time or other constraints.

b) Draw for Order of Swim - Prelims CASC, Masters

i) The Canada Artistic Swimming Scorer or designate will be responsible for conducting the draw for prelims. This draw will be forwarded to the meet manager for distribution to participating clubs. FINA rules will be followed unless otherwise specified.

ii) The start order draw for Junior FINA and Senior FINA technical routine prelims and 13-15 FINA, Junior FINA and Senior FINA free routine prelims shall be random.

iii) In prelims of a solo or duet or mixed duet event including 13-15 solo, duet and mixed duet, Junior FINA and Senior FINA technical solo or duet or mixed duet, Junior FINA and Senior FINA free solo or duet or mixed duet with more than six entries in total, a competitor may be drawn in first, second, or third position only once.

c) Draw for Order of Swim - Qualifier

i) The Canada Artistic Swimming Scorer–or designate will be responsible for conducting the draw for the Qualifier. This draw will be forwarded to the meet manager for distribution to participating clubs.

ii) The start order draw for 13-15 team prelims, Junior FINA and Senior FINA tech solo final, Junior FINA and Senior FINA tech duet final, Junior FINA and Senior FINA tech mixed duet final, Junior FINA and Senior FINA tech team final, Junior

FINA and Senior FINA free team prelims, Junior/Senior free combination final, Junior/Senior highlight routine final shall be random.

iii) The start order draw for 13-15 solo final, 13-15 duet final, 13-15 mixed duet final, Junior FINA and Senior FINA free solo final, Junior FINA and Senior FINA free duet final, Junior FINA and Senior FINA free mixed duet final shall be seeded based on figure results (13-15) or technical routines (Junior FINA and Senior FINA)

iv) The top placing 20% of total entries shall draw to swim in the bottom 20% of the routine event. The bottom placing 20% of total entries shall draw to swim in the top 20% of the routine event. The middle placing shall draw to swim in the remaining places in the routine event. The draws in each group shall be random.

v) In solo or duet finals at the Qualifier, if a competitor withdraws from the first 20% or middle 60% of the draw they will be a scratch.

vi) If the withdrawn competitor is in the last 20% of the draw, the next highest placing competitor from the middle 60%, based on the figures score will swim in the withdrawn competitor's position.

d) Draw for Order of Swim – Routine Finals

Applicable for age group 13-15 solo, duet, mixed duet, and team finals; Junior FINA and Senior FINA tech solo finals, free solo finals, tech duet finals, free duet finals, tech mixed duet finals, free mixed duet finals, tech team finals, free team finals; Junior/Senior free combination finals; and Junior/Senior highlight routine finals:

i) Routines placing in the second half of those eligible from prelims shall be drawn in the first half of the order of performance.

ii) Routines placing in the first half of those eligible from prelims shall be drawn in the second half of the order of performance.

iii) In the event of an uneven number, the larger number shall be drawn in the second half of the order of performance.

iv) The order of performance for the finals shall be drawn by the competitors or their representative in alphabetical order as follows:

- Solo - surname of swimmer
- Duet - surname which is first alphabetically
- Trio/Team/Free Combination - Name of Registered Club. If there is more than one routine from the same club the coach's surname will be used

The alphabetical order shall be maintained but the starting point in the alphabet shall be drawn for each final event.

ON d) Draw for Order of Swim – Routine Finals for Ontario Competitions

Applicable to all routine finals events in Ontario (unless otherwise specified to be a random draw):

Fewer than 6 competitors: There will be a random draw for order of swim for finals.

Between 6 and 23 competitors: There will be a draw for top half and bottom half. If there is an uneven number, the larger number shall be drawn in the second half of the order of performance.

24 or more competitors: The top placing 20% of total entries shall draw to swim in the bottom 20% of the routine event. The bottom placing 20% of total entries shall draw to swim in the top 20% of the routine event. The middle placing shall draw to swim in the remaining places in the routine event. The draws in each group shall be random. If rounding is required: For .4 or less, round down. For .5 or more, round up.

The order of performance for the finals shall be drawn by the competitors or their representative in alphabetical order as per 4.7.2. d) iv) above.

Seeding for Ontario Competitions

- **If there are Preliminaries:** The start order for preliminaries shall be random. Finals are seeded by Preliminary Score (routine score for Junior FINA and Senior FINA; combined figure and routine score for other age groups).
- **If an event is Finals-only:** Competitors are randomly drawn if Junior FINA and Senior FINA, or seeded based on figure results if other age groups.

Ontario Competitions that are subject to a Random Draw

The following events shall be by random draw:

- All events with fewer than 6 competitors are by random draw
- All Masters events for Ontario competitions are by random draw
- All Technical routine events for Ontario competitions will be by random draw (since all Technical routine events are finals-only)
- All events at the January Routine Meet are by random draw
- All 13-15 and 16-20 routine events are by random draw for Ontario Novice stream competitions (since there are no figures event in these categories)
- Hilton – Extra Routine Qualifier: All routine events (including the 11-12 and 13-15 solo and duet/trio) will be by random draw (this is due to the fact that not all competitors entered may have participated in the figure event).

e) Draw for Masters – Free Routine

i) The start order draw shall be done in groups of six (6) based on Technical Routine results. The six lowest placing Technical Routines shall draw in the first six places and so on until all routines are drawn. If there are not sufficient competitors to form a group of six, then the smallest group must start first. To conduct the final draw, the highest qualifier in each group shall draw first, with the next qualifier drawing in order of placement. If there is a tie for the placement within the same group of six, the names of the tied competitors will be drawn to see who will draw first. If there is a tie for places 6 and 7 (different groups) those routines will form their own group in the draw (i.e. 1 – 5, 6 – 7, 8 – 12.). (All Ontario Masters draws are random, see above in d).

f) Deadline for Entry to Finals

i) 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 pre-swimmer enters the water. In instances where there is

no pre-swimmer, it shall be deemed to have started when the first competitor enters the water.

ii) In finals at CASC if the withdrawn competitor is in the first half of the draw, the substitute will replace the competitor; if the withdrawn competitor is in the last half of the draw the substitute will be the first swimmer of that half, e.g. 5a.

g) Scoring

I) Recording Scores

Each panels' marks shall be recorded separately

ii) Computing Scores

1) For each panel of the Free Routine, Free Combination Routine (Execution, Artistic Impression and Difficulty) the score shall be calculated as follows for each category. The highest and the lowest mark for each panel are canceled (one high, one low). The Execution score is the sum of the three (3) remaining marks in the category. The Artistic Impression score is the sum of the three (3) remaining marks in the category divided by 3 and multiplied by 4. The Difficulty score is the sum of the three (3) remaining marks in the category. In 8&U (Novice only), 10&U, and 11-12 the Free Routine score shall be the sum of the Execution score (40%), Artistic Impression score (40%) and Difficulty score (20%). In all remaining age categories, the Free Routine score and the Free Combination score shall be the sum of the Execution score (30%), Artistic Impression Score (40%) and Difficulty Score (30%).

2) For each panel of the Technical Routine (Execution, Impression and Elements) the score shall be calculated as follows for each category. **Execution score** – The highest and the lowest marks are canceled (one high, one low). The three remaining marks in the category are added. **Impression score** – The highest and the lowest awards are canceled (one high, one low). The three remaining marks in the category are added. **Elements score** – for each of the required elements with an assigned degree of difficulty, the highest and the lowest marks are canceled (one high, one low) for each set of marks. The remaining three (3) marks are added, and the sum divided by three (3). The result is multiplied by the degree of difficulty for that element. The sum of the element scores shall be divided by the total degree of difficulty for the required elements and multiplied by 10. This result is multiplied by point 4 (0.4). The technical routine score shall be the sum of the Execution score (30%), the Impression Score (30%) and the Elements score (40%).

iii) Routine Adjusted Score

1) Applicable penalties and deductions shall be subtracted to obtain the Routine Adjusted Score.
2) In Canada, there is no deduction for teams with less than eight (or ten in the case of Provincial age group, Masters or Free Combination routines) members.

iv) The Championship Score

1) In championship events, the final result is determined by adding the results of the events in which competition was held.
2) Championship score shall be calculated on the basis of 100% routine and 100% figures. ~~The championship score for all 11&12 and 10U routine events shall be based on 60% of the 11&12 or 10U figure score and 40% of the routine score~~. Ontario will not follow the 60% figure/40% routine weighting rule (Championship score shall be as above, 50% routine and 50% figures).

Championship score for Junior and Senior FINA Events shall be calculated on the basis of 100% of the routine score. There shall be no combined score for Junior and Senior FINA Events.

4) In Free Combination and Highlight Routine championship score shall be calculated on the basis of 100% routine score.

v) Ranking Routines

1) Competitors may be ranked twice, for purposes of awards.
2) Rank in "Routine" is determined by Routine Adjusted Score.
3) "Championship" is determined by Championship Score.
4) Placings for purposes of qualifying for finals and selection to subsequent meets are by Championship Score for events involving a Figures session. For Junior/Senior FINA Events, placings for purposes of qualifying for finals and selection to subsequent meets are by routine score.
5) Swimmers' placings in all events shall be determined by the scores received in finals.

vi) Ties

1) Ties shall not be broken in all routines in prelims.
2) Tie breaker for Championships/Final Routine results:
   For events where championship score is determined from figure and routine results, the higher routine score shall be utilized to determine the highest placing. If the tie is not broken by the use of the routine score, then the tie will not be broken.

   For events where there is a technical routine final or a Free routine final

   Technical Routines

   1st – highest element score breaks the tie

   2nd – then use Impression score

   Free Routines, Free Combination, Highlight Routine

   1st – higher Artistic Impression score breaks the tie

   2nd – then use higher Execution score

   If the tie is not broken by the use of the above marks, then the tie will not be broken.

vii) Qualifying for Finals

1) CASC Championships

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

2) Qualifier (13-15 Team, Junior FINA Free Team, Senior FINA Free Team only)
The top twelve routines plus ties in 12th place shall qualify for finals (if they are held).

ON vii) Qualifying for Finals

At all Ontario events in which preliminaries are held, the top twelve routines plus ties in 12th place shall qualify for finals based on preliminary score.

4.8 MUSIC

4.8.1 Music Copies

a) Competitors shall provide music as requested by the meet manager for the Qualifier, and CASC and for all Ontario competitions. All music must be submitted (in the following format requested and labeled as directed by the meet management) by the deadline provided.

b) In Masters Nationals, competitors shall provide one (1) copy of their music (compatible with the music system in use at the competition) labeled Competition and while the swimmers are competing, the coach must have a backup copy immediately available for the music person.

4.8.2 Copies of Music Violation

a) The Fine

If the music is not submitted by the deadline, if it is not in the correct format, or it is not labeled correctly, there will be a $100 fine per infraction in 4.8.1. This fine is to be paid immediately to the Chief Referee of the competition.

b) Non-Payment of Fine

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.

4.8.3 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 Section 4.8.4, 4.6.8.

4.8.4 Music Tests

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

b) 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.

4.8.5 Sound Level

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.

4.9 EXHIBITION COMPETITORS

a) If a routine does not meet the defined requirements for a routine or has ineligible athletes as members of a routine (see rules 3.1 and 3.2) that routine may, at the discretion of Canada Artistic Swimming's Rules/Technical Committee Chair, enter the Canadian Championships No exhibition routines will be allowed at the Qualifier. Exhibition (including out-of-province/international entries) may request to enter Ontario competitions; requests are granted at the discretion of OAS (entries may be limited due to capacity).

b) An exhibition routine:
   i) Must pay all competition entry fees and meet entry deadlines
   ii) Will be drawn as if a qualified competitor in the event
   iii) Will be listed on all draws/programs as an exhibition routine
   iv) Will be announced, following their swim, as an exhibition routine
   v) That qualifies for a final event shall be drawn to swim in the first half of the draw regardless of their placing in the preliminaries
   ~~vi) Is not eligible for awards~~
   ON vii) Exhibition competitors for Ontario competitions are eligible for duplicate awards
   ON viii) An additional $75.00 per athlete out-of-province levy must be paid
   ON ix) Must follow all rules governing Ontario competitions
   ON x) In the event that an exhibition entry does not qualify for finals, the top entry from that exhibitor will be added to the finals and will swim first in the finals.

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

ON d) Ontario routines not qualifying for the meet are not eligible to enter as exhibition.

