

Ontario Rule Addendum
2022/2023 Season
Original: September 30, 2022
Updated: May 5, 2023

Please Note:

Ontario Artistic Swimming follows World Aquatics and Canada Artistic Swimming Rules. The following rules are specific to Ontario and take precedence over rules stated in the CAS Rulebook.

DEFINITIONS:

“Championship Event” refers to Ontario events which are the final (Championship) event. These include the Leslie Taylor Ontario Cup and Ontario Open Championships.

“Club” means a club registered as such with CAS. Clubs may be Recreational or Competitive. Competitive Clubs may have Competitive Ontario Regional League Competitive, and Recreational swimmers but a Recreational Club may not have any Competitive or Ontario Regional League Competitive swimmers.

“Eligible Swimmers” for Ontario competitions means swimmers properly registered as Amateurs with CAS and OAS. Ages, where applicable, shall be as of December 31st of the calendar year of the competitive season.

“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.

“Non-Championship Event” refers to Ontario events which are not finals (non-Championship) events. These include: Dryland Skills Assessment, Lisa Alexander Figures, January Routine Meet, Regional League Winter and Spring Events, Hilton Invitational, and SYNC Invitational.

“OAS” refers to Ontario Artistic Swimming.

“Qualifying Competition” means a Competition in which Competitors must compete in order to qualify for another Competition. In addition, Ontario has certain meets for which attendance is mandatory. (such as the Dryland Skills Assessment and Lisa Alexander Meet).

“Regional League” refers to competitions within the athlete pathway attended by Regional League swimmers.

“Regional League Swimmer” means a swimmer who is registered with CAS and OAS and competes in Ontario Regional League Competitions.

“Team” means a group of eight for Senior, Junior, and Youth competitions at the national and international level. 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). Ontario competitive team age categories are: 10U, 11-12, Youth, Junior, Senior, Open and Adapted.

1.0 COMPETITIONS

1.1 Club Representation

In addition to CAS rule 3.1.4 , OAS will permit swimmers from more than one club in the same province to combine to form inter-club duets with approval from the OAS Jury of Appeal (at Provincial Competitive Competitions only). A formal request to form an inter-club 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 inter-club 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.

1.2 Competitor Levels

A complete 8&Under, 10&Under, 11-12, or 13-15/Youth event consists of a Figures component and a Routine component in Team and/or Solo, Duet, Mixed Duet. For Ontario Events, Junior, Senior and Masters Athletes may compete in Technical Routine only, Free Routine only, or both.

1.3 Ontario Age Categories

1.3.1 Competitive Age Categories:

Competitive Age Group 10 and under (10U):	1 -10
Competitive Age Group 11-12:	11-12
Competitive Age Group 13– 15/Youth:	13-15
Competitive Male Age Group 13-15/Youth:	13-16
Competitive Junior:	15-19
Competitive Male Junior:	15-20
Competitive Senior:	15+

1.3.2 Regional League Age Categories:

Regional League Age Group 8 and under (8U):	1-8
Regional League Age Group 10 and under (10U):	1-10
Regional League Age Group 11 and 12:	11-12
Regional League Age Group 13 – 15/Youth:	13-15
Regional League Age Group 16 – 20:	16-20

1.3.3 Masters Age Categories:

Masters Solo, Duet/Trio, and Team: 18-34, 35-49, 50-64, 65-79, 80+
Masters Free Combination 18+

1.3.4 Ontario blended age rules:

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 (Regional League 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/Youth: a blended team or duet/trio whose average age is 12.5-15.4

16-20 (Regional League only): a blended team or duet/trio whose average age is 15.5-20.0

Junior: a blended team or duet/trio whose average age is 15.5-19.4

Senior: a blended team or duet/trio whose average age is 15.5+

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 the competitive season) and all Masters rules must be followed.

1.3.5 Method of Calculation

Add all 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.

1.3.6 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 Regional League Winter Event). 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).

1.3.7 Competitive Pathway and Figures Age Group

The Age Group of a team or duet/trio shall be calculated as per Ontario blended age rules above. All athletes on a routine will compete in the figure competition of the age category of the duet/trio or team on which they are swimming.

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/Youth 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 (see section 1.5).

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/Youth team must attend the competitions for the 13-15/

Youth Age Group. If an athlete competes in routines in different age groups, they must also swim the correct age group figures for that category and attend all relevant competitions for that age group.

