

**SASKATCHEWAN**   
**ARTISTIC**  
**SWIMMING**

**Rulebook**

**2020 – 2021**

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# Saskatchewan Artistic Swimming Rules and Regulations 2020 – 2021

Saskatchewan Artistic Swimming and its affiliated members shall abide by the rules and regulations of FINA, the Aquatic Federation of Canada or CAS (Canadian Artistic Swimming). This document, aptly entitled Saskatchewan Artistic Swimming Rules and Regulations 2020 – 2021, is intended to act as a supplement to CAS. To locate rules and regulations not contained in this Saskatchewan Artistic Swimming document, please consult the CAS Rulebook.

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# 1 DEFINITIONS

**Competitive Season:** The Competitive Season shall be from January 1 to June 30.

**Off Season Meets:** meets that take place from July 1 to December 31.

**Compete:** to participate in an event in which there is ranking with others.

## 2 AFFILIATION

### 2.1 Club Membership Options

#### 2.1.1 Competitive Club

A Competitive club is a club that delivers competitive programs and may include recreational programs. It may have any combination of Competitive National Stream Athletes, Competitive Provincial Stream Athletes or Limited Competitive Athletes and Recreational Athletes.

#### 2.1.2 Recreational Club

A Recreational Club is a club that delivers only recreational programs. It will have only Recreational Athletes. The focus is on the learning of artistic swimming skills and the promotion of artistic swimming as recreation via yearly and seasonal programs.

**NOTE: A club must register at the level of their highest level swimmer.** If a Club has Recreational Athletes and one Competitive Athlete, then the Club must register as a Competitive Club. If the Club has only Recreational Athletes then the Club must register as a Recreational Club, not a Competitive Club.

### 2.2 Athlete Membership Options

#### 2.2.1 Competitive Athlete

- All types including Athletes with a Disability (AWAD) and Masters.
- An athlete who is registered with the provincial association and Canada Artistic Swimming.
- An athlete who participates in a Canada Artistic Swimming program.
- An athlete who competes at competitions.

##### 2.2.1.1 Competitive National

- [Categories: 15 & Under, Junior, Senior.](#)
- [Attend: Marnie Eistetter Training Meet, Diane Lemon Invitational and Sandra Roberts Provincial Championship.](#)
- Attend: Canada Artistic Swimming Qualifier and Nationals.
- [Routines competed at Qualifiers/Nationals are not eligible to compete at Sadie Caulder Knight Provincial Championship or Canadian Prairie Championship.](#)

### **2.2.1.2 Competitive Provincial**

- Categories: 10 & Under, 12 & Under, Novice, 15 & Under, Junior, Athletes with a Disability, Masters.
  - Effective this season, 8 & Under is not a separate competitive category.
  - Novice is defined as a first year athlete aged 11 and over.
  - Athletes who competed Novice during the 2019-2020 season will be eligible to compete in Novice again for the 2020-2021 season only.
- Attend Marnie Eistetter Training Meet, Sandra Roberts Provincial Championship, Diane Lemon Invitational and Sadie Caulder Knight Provincial Championship.
- Optionally attend Canadian Prairie Championship.

### **2.2.1.3 Limited Competitive**

- Categories: 10 & Under, 12 & Under, 15 & Under, Junior, Athletes with a Disability, Masters.
- May compete at only one competition as designated by Saskatchewan Artistic Swimming. The designated competition is Sadie Caulder Knight Provincial Championship.

### **2.2.1.4 Masters**

- Categories: age groups. See CAS Appendix C for more information.
- Attend Marnie Eistetter Training Meet, Diane Lemon Invitational and Sadie Caulder Knight Provincial Championship.
- May attend Sandra Roberts Provincial Championship as invitational entries.
- Optionally attend Canadian Prairie Championship.

### **2.2.1.5 Competitive Athlete with a Disability (AWAD)**

- AWAD fall into many categories. See CAS Appendix G Athletes with a Disability for more information.
- Attend Marnie Eistetter Training Meet, Diane Lemon Invitational and Sadie Caulder Knight Provincial Championship.
- May attend Sandra Roberts Provincial Championship as Invitational entries.
- May attend Canadian Prairie Championship.

