

20  
24

WEST REGION

**LISA ALEXANDER**  
**FIGURES & SKILLS MEET**

# COMPETITION INFO PACKAGE

ONTARIO   
ARTISTIC   
SWIMMING

## GENERAL INFORMATION

DATES	Saturday, December 14, 2024
VENUE	Laurier Athletic Complex 75 University Ave W Waterloo, ON N2L 3C5
REGISTRATION DEADLINE	Friday, November 22, 2024
HOST	Waterloo Region Artistic Swimming Club
MEET MANAGER	Bethny Kurtz
OAS RESOURCE	Lauren Lindner
ELIGIBLE CATEGORIES	10U, 11-12, Youth, Junior, Senior, Adapted
INCLUDED EVENTS	10U: Figures, Skills Assessment 11-12: Figures, Skills Assessment Youth: Figures, Skills Assessment Junior: Elements, Skills Assessment Senior: Elements, Skills Assessment Adapted: Figures, Skills Assessment
RULES	This competition will be conducted under <a href="#">Ontario Artistic Swimming rules</a> .

## BYES

Byes will only be granted to individual swimmers on a medical or compassionate basis. To request a bye, [click here](#).

## AWARDS

Figure and Elements events will be awarded at this meet. OAS ribbons will be awarded to the six highest scores in 10U, 11-12 and Adapted figure events.

Youth, Jr. & Sr. awards will be separated by stream and awarded to the top six highest scores in each stream.

## EVENT STREAMS

For Youth, Junior and Senior events, coaches are asked to identify on their event registration whether each athlete will be competing in the Provincial or National Stream.

As per 2024-2025 Technical Memo #1, the Youth Figure event will be separated into Provincial and National draws to accommodate the difference in penalty procedure.

## FIGURE DRAW DATE

Friday, November 8, 2024

## FIGURE DRAWS: 10U & 11-12

10U & 11-12 athletes will compete two (2) figures at this event. These figures will be comprised of one (1) compulsory figure, and one (1) optional group figure drawn at random.

For 10U, the compulsory figure for this event will be [Ballet Leg Single](#).

**FIGURE DRAWS:  
ADAPTED**

Adapted athletes will compete two (2) figures at this event, comprised of one group drawn at random. One group will be selected for all Adapted levels.

**FIGURE DRAWS:  
YOUTH**

Youth athletes will compete two (2) figures at this event. At the specified Figure Draw Date the Section (Group A, B or C) and Group # will be drawn.

**REGISTRATION, FEES & PAYMENT**

**REGISTRATION DEADLINE**

Friday, November 22, 2024

**ENTRY SUBMISSIONS**

Each club must submit their Excel registration booklet which includes a routine and figure entry list, invoice cost calculation and ISS-compatible athlete registration spreadsheet.

Registrars will receive full instructions for completing their registration booklet by email.

**ENTRY FEES**

Figures ..... \$45.00 per athlete  
 Elements..... \$45.00 per athlete  
 Skills Assessment..... \$40.00 per athlete

**ATHLETE FEE**

The athlete fee for this event is \$25 per athlete.

**PAYMENT OPTIONS**

Entry payments must be received by Ontario Artistic Swimming no later than 10 days following the registration deadline.

**PAYMENT OPTIONS  
(CONT.)**

Payments can be received through two methods:

1. Electronic Fund Transfers can be sent to [oaspayments@ontarioartisticswimming.ca](mailto:oaspayments@ontarioartisticswimming.ca)
2. Authorized Club Credit Cards or Personal Credit Cards  
To coordinate, please call Sue Marnica-Wall at 416-679-9522 (ext. 221)

**LATE ENTRIES**

Club entry packages which are not received or incomplete upon the stated deadline is automatically subject to a late fine of \$25.00 per routine. This fine must be paid to the OAS office (for Ontario competitions) or to the Chief Referee/designate at the coaches meeting prior to the competition. Routines whose fines are not paid will be disqualified from the event.

For Ontario sanctioned competitions, late entries or corrections to incomplete entries will be accepted beyond two weeks prior to the event start date, but 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.

## COMMUNICATION & MEDIA

### COMMUNICATIONS

Entry and registration correspondence as required will be done through email with club registrars

Meet packages, schedules, results and additional relevant information will be distributed by email through the OAS Communications account.

### SPORTITY

This event will not use the Sportity app. Event schedules, results and other items will be distributed by email and made available on the OAS website.