ON e) **National Exhibition Entries (NEX)**

Routines that competed at CASC are permitted to return to Ontario as National Exhibition (NEX) entries for Ontario Championship Events. NEX competitors follow all the same rules as Exhibition routines in b) above, EXCEPT:

- NEX are NOT eligible for any awards
- In the event that an National Exhibition entry does not qualify for finals, the top entry from that exhibitor will NOT be added to the finals

This applies to any routine which attended/competed at CASC (including out-of-province routines). Routines that competed at the National Qualifier but not at CASC are not considered NEX competitors (i.e., the rules that apply to Ontario Competitive stream routines apply to these routines).

4.9.1 Centre of Excellence Athletes

a) If a Centre of Excellence athlete wishes to participate in Qualifier / CASC, that athlete may at the discretion of Canada Artistic Swimming's National Team Programs Head Coach and Rules/Technical Committee Chair, enter the competition.

b) A Centre of Excellence athlete:
   i) Must pay all competition entry fees and meet entry deadlines
   ii) Will be drawn as a qualified competitor in all events
   iii) Will be listed on all draws and programs as a Centre of Excellence competitor
   iv) Will be announced, following their swim, as a Centre of Excellence routine
   v) That 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
   vi) Is eligible for duplicate awards.

4.10 RESERVED

4.11 THERAPEUTIC TAPING

An athlete who requires therapeutic taping and/or joint braces must submit, prior to the start of the competition, a medical note stating that this is required. The medical note can be from a medical doctor, a registered physical therapist or a certified athletic therapist and must be dated no more than 30 days prior to the competition. Any athlete not submitting the required documentation will be asked to remove the tape prior to competing.

5. COMPETITION MANAGEMENT

a), b) moved to definitions

5.1 HOSTING MEETS

5.1.1 Nationals, CASC

The Board of Directors of CAS or its designate shall decide whether to grant sanction to a Provincial Association applying to host National Qualifier, or CASC. A club may apply for sanction to host Masters Nationals.

5.1.5 Entries to National Competitions and Championships

a) Forms

i) Registrants must use the current Canada Artistic Swimming entry forms or the on-line registration program as directed in the meet information package

ii) When requested to do so by the Meet Management, and by the stated deadline for entries found in the meet information package all **completely filled out entry packages** minus the fee payment(s) must be submitted by email to the following:

   a) Canada Artistic Swimming National Office staff contact indicated in the meet information package with copy to:

   b) Canada Artistic Swimming Chief Scorer for the event

iii) Payment(s) must be submitted by mail to the following:
   a) Canada Artistic Swimming National Office

iv) 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

v) The entry package is defined as:
   1) Entry forms - including athlete's names, birth years, coach names, NCCP levels, NCCP numbers, CAS membership numbers, club contact information
   2) List of athletes indicating the categories entered
   3) Entry fee calculation
   4) Music practice request
   5) Hospitality and other forms
   6) Fee payment(s)

vi) Incomplete entries that are received will be considered late if the missing information is not received by the entry deadline

b) Late Entries

Each routine whose entry package has not been received or is incomplete by the stated deadline is automatically assessed a $25.00 fine. This fine must be paid to the OAS Office (for Ontario Competitions), or to the Chief Referee or designate at the coaches meeting prior to the competition, or the routines concerned will be disqualified from the competition.

The final deadline for late entries is two weeks prior to the start date of the competition. For Ontario competitions, new entries or corrections to incomplete entries will still be accepted beyond two weeks prior to the start date, however each change/correction/addition will be subject to the following fines:

2 weeks (14 days) prior to first event of the competition: $50.00 per correction (to a maximum of $500.00 per Club). Fines apply per figure event and/or per routine per event.

Within 24 hours of the first event of the competition: $100.00 per correction (to a maximum of $500.00 per Club). Fines apply per figure event and/or per routine per event.

~~No entries will be accepted after this date. Only foreign entries are exempt from this rule.~~

c) Entry fees for the Qualifier, Canadian Championships are non- refundable.

ON 5.1.5.1 – Entry for Ontario Competitions

Entry Fees
Entry fees to all Ontario competitions are payable to OAS and will not be refunded after the entry deadline date.

Entry Forms
The process for entry forms to Ontario competitions will be updated pending release of the new CAS registration system. See website for competition-specific entry instructions.

Roster Sign-Off at Competitions

The Club Head Coach (or their designate) must see the Chief Referee and sign-off on the Club Roster no less than one (1) hour before the Club's first event of the competition. Failure to comply will result in the assessment of a $100 fine.

5.1.6 Conduct of the Meet

a) Personnel

i) The Meet Manager is in charge of the meet until the Chief Referee arrives. The Meet Manager provides scorers, announcers, runners, timers, music person, etc. The Canada Artistic Swimming Scorer in conjunction with the Meet Manager shall certify all entry forms for eligibility and completeness, prior to the draw.

ii) The NOC shall determine the judges and referees for the meet.

iii) A Jury of Appeal shall be named by the NOC.

iv) 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

b) Activities on Deck

i) Filming or videotaping is allowed with the permission of the Chief Referee.

ii) Interviews with competitors will not be allowed in the immediate swimming area of the pool deck just before or during the events.

iii) Appropriate space will be provided for televised openings and closings.

c) Pre-Competition Meetings

i) The judges shall meet under the chairmanship of the Chief Judge before the Meet to review and resolve any points at issue. The announcement of the Jury of Appeal shall also be made at this meeting.

ii) The Chief Referee shall chair a meeting of the coaches before the meet to clarify rules and procedures.

d) Announcing Competitors

i) 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.

ii) 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.

iii) Following each competitor's swim, the announcer shall announce the names of the club, the named routine coach and the swimmer(s).

e) Announcing Marks

i) For preliminary events routine scores may be read when available for all events. The three component scores may be read along with the overall routine score.
ii) Neither figure scores nor championship scores shall be announced during prelims.
iii) For finals routine and championship scores may be read when available
iv) Scores are unofficial until certified by the Chief Scorer.

f) Thrown in the pool

In order to protect OAS against the possibility of an insurance claim, and in order to ensure the personal safety of our members, there will be a financial penalty in the amount of $200.00 assessed against any club where an individual is thrown into the pool at any Ontario event.

5.2 AWARDS

a) moved to definitions

5.2.1 Recipients

The list of awards is found in Appendix B. They are attributed to the highest-ranking participant in a particular event. Ontario awards are defined in ON Appendix I.

5.2.2 Ties

a) In case of a tie, additional medals or ribbons shall be awarded.
b) In the event of a first place tie, the trophy certificate shall be awarded to both winners.

6. INTERNATIONAL COMPETITORS

6.1 QUALIFIED COMPETITORS

IN ORDER TO BE A QUALIFIED COMPETITOR, ONE MUST BE A:

- International competitor as per quotas of foreign competitors in 6.2

6.2 QUOTAS FOR ROUTINES

a) CASC

# of Foreign Competitors
13-15 FINA/Junior FINA/Senior FINA – Solo Duet Mixed Duet – 2 per country Team/Free Combination – 1 per country Highlight Routine – 1 per country

b) QUALIFIER

# of Foreign Competitors
None

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

ON d) Quotas for foreign competitors for Ontario competitions are at the discretion of OAS.

6.3 QUALIFYING FOR FINALS

a) CASC Championships
Any foreign 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

6.4 FOREIGN COMPETITOR AWARDS

a) Foreign competitors are not eligible to hold trophies.
b) At CASC foreign competitors placing in the top three shall be awarded medals applicable to their placing in the Canadian Championships results (but Canadian National Championship results will be calculated without them)

7. OFFICIALS

a) - l) Moved to definitions

7.1 OFFICIALS APPAREL

a) All judges shall be dressed in black pants, black Canada Artistic Swimming (or OAS) polo_shirts, and appropriate black footwear. Black pants just below the knee are acceptable for figure and preliminary events.

b) Referees shall be dressed in black pants, red Canada Artistic Swimming (or OAS) polo_shirts, and appropriate black footwear.

7.2 OFFICIALS CONFLICT OF INTEREST

All officials must comply with CAS conflict of interest rules and policies. (see CAS Conduct Policy and 3.3.1)

7.3 FIGURES

7.3.1 Number of Panels

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.

7.3.2 Panel Meeting

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

7.3.3 Assigning Marks

a) Mark Range

Marks from 0 - 10 using tenths shall be awarded by each judge for each figure, in accordance with the level of performance of the figure. The judgment shall consider from a standpoint of perfection. All judgements are made from the standpoint of perfection with each transition of the figure having a numerical value based on its difficulty (NVT). Large, medium and small deductions shall be taken from the percent value of ten (PV) of each figure as follows.

I) SMALL DEDUCTION

Deduction 0.1 - 0.5 points. A small deduction shall be taken when the transition follows the description of the figure with minimal deviations of 1-15 degrees.

II) MEDIUM DEDUCTION

Deduction 0.6 - 1.5 points. A medium deduction shall be taken when an attempt is made to follow the description of the transition but there are some obvious deviations of 16-30 degrees.

iii) LARGE DEDUCTION

Deduction 1.6 - 3.0 points. A large deduction shall be taken when the transition does not conform to the description by 31 degrees or more.

IV) Deductions for excessive travel or lack of required travel in any transition shall not exceed 0.5.

b) Flashing Marks

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

c) Alternate's Marks

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

d) The Judges' Conference

i) Calling a Conference

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.

e) Recording a Penalty

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, she/he will initial each score sheet.

7.3.4 Figure Judge Absent

a) Missing One Figure

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.

b) Missing Remainder of Event

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.

7.4 ROUTINES

7.4.1 The Panel

Three Judges' Panels consisting of five judges per panel shall judge a routine event. If it is only possible to have two panels then Panel 1 shall assume Panel 3's judging areas. The Chief Referee shall name an Event Referee and up to two Assistant Referees.

7.4.2 Judge Identification

Each judge is assigned a number, and the number is marked on the judge's slips

7.4.3 reserved

7.4.4 Assigning Marks

a) Free Routines

In Free Routines, Free Combination Routines and Highlight Routines each judge shall award one score, from 0 – 10 points each (see FINA AS 17.1). Execution panel judges shall award one score for Execution and Synchronization. Artistic Impression panel judges shall award one score for Choreography, Music Interpretation, and Manner of Presentation. The difficulty panel judges shall award a score for Difficulty.

First panel – EXECUTION Score - 30%

Consider:	**Free Solo**	**Free Duet Mixed Duet**	**Free Team Free Combination**

			Highlight Routine
EXECUTION – the level of excellence in performing highly specialized skills. Execution of all movements.	90%	50%	50%
SYNCHRONISATION – the precision of movements in unison, one with the other, and the accompaniment above, at and below the surface. Synchronization of timing of one with another and with the music.	10%	50%	50%

Second panel – ARTISTIC IMPRESSION Score - 40%

Consider:	**Free Solo**	**Free Duet Mixed Duet**	**Free Team Free Combination Highlight Routine**
CHOREOGRAPHY – the creative skill of composing a routine that combines artistic and technical elements. The design and weaving together of variety and creativity of all movements.	100%	100%	100%

MUSIC INTERPRETATION – expressing the mood of the music, use of the music's structure.			
MANNER OF PRESENTATION – the manner in which the swimmer(s) present(s) the routine to the viewers. The total command of the performance of the routine.			

Third panel – DIFFICULTY Score - 30%

Consider:	**Free Solo**	**Free Duet Mixed Duet**	**Free Team Free Combination Highlight Routine**
DIFFICULTY – the quality of being hard to achieve. Difficulty of all movements and of synchronization.	100%	100%	100%

b) Technical Routines

In Technical Routines, each judge shall award a score(s), from 0 – 10 points each

Execution panel judges shall award one score for execution and synchronization of all movements that do not have an assigned degree of difficulty.

Impression panel judges shall award one score for difficulty, choreography, music interpretation, and manner of presentation.

Elements panel judges shall award individual scores for the execution and synchronization of each required element with an assigned degree of difficulty.

All the following percent arrays are subject to the decision of the FINA TASC.