## **2.2.2 Athlete Affiliation Changes**

- At the beginning of the season, an athlete may move from Competitive to Limited Competitive.
- An athlete who competed or attended Qualifier/Nationals may register as Limited Competitive but may not compete.
- A former National athlete may register as Limited Competitive but may not compete in the Limited Competitive category for 2 years.
- A former Provincial athlete may register as Limited Competitive and may compete in the Limited Competitive category that year.
- A Novice athlete must register as a Competitive athlete in the appropriate age group after one year as a Novice athlete.
  - Athletes who competed Novice during the 2019-2020 season will be eligible to compete in Novice again for the 2020-2021 season only.

- A Limited Competitive athlete has three options for registration in the following year.
  - Continue as a Limited Competitive athlete.
  - Register as Novice provided they have never registered and swam as a Novice or Competitive athlete in the past and they are older than 11 years of age for the competitive year.
  - Register in their own competitive age group.

### **2.2.3 Recreational Athlete**

- An athlete who is registered with the provincial organization and Canada Artistic Swimming.
- An athlete who participates in a Canada Artistic Swimming program.
- An athlete who does not compete.
- A Recreational athlete may choose to move to competitive during the season and pay only the difference in fees.

#### **2.2.3.1 Short term Recreational Athlete**

- Participates in a summer camp, seasonal program, or other type of non-competitive program or session for a period of 6 weeks or less.
- May participate in more than one program or session per year and must pay the affiliation fee for each session.

#### **2.2.3.2 Recreational Adult**

- Participates in an artistic swimming program for adults aged 19+ years of age.

#### **2.2.3.3 Recreational Athletes with a Disability (AWAD)**

- AWAD fall into many categories. See CAS Appendix G Athletes with a Disability for more information.

#### **2.2.3.4 University**

- An athlete who is a member of a university team that participates in the Canadian University Artistic Swimming League (CUASL).
- An athlete who is eligible to participate as an exhibition swimmer at the Sadie Caulder Knight Provincial Championships in the Masters category as well as the Canadian Open as outlined in CAS.
- A university athlete may choose to register as a master or senior athlete so as to compete.

## **2.3 Coach Membership Options**

### **2.3.1 Competitive Coach**

- A coach who is registered with Saskatchewan Artistic Swimming and Canada Artistic Swimming.
- A coach who will be coaching on deck at competitions.

### **2.3.2 Recreational Coach**

- A coach who is registered with Saskatchewan Artistic Swimming and Canada Artistic Swimming.

- A coach who will be coaching a recreational program within their local club.
- A coach who does not coach on-deck at competitions.

## 2.4 Volunteer Membership

Volunteers are an essential part of Saskatchewan Artistic Swimming. Volunteer Registration ensures individuals are covered under the Saskatchewan Artistic Swimming insurance policy while chaperoning and/or volunteering at sanctioned events, transportation to and from practice or competitions, or participating on a local Board. One or two parents/guardians from each family are asked to become a member of Saskatchewan Artistic Swimming. The fee is \$3.00 per person. **Clubs shall send a list of all volunteers for any competition to the Executive Director one week prior to the competition to ensure that all volunteers are registered.**

## 2.5 Affiliation Fees

See Saskatchewan Artistic Swimming Fee Schedule

- Available on the website - [www.saskartisticswimming.ca](http://www.saskartisticswimming.ca) > Governance > Fee Schedule.
- Contact the Saskatchewan Artistic Swimming Executive Director at 306-780-9227 for more information.

<b>Club Affiliation Fees</b>	<i>Fees reviewed and updated annually</i>
Competitive Club	
Recreational Club	
SOCAN Fee	
<b>Competitive Athlete Affiliation Fees</b>	
<a href="#">15U FINA</a> , Junior FINA, Senior FINA	
<a href="#">10U, 12U, 15U, Junior</a>	
Limited	
Masters	
AWAD	
<b>Recreational Athlete Affiliation Fees</b>	
Recreational	
Short Term Recreational	
Adult	
Recreational AWAD	
University	
<b>Coach Affiliation Fees</b>	
Competitive Coach	
Recreational Coach	
<b>Officials Affiliation Fees</b>	
National – Level 3 and above Judges/Referee	
Provincial – Level 1 & 2 Judges/Referee	
<b>Other Affiliation Fees</b>	
Associate (Member with both SS & SC)	
Volunteer	

### **2.5.1 Registration in Multiple Roles**

- A judge/referee who registers in addition to being a coach or athlete shall receive a reduction in their current year affiliation fee. The reduction shall be the lesser of \$20 or the actual coach/athlete registration owing.
- An individual who registers as both a coach and athlete in one club shall pay the higher affiliation fee owing.
  - Example: individual registers as a Masters Athlete and also registers as a Provincial Stream coach in the same club. Fees are \$67 and \$47. Fee payable is \$67.