1.3.8 Upgrading to Regional League or Competitive

Athletes may upgrade from Recreational to Regional League or from Regional League to Competitive during the current season through the following process:

- 1) Each athlete must log in to H2O and upgrade their registration by selecting a second role of regional league or competitive athlete and pay the difference in the annual registration fees
- 2) For athletes aged 14 and over, the athlete must complete the safe sport module offered through CAC if they have not already done so
- 3) The club registrar must notify OAS in writing of all names of athletes who are upgrading
- 4) OAS will delete the original athlete role to ensure no duplication of numbers in participation

Athletes may not move from Competitive to Regional League during a season, but may register in Regional League in a new season subsequent to being registered in Competitive.

For any time athletes are registered as Regional League, they may only train for a maximum of 4 hours per week.

1.4 Team Composition and Exemption to Age Category Requirements

1.4.1 For Ontario competitions, a team is composed of a minimum of four and a maximum of ten (10) competitors. In addition to these ten competitors, up to two alternates may be rostered (for a total of twelve competitors rostered; however only ten maximum may be listed on the final team start list). All twelve athletes may enter the figures event. These numbers may be different for the Ontario Winter Games.

1.4.2 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 acrobatic 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 1.3.4 regarding blended age/average age teams (blended teams rules apply to both Ontario Competitive and Ontario Regional League). Clubs which plan to attend CAS competitions must ensure they comply with CAS rules. Athletes may only compete in the solo Age Category of their own Age Group.

1.5 Entrants

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.

1.6 Alternates and Substitutes

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 (see Section 2.3). 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. The remaining athlete may request to pre-swim the solo event.

1.7 Coach's Eligibility for Ontario Competitions

a) All coaches at ANY Ontario competitions (Competitive, Regional League or Masters) must meet all of the following requirements:

1. Be a registered member of OAS; and
2. Be at least Competition Introduction CERTIFIED – unless covered by b) below

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.

2.0 SELECTION

2.1 International Competition

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

2.2 Selection Committee

2.2.1 For the Leslie Taylor Ontario Cup (the provincial qualification event for the National Qualifier) and Hilton Invitational (or other event designated as the selection event for Ontario Open Championships), 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 designate. Details of the selection process will be included in the competition information package of a qualifying event.

2.2.2 In the case that a routine that competed at the qualifying event and qualified declines to enter the National Qualifier or Ontario Championships event, the substitute shall be the next ranking routine that did not advance, by applicable score. The Provincial Selection Committee reserves the right to decide not to invite further qualifying routines.

2.3 Ontario Byes Process

2.3.1 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 include:

- Dryland Skills Assessments (mandatory)
- Lisa Alexander Figure Meet (mandatory)
- Leslie Taylor Ontario Cup (qualifying event for the National Qualifier)
- Hilton Invitational (or other event designated as the qualifying event for Ontario Open Championships)

2.3.2 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).

2.3.3 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 (ie. byes do not take a spot away from a qualified competitor).

2.3.4 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.

2.4 Quotas for Routines

2.4.1 Ontario Open Championships

2.4.1.1 Teams

Age Group 10 & Under, 11-12, 13-15/Youth, Junior Tech/Free, Senior Tech/Free, Free Combinations, and Acrobatic Routines: All team routines that enter and compete at Leslie Taylor Ontario Cup are eligible to enter Ontario Open Championships (No Team Routine that entered National Championships is eligible to enter Ontario Open Championships)

2.4.1.2 Duets/Solos

Age Group 10 & Under Duet, 11-12 Solo and Duet/Trio, 13-15/Youth Solo and Duet/Trio, Junior Tech/Free Solo and Duet/Trio, and Senior Tech/Free Solo and Duet/Trio: Quotas will be based on proportional representation based on the number of entries registered at the qualification event 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. No Duet or Solo Routine that enters the National Qualifier is eligible to enter Ontario Championships.

2.4.2 National Qualifier

Routine quotas for National Qualifier will be provided by CAS and are subject to change annually.