First panel – EXECUTION Score - 30%

Consider:	**Technical Solo**	**Technical Duet Mixed Duet**	**Technical Team**
EXECUTION – the level of excellence in performing highly specialized skills. Execution of all movements that do not have an assigned degree of difficulty.	90%	50%	50%
SYNCHRONISATION – Synchronization of all movements that do not have an assigned degree of difficulty. The precision of movements in unison, one with the other, and the accompaniment above, at and below the surface. Synchronization of timing of one with another and with the music.	10%	50%	50%

Second panel – IMPRESSION Score - 30%

Consider:	**Technical Solo**	**Technical Duet Mixed Duet**	**Technical Team**
DIFFICULTY – the quality of being hard to achieve. Difficulty of all movements that do not have an assigned degree of difficulty.	50%	50%	50%
CHOREOGRAPHY – the creative skill of composing a routine that combines artistic and technical elements. The design and weaving together of variety and creativity of all movements.	50%	50%	50%
MUSIC INTERPRETATION – expressing the mood of the music, use of the music's structure.			
MANNER OF PRESENTATION – the manner in which the swimmer(s) present(s) the routine to the viewers. The total command of the performance of the routine.			

Third panel – ELEMENTS Score – 40%

Consider:	**Technical Solo**	**Technical Duet, Mixed Duet, Team**
EXECUTION – the level of excellence in performing highly specialized skills. Execution of each required element with an assigned degree of difficulty.	90%	50%
SYNCHRONIZATION – Synchronization of each required element with an assigned degree of difficulty. The precision of movements in unison, one with the other, and the accompaniment above, at and below the surface. Synchronization of timing of one with another and with music.	10%	50%

In the Technical Routine, if one or more judges on the Element Panel has entered a zero for any element, or portion of an element the referee will review the official video. If the required element has been executed correctly, then the average of the awards of the other remaining judges shall be computed and shall be considered as the missing award(s). This shall be calculated to the nearest 0.1 point. (FINA Rule AS 17.4)

If the required element has not been performed correctly, the referee will instruct the scorer to record zeros for that element for each judge.

7.4.5 Recording Marks

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.

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

If a flashed mark differs from the Judge’s Slip, the later shall prevail and be the official mark.

7.4.6 Routine Judge Absent

a) Not Marking One Routine

If a judge is unable to give a mark, the scorers shall average the marks of the remaining judges on that panel and assign that average (rounded to the nearest tenth of a point) to that judge. Scoring is then carried on as usual.

If one or more judge cannot give a mark for some reason, the referee can interrupt the routine and allow for a restart.

b) Missing Remainder of Event

i) If one or more judges by reason of illness or other unforeseen circumstances cannot make an 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.

8. RESERVED

9. MASTERS

(Ontario Masters Competition Rules are as specified in ON Appendix C – Ontario Masters)

a) moved to definitions

9.1 GENERAL RULES

9.1.1 Eligibility

a) Age Categories - See 4.1 age categories. For duets, trios, teams, and free combinations age is determined by the average age of the routine members. The trio competition is competed only in Canada – Internationally this event is not held.

b) Each competitor must be a duly registered Competitive Swimmer with Canada Artistic Swimming.

c) 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.

d) Swimmers may compete in non-Canada Artistic Swimming aquatic activities without jeopardizing their eligibility for Canada Artistic Swimming competitions.

9.2 APPENDIX C CONTENTS

General competition rules, meeting rules, voting rules, rule change procedures, technical routine required elements, trophy rules and Canada Artistic Swimming obligations are all located in Appendix C.

9.3 INTERNATIONAL MASTERS COMPETITIONS

a) FINA Masters rules may differ from Canadian rules. Any athlete planning to compete out of country should check that their routines are following FINA rules. The judging of Masters' routines internationally follows the two panel system of judging.

9.4 JUDGING OF MASTERS ROUTINES

a) In Canada - Masters routines – both tech and free – shall be judged using the judging system (three panels) used for all other groups.

APPENDIX A – Reserved

APPENDIX B – AWARDS

(ONTARIO COMPETITION AWARDS ARE AS SPECIFIED IN ON APPENDIX I)

All trophies have been retired to the Canadian National Aquatic Hall of Fame in Pan Am Pool, Winnipeg, Manitoba. The names and images of the Championship Events have been preserved on Certificates to be presented in place of the trophies.

B GENERAL NOTES

B1.1 Organization:

a) Details of scoring and ranking are found in the CAS rulebook

b) Masters awards are found in the CAS rulebook

B1.2 Jurisdiction:

a) National awards are under the jurisdiction of the Canada Artistic Swimming Events Manager.

b) Awards of Jeux Canada Games are under the jurisdiction of the Games Committee.

B1.3 Glossary:

a) Alternates: A maximum of one alternate per duet and a maximum of two alternates per team/free combination 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.

b) Ties: When a tie occurs, duplicate awards will be presented and the placement immediately following the tie will not be awarded.

c) Foreign Competitors: There will be two results sheets printed, one will include the foreign competitors' placings and the second result sheet will be printed excluding the foreign competitors and will be an all Canadian placing. Duplicate awards will be presented to the Canadian for the same placement. CASC results will be announced (including all foreign entrants and Canadian National team entrants) followed by the Canadian National results (Canadian club competitors only)

d) National Training Center: The National Team Routines (solo, duet, team) and Free Combination competitors shall be treated the same as foreign competitors.

B1.4 Medal and Ribbon Events at CASC:

a) CASC (Senior FINA, Junior FINA, and 13-15) events

- 1st place gold medal, 2nd place silver medal, 3rd place bronze medal, for the technical routines
- 1st place gold medal, 2nd place silver medal, 3rd place bronze medal, for the free routines

b) Free Combination event and highlight routine CASC

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

B1.5 Calculations for Certificates (Trophies) Awards:

a) Ordinal System of Marking for 13-15:
Figure placing X 4
Solo placing X 3
Duet placing X 2

Team placing X1
Ordinal System of Marking for Junior FINA/Senior FINA:
Any Tech routine X4
Free Solo placing X3
Free Duet placing X2
Free Team placing X1
Individual Aggregate Award: To be eligible the athlete must compete in all four events in the same age category and have a score of sixty (60) points or less. The lowest possible score is 10 if the athlete placed 1st in all four events.
Note: In calculating the ordinals, the routine score, from the routine final, will be used unless they did not make finals, then their preliminary score will be used.
Note: The Aggregate Award is for the 1st to 5th place winner from the above calculations. There is a Certificate (trophy) and 1st place gold medal, 2nd place silver medal, 3rd place bronze medal, 4th place ribbon, and 5th place ribbon. The Aggregate Award is presented at the Canadian Championships.

b) Calculations for Coaches Awards:

i) The Charlotte Tutte Trophy: This award was donated by Synchro BC in memory of Charlotte Tutte, a coach who believed in developing team spirit and enhancing the growth of athletes as individuals and competitors. The criteria includes – coaching at the Junior FINA level at Nationals for at least 5 years and consistently placing athletes in finals. They must coach a team and/or combo as well as 2 other events.

ii) The Terrence Hambrook Memorial Trophy: This Award was donated in 1977 by the Hambrook family in memory of their son and brother, to be awarded to a promising Age Group 13 - 15 coach who displays all round coaching ability. Gladys Hambrook was a National referee for many years and Sharon Hambrook was a duet silver medalist in the 1984 Olympics. They were members of the YWCA Aquabelles, now the Calgary Aquabelles. The criteria for this award includes – coaching at Canadians and placing in finals for a minimum of 2 years and no more than 5 years, a team and/or a combo as well as 3 other events.

iii) The Suzanne Eon Trophy: This Award was donated by the Quebec City YWCA, now Synchro Elite, to reward and encourage Junior FINA and/or Senior FINA coaches to continue coaching. Madame Eon was a long-time coach in Quebec and is responsible for the strong foundation that is Synchro Quebec today. For the past years it was given to the coach of the team winning the senior team event. The criteria has been returned to the original intent of the trophy. It includes coaching at the Junior FINA and/or Senior FINA level at Nationals for a minimum of 2 years and placing a team or combo in finals. They must coach a team and/or combo as well as 3 other events (a combination of Junior and Senior.)

B1.6 Certificate List for CASC

Presented in recognition of Trophies -

Note: It will be necessary to have someone with neat printing skills, calligrapher, or have a computer program to print the names on the Certificates.

Senior FINA

Free Solo Champion	Dr. & Mrs. Earle Coffin Trophy
Free Duet Champion	B.C. Section Trophy
Free Team Champion	Bertrand Gagne Trophy
Individual Aggregate	Frances Gale Trophy

Junior FINA

Solo Champion	Mr. & Mrs. Ross Dineen Trophy
Duet Champion	Donalda Smith Trophy
Team Champion	Debbie Muir Trophy
Individual Aggregate	Pat Murray Trophy

Senior FINA/Junior FINA Free Combination Champion

Penny Tregale Memorial Trophy

Age Group 13 - 15

Solo Champion	Barbara Stewart Trophy
Duet Champion	Johner Challenge Trophy
Team Champion	Taylor Trophy
Individual Aggregate	Ev Cairns & Val Parent Trophy

APPENDIX C – MASTERS

GENERAL:

1. Competitions:
   a) Masters' National Competition will be in the portfolio of the Competition Chair for Canada Artistic Swimming.
   b) The Chief Executive Officer of Canada Artistic Swimming will oversee Canada Artistic Swimming's commitment to the hosting committee,
   c) Competition Chair will work with the Meet Manager of the hosting committee.
   d) Time will be set aside during the National Competition for a Masters Meeting of all its members.
   e) All rules shall follow: The Canada Artistic Swimming rule book, the FINA handbook, and Appendix C of the Canada Artistic Swimming rulebook.
   f) Masters Nationals will not have a preliminary event, all events will be Finals.
   g) Note: that Trio has the same weighting as the Team in all aspects of judging and scoring.

2. Technical Routines

Basic rules:

- Tech routines shall be performed for solos, duets, trios, and teams to music with required elements selected by the Masters Technical Committee every four (4) years, subject to approval by the FINA Masters Technical Committee
- Tech routines have to include all required elements
- Music selection is optional and may be the same as the music used in the free routine
- Supplementary elements may be added
- Unless otherwise specified in the description of an element – all figures or components shall be executed according to the requirements described in Appendix XI of the FINA Handbook. All elements shall be executed high and controlled, in uniform motion with each section clearly defined
- Time limits in accordance with CAS rules
- Swimwear shall be black and the competitor shall wear a white cap. For Ontario competitions, refer to 4.6.1 b) ON v) Swimmer's Apparel.
- Goggles may be worn

REQUIRED ELEMENTS FOR MASTERS TECHNICAL ROUTINES
GENERAL REQUIREMENTS
(Supplementary elements may be added)

1. Unless otherwise specified in the description of an element:
   - All figures or components thereof shall be executed according to the requirements described in this Appendix.
   - All elements shall be executed high and controlled in uniform motion with each section clearly defined.
2. Time limits as in MAS 4.1
3. Swimwear shall be black and the competitor shall wear a white cap.

SOLO REQUIRED ELEMENTS

Elements 1 to 5 **MUST** be performed in the order listed.
Element 6 may be performed at any time during the routine.
1. FISHTAIL – 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 (ending is optional).

2. SPLIT POSITION – followed by a walkout front or walkout back.
3. SPINNING 180° – 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.
4. TRAVELLING BALLET LEG COMBINATION – Beginning in a Back Layout Position to include any 2 of the following positions – Bent Knee Back Layout, right; Bent Knee Back Layout, left; Ballet Leg, left; Ballet Leg, right; Flamingo Position, left; Flamingo Position, right; Ballet Leg Double.
5. BARRACUDA BENT KNEE – 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
6. TWO (2) FORMS OF PROPULSION – Must include Egg Beater travelling sideways and/or forward (arms optional)

DUET REQUIRED ELEMENTS
Elements 1 – 5 **MUST** be performed in the order listed
Elements 6 – 7 may be executed at any time during the routine
Routines for Duet 1 to 6 as above for Solo
7. JOINED ACTION – Where the swimmers are connected (touching) in some manner to perform on of the following:

- A connected figure or a connected float or connected stroking
- Action must be performed simultaneously. Minor action is permitted.
- Stacks, lifts, platforms, throws are not permitted.

With the exception of the **DECK WORK** and **ENTRY** and as noted in the **JOINED ACTION**, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by both swimmers. Variation in propulsion and direction facing are permitted during pattern changes.