### **2.5.2 Registration with more than one club**

- CAS 3.1.4: In sanctioned competitions, no artistic swimmer can represent more than one Club during the Competitive year.
- Notwithstanding CAS 3.1.4, an individual may register with more than one Saskatchewan club in multiple roles provided athlete registration is with only one club. The affiliation fee is the highest of all possible fees.
  - Example 1: an individual registers with Club A as a competitive coach and also registers with Club B as a competitive Coach. Fee payable is \$47 by one club or may be split between the two clubs.
  - Example 2: an Individual registers as Club A as a competitive coach and also registers with Club B as a Masters athlete. Fees payable are \$47 and \$22. Fee payable to Saskatchewan Artistic Swimming is \$67.
  - Example 3: an individual registers with Club A as a Provincial Coach, with Club B as a Recreational Coach (no FINA or PS Stream Athletes) and with Club C as a Masters swimmer. Fees payable are \$47, \$22 and \$67. Fee payable to Saskatchewan Artistic Swimming is \$67.
  - Example 4: an individual register with Club A as a Senior swimmer and wants to register with Club B as a Masters swimmer. This is not permitted.
- Notwithstanding CAS 3.1.4, an individual may register with more than one Saskatchewan club under the following circumstances:
  - National Athletes
    - Competing in Canadian Championships as members of a sanctioned Provincial Team or athletes from more than one club may combine to form mixed duets, teams and free combination teams called interclub entries as per CAS 3.1.4 d). Transferring athletes must follow all relevant CAS rules.
  - Provincial Athletes
    - Competing in Saskatchewan Artistic Swimming sanctioned competitions as a member of a sanctioned District or in the team event, athletes from more than one club may combine to form teams called interclub routines.
  - An athlete registered on a District Team for the purpose of Saskatchewan Winter Games swimming their Games solo or duet at other competitions must register under their District Team.
  - An athlete registered on a District Team may opt to swim a solo or duet under their home club.



### **2.5.3 Competing in both Provincial and National Categories**

- Saskatchewan Artistic Swimming will permit an athlete to compete on a Provincial team and optionally swim an extra routine at the National level. Affiliation fee of the athletes will be at the highest level in which they compete.

## **3 COMPETITIVE STRUCTURE RULES**

### **3.1 Coach Eligibility**

#### **3.1.1 Registration**

All coaches must be registered with Saskatchewan Artistic Swimming and Canada Artistic Swimming.

#### **3.1.2 Competitive Coach**

##### **3.1.2.1 Certification**

- A Competitive Coach who plans to attend a Saskatchewan Artistic Swimming sanctioned competition and coach Provincial or Limited Competitive athletes must have a minimum certification of Competition Introduction. If a coach is not fully certified by the entry deadline for the competition, the coach will not have access to the pool deck at the competition.
- Notwithstanding, the above, those coaches who are registered in “Competition Introduction” 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 competition.
- A Competitive Coach who plans to attend [Sandra Roberts Provincial Championship](#) and coach National athletes must have a minimum certification of Competition Development.
- Notwithstanding the above, those coaches who are registered in “Competition Development” 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 competition. See CAS 3.1.9.
- [Apprentice coaches are no longer permitted.](#)

##### **3.1.2.2 NCCP Competition Introduction Coach**

- A competitive coach who may work with athletes competing in Provincial, Limited Competitive or Recreational athletes.
- To coach Provincial or Limited Competitive athletes at a Saskatchewan Artistic Swimming sanctioned competition, the coach must be fully certified NCCP Competition Introduction or higher prior to registration for competition.
- Note: Competition Introduction is a combination of the previous NCCP Level 1 and 2 certifications.

##### **3.1.2.3 NCCP Competition Development Coach**

- A competitive coach who works with all levels of athletes.

- To coach National athletes at [Sandra Roberts Provincial Championship](#), a coach must be fully certified at the Competitive Development Level prior to the competition.
- See CAS 3.1.9 Coach Eligibility.

#### **3.1.2.4 Advanced Coaching Diploma**

- The Advanced Coaching Diploma predominantly targets coaches with athletes from Train to Train, Train to Compete, and Train to Win, which may include:
  - National Training Centre coaches and target next-gen coaches:
    - NSO-identified coaches with potential to develop into coaches of high performance athletes
    - Post secondary institution coaches (University Sports, NCAA, CCAA)
    - Personal coaches of identified athletes:
      - Canada Games and provincial team coaches; and
      - Club coaches of highly ranked clubs and self-made/entrepreneurial coaches.
  - The Advanced Coaching Diploma provides an opportunity for the active coach with a busy schedule to engage in advanced learning. The program is available in a two-year part time program yet may be obtained in more or less time depending on the location.
  - For more information, contact Dave Robertson at [drobertson@sasksport.ca](mailto:d Robertson@sasksport.ca).