### EVENT PHOTOGRAPHY

During events, flash photography is strictly prohibited.

### STREAMING

This event will not be streamed live.

### RULES

This competition will be conducted under [Ontario Artistic Swimming rules](#).

## **ACCESSIBILITY**

### **ACCOMMODATION REQUESTS**

Accommodation requests may be submitted for Athletes, Coaches, Officials or Volunteers in need of additional support at any OAS sanctioned competition. To submit a request, [click here](#).

### **ACCESSIBILITY COORDINATOR**

As per new OAS meet manager guidelines, host clubs are asked to identify an accessibility coordinator to assist as needed. The accessibility coordinator will be identified by each host club prior to the competition.

## DRYLAND SKILL 1

## V-SIT HOLD

### SKILL DESCRIPTION

Assume an extended supine position on the floor (land equivalent of an extended back layout position) with the athlete's left side to the judges. With arms remaining extended overhead, in front of the body or to the side at 90 degrees, raise the trunk and legs at the same time, keeping full extension, to a pike position that is as closed as possible ("tight pike").

<b>10U:</b>	15 second hold	<b>Youth:</b>	25 second hold	<b>Adapted:</b>	see Adapted skills accommodations below
<b>11-12:</b>	20 second hold	<b>Jr/Sr:</b>	30 second hold		

### KEY JUDGING COMPONENTS

- Legs in full extension & together
- Pike position should be as closed as possible
- Torso aligned & fully extended
- Accuracy, stability, ease, extension, clarity, timing

## DRYLAND SKILL 2

## BRIDGE/COBRA

### SKILL DESCRIPTION

Bridge: Starting from either standing, sitting or laying on back, with the athlete's left side facing the judges, bend backwards to assume a bridge position in dorsal hyperextension with both knees fully extended, using hands and feet for support. Hold for 2 full counts of 8.

Cobra: Lying prone with the athlete's left side to the judges, keep legs straight and press palms firmly against the floor, below the shoulders. Straighten the arms and lift the chest. Hold for 2 full counts of 8.

### KEY JUDGING COMPONENTS

#### BRIDGE

- Fingers should point to heels, elbows in full extension (no hyperextension)
- Body should come over hands

#### COBRA

- Hands under shoulders
- Hip bones remain in contact with the floor



## IN-WATER SKILL 1

## ARIANA ROTATION

### SKILL DESCRIPTION

Start in a submerged Left Split Position and hold for 8 counts. Maintaining the relative position of the legs to the surface of the water, hips rotate by 90° to Middle Split Position and hold for 8 counts. Continue the hip rotation by another 90° to achieve Right Split Position and hold for 8 counts.

### KEY JUDGING COMPONENTS

- Vertical alignment of ears, shoulders and torso
- Hips and shoulders are square in Left and Right Split Position
- Extension of both knees and ankles
- Flexibility and execution of Split Positions

## IN-WATER SKILL 2

## EGGBEATER SEQUENCE

### SKILL DESCRIPTION

10U: Begin in stationary eggbeater facing the judges panel and hold for 8 counts. Raise either the left or right arm to 1-arm eggbeater and hold for 8 counts.

11-12 & Up: Begin in stationary eggbeater facing the judges panel and hold for 8 counts. Raise both the left and right arm to double-arm eggbeater and hold for 8 counts.

Adapted: See Adapted skills accommodations below

### KEY JUDGING COMPONENTS

- Sustained eggbeater height in both regular and arm-raised eggbeater positions
- Presentation and shoulder position

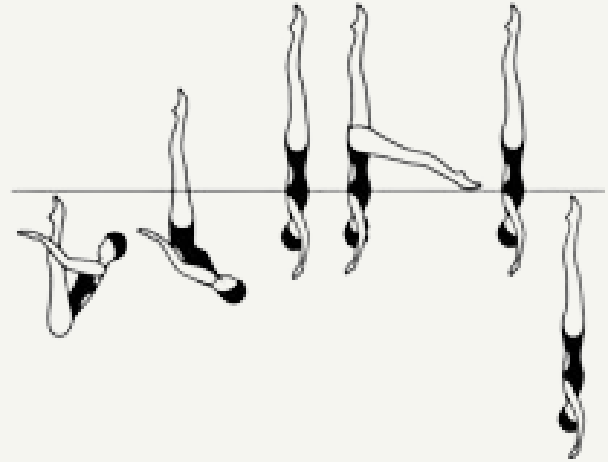
## ELEMENT 1B

*FLYING FISH HYBRID*

### ELEMENT DESCRIPTION

From a Submerged Back Pike Position with the legs perpendicular to the surface, a Thrust is executed to a Vertical Position, and with no loss of height one leg is rapidly lowered to an airborne Fishtail Position.