TEAM REQUIRED ELEMENTS
Elements 1 – 5 **MUST** be performed in the order listed
Elements 6 – 9 may be executed at any time during the routine
Routines for Team 1 to 7 as above for Duet
8. CADENCE ACTION – Identical movements performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and nor separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.
9. PATTERNS – must show a circle and straight line. Elements may be performed when in the circle or the straight-line patterns.
With the exception of the **DECK WORK, ENTRY, CADENCE** and as noted in the **JOINED ACTION**, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by all swimmers. Swimmers need not face the same direction in the circle pattern. Variation in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except in the description of the elements.

Penalties in Technical routines – in accordance with Canada Artistic Swimming rules for penalties in Technical routines

5. Awards

a) In accordance with the Canada Artistic Swimming rule book – Appendix B

b) In addition: ribbons will be presented for 1st – 6th place for Technical and Free routines

c) Master Trophy List (Certificates):

20 – 29 Duet Championship	Joyce Mitchell Memorial
20 – 34 Trio Championship	Erin Lavoie Trophy
30 – 39 Duet Championship	Billie Carter Trophy
35 – 49 Team Championship	Aqua mums Trophy
40 plus Duet Championship	Kamloops Trophy
60 plus Solo Championship	Edna Hewton Trophy
70 plus Solo Technical	Sister Ellen Casey Trophy
Team with highest score in routine only	Gladys Hambrook Trophy
Club with highest average for all swimmers entered in various events (must have minimum of three (3) swimmers competing)	Olympium Aggregate

ON APPENDIX C – ONTARIO MASTERS

The rules in ON Appendix C apply to Ontario Masters Competitions only. Those attending Masters Nationals, Masters World's, etc. must consult the FINA and CAS Rules.

GENERAL

a) Ontario Masters Regionals and Masters Provincial Championships fall under the jurisdiction of OAS, and General Ontario Rules and ON Appendix C are to be followed.
b) All Ontario Masters events are Finals-only and shall be by random draw (see 4.7.2 ON a) and d).
c) For Ontario competitions, duet and trio are combined into the same event.
d) For Ontario competitions, Masters athletes may compete in technical routine only, free routine only, or both.
e) Awards for Masters are as per ON Appendix I – AWARDS.

CONDUCT OF THE MEET

Three panel system: Three (3) panels of five (5) judges must officiate: In free routines and free combination, there will be one panel each of Execution, Artistic Impression and Difficulty. In technical routines, there will be one panel each of Execution, Impression and Elements. A degree of difficulty of 1.0 will be applied to Master's Elements.

Events: Events shall include team, duet/trio, solo (for each Masters age group) and combo (open age group).

Required Elements: There will be no figure events and no required elements for free routines for Ontario meets.

Technical Routines: Masters technical routines rules are as per CAS Appendix C.

Free Combination: See CAS 4.4.1 for requirements for free combination routines and applicable penalties.

QUALIFICATION

Qualifying for Masters Provincial Championships: Competitors are not required to attend Masters Regionals competitions in order to attend/qualify for Master's Provincial Championships.

Region: Masters athletes may request to compete at a Regionals Competition in a region other than that of their home club.

AGE

Qualifying Age: The qualifying age for Ontario Masters competitions is 18 and over. The qualifying age for CAS Masters competitions is 19 and over (CAS Rule 4.1.1).

Duets, trios, teams: For duets/trios and teams, age is determined by the average age of the competitors (as per ON 4.1.1.1).

Age Groups: Masters age groups for Ontario competitions will be as per ON 4.1.1.1.

Competing in Other Streams: Masters teams averaging 18-20 are also eligible to compete in Provincial Stream Age Group Competition (Novice 16-20, or Competitive Junior FINA or Senior FINA). These athletes/teams may enter Novice or Competitive Stream Competition in addition to Masters competitions. All provincial age groups rules must be followed. Likewise, Age Group Competitive Junior FINA/Senior FINA or Novice 16-20 athletes/teams that are also age eligible for Masters competition (18-34) may enter Masters competitions. All athletes in the Masters event, regardless of averaging ages, must be 18 yrs of age and all Masters rules must be followed.

TIME LIMITS

Time Limits are as per 4.2.3.

APPENDIX D - REQUIRED ELEMENTS FOR SENIOR FINA AND JUNIOR FINA

1. Unless otherwise specified in the description of an element:
   All figures or components thereof shall be executed according to the requirements described. All elements shall be executed high and controlled in uniform motion with each section clearly defined.

2. Required elements 1-5 shall be judged within the elements score.

3. Required elements 1-5 shall be performed in the order listed.
   It is strongly recommended that for clarity of judgment that required elements 1-5 are separated by other content.

4. For solo, duet, and mixed duet only the required elements 1-5 shall be performed parallel to the sides of the pool where the panels of judges are seated.

SENIOR FINA SOLO
1. Vertical, Bent Knee, Airborne Split Thrust
2. Spiral, Two Full Twists, 1080 Spin
3. Stingray
4. Vertical, Full Twist Combined Spin 1080
5. Barracuda 720 Spin

SENIOR FINA DUET
1. Full Twist to Bent Knee, Repeat to Vertical 1080 Spin
2. Ballet Leg Sequence
3. Fishtail, Two Twists, Full Twist to Vertical 720 Spin
4. Cyclone Variation
5. Flying Fish 360 Variation
6. Lift, jump or throw
7. With the exception of the deck work, entry and the lift, jump or throw, all elements required and supplementary must be performed simultaneously and facing the same direction. Mirror actions are not permitted.

SENIOR MIXED DUET
1. Front Pike 360 into Vertical
2. Ballet Leg Sequence
3. Barracuda Twirl
4. Knight, Fishtail, Walkout Variant
5. Porpoise Lift, Full Twist to BK, BK Join 720 Spin
6. Must contain only one lift, jump or throw.
7. Must contain a joined action (swimmers must be touching in some manner during the performance of the element.
8. Required elements 1-5 must be performed simultaneously and facing the same direction

SENIOR TEAM

1. Thrust Bent Knee 360 Joining
2. Full Twist 1440 Spin
3. Cyclone Split Walkout
4. Manta Ray Hybrid
5. Barracuda Airborne Split
6. The routine must contain two acrobatic movements: one using all team members and another with two simultaneous movements, each movement performed simultaneously, facing the same direction and identical.
7. Cadence action with arms or legs - more than one cadence action may not be separated by other movements
8. At least one circle and one line pattern
9. With the exception of the deck work, entry, the acrobatic movements and the cadence action all elements required and supplementary must be performed simultaneously and facing the same direction. By all team members. Variations in propulsion and direction facing are permitted only during underwater pattern changes and underwater actions. Mirror actions are not permitted with the exception of the circle pattern.

JUNIOR FINA SOLO
1. Barracuda Airborne Split
2. 360 to Split, 360 to Vertical 1080 Spin
3. Stingray
4. Vertical Combined 720 Spin
5. Barracuda Spin 360

JUNIOR FINA DUET
1. Full Twist to Bent Knee, Repeat to Vertical 720 Spin
2. Ballet Leg Sequence
3. Fishtail, Two Twists
4. Cyclone Variation
5. Flying Fish
6. Lift, jump or throw
7. With the exception of the deck work, entry and the lift, jump or throw, all elements required and supplementary must be performed simultaneously and facing the same direction. Mirror actions are not permitted.

JUNIOR FINA MIXED DUET
1. Front Pike 360 into Vertical
2. Ballet Leg Sequence
3. Barracuda Twirl
4. Knight, Fishtail, Walkout Variant
5. Porpoise lift, Full Twist to BK, BK Join 720 Spin
6. Must contain only one lift, jump or throw.
7. Must contain a joined action (swimmers must be touching in some manner during the performance of the element.
8. Required elements 1-5 must be performed simultaneously and facing the same direction

JUNIOR FINA TEAM
1. Thrust Bent Knee 180 Joining
2. Twist Spin
3. Cyclone Split Walkout

4. Manta Ray Hybrid
5. Barracuda Airborne Split
6. The routine must contain two acrobatic movements: one using all team members and another with two simultaneous movements, each movement performed simultaneously, facing the same direction and identical.
7. Cadence action with arms or legs - more than one cadence action may not be separated by other movements
8. At least one circle and one line pattern
9. With the exception of the deck work, entry, the acrobatic movements and the cadence action all elements required and supplementary must be performed simultaneously and facing the same direction by all team members. Variations in propulsion and direction facing are permitted only during underwater pattern changes and underwater actions. Mirror actions are not permitted with the exception of the circle pattern.

APPENDIX E - NATIONAL COMPETITIVE FIGURE GROUPS

AGE GROUP 11 & 12

Compulsory:	106	Straight Ballet Leg	1.6	
	301	Barracuda	1.9	
Optional Group 1:	420	Back Walkover	1.9	
	327	Ballerina	1.8	
Optional Group 2:	311	Kip	1.6	
	401	Swordfish	2.0	
Optional Group 3:	226	Swan	2.1	
	363	Water Drop	1.5	

AGE GROUP 13 - 15

Compulsory:	423	Ariana	2.2	
	143	Rio	3.1	
Optional Group 1:	351	Jupiter	2.8	
	437	Oceanea	2.1	
Optional Group 2:	240a	Albatross ½ Twist	2.2	
	403	Swordtail	2.3	
Optional Group 3:	355f	Porpoise Continuous Spin 720	2.1	
	315	Seagull	2.1	

JUNIOR FINA

Compulsory:	308i	Barracuda Airborne Split Spin Up 360	3.3	
	355g	Porpoise Twist Spin	2.5	
Optional Group 1:	154j-2	London Combined Spin 720	2.9	
	330c	Aurora Twirl	2.8	
Optional Group 2:	364	Whirlwind	2.7	
	343	Butterfly	2.5	
Optional Group 3:	320	Kipswirl Split Closing 180		2.3
	440	Ipanema	3.0	

APPENDIX F - Reserved

APPENDIX G - ATHLETES WITH A DISABILITY (AWAD/AWD)

Figures - Athletes with a Disability (Physical and Cognitive)

PHYSICAL:

Level 1	
Compulsory:	Tub Turn and Reverse (both directions)
	Sailboat, Alternate
Optional Group 1	Optional Group 2
Front Pike Pull Down	Front Layout Position
Back Layout Position	Back Tuck Somersault
Ontario: Level 1 Novice	
Tub Turn and Reverse (both directions)	
Sailboat, Alternate	
Front Pike Pull Down	
Back Layout Position	
Level 2	
Compulsory:	Back Tuck Somersault
	Ballet Leg Single
Optional Group 1	Optional Group 2
Front Pike Somersault	Bent Knee Join to Vertical at Height and Descent
Split Position	Sailboat Alternate
Ontario: Level 2 Novice	
Back Tuck Somersault	
Ballet Leg Single	

Bent Knee Join to Vertical at Height and Descent	
Sailboat Alternate	
Level 3	
Compulsory:	Ballet Leg Single
	Barracuda
Optional Group 1	Optional Group 2
Surface Prawn	Walkover Front
Kipnus	Tower
Ontario: Level 3 Novice	
Ballet Leg Single	
Barracuda	
Walkover Front	
Tower	
Level 4	
Compulsory:	Ariana
	Kip
Optional Group 1	Optional Group 2
Flamingo Bent Knee	Albatross
Barracuda Spin 180	Back Walkover
Ontario: Level 4 Novice	
Ariana	
Kip	
Flamingo Bent Knee	

Barracuda Spin 180	
Level 5	
Compulsory:	Porpoise Full Twist
	Aurora
Optional Group 1	Optional Group 2
Kip Split Closing 180	Manta Ray
Barracuda Airborne Split	Kip Spin 360
Optional Group 3	
Knight	
Flying Fish	
Ontario: Level 5 Novice	
Porpoise Full Twist	
Aurora	
Manta Ray	
Kip Spin 360	

COGNITIVE:

Level 1	
Compulsory:	Tub Turn and Reverse (both directions)
	Sailboat, Alternate
Optional Group 1	Optional Group 2
Front Pike Pull Down	Front Layout Position
Back Layout Position	Back Tuck Somersault
Ontario: Level 1 Novice	

Tub Turn and Reverse (both directions)	
Sailboat, Alternate	
Front Pike Pull Down	
Back Layout Position	
Level 2	
Compulsory:	Back Tuck Somersault
	Ballet Leg Single
Optional Group 1	Optional Group 2
Front Pike Somersault	Bent Knee Vertical Position and Descent
Split Position	Sailboat Alternate
Ontario: Level 2 Novice	
Back Tuck Somersault	
Ballet Leg Single	
Bent Knee Vertical Position and Descent	
Sailboat Alternate	
Level 3	
Compulsory:	Ballet Leg Single
	Barracuda
Optional Group 1	Optional Group 2
Blossom	Walkover Front
Kipnus	Bent Knee Join to Vertical at Height and Descent
Ontario: Level 3 Novice	

Ballet Leg Single	
Barracuda	
Walkover Front	
Bent Knee Join to Vertical at Height and Descent	
Level 4	
Compulsory:	Surface Prawn
	Kip
Optional Group 1	Optional Group 2
Flamingo Bent Knee	Albatross
Barracuda Spin 180	Porpoise
Ontario: Level 4 Novice	
Surface Prawn	
Kip	
Flamingo Bent Knee	
Barracuda Spin 180	
Level 5	
Compulsory:	Porpoise Half Twist
	Aurora
Optional Group 1	Optional Group 2
Kip Split Closing 180	Manta Ray
Barracuda Airborne Split	Kip Spin 360
Optional Group 3	
Knight	
Flying Fish	

Ontario: Level 5 Novice	
Porpoise Half Twist	
Aurora	
Manta Ray	
Kip Spin 360	

Rules for Athletes with a Disability:

1. ATHLETE ELIGIBILITY – Preliminary Classification
   A) Artistic Swimming for persons with a disability is open to any individual whose physical disability prevents them from engaging in meaningful competition against able-bodied opponents.
   B) Athletes with an intellectual disability must meet the medical definition of a person with an intellectual disability.