#### **3.1.2.5 NCCP Level 1**

- Teaches up to Star 8.
- A coach who works with Recreational, Limited Competitive, and/or Provincial but is not permitted on deck at competitions.

#### **3.1.2.6 NCCP Level 2**

- Teaches up to Superstar 2.
- A coach who works with Recreational Athletes, Limited Competitive and/or Provincial athletes.

#### **3.1.2.7 NCCP Level 3 Coach**

- Teaches any Star level.
- A coach who works with all levels of athletes.
- To coach [15U](#), Junior FINA, Senior FINA at Canada Artistic Swimming Qualifier and Nationals, the coach must be fully certified NCCP Level 3 prior to registration for the competition as per CAS requirements.

#### **3.1.2.8 Athletes with a Disability (AWAD) Coach**

- A Competitive Coach who plans to attend a Saskatchewan Artistic Swimming sanctioned competition and who coaches AWAD athletes must have a minimum certification of Competition Introduction.
- Notwithstanding the above, those coaches of AWAD athletes who are registered in “Introduction to Competition” 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 competition.

### **3.1.2.9 Challenge to NCCP Competition Introduction Certification**

- Each coach is expected to register for and complete NCCP coaching courses as well as complete the required assignment and evaluations to obtain certification.
- An experienced individual may request to challenge a coaching course rather than attending the course. The assignment and evaluations are still required.

#### **a) Eligibility**

- The individual seeking to challenge the NCCP Comp Intro coaching course and move directly to the assignment/evaluation portion of the certification process must:
  - Be a current member of Saskatchewan Artistic Swimming.
  - Has paid an affiliation fee to be registered with Saskatchewan Artistic Swimming (coach, athlete, official or volunteer).
  - Be at least 16 years of age at the time of challenge.
  - Have an artistic swimming background.
  - Minimum of 5 years as an artistic swimming judge, swimmer or international coach.
  - Have completed an educational equivalent.
  - Examples include: Physical education, Kinesiology degree or certified trainer status.

#### **b) Fees**

- Fees for the challenge and subsequent evaluations are as outlined by Saskatchewan Artistic Swimming.

#### **c) Process**

- The individual must submit to the Saskatchewan Artistic Swimming Coaching Committee:
  - A letter outlining proof and rationale of the challenge.
  - A letter of endorsement from a coach certified at or above the coaching level to be challenged.
- The Coaching Committee will review each application. The decision of the Committee is final regardless of acceptance or rejection of the challenge.
- Upon approval by the Coaching Committee, the individual will be considered trained and must complete all necessary evaluations in the following order to complete their certification.

### **3.1.3 Recreational Coach**

#### **3.1.3.1 NCCP AquaGO!**

- A recreational coach who teaches recreational athletes.
- Must be fully certified in AquaGO! program to instruct the course.
- [Effective April 1, 2021, AquaGO! is required before taking Competition Introduction.](#)

## 3.2 Athlete Eligibility

### 3.2.1 Registration

- Each competitor must be a member of a club/program affiliated with Saskatchewan Artistic Swimming.

### 3.2.2 Events

- 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. See CAS 3.1.5 f).
- A complete 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 CAS 3.1.5 f) regarding eligibility to enter the free routine events.
- A Master competitor may enter a maximum of six (6) events, consisting of a Technical Routine OR a Free Routine OR both for each of Solo, Duet, Mixed Duet and Team. See CAS 3.1.5 g).
- The Free Combination event and Highlight Routine event consist of a Routine component only. See rule regarding eligibility to enter these two events.

## 3.3 Age Groups

### 3.3.1 Principles

Each competitor shall compete at his/her own personal ability level. It will be noted that although testing is left to the judgement of the particular coach in question, it is expected that Saskatchewan coaches will act responsibly in choosing the appropriate pathway and age group for their swimmers personal ability if considering entering the athlete into a higher age group

### 3.3.2 Competitions

All competitions will be by age group except for AWAD. See CAS Appendix G for AWAD levels. Masters will follow the age groups as set out by CAS.