Without a pause the horizontal leg is rapidly lifted to a Vertical Position followed by a Vertical Descent.

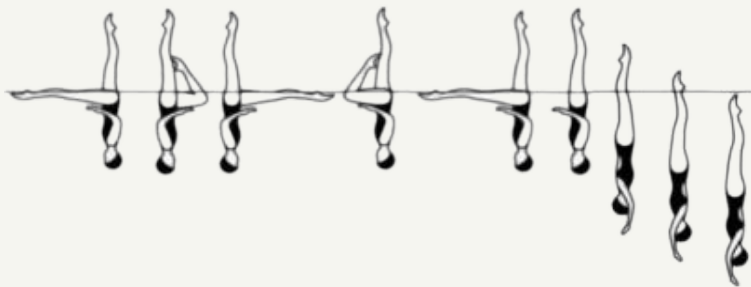


## ELEMENT 3B

*TWO FOUTTÉ ROTATIONS -  
VERTICAL SPINNING 360°*

### ELEMENT DESCRIPTION

From a Fishtail Position, 2 Fouetté rotations ( $180^\circ + 180^\circ$ ) are executed. The horizontal leg is rapidly lifted to a Vertical Position. Continuing in the same direction, a rapid Spinning  $360^\circ$  (1 rotation) is executed.



Max 45o off  
Half Twists,  
Max 90o off  
Spin

## DRYLAND SKILL 1

## V-SIT HOLD

Athletes will complete the skill below that aligns with their level for the season. If an athlete requires further modifications or an accommodation, please complete the [modification and accommodation request form](#).

### LEVELS 1 & 2

Start in a Tub Position with the knees to hips on the vertical line and the knee to ankle on the horizontal line. Hands can be placed on the floor for balance. Hold for 2 full counts of 8.

### LEVELS 3 & 4

Assume an extended supine position on the floor (land equivalent of an extended back layout position) with the athlete's left side to the judges. Raise the trunk and legs at the same time, keeping full extension, to a pike position that is as closed as possible ("tight pike"). Hands can be placed on the floor for balance.

### LEVELS 5 & 6

Assume an extended supine position on the floor (land equivalent of an extended back layout position) with the athlete's left side to the judges. With arms remaining extended overhead, in front of the body or to the side at 90 degrees, raise the trunk and legs at the same time, keeping full extension, to a pike position that is as closed as possible ("tight pike").

## IN-WATER SKILL 1

## ARIANA ROTATION

Athletes will complete the skill below that aligns with their level for the season. If an athlete requires further modifications or an accommodation, please complete the [modification and accommodation request form](#).

### LEVELS 1 & 2

Start in a submerged Split Position and hold for 8 counts. Athletes can demonstrate any Split Position, however, a Right Leg Split Position is preferred.

### LEVELS 3 & 4

Start in a submerged Left Split Position and hold for 8 counts. Surface then repeat starting in a Right Leg Split Position and hold for 8 counts.

### LEVELS 5 & 6

Start in a submerged Left Split Position and hold for 8 counts. Maintaining the relative position of the legs to the surface of the water, hips rotate by 90° to Middle Split Position and hold for 8 counts. Continue the hip rotation by another 90° to achieve Right Split Position and hold for 8 counts.

### BASIC MODIFICATION

Assume a Split Position on land and hold for 8 counts. Athletes can demonstrate any Split Position, however, a Right Leg Split Position is preferred.

## IN-WATER SKILL 2

## EGGBEATER SEQUENCE

Athletes will complete the skill below that aligns with their level for the season. If an athlete requires further modifications or an accommodation, please complete the [modification and accommodation request form](#).

### **LEVELS 1 & 2**

Begin in stationary eggbeater facing the judges panel and hold for 8 counts.

### **LEVELS 3 & 4**

Begin in stationary eggbeater facing the judges panel and hold for 8 counts. Raise either the left or right arm to 1-arm eggbeater and hold for 8 counts.

### **LEVELS 5 & 6**

Begin in stationary eggbeater facing the judges panel and hold for 8 counts. Raise both the left and right arm to double-arm eggbeater and hold for 8 counts.