      Athletes with Downs Syndrome must have an Atlanto-Axial X-ray within the last five years and/or be cleared by a physician to participate. New athletes must submit clearance forms from a physician before participating.

      Clubs must ensure athletes have been cleared by a medical physician/nurse practitioner to train/compete in sport.

   C) To assist coaches in determining their athlete's level the figure levels closely compare to the following star levels:
      Level 1 Star 1
      Level 2 Star 3
      Level 3 Star 5
      Level 4 Star 7
      Level 5 Stars 9

Coach Eligibility - For Ontario competitions, see ON 3.1.9.1.

ON AWD Pathway - Ontario AWD athletes have no mandatory competitions and no qualification requirements (therefore no Bye Requests are needed). An AWD athlete may register at any Ontario competition at which AWD events are offered (including both Novice and Competitive stream competitions). An AWD athlete must register and pay membership fees for the highest level of competition they intend to enter (i.e. if attending only Novice competitions, register as a Novice AWD athlete; if attending any Competitive stream competitions, register as a Competitive AWD athlete.

COMPETITIVE STRUCTURE

A) Athletes with a Physical Disability and Cognitive Disability
   i) Five levels of competition will be provided for the following categories: Figures, Solo, Duet, and Team. Coaches determine the level of their athletes.

ii) Figures for the competition are as listed

iii) Routine times:

	Solo	Duet	Team
Level 1	1:30	1:45	2:00
Level 2	2:00	2:30	3:00
Level 3	2:15	2:45	3:15
Level 4	2:30	3:00	3:30
Level 5	2:45	3:15	3:45

There is a time allowance of 15 seconds plus the allotted time with no minimum

For Ontario competitions, the time limits above are provided as a guideline only. There is no minimum time limit for AWD and there shall be no penalties awarded for time limit violations.

iv) In each level there will be separate awards for Physical Disability athletes and Cognitive Disability athletes.

v) Athletes from different levels may compete together in duet and team. The average level will determine their competitive level. All athletes will compete figures in their own level.

vi) Athletes from different disability groups may compete together in duet and team. Mixed duets that include swimmers with a cognitive disability and swimmer with a physical disability from any level will swim in the physical disability category. Mixed teams that include swimmers with a cognitive disability and swimmers with a physical disability from any level will compete in the physical disability category

vii) Athletes may exceed the maximum time limit of 30 seconds for their walk- on.

viii) Coaches 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

ix) Coaches may assist on land, by providing cues to Athletes with a Cognitive or Physical Disability during routines. In the case of a mixed duet/team coaches may also assist on land, by providing cues to the swimmer(s) during the routine.

x) The coach of an Athlete with a Cognitive Disability may communicate with the swimmer after a wrong figure is performed, prior to the second attempt.

xi) National Competition – AWAD (SSWCD and SSWPD) are eligible to compete at the Canadian Championships

ON Mixed Abilities

AWD and Non-AWD athletes may compete on blended duets and teams in the Mixed Abilities category at all Ontario competitions. This category will follow the guidelines listed in Appendix G. All athletes will compete figures according to their age group and ability level. Mixed Ability duets and Mixed Ability teams will be scored by routine score only (i.e., there will be no combined or championship score with figures included).

~~APPENDIX H - PROVINCIAL AGE GROUP GUIDELINES~~

Appendix H does not apply to Ontario competitions (See main CAS Rulebook text and Blue Ontario-specific text for rules governing Ontario Competitions)

~~Please note that Provinces retain the right to amend these guidelines as they see fit for their province. Contact your provincial office for clarification of provincial age group rules in your province.~~

A) ~~FIGURES~~

~~AGE GROUP 9 & 10~~

~~Compulsory: Ballet Leg Single~~
~~Blossom~~

~~Optional Group 1~~
~~Kipnus~~
~~Walkover, Front~~

~~Optional Group 2~~
~~Back Tuck Somersault~~
~~Neptunus~~

~~Optional Group 3~~
~~Surface Prawn~~
~~Somersub~~

~~AGE GROUP 11 & 12~~

~~Compulsory:~~	~~106~~	~~STRAIGHT Ballet Leg~~	~~1.6~~
	~~301~~	~~BARRACUDA~~	~~1.9~~
~~Optional Group 1:~~	~~420~~	~~BACK WALKOVER~~	~~1.9~~
	~~327~~	~~BALLERINA~~	~~1.8~~
~~Optional Group 2:~~	~~311~~	~~KIP~~	~~1.6~~
	~~401~~	~~SWORDFISH~~	~~2.0~~
~~Optional Group 3:~~	~~226~~	~~SWAN~~	~~2.1~~
	~~363~~	~~WATER DROP~~	~~1.5~~

~~AGE GROUP 13 - 15~~

~~Compulsory:~~	~~423~~	~~ARIANA~~	~~2.2~~
	~~143~~	~~RIO with 180 spin (fast spin)~~	~~3.1~~
~~Optional Group 1:~~	~~358~~	~~JUPITER~~	~~2.8~~
	~~437~~	~~OCEANEA with 360 spin (slow spin)~~	~~2.1~~
~~Optional Group 2:~~	~~240[a]~~	~~ALBATROSS ½ TWIST~~	~~2.2~~
	~~403~~	~~SWORDTAIL~~	~~2.3~~
~~Optional Group 3:~~	~~355f~~	~~PORPOISE SPIN 360 (slow spin)~~	~~2.0~~
	~~315~~	~~SEAGULL~~	~~2.1~~

~~AGE GROUP 16-20~~

OPTION ONE

Compulsory

308 - Barracuda Airborne Split – DD 2.8

355a - Porpoise ½ Twist + Spinning 360 (*slow spin replaces vertical descent*) – DD **TBD**

Group #1

154 – London – DD 2.8

330c - Aurora Twirl – DD 3.0 **or**

330 – Aurora – DD 2.5

Group #2

364 - Whirlwind (*complete 360 rapid spin wherever there is a 720 in description*) – DD 2.7

343 – Butterfly – DD 2.9

Group #3

313 - Kip Split Closing 180 – DD 2.5

440 – Ipanema – DD 3.0

OPTION TWO

Athletes swim each technical routine element individually as a figure

B) ROUTINE TIMES

In the Provincial Stream there will be no minimum time and routines may not exceed the maximum time without incurring a time penalty.

Event	10&U Max time	11&12 Max time	13-15 Max time	16-20 Max time
Solo	01:15	01:45	02:15	02:30
Duet/Mixed Duet	01:45	02:15	02:45	03:00
Team	02:15	02:45	03:30	04:00
Combo	N/A	N/A	03:30	04:00

Combo Age group and Composition

In the Provincial Stream of competitions there will only be two eligible age groups for the Combo event of 13-15 and 16-18.

Athletes from the 10 & under and 11 & 12 age group are ineligible for this event. As per the Team composition rules for the Provincial Stream the athletes from the 13-15 and 16 - 18 age group may combine to form a combo with the average of their ages determining where they swim.

Team Composition

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.

Novice Team Composition

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.

Athletes on a team will swim in their own age group for figures and there will be no degrees of difficulty used.

~~Competitive Structure~~

~~Excluding national championships, AWAD and Non-AWAD athletes may compete on blended duets and teams in the "Mixed Abilities" category. This category will follow the guidelines listed in Appendix G. All athletes will compete figures according to their age group and ability level.~~

ON APPENDIX I – Ontario Awards

RESULTS

1.1 The timing of communication of the results is at the discretion of OAS and the Chief Referee and Chief Scorer.
1.2 The Head Coach of each club will receive results electronically either after each event or at the end of each competition day.
1.3 Results will be posted in a location for viewing by coaches (preferably on deck), as well as in a public location for parents, and/or athletes.
1.4 Results will be posted on the OAS website within approximately 24-72 hours following the event
1.5 Award presentations may occur at any time following the posting of results as per the Meet Managers' schedule and the Scorer's progress.

EXHIBITION AWARDS

Refer to 4.9 for rules regarding Exhibition entries and National Exhibition Entries.

TIES

Refer to 5.2.2 and 4.7.2 g) iv) for rules regarding ties.

AWARDS AT COMPETITIVE STREAM EVENTS:

AT NON-CHAMPIONSHIPS Meets:

- **For Figures Score:** 1st-6th (1st-3rd small medals, 4th-6th single ribbons), awarded groups are 10U, 11-12, 13-15 (and at Lisa A. only, Junior and Senior elements on panels)
- **For Routine-only Score:** 1st-6th single ribbons
- **For Combined/Championship Score:** 1st-6th (1st-3rd small medals, 4th-6th double ribbons)

- **Junior/Senior FINA Tech & Free**
  - Free Routines = 1st-3rd small medals, 4th-6th single ribbons
  - Tech Routines = 1st-3rd small medals, 4th-6th single ribbons
- **Highlight & Combo** = 1st-3rd small medals, 4th-6th single ribbons
- **Competitive AWD:** Consistent with above (within P/C and levels)
- **Competitive Masters:** Consistent with Junior/Senior FINA Tech & Free awards above (within Masters age groupings) for Masters Regionals
- **At Regionals competitions** (Trilliums 12U/Novice/Masters Regionals), awards are split out by each Region (Central, North, East, and West). At ALL other events, there is no splitting of awards by Regions.

AT CHAMPIONSHIPS Meets:

- **For Figures Score:** 1st-6th (1st-3rd small medals, 4th-6th single ribbons), awarded groups are 10U, 11-12, 13-15
- **For Routine-only Score:** 1st-6th single ribbons
- **For Combined/Championship Score:** 1st-3rd large medals, 4th-6th double ribbons
- **Additional awards/recognition at Champs meets:** Small medal to 1st place in 11 year, 12 year, 13 year, 14 year, 15 year team (no additional within 10U, Jr/Sr, or Extra Routines)

- **Junior/Senior FINA Tech & Free**
  - Free Routines = 1st-3rd large medals, 4th-6th double ribbons

    - Tech Routines = 1st-3rd large medals, 4th-6th double ribbons
- **Highlight & Combo** = 1st-3rd large medals, 4th-6th double ribbons
- **Competitive AWD:** Consistent with above (within P/C and levels)
- **Competitive Masters:** Consistent with Junior/Senior FINA Tech & Free awards above (within Masters age groupings) for Masters Provincial Championships

Exceptions to the above:

- **JANUARY ROUTINE MEET** = no awards (feedback-only meet)
- **LISA A** = one set of awards, not split by regions, as per non-championship meets above
- **HILTON**
    - All awards at Hilton are routine-only score:
        - 1st-3rd Hilton Medals, 4th-6th Hilton Ribbons (there are no trophies at Hilton)
    - Award age groupings/categories are as per Hilton rules (see ON Appendix J)
    - There are no awards for the Extra Routine Qualifier at Hilton:
        - The figures event(s) at Hilton are NOT awarded
        - Extra routine championship/combined scores result sheet will be provided for qualification purposes ONLY (no awards based on championship/combined score)

Novice Competitions

- No medals or trophies will be awarded at ANY Novice events
- 1st-6th single ribbons for Novice Figures, 8U, 9-10, 11-12
- No awards for routine-only score
- Championship Score for teams: 1st-6th single ribbons at all meets
- Championship Score for trio/duet/solo: 1st-6th single ribbons at all meets
- If there is no figures event: For 13-15 and 16-20 Novice, the routine score is the only component of the 'Championship' score
- Novice AWD: consistent with Novice rules as above (within P/C and levels)
- Masters Novice: consistent with Novice rules as above

TROPHIES

GENERAL

Trophies and medals for routines with figures are awarded based on Championship Score. Trophies for routines with a routine score only are awarded based on Routine score.