2.5 Duet Partners

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

3.0 ROUTINE EVENTS

3.1 Routine Time Limits

Regional League	Solo	Duet/Mixed Duet	Team	Free Combination	Acrobatic
8U			1:45		
10U			2:00		
11-12			2:30		
13-15			2:45		
16-20			3:00		
Competitive	Solo	Duet/Mixed Duet	Team	Free Combination	Acrobatic
10&Under		1:45	2:15		
11-12	2:00	2:30	3:00	3:00	
13-15/Youth	2:00	2:30	3:00	3:00	
Junior/Senior	2:00	2:20	2:50		

Technical					
Junior/Senior Free	2:15	2:45	3:30	3:00	3:00
Masters	Solo	Duet/Mixed Duet	Team	Free Combination	Acrobatic
Masters Technical	1:30	1:45	1:50		
Masters Free	2:15	2:45	3:30	3:00	
Adapted	Solo	Duet/Mixed Ability Duet	Team	Mixed Ability Team	
Level 1	1:30	1:45	2:00	3:30	
Level 2	2:00	2:30	3:00	3:30	
Level 3	2:15	2:45	3:15	3:30	
Level 4	2:15	2:45	3:30	3:30	
Level 5	2:15	2:45	3:30	3:30	
Level 6 Technical	2:00				
Level 6 Free	2:15				

3.2 Time Limit Allowance

3.2.1 There shall be an allowance of five (5) seconds less or plus the allotted time for all routines.

3.2.2 For Regional League, Masters and Adapted there is no minimum time limit. There shall be an allowance of five (5) seconds plus the allotted time for all routines.

3.3 Free Combination

For Ontario competitions, 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). Clubs which plan to attend CAS competitions must ensure they comply with CAS rules.

3.4 Gel Removal

3.4.1 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).

3.4.2 Gel/Hair Pins in Change rooms/Pool Facilities

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

3.5 The Start of the Routine

For the deck work in team/free combination/acrobatic 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.)

3.6 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 Regional League stream Competitions. Adapted coaches are exempted from this rule and may provide cues to Adapted athletes from the deck.

3.7 Highlight Safety For Ontario Competitions

For Ontario Regional League 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 Regional League 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.

3.8 Scheduling (Preliminaries and Finals)

Preliminaries and Finals shall be held in all routine events at 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

The January Routine Meet shall be finals-only by random draw for all routine events.

3. Technical Routines, Free Combination, and Highlight Routines

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

4. Regional League & Masters Competitions

All Ontario Regional League and Masters Competitions shall be finals-only by random draw.

5. Artistic Swimming Hilton Invitational

All events at the Hilton Invitational shall be finals-only by random draw.

6. Ontario Open Championships

All duet/trio and solo events at the Ontario Open Championships shall be finals-only, seeded by figure results.

7. Others at Discretion of OAS/ChiefReferee

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.

4.0 FIGURES EVENTS

4.1 Conduct of Figures Event

4.1.1 10U and 11-12

In the 10U and 11-12 age categories each competitor in Solo, Male Solo, Duet, Mixed Duet, and Team must perform two (2) figures: one (1) compulsory figure and one (1) optional figure drawn from the list as described in Appendix I of World Aquatics rules (11-12) or Appendix III of these rules (10U). Each competitor in Free Combination may perform two (2) figures selected by the above-described procedure.

4.1.2 Youth (13-15)

In the Youth category each competitor in Solo, Male Solo, Duet, Mixed Duet, and Team must perform a group of two (2) figures from the set of figures drawn from the list described in World Aquatics Appendix 1. Each competitor in Free Combination may perform the two (2) figures selected by the above- described procedure.

4.1.3 The Draw for the Figure Group

Order of appearance and the figures to be performed by each competitor shall be decided by lot. The Optional figure of the set of two figures (according to age category) shall be drawn first. Then the order of appearance shall be drawn.

In the Youth category the athlete draw list will be divided into two equal groups 1 and 2 (if numbers not equal, group 1 will have 1 extra swimmer), and one of the two figures of the drawn set will be assigned by lot to each athlete group (1 and 2).

4.1.4 Timing of Figure Draw

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.

4.1.5 Athlete Apparel

Swimwear for the figure session must be according to FINA rule GR 5. It shall be black, and competitors shall wear white caps. Goggles and nose clips may be worn. Only small studs are permitted. No dangling jewelry is allowed.

4.2 Penalties in Figures

4.2.1 Youth Figure Competitions

In a Figure competition for the 13-15/Youth category, if a competitor does not perform the announced figure, or if the figure does not have all the required elements or is performed other than according to the description, the referee or assistant referee shall advise the judges and the competitor that the result of the figure will be a zero.

4.2.2 10U and 11-12 Figure Competitions

In a Figure competition for the 12 and Under-age category, if the competitor doesn't perform the correct figure, the athlete will be allowed to perform this figure again and a 1 point penalty should be applied. If the athlete fails again, then "0" should be applied.

4.2.3 Ontario Regional League Figure Competitions

For Ontario Regional League Figure 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 a zero shall be awarded.

