

ONTARIO ARTISTIC SWIMMING

2021 NOVICE CHAMPIONSHIPS

PACKAGE #2

MAY 1 - 2, 2021

MARCH 31, 2021

GENERAL INFORMATION

Based on the current provincial Response Framework status by region - OAS has decided to update the process that will be implemented for the Novice Championships.

This meet is open to AWD, 8U, 10U, 11-12, 13-15, 16 - 20 athletes

EVENTS: LAND SKILLS, FIGURES & TEAM EVENTS FOR LIMITED COMPETITIVE ATHLETES.

PARTICIPATION IS OPTIONAL.

ALL LAND SKILLS will be performed LIVE and ALL WATER EVENTS ARE VIDEO SUBMISSIONS DUE FRIDAY APRIL 23, 2021.

(Dropbox link will be sent to the Club Head Coach)

The Schedule for the meet will be posted following the registration closing date.

Athletes will compete in the age group of their team.

Results will be ranked by age group and awards will follow the OAS Rulebook 2019-2021

MANDATORY COACHES MEETINGS

WEDNESDAY APRIL 7, 6:30PM – 7:15PM

OR

THURSDAY APRIL 8, 12:00PM – 12:45PM

REGISTRATION INFO

Registration is on the CAS eReg system

Registration Opens: Friday April 2, 2021

Registration Closes: Wednesday April 14, 2021

NOTE: The registration system does not have an 8U category. Please register your 8U figures in EV0002031 and 8U team in EV0002027 and your 10U figures in EV0002029 athletes and 10U team in EV0002023

OAS is making every effort to find cost saving opportunities for our member clubs and participating athletes through this COVID-19 pandemic. The Novice Championship registration fee is \$29 for each event category.

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2021 NOVICE CHAMPIONSHIPS

DRYLAND SKILLS:

- a) A split skill – Right and Left Splits
- b) A core strength skill – Plank Hold
- c) A synchro skill – Ballet Leg on the ground (right **or** left leg)

The skills will be performed in the order listed WITHOUT MUSIC AND ACCORDING TO THE WRITTEN DESCRIPTIONS.

Skills will be performed as listed in the attached document.

Athlete will have A MAXIMUM OF 1 minute 30 seconds to perform all 3

Athletes will need to use their own metronome (speed 120) or count themselves.

For AWD athletes please use the formstack link below to list the 3 dryland skills your athlete will perform.

https://ontarioartisticswimming.formstack.com/forms/awd_novice_championship_dryland_skills

NOVICE & AWD WATER INFO

AWD will perform FIGURES #1 AND #2 as listed in the OAS 2019-2021 Rulebook.

8U, 10U & 11-12 athletes will perform the following figures:

8U

somersault back tuck
tub turn

10U

ballet leg single
blossom

11-12

ballet leg single
front walkover

Athletes will compete the figures in the age group of their Team.

There is no maximum time requirement for routine.

13-15 and 16-20 Teams (if possible) will have at least the first 2 elements in their routine.

VIDEO SUBMISSIONS

Please add a file folder for Land Games, a file folder for Figures and a file folder for routines

Please label as follows: Club Name , Event Name & Age Group

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ONTARIO ARTISTIC SWIMMING

NOVICE DRYLAND SKILLS DESCRIPTIONS

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JUDGES' FEEDBACK FROM DECEMBER DRYLAND EVENT

SUGGESTIONS TO IMPROVE VIRTUAL MEETS

Technical Issues

Coaches or parents need to ensure that the camera is set up at the correct angle for each athlete. This should be practiced and corrected prior to the competition. The athlete should be performing the elements parallel to the camera – we can't judge properly when the athlete is at a 45-degree angle to the camera or if the athlete's feet are facing the camera.

On several occasions, athlete arms and legs were cut off by the camera. Judges need to see the position of the entire body, arms and legs.

Coaches really need to show athletes angle of camera and direction for seeing elements.

To the extent possible try to make the music audible to the judges. It is very difficult to judge music interpretation when we can't hear the music. Some athletes did not use any music which was reflected in their score.

For Athletes:

No Socks

No sweat shirts

No Bangs on face

Prefer buns to ponies, as we are afraid someone will stand on their pony during bridge, also obscures body parts

Knee caps must be bare skin, no leggings, or shorts that stop above the knee

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A. RIGHT & LEFT SPLITS

- With the hips centered on an established straight line (use lines on the deck or make lines with masking tape) a fully extended split must be assumed
- The split position must be flat, hips and legs in full contact with the floor, and hips remain square at all times
- The torso and head must be fully extended, directly over the hips, and hips remain square at all times.
- The front leg must be extended forward parallel to and on one side of the line, and the back leg must be extended backward parallel to and on the other side of the line.
- The torso and head must be fully extended, directly over the hips, and hips remain square at all times.
- If the split is flat, the arms must be fully extended out to the sides and the position held.
- If the split is not flat, the arms may be holding up the split position and held until the test is complete.

Assessment:

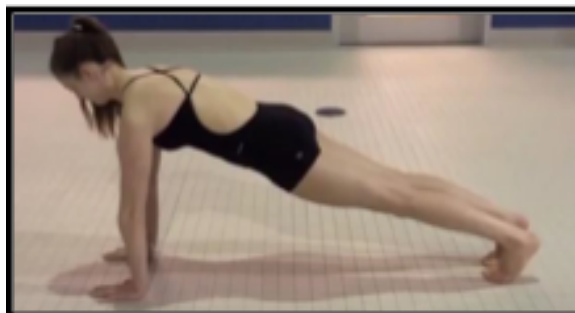
- o Vertical alignment of ears, shoulders and torso
- o Hips and shoulders square
- o Extension of front leg and ankle (as per Canadian standard)
- o Alignment of front leg (in accordance to centre line)
- o Extension of back leg and ankle (as per Canadian standard)
- o Alignment of back leg (in accordance to centre line)
- o Complete FLAT split
- o Maintain the position for 2 full counts of 8 (metronome at 120)

B. PLANK – HOLD 30 SECONDS

- Assume a plank position on one count
- Hands should be directly below your shoulders
- Legs are together and extended
- Body alignment should be ankles, hips, shoulders and ear in line
- Core tight
- Elbows are extended but not hyperextended
- Fingers should be pointing forward and eyes looking down

Assessment:

- o Upper arm in 12 o'clock position (hands below shoulder)
- o Legs in full extension and together
- o Ears, shoulders, hips, knees, ankles in horizontal line
- o Elbows in full extension (no hyper extension)
- o Glutes engaged
- o Neutral spine (cervical, thoracic, lumbar) is maintained
- o Fingers pointing forward and eyes looking down
- o Hold for 5 sets of 8 counts (metronome at 120)



C. BALLET LEG ON MAT/FLOOR

Begin in Back Layout Position **Arms Straight out from Shoulders in a "T" 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.

Assessment:

- o According to FINA judging standards
- o Move to position for 4 counts and hold for 4 counts (metronome at 120)