1.6 Awards will be presented to team alternates provided they are registered and active team members.

1.7 Trophies are presented to the athlete achieving the highest score in that Age Group. For AWD, Trophies are presented to the athlete achieving the highest score within the category (Physical or Cognitive), regardless of level.

1.8 A Club is responsible for the engraving of, and repairs to, any damage or loss to Provincial trophies while they are in the possession of the Club or its Swimmers.

1.9 In the event of a tie for first place, swimmers shall hold the trophy for an equal length of time.

1.10 In the event of a tie, multiple names will be listed on the trophy/plaque, applied by the award winners. It is the responsibility of the award winners to manage the sharing of the trophy throughout the year, returning it to the following year's competition.

1.11 There are no trophies for Novice or Masters competitions

1.12 There are no Aggregate or All-Around awards/trophies at any competitions

A Club is responsible to ensure the return of the trophy to next year's appropriate competition. There will be a $100.00 fine per each trophy not returned to the Meet Manager before spacing ends, or for trophies returned damaged. In the case that a competition does not have spacing scheduled the trophy must be returned to the Meet Manager by the start of the first day of competition. If a trophy is returned broken beyond repair and needs to be replaced the Club will be invoiced for the cost of replacement. The trophies must be returned to the Meet Manager, and the Meet Manager must make note of the condition of the trophy upon return. If a trophy is not returned by a club in time to be available for the award presentation, an additional $200.00 fine will be assessed.

Lisa Alexander:

- **11-12 Figures Trophy**
- **13-15 Figures Trophy**
- **Junior FINA Elements Trophy**
- **Senior FINA Elements Trophy**
- **AWD-P Figures Trophy**
- **AWD-C Figures Trophy**

Leslie Taylor Ontario Cup:

- **13-15 Figures Trophy**
- **13-15 Solo Trophy**
- **13-15 Duet Trophy**
- **13-15 Team Trophy**
- **Junior Technical Solo Trophy**
- **Junior Free Solo Trophy**
- **Junior Technical Duet Trophy**
- **Junior Free Duet Trophy**
- **Junior Technical Team Trophy**
- **Junior Free Team Trophy**
- **Senior Technical Solo Trophy**
- **Senior Free Solo Trophy**
- **Senior Technical Duet Trophy**
- **Senior Free Duet Trophy**
- **Senior Technical Team Trophy**
- **Senior Free Team Trophy**
- **Free Combination Routine Trophy**
- **Highlight Routine Trophy**
- **AWD-P Figures Trophy**
- **AWD-C Figures Trophy**
- **AWD-P Solo Trophy**
- **AWD-C Solo Trophy**
- **AWD-P Duet Trophy**
- **AWD-C Duet Trophy**
- **AWD-P Team Trophy**
- **AWD-C Team Trophy**
- **Mixed Ability Duet Trophy**
- **Mixed Ability Team Trophy**

Trilliums 12U Championships:

- **10U Figures Trophy**
- **10U Duet Trophy**
- **10U Team Trophy**
- **11-12 Figures Trophy**
- **11-12 Solo Trophy**
- **11-12 Team Trophy**
- **AWD-P Figures Trophy**
- **AWD-C Figures Trophy**
- **AWD-P Solo Trophy**
- **AWD-C Solo Trophy**
- **AWD-P Duet Trophy**
- **AWD-C Duet Trophy**
- **AWD-P Team Trophy**
- **AWD-C Team Trophy**
- **Mixed Ability Duet Trophy**
- **Mixed Ability Team Trophy**

Ontario Championships:

- **13-15 Figures Trophy**
- **13-15 Solo Trophy**
- **13-15 Duet Trophy**
- **13-15 Team Trophy**
- **Junior Technical Solo Trophy**
- **Junior Free Solo Trophy**
- **Junior Technical Duet Trophy**
- **Junior Free Duet Trophy**
- **Junior Technical Team Trophy**
- **Junior Free Team Trophy**
- **Senior Technical Solo Trophy**
- **Senior Free Solo Trophy**
- **Senior Technical Duet Trophy**
- **Senior Free Duet Trophy**
- **Senior Technical Team Trophy**
- **Senior Free Team Trophy**
- **Free Combination Routine Trophy**
- **Highlight Routine Trophy**
- **AWD-P Figures Trophy**
- **AWD-C Figures Trophy**
- **AWD-P Solo Trophy**
- **AWD-C Solo Trophy**
- **AWD-P Duet Trophy**
- **AWD-C Duet Trophy**
- **AWD-P Team Trophy**
- **AWD-C Team Trophy**
- **Mixed Ability Duet Trophy**
- **Mixed Ability Team Trophy**

ON APPENDIX J – Ontario Events/Competitions (Rules Specific to Ontario Events)

The events listed below fall under the jurisdiction of OAS, and General Provincial Rules are to be followed.

EARLY BIRD SKILLS TESTING

Registration

- OAS shall run an Early Bird Skills Testing event in each Region (Central, West, East, and North) as required (regional events may be combined).
- Attendance at the Early Bird Skills Testing events by registered Novice and Competitive stream athletes in the 10&Under, 11-12, and 13-15 age groups is **mandatory** for entry into subsequent competitions (for 2018-19 there shall be no 8&Under or 16-20/Junior/Senior testing required – however this may be added for future seasons)
- Swimmers are to be registered for the skills testing event that corresponds to their age as of December 31 of the calendar year of the competitive season. The only exceptions shall be 8&Under athletes who wish to participate in the event (optional) – if entering, register as 10&Under, or 16-20/Junior/Senior athletes who wish to participate in the event (optional) – if entering, register as 13-15.

Skills Testing events will be held as follows:

- Specific skills tests and protocols are as communicated by OAS

Testing Results

- The Early Bird Skills Testing events are skill development events and therefore are not awarded. Individual athlete scores will be sent to Clubs following the event for development purposes.

Athlete Apparel

- All athletes attending the Early Bird Skills Testing shall abide by apparel for figures events for all in-pool testing. For dryland testing, athletes shall wear black shorts on top of a black figure suit (no club-identifying items are to be worn).

LISA ALEXANDER FIGURES

Registration

- OAS shall run one Lisa Alexander Meet for all Regions.
- Attendance at the Lisa Alexander Meet by registered Competitive stream athletes in the 11-12, 13-15, Junior FINA, and Senior FINA age groups is **mandatory** for entry into subsequent competitions. Byes will only be granted to individual swimmers on medical or compassionate basis. Entry is optional for AWD athletes.
- Each athlete may register in only ONE figure event at the Lisa Alexander competition.
- Swimmers are to be registered in 11-12, 13-15, Junior FINA, or Senior FINA events based on their age as of December 31 of the calendar year of the competitive season. Exceptions to this will be granted via request to the Provincial Jury of Appeal only (Example: A 12 year synchro-age athlete competes on a 13-15 team and wishes to compete in the 13-15 Figure event at Lisa Alexander for development purposes).

Figure events will be held as follows*:*

- 11-12 Figures Event – Partial figures as per ON Appendix K Figure Groups, Compulsory Group + one drawn Optional Group
- 13-15 Figures Event – As per Appendix E/ON Appendix K Figure Groups, Compulsory Group + one drawn Optional Group
- Junior FINA Elements on Panels – Four Junior FINA Elements on Panels as per ON Appendix K Figure Groups
- Senior FINA Elements on Panels – Four Senior FINA Elements on Panels as per ON Appendix K Figure Groups
- AWD Physical/Cognitive Figures (according to level) – as per Appendix G

Scoring for Lisa Alexander

- There shall be no Degrees of Difficulty applied to the 11-12 Figure event at Lisa Alexander (as athletes only complete partial figures). For all other Figures events (or elements on panels) at the Lisa Alexander competition, Degrees of Difficulty are applied (see 4.7.1 ON f).

Athlete Apparel

- All athletes attending the Lisa Alexander Figures Meet shall abide by apparel for figures events outlined in 4.5.1 b). This includes Junior FINA and Senior FINA athletes competing in Elements on Panels.

JANUARY ROUTINE MEET

Registration

- OAS shall run one January Routine Meet for all Regions.
- Attendance at the January Routine Meet is optional, and is open to routines registered in the Competitive stream in age group 13-15, Junior, Senior, or AWD
- Byes are not required for the January Routine Meet

Routine events will be held as follows:

- 13-15 Solo, Duet, Team
- Junior Technical/Free Solo, Duet, Team
- Senior Technical/Free Solo, Duet, Team
- Free Combination
- Highlight Routine
- AWD Physical/Cognitive Solo, Duet, Team (according to level)
- Mixed Ability Duet/Team

Feedback/Results

- The January Routine Meet is a feedback-only meet, therefore no awards are presented. Results/scores will be released following the event.

Unfinished Routines

- As the first routine event of the competitive season, and as an opportunity for feedback, it is not required that full/complete routines be presented at the January Routine Meet. No time violation penalties will be applied for routines which are under the minimum specified times. For technical routines, if an element is omitted due to a routine being unfinished, a score of zero will be awarded for the missing element.

TRILLIUMS REGIONALS (COMBINED 12&UNDER COMPETITIVE, NOVICE, MASTERS)

Registration

- OAS shall run three Trilliums Regional events (Central, West, and North/East). Regional combinations may be modified as required.
- Attendance at Trilliums Regionals is:
  - **Mandatory** for 10&Under and 11-12 Competitive stream athletes
  - **Mandatory** for 8&Under, 10&Under, 11-12, 13-15, and 16-20 Novice stream athletes
  - Entry is optional for Masters and Novice Masters athletes.
  - Entry is optional for AWD and Novice AWD athletes.
- Athletes register for the figure event as determined by the routine age (see 3.1.6 i).
- Novice 13-15 and 16-20 do not compete in Figures. Instead, there are required elements contained within the routine. See ON Appendix L.
- Age categories are as per ON 4.1.1.1.

Events will be held as follows:

Competitive stream:

- 10&Under Figures Event – As per ON Appendix K Figure Groups, Compulsory Group + one drawn Optional Group
- 10&Under Duet, Team
- 11-12 Figures Event – As per Appendix E/ON Appendix K Figure Groups, Compulsory Group + one drawn Optional Group
- 11-12 Solo, Duet, Team
- AWD Physical/Cognitive Figures (according to level) – as per Appendix G
- AWD Physical/Cognitive Solo, Duet, Team (according to level)
- Mixed Ability Duet/Team
- Masters: See ON Appendix C – Masters

Novice stream:

- 8&Under Novice Figures Event – As per ON Appendix K Figure Groups, four full figures, (Draw for Sailboat RIGHT or LEFT)
- Novice 8&Under Team (Novice 8&Under Solo/Duet/Trio only as required)
- 10&Under Novice Figures Event – As per ON Appendix K Figure Groups, four full figures
- Novice 10&Under Team (Novice 10&Under Solo/Duet/Trio only as required)
- 11-12 Novice Figures Event – As per ON Appendix K Figure Groups, four full figures
- Novice 11-12 Team (Novice 11-12 Solo/Duet/Trio only as required)
- Novice 13-15 Team (Novice 13-15 Solo/Duet/Trio only as required)
- Novice 16-20 Team (Novice 16-20 Solo/Duet/Trio only as required)
- Novice AWD Physical/Cognitive Figures (according to level) – as per Appendix G
- Novice AWD Physical/Cognitive Solo, Duet, Team (according to level)
- Novice Masters Team (Novice Masters Solo/Duet/Trio only as required)

Novice Solo/Duet/Trio Routines

- All Novice routine events shall be for team routines only. Duet/trio or solo routines will ONLY be permitted through permission from OAS if a Club does not have enough athletes to field a team or a duet/trio.
- Requests for Novice duet/trio/solo exemptions must be submitted to the OAS office and will be considered by the Jury of Appeal on a case-by-case basis.