4.3 Degrees of Difficulty for Figures

For Ontario competitions, Degrees of Difficulty (DDs) will always be applied to figure scores, except for the following:

1. There shall be no DDs applied to 10&Under Competitive Figures.
2. There shall be no DDs applied to Regional League Figures for any Regional League age group.
3. There shall be no DDs applied to Adapted Figures.

APPENDIX I – Ontario Awards

LISA ALEXANDER TECH AND ROUTINE MEET	FIGURE AWARDS
	1ST – 6TH PLACE SINGLE RIBBONS FOR THE TOP 6 FIGURE SCORES IN EACH OF THE FOLLOWING AGE GROUPS: 10U, 11-12, 13-15/Youth, AdAS-C AND AdAS-P (AdAS WITHIN LEVELS)
OWG QUALIFIER	NO AWARDS
LESLIE TAYLOR ONTARIO CUP	FIGURE AWARDS
	1ST – 6TH PLACE SINGLE RIBBONS FOR THE TOP 6 FIGURE SCORES IN EACH OF THE FOLLOWING AGE GROUPS: 10U, 11-12, 13-15/Youth, AdAS-C AND AdAS-P (AdAS WITHIN LEVELS)
	ROUTINE AWARDS
	1st-6th PLACE SINGLE RIBBONS FOR TOP 6 RANKED ROUTINE SCORES IN THE FOLLOWING AGE GROUPS: 10U, 11-12, 13-15/Youth, AdAS-C AND AdAS-P (AdAS WITHIN LEVELS)
	1st-3rd LARGE MEDALS AND 4th-6th DOUBLE RIBBONS FOR TOP 6 RANKED CHAMPIONSHIP SCORES IN THE FOLLOWING AGE GROUP: 10U, 11-12, 13-15/Youth, AdAS-C AND AdAS-P (AdAS WITHIN LEVELS)
	JR/SR TECHNICAL ROUTINES, JR/SR FREE ROUTINES, COMBO AND ACROBATIC ROUTINES: 1st-3rd OAS MEDALS, 4th-6th OAS DOUBLE RIBBONS
HILTON	ROUTINE AWARDS
	1st-3rd HILTON MEDALS, 4th-6th OAS RIBBONS
	COMPETITIVE MASTERS: TECH & FREE AWARDS (WITHIN MASTERS AGE GROUPINGS) FOR MASTERS PROVINCIAL CHAMPIONSHIPS 1st-3rd OAS MEDALS, 4th-6th OAS DOUBLE RIBBONS

ONTARIO CHAMPIONSHIPS	FIGURE AWARDS
	1ST – 6TH PLACE SINGLE RIBBONS FOR TOP 6 RANKED ATHLETES IN EACH OF THE FOLLOWING AGE GROUPS: 10U, 11-12, 13-15/Youth, AdAS-C AND AdAS-P (AdAS WITHIN LEVELS)
	ROUTINE AWARDS
	1st-6th PLACE SINGLE RIBBONS FOR TOP 6 RANKED ROUTINE SCORES IN THE FOLLOWING AGE GROUPS: 10U, 11-12, 13-15/Youth, AdAS-C AND AdAS-P (AdAS WITHIN LEVELS)
	1st-3rd OAS MEDALS AND 4th-6th OAS DOUBLE RIBBONS FOR TOP 6 RANKED CHAMPIONSHIP SCORES IN THE FOLLOWING AGE GROUPS: 10U, 11-12, 13-15/Youth, AdAS-C AND AdAS-P (AdAS WITHIN LEVELS)
	JR/SR TECHNICAL ROUTINES, JR/SR FREE ROUTINES, COMBO AND ACROBATIC ROUTINE: 1st-3rd OAS MEDALS AND 4th-6th OAS DOUBLE RIBBONS
REGIONAL LEAGUE WINTER & SPRING EVENTS	FIGURE AWARDS
	1st–6th PLACE SINGLE RIBBONS FOR TOP 6 RANKED ATHLETES IN EACH OF THE FOLLOWING AGE GROUPS: 8U, 10U, 11-12, AdAS-P & AdAS-C FIGURE EVENTS
	ROUTINE AWARDS
	1st-6th PLACE SINGLE RIBBONS FOR TOP 6 RANKED ROUTINE SCORES IN EACH OF THE FOLLOWING AGE GROUPS: 8U, 10U, 11-12, AdAS-P & AdAS-C ROUTINE EVENTS
	1st-6th DOUBLE RIBBONS FOR TOP 6 RANKED CHAMPIONSHIP SCORES IN EACH OF THE FOLLOWING AGE GROUPS: 8U, 10U, 11-12, AdAS-P & AdAS-C ROUTINE EVENTS

NOTE: Exhibition Competitors For Ontario Competitions Are Eligible For Duplicate Awards

APPENDIX II – 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.