### 3.3.3 Age Determination

Age means the age of the competitor as of December 31, 2021. Swimmers are permitted to 'swim up' one age group.

### 3.3.4 Minimum Skill Level to Compete

It is recommended that that any athlete in their first year of competitive can complete the Level 6 skill set required in the AquaGO! program by Dec 31, 2020 of the competition year.

### 3.3.5 Competing

The age group and stream in which a swimmer competes at the start of the competitive season shall be the age group in which the swimmer shall compete for the

remainder of the competitive season. An athlete may change age group and/or stream no later than December 31, 2021.

Age Group	Description	Birth Year
10 & Under	Ages 9-10	2011, 2012
12 & Under	Ages 11-12	2009, 2010
Novice	11 and over first year competitive athletes	2010 or earlier
15 & Under	Ages 13-15	2006, 2007, 2008
Junior	Ages 15-19	2001, 2002, 2003, 2004, 2005
Senior	Ages 15+	2006 or earlier

Birth Year	Age as of Dec 31, 2021	Age Group	Limited Competitive
2013	8	10 & Under	10 & Under
2012	9	10 & Under	10 & Under
2011	10	10 & Under	10 & Under
2010	11	12 & Under, Novice	12 & Under
2009	12	12 & Under, Novice	12 & Under
2008	13	15 & Under, Novice	15 & Under
2007	14	15 & Under, Novice	15 & Under
2006	15	Junior, Senior, Novice	Junior, Senior
2005	16	Junior, Senior, Novice, Open	Junior, Senior
2004	17	Junior, Senior, Novice, Open	Junior, Senior
2003	18	Junior, Senior, Novice, Open	Junior, Senior
2002 or earlier	19 & Over	Senior, Masters, Open Junior*	Masters

\*For the 2020/2021 Season only, FINA has allowed Junior's to be eligible for one extra year.

### 3.4 Solo, Duet and Team Composition

#### 3.4.1 Solos

- All solos compete in their own age group. Novice solos only compete in the Novice category.
- All 10 & Under athletes are eligible to compete in a 10 & Under solo.

#### 3.4.2 Duets

- Duets may have swimmers from two consecutive age groups.
  - Example: A 10 & Under swimmer may be paired with a 12 & Under swimmer but not with a 15 & Under swimmer.
  - Duet will compete in the higher age group.

- Athletes on a duet will swim in their own age group for figures. [If competing in province only, it is recommended athletes compete in their own true age category.](#)
- [If planning to compete at Qualifiers and Nationals, athletes must follow CAS rules.](#)
- Novice duets
  - Must be comprised of only Novice swimmers.
  - A novice is permitted to swim with a non-novice swimmer in the novice category.
- Limited Competitive duets
  - Must be comprised of only Limited Competitive swimmers.
  - May have swimmers from two consecutive age groups.
    - Example: A 10 & Under swimmer may be paired with a [12 & Under](#) swimmer but not with a [15 & Under](#) swimmer.
  - Duet will compete in the higher age group.
  - Athletes on a duet will swim in their own age group for figures.

### 3.4.3 Teams

- Teams will be composed of swimmers from the same age group if possible. If it is not possible to form a team from only one age group, a team may be formed as follows.
  - [15 & Under](#), Junior, Senior – see CAS 3.1.6 b).
  - 10 & Under, [12 & Under](#), [15 & Under](#), Open – See CAS Appendix H.
  - 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.
  - A Limited team will be categorized as a Limited Team if the team is 100% Limited swimmers. Even if only one athlete is a Provincial Stream athlete, then the team becomes a Provincial Stream team.

### 3.4.4 Free Combination

- Free Combination for [15 & Under](#), Junior, and Senior – see CAS 4.4.1.
- Provincial – in the Provincial Stream of competitions there will only be two eligible age groups for the Combo event of [15U](#) and Junior/Senior. Athletes from the 10 & under and [12 & Under](#) age group are ineligible for this event. As per the Team composition rules for the Provincial Stream the athletes from the [15U](#) and Junior/Senior age group may combine to form a combo with the average of their ages determining where they swim. See CAS Appendix H.
- Masters – see CAS Appendix C.

### 3.4.5 Team size

- Exception to Team Size, Saskatchewan Artistic Swimming will recognize all teams comprised of three members when such a team competes in the province of Saskatchewan.

### 3.4.6 Changes to Team Age Groups

- After a team has registered to compete and has competed in an age group during the competitive season, they shall remain in that age group for the rest of the competitive season regardless of any changes of team age group average resulting from a