- Novice duet/trio/solos will be awarded as one event (this rule is in place to emphasize the importance of team development at the Novice level).

Additional notes for Novice

- Clubs should be aware of all rules pertaining to Novice event, including (but not limited to) ON 4.6.10.1 (providing cues from deck), ON 4.6.10. 2 (Novice highlight restrictions), and ON 4.5.5.1 (designated coach areas during figures).

Advancement to Championships events

- See rule 3.2.3 Quotas for Routines

LESLIE TAYLOR ONTARIO CUP

Registration

- OAS shall run one Leslie Taylor Ontario Cup for all Regions
- Attendance at Leslie Taylor Ontario Cup by registered Competitive stream athletes in the 13-15, Junior FINA, and Senior FINA age groups is **mandatory** for entry into subsequent competitions and serves as the **qualification event** for the National Qualifier. Byes will only be granted to individual swimmers on medical or compassionate basis. Entry is optional for AWD athletes.
- Athletes register for the figure event as determined by the routine age (see 3.1.6 i).
- Age categories are as per ON 4.1.1.1., however those routines wishing to continue on to the National Qualifier must ensure all CAS rules are followed regarding team make-up.

Events will be held as follows:

- 13-15 Figures Event – As per Appendix E/ON Appendix K Figure Groups, Compulsory Group + one drawn Optional Group
- 13-15 Solo, Duet, Team
- Junior Technical/Free Solo, Duet, Team
- Senior Technical/Free Solo, Duet, Team
- Free Combination
- Highlight Routine
    - AWD Physical/Cognitive Figures (according to level)
- AWD Physical/Cognitive Solo, Duet, Team (according to level)
- Mixed Ability Duet/Team

Selection Committees and Qualification/Advancement

- See rule 3.2.2 Selection Committee and 3.2.3 Quotas for Routines

HILTON INVITATIONAL (& EXTRA ROUTINE QUALIFIER)

Registration

- OAS shall run one Hilton Invitational/Extra Routine Qualifier for all Regions
- Attendance at the Hilton Invitational is optional, and is open to routines registered in the Competitive stream in age group 11-12, 13-15, Junior FINA, Senior FINA, or AWD

- Attendance at the Extra Routine Qualifier (run concurrently with Hilton) by registered Competitive stream solo and duet athletes in the 11-12, 13-15, Junior FINA, and Senior FINA age groups is **mandatory** for entry into subsequent competitions and serves as the **qualification event** for Trilliums 12&Under Championships and Ontario Championships.
- Byes will only be granted to individual swimmers on medical or compassionate basis. Entry is optional for AWD athletes.
- Entry to the figure event is only permitted for athletes entering the Extra Routine Qualifier or Provincial Team Trials.
- For Junior FINA and Senior FINA teams, Clubs may opt to enter the Technical team event only, Free team event only, or BOTH the Technical and Free team events (there are no mandatory Technical team event entry requirements at Hilton). For Junior FINA and Senior FINA solos/duets both the technical and free routine must be entered as per entry requirements (3.1.7).

Declaration of intent to try to qualify for Championship Event

- At the deadline for meet registration for the Hilton Invitational/Extra Routine Qualifier, Clubs must **register any solos/duets which will be trying to qualify onwards to Trilliums 12& Under Championships or Ontario Championships**, and must **also register those athletes for the figures event if applicable** (so a Championship score can be calculated) – this will be the process for declaring intent to accept a qualifying spot at the Trilliums 12&Under Championships or Ontario Championships.
- Should a solo/duet then qualify for National Championships at the National Qualifier, and wish to withdraw their declaration of intent to qualify to Ontario Championships, they must contact OAS and scratch the athlete(s) from the Figures event, and withdraw their declaration of intent to qualify. Clubs must notify OAS within 24 hours of the end of the National Qualifier competition in this case. Failure to do so will result in a $100 fine per routine.
- **Only solos/duets that declare their intent to accept a spot** will be listed on the Extra Routine Qualifier Results and be eligible to move on to the Championship event (as per 3.2.3 i) and j)).

Events will be held as follows:

Extra Routine Qualifier:

- 11-12 Figures Event – As per Appendix E/ON Appendix K Figure Groups, Compulsory Group + one drawn Optional Group
- 13-15 Figures Event – As per Appendix E/ON Appendix K Figure Groups, Compulsory Group + one drawn Optional Group

Hilton Invitational:

- 11-12 Solo, Duet
- 11 Year Team
- 12 Year Team
- 13-15 Solo, Duet
- 13 Year Team
- 14 Year Team
- 15 Year Team
- Junior Technical/Free Solo, Duet, Team
- Senior Technical/Free Solo, Duet, Team
- Free Combination

- Highlight Routine
- AWD Physical/Cognitive Solo, Duet, Team (according to level)
- Mixed Ability Duet/Team

Awards/Results

- Hilton awards will be as per age categories listed above and according to ON Appendix I
- There are no awards for the Extra Routine Qualifier Figure events or for combined/Championship score (see ON Appendix I)

Selection Committees and Qualification/Advancement

- See rule 3.2.2 Selection Committee and 3.2.3 Quotas for Routines

COMBINED NOVICE/MASTERS PROVINCIAL CHAMPIONSHIPS

Registration

- OAS shall hold one Combined Novice/Masters Provincial Championships for all Regions
- Novice/Masters Provincial Championships is a final event (there is no further qualification, therefore Byes are not required)
- Athletes register for the figure event as determined by the routine age (see 3.1.6 i).
- Novice 13-15 and 16-20 do not compete in Figures. Instead, there are required elements contained within the routine. See ON Appendix L.
- Age categories are as per ON 4.1.1.1.

Events will be held as follows:

Novice stream:

- 8&Under Novice Figures Event – As per ON Appendix K Figure Groups, four full figures, (Draw for Sailboat RIGHT or LEFT)
- Novice 8&Under Team (Novice 8&Under Solo/Duet/Trio only as required)
- 10&Under Novice Figures Event – As per ON Appendix K Figure Groups, four full figures
- Novice 10&Under Team (Novice 10&Under Solo/Duet/Trio only as required)
- 11-12 Novice Figures Event – As per ON Appendix K Figure Groups, four full figures
- Novice 11-12 Team (Novice 11-12 Solo/Duet/Trio only as required)
- Novice 13-15 Team (Novice 13-15 Solo/Duet/Trio only as required)
- Novice 16-20 Team (Novice 16-20 Solo/Duet/Trio only as required)
- Novice AWC Physical/Cognitive Figures (according to level) – as per Appendix G
- Novice AWD Physical/Cognitive Solo, Duet, Team (according to level)
- Novice Masters Team (Novice Masters Solo/Duet/Trio only as required)

Competitive stream Masters:

- See ON Appendix C – Masters

Novice Solo/Duet/Trio Routines

- See Novice Regionals rule above regarding solo/duet/trio Routines

Additional notes for Novice

- Clubs should be aware of all rules pertaining to Novice event, including (but not limited to) ON 4.6.10.1 (providing cues from deck), ON 4.6.10. 2 (Novice highlight restrictions), and ON 4.5.5.1 (designated coach areas during figures).

TRILLIUMS 12&UNDER CHAMPIONSHIPS

Registration

- OAS shall hold one Trilliums 12&Under Championships for all Regions
- Trilliums 12&Under Championships is a final event (there is no further qualification, therefore Byes are not required)
- Athletes register for the figure event as determined by the routine age (see 3.1.6 i).
- Age categories are as per ON 4.1.1.1.

Events will be held as follows:

- 10&Under Figures Event – As per ON Appendix K Figure Groups, Compulsory Group + one drawn Optional Group
- 10&Under Duet, Team
- 11-12 Figures Event – As per Appendix E/ON Appendix K Figure Groups, Compulsory Group + one drawn Optional Group
- 11-12 Solo, Duet, Team
- AWD Physical/Cognitive Figures (according to level) – as per Appendix G
- AWD Physical/Cognitive Solo, Duet, Team (according to level)
- Mixed Ability Duet/Team

ONTARIO CHAMPIONSHIPS

Registration

- OAS shall hold one Ontario Championships for all Regions
- Ontario Championships is a final event (there is no further qualification, therefore Byes are not required)
- Athletes register for the figure event as determined by the routine age (see 3.1.6 i).
- Age categories are as per ON 4.1.1.1.

Events will be held as follows:

- 13-15 Figures Event – As per Appendix E/ON Appendix K Figure Groups, Compulsory Group + one drawn Optional Group
- 13-15 Solo, Duet, Team
- Junior Technical/Free Solo, Duet, Team
- Senior Technical/Free Solo, Duet, Team
- Free Combination
- Highlight Routine
- AWD Physical/Cognitive Figures (according to level) – as per Appendix G
- AWD Physical/Cognitive Solo, Duet, Team (according to level)

- Mixed Ability Duet/Team

ADDITIONAL NOTES

Mixed Duet for Ontario Competitions
For Ontario competitions, there shall be no separate category for mixed duet competitors (entries will compete within the normal duet event for their age group). OAS shall review this event for consideration at future Ontario competitions should the number and/or age group of potential entries warrant a separate event.

Duet/Trio event at Ontario Competitions
For Ontario competitions, duet and trio are combined into the same event (duet/trio). Where 'duet' appears, it can be inferred to mean 'duet or trio.'

ON APPENDIX K – Ontario Figure Groups & Descriptions

NOVICE FIGURES

Novice athletes will compete in Figures as described below (four full figures, no draws, except where noted). No degrees of difficulty are applied to Novice figures.

Novice 8 & Under Figures

1 Somersault Back Tuck
2 Tub Turn
3 Submerged Back Pike Position (Oyster)
4 Sailboat Single (Either RIGHT or LEFT will be drawn prior to each meet)

Novice 8 & Under Figure Descriptions

Somersault Back Tuck
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.

Tub Turn
From a Back Layout Position the knees are drawn toward the chest, with toes at the surface to assume a Tub Position. Maintaining the Tub Position on the surface, rotate horizontally around the hips as an axis until a full 360 degree circle is completed in one direction, followed by a full circle in the opposite direction. A Back Layout Position is resumed.

Submerged Back Pike Position (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.

Sailboat Single (Either RIGHT or LEFT will be drawn prior to each meet)
Begin in 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.
Note: Two weeks prior to the figure event, either Sailboat RIGHT or Sailboat LEFT will be drawn. For each Novice Figure meet, either Right/Left can be drawn (one side is not removed from contention at a future meet because it has been drawn previously). If an athlete performs the wrong leg sailboat at the meet, the relevant Novice penalty process will apply.

Novice 10 & Under Figures

1 Ballet Leg Single
2 Somersault Front Pike
3 Kipnus
4 Blossom

Novice 10 & Under 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.

Somersault Front Pike
From a Front Layout Position a *Front Pike Position is assumed*. Followed by *Front Pike Position to assume a Submerged Ballet Leg Double Position,* and with continuous motion a Front Pike Position is maintained as the body continues to somersault forward around a lateral axis so that the hips replace the head at each quarter point of the revolution until the head and buttocks return to the surface. As the legs move upward to assume a Front Layout Position, the head, back and buttocks travel along the surface until hips occupy the same position as the head at the beginning of this action.

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 hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a Bent Knee Vertical Position.

Blossom
From a Back Layout Position the trunk if 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.

Novice 11-12 Figures

1 Ballet Leg Single
2 Barracuda
3 Neptunus
4 Walkout Front

Novice 11-12 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.

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. A *Thrust* is executed to Vertical Position. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

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.

Walkout Front

Starting from a Split Position the front leg is lifted in a 180 degree arc over the surface to meet the opposite leg in a Surface Arch Position and with continuous movement, an Arch to Back Layout Finish Action is executed.

Novice 13-15 & 16-20

Novice 13-15 and 16-20 do not compete in Figures. Instead, there are required elements contained within the routine. See ON Appendix L.

COMPETITIVE FIGURES

Competitive athletes will compete in Figures at Ontario competitions as described below. Draws are conducted as per rule 4.5.3. No degrees of difficulty are applied to Age Group 10 & Under Figures. Degrees of difficulty are applied to all other age groups (unless otherwise specified – see 4.7.1 f)).

Age Group 10 & Under Figures

Compulsory:

1	101	Ballet Leg Single
2	302	Blossom

Optional Groups:

Group 1

3	316	Kipnus
4	360	Walkover Front

Group 2

3	310	Somersault Back Tuck
4	344	Neptunus

Group 3

3	362	Surface Prawn
4	324	Somersub

Age Group 10 & Under Figure Descriptions

101 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 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 Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

302 Blossom

From a **Back Layout Position** the trunk if 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 height. A Vertical Descent is executed.

316 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 hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.

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

310 Somersault Back Tuck
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.

344 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.

362 Surface Prawn
From a **Front Layout Position**, a *Front Pike Position is assumed*. One foot is moved in horizontal arc of 180° at the surface to a **Split Position**. The legs are joined to assume a **Vertical Position** at the ankles. A *Vertical Descent* is executed.

324 Somersub
From a **Front Layout Position**, a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is lowered to a **Submerged Ballet Leg Position**. Maintaining this position, the body rises vertically to a **Surface Ballet Leg Position**. The *Ballet Leg is lowered.*

Age Group 11-12 Figures – as per CAS (See Appendix E)

For the Lisa Alexander Figures Competition, the 11-12 Figure event shall be partial figures, as outlined below:

Compulsory Group		
Straight Ballet leg (fig. 106)	1st half	to ballet leg position
Barracuda (fig. 301)	full figure*	full figure*
Group 1		
Walkover Back (fig. 420)	1st half	to split position
Ballerina (fig. 327)	2nd half	from submerged double ballet leg position
Group 2		

Kip (fig. 311)	2nd half	from inverted tuck position
Swordfish (fig. 401)	1st half	to bent knee surface arch position
Group 3		
Swan (fig. 226)	1st half	to knight position
Waterdrop (fig. 363)	1st half	to bent knee position

- All descriptions are as per FINA
- For 1st half figures, begin the figure as per FINA description and the final part of the figure that will be judged is the position specified
- For 2nd half figures, begin the figure from the specified position (how an athlete enters into the position is not judged), and complete the figure as per FINA description

Age Group 13-15 Figures – as per CAS (See Appendix E)

Junior FINA Elements on Panels

For the Lisa Alexander Figures Competition, the Junior Elements on Panels event shall be elements, as outlined below:

1 Barracuda Airborne Split
2 Vertical Twist Spin
3 Manta Ray Hybrid
4 Cyclone

Senior FINA Elements on Panels

For the Lisa Alexander Figures Competition, the Senior Elements on Panels event shall be elements, as outlined below:

1 Barracuda Airborne Split
2 Vertical Twist Spin with 1440° Continuous Spin
3 Manta Ray Hybrid
4 Cyclone

Junior and Senior FINA Elements are to be performed as per the FINA Element Description. To provide a reference for the speed at which elements should be performed, refer to resources distributed by OAS regarding counts and metronome speed.

Athletes with a Disability

Refer to Appendix G.

ON APPENDIX L – Ontario Routine Required Elements

Novice Stream 13-15 & 16-20 Routine Required Elements

All body positions must be clearly defined and all elements must be performed simultaneously and facing the same direction by all team members in the order listed. It is strongly recommended, for clarity of judgement, that all required elements are separated by other contents.

1. **Thrust.** Beginning is optional; from a Submerged Back Pike Position, with the legs perpendicular to the surface, a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a **Vertical Position**. Maximum height is desirable.
2. **Front pike pull down**, lift to fishtail, ending is optional. Element starts from extended front layout.
3. **Traveling Ballet Leg Sequence**. Starting in a back layout include at least two (2) of the following: ballet leg right, ballet leg left, flamingo right, flamingo left, double ballet leg, ending is optional.
4. **Walkout Front.** Beginning is optional; from a split position, a walkout front is executed, finishing when face emerges in extended back layout.
5. **Highlight/Float Pattern**. Any non-acrobatic highlight or float pattern involving all competitors.

13-15/16-20 Novice solo routines: Element #6 (Highlight/Float Pattern) is NOT required.

Penalties for missed/out-of order Required Elements – see rule 2.2.6 in Section I: Novice: "Required Elements for Novice Stream will NOT be judged in an Elements Score (routine score will be as per normal free routine process). A technical monitor will be assigned to ensure all elements are performed in order by all team members. For each omission of a required element, and for each element performed in the wrong order, a 0.5 penalty to the execution score shall apply."

2017-2021 FINA REQUIRED ELEMENTS FOR TECHNICAL ROUTINES - Please see FINA Rulebook for Technical Routine Requirements.

ON APPENDIX M – Ontario Winter Games*

The section below has been carried over from the 2018 Ontario Winter Games rules. This section will be updated prior to the 2019-2020 season pending Games Council updates.

The Ontario Winter Games (OWG) is open to all registered competitive athletes who are between 8 and 20 years of age as of December 31 of the year of the games (December 31, 2018). Qualification is open to both Provincial and National Stream teams as mandated by Ministry guidelines. Synchronized swimming event categories for the 2018 Ontario Winter Games are:

- 11-12 Yrs (average age as per rulebook explanation of calculating team ages) compete in **ONE** category in the following events: Team, Duet, Solo, Figures, Flexibility & Land Drill (up to 2 duets and 2 solos from each qualifying team)
- 13-15 Yrs (average age as per rulebook explanation of calculating team ages) compete in **ONE** category in the following events: Team, Duet, Solo, Figures, Flexibility & Land Drill (up to 2 duets and 2 solos from each qualifying team)
- AWD Cognitive athletes compete in **ONE** category in the following events: AWD-C Solo & Figures
- AWD Physical athletes compete in **ONE** category in the following events: AWD-P Solo & Figures

The Ontario Winter Games will follow rules for competitions as in the Ontario Age Group Championships (Provincial Rulebook) with the inclusion of the following:

Team/Athlete participation:

- **TEAM EVENT**: In either age group, teams are permitted a maximum of 8 swimmers in pattern plus 1 alternate (for a total of 9 athletes attending the games). Team athletes can only swim on one team (either 11-12 or 13-15).
- **FIGURES EVENT:** All athletes compete in the figures event as per provincial rules. Figure groups will be announced 2 weeks prior to the start of the games. AWD athletes compete figures within their category and level as per provincial rules.
- **DUETS:** Each team that qualifies for and attends the OWG may enter 2 duets from their team roster. Duets are comprised of 2 swimmers as per provincial duet rules. Duet athletes can swim in one duet event only. Teams who qualify are allowed to provide 11-12 or 13-15 duets only, who swim in their proper age group. Duets may be comprised from a combination of two different teams from the same club who have both qualified for the Games. No alternates permitted. No trios permitted.
- **SOLOS:** Each team that qualifies for and attends OWG may enter 2 solos from their team roster. Teams who qualify are allowed to provide 11-12 or 13-15 solos only, who swim in their proper age group.
- **AWD-C/AWD-P SOLO:** Up to 12 AWD athletes (across both Cognitive & Physical) may qualify for OWG and enter the solo event in either the Cognitive or Physical category, as per provincial rules.
- **FLEXIBILITY:** Flex is a stand-alone event. All athletes will participate (with the exception of AWD athletes).
- **LAND DRILL EVENT:** The Land Drill event is a stand-alone event and does not affect any other event at the Games. Land drill events will be: 11-12 Team and 13-15 Team.

Coaches:

- Each qualified 11-12/13-15 Team is permitted to send up to two coaches; one coach must be designated as the **Lead Coach** and must be minimum Competition Introduction Certified. The second coach must be an **Assistant Coach** (attending for

development/mentoring purposes) and must be minimum Competition Introduction Trained as per Coach Eligibility Rule ON 3.1.9.1.

- Each qualified AWD athlete is permitted to send one coach (minimum Competition Introduction Trained as per Coach Eligibility Rule ON 3.1.9.1).

Awards:

- Team event – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze
- Figures event – Awards by age group (11-12; 13-15; and any additional required categories; AWD figures shall be awarded by category and by level as per provincial rules; OAS single ribbons; top 6 in each category
- Duet events – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze
- 11-12/13-15 Solo events – Awards for 11-12 category and 13-15 category; OWG medals for gold, silver, bronze
- AWD-P/AWD-C Solo events – Awards for AWD-C category and AWD-P category; OWG medals for gold, silver, bronze shall be awarded to the highest score in each category (regardless of level)
- Flexibility – Certificates (Gold, silver, bronze standards)
- Land Drill event – Awards for 11-12 category and 13-15 category; OAS single ribbons, top 3 in each category

Qualifying Procedure:

- All routines must be judged at their designated 2018 Ontario Winter Games Qualifier
- The 2018 Ontario Winter Games Qualifier will consist of: 11-12 figures, 13-15 figures, 11-12 team, 13-15 team, AWD-C/AWD-P Figures, AWD-C/AWD-P solo events only (and any additional required figure categories). There will be no awards at the qualifying meet. Draws will occur as per provincial competitions listed in the rulebook.
- The championship scores obtained at the 2018 Ontario Winter Games Qualifier shall be the mark used to qualify for Ontario Winter Games. By attending the Qualifying event, you are committing to attend the games should you place in the top categories. If a team declines their spot at the OWG or fails to attend the Games, that team will pay a $500.00 fine to OAS. Note: For 2018, the 11-12 & 13-15 Team events at the OWG Qualifier and Provincial Qualifier will be combined into one event. Teams must declare at the time of meet registration which meet they are entering; results will be split to show Provincial Qualifier & OWG Qualifier separately. See OAS Rule 4.2.14.
- The top two teams in each age group from the East, Central and West regions qualify to the Games. The top team in each age group from the North qualify to the games.
- Pending availability of athlete spots or need to increase participant numbers (determined by OAS in accordance with the Ontario Winter Games), a wildcard draw will be used. Additionally, should a region be unable to field a team, spots may be filled by the next highest ranking team in the region that is drawn in the wildcard selection.

Pre-Swimmers:

- There will be no pre-swimmers at this event.

ON APPENDIX N – Sanctions

Information on Sanctions can be found on the OAS website.

ON APPENDIX O – Ontario Artistic Swimming Appeals Outline

Club/staff issues:
For appeals pertaining to club discipline issues, harassment, contract matters or employment, etc. refer to the "Ontario Artistic Swimming Appeals & Review Policy", which is posted on the website and found in your club Policy Manual.

Prior to and between competitions (selection):
For matters relating to issues prior to and between competitions, refer to the "Jury of Appeal Process – prior to and between competitions" which is posted on the website and found in your club Policy Manual and Section A Subsection 3.2 Protests

During a competition:
For appeals during a competition (resolved on site by the Referee and that competition's Jury of Appeal) refer to the OAS Guidelines, Section A, #1 and the CAS Rulebook 3.3.2.

Please note the OAS Guidelines, Section A, number 1 & 3 for general information.

ON APPENDIX P – Competitor Representation

Club and Swimmer Upgrades

As per 2. Definitions: A Competitive Club may have Competitive, Ontario Novice Competitive, and Recreational swimmers, but a Recreational Club may not have any Competitive or Novice Competitive swimmers.

To compete at National (Canada Artistic Swimming) competitions, or at Ontario Novice stream or Competitive stream competitions, a Club must be registered with OAS as a Competitive Club; and swimmers must be registered as Competitive or Novice Competitive. Refer to Appendix Q: Membership Program Design.

If a Novice Competitive swimmer wishes to compete in competitions other than those designated for Novice stream, the swimmer must upgrade to the necessary Competitive level (refer to Appendix Q: Membership Program Design), *and meet all competition entry requirements*.

If a Recreational Club wishes to compete, the club must upgrade to a Competitive Club and the swimmers must upgrade to the necessary Competitive level (refer to Appendix Q: Membership Program Design), *and meet all competition entry requirements*.

Procedures to be followed for upgrading are exactly the same as for registering a Competitive Club and Competitive Athletes except that the fees due will be the difference between current registration and proposed level:

- **Recreational Club upgrading to Competitive Club is $231 - $101 = $130**
- **Recreational Swimmer upgrading to Novice Competitive Swimmer is $88 - $18 = $70**
- **Recreational Swimmer upgrading to Competitive Athlete (Provincial) is $190 - $18 = $172**

The above rates include the award fees and the official levy.

Please contact the OAS Office for assistance regarding upgrading. Emails can be directed to membership@synchroontario.com.

Transfer Swimmers
Refer to the Membership Policy (available on the OAS website).

ON APPENDIX Q – Membership Program Design

Refer to the Member Registration page of the OAS website.