DRYLAND SKILLS ASSESSMENT

Registration

OAS shall run an Dryland Skills Assessment event virtually twice during the season. Participation in the Dryland Skills Assessment is mandatory for all registered Competitive stream athletes in the 10&Under, 11-12, and 13-15/Youth, Junior & Senior age groups. Swimmers are to be registered for the Dryland skills testing Assessment event that corresponds to their age as of December 31 of the calendar year of the competitive season.

Skills Testing events will be held as follows:

- Specific skills tests and protocols are as communicated by OAS

Testing Assessment Results

- The Dryland Skills Assessment 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 participating in the Dryland Skills Assessment shall wear black shorts on top of a black figure suit with hair tied back (no club-identifying items are to be worn).

REGIONAL LEAGUE WINTER & SPRING PROGRAM LENGTH: Maximum of 4 Training hours a week

EVENTS: FIGURES - 8U, 10U, 11-12, Adapted

FIGURES:

Will consist of two panels: 2 figures drawn two weeks in advance
In accordance with Section 5.3, DD's shall not be applied to figures.
Penalties: No penalties. Refer to Section 5.2.3 for procedure.

8&Under

Group 1

Somersault Back Tuck

Tub Turn

Group 2

Submerged Back Pike Position (Oyster)

Sailboat Alternate

10&Under

Group 1

Ballet Leg Single

Kipnus

Group 2

Somersault Front Pike

Blossom

11-12

Group 1

Barracuda

Neptunus

Group 2

Ballet Leg Single

Walkout Front

Adapted: See Appendix ?

EVENTS: TEAM ONLY - 8U, 10U, 11-12, 13-15, 16-20, Adapted

APPENDIX III – Ontario Figure Groups & Descriptions

REGIONAL LEAGUE FIGURES

Regional League 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.

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

Regional League 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.

Regional League 13-15, 16-20 Team Elements

Elements 1-4 must be performed in the order listed below:

1. Single arm body boost
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.

Cadence Action. With either arms, legs or both. This may be placed anywhere in the routine. Cadence Action: Identical movement(s) performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not 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.

Penalties for missed/out of order Required Elements – Required Elements for Regional League 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.

10U FIGURES

Athletes will compete 2 figures at each competition. All athletes in the 10&U figure event will compete the same 2 figures. The compulsory figure at the Lisa Alexander Figure Meet will be Ballet Leg Single. Barracuda will be competed as the compulsory figure at least once after Lisa Alexander. Refer to World Aquatics rules Appendix I Basic Positions and Basic Movements to complement the below descriptions. Basic Positions are bolded; Basic Movements are italicized.

Compulsory Figures

101 BALLET LEG SINGLE

A *Ballet Leg* is assumed. The *Ballet Leg* is lowered.

301 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*.

Optional Figures

302 BLOSSOM WALKOUT

From a **Back Layout Position** the trunk is lowered as the hips are bent to assume a **Submerged Ballet Leg Double Position**. The feet separate along the surface as the hips rise and the body assumes a **Split Position**. A *Walkout Front* is executed.

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 a 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.

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 head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.

ADAPTED FIGURES

Level	Group 1	Group 2	Group 3
1	Back Layout Split	Pike Tub	Vertical at ankles Front Layout
2	Sailboat Alternate Split to vertical at ankles	Front Pike Pulldown Back Tuck Somersault	Bent Knee position Oyster
3	Ballet Leg Single Front Pike Pulldown to Split (1 st ½ of Front Walkover)	Surface Prawn Kipnus	Bent Knee join to Vertical & sink Blossom
4	Straight Leg Ballet Leg Front Walkover	Tower Kip	Water Drop (no spin) Barracuda
5	Flamingo Bent Knee Ariana	Porpoise Kip Spin 180	Water Drop (with 180 spin) Barracuda Spin 180

6	<p>Technical Routine Elements (4 of the following):</p> <p>Airborne Split</p> <p>Flying Fish</p> <p>Barracuda 360 spin</p> <p>Ballet Leg Sequence (2 sailboat alternates, single ballet leg, and flamingo)</p> <p>Twist Spin</p> <p>Tower</p> <p>Body Boost and Eggbeater Sequence (1 or 2 arms)</p> <p>Walkover (front or back)</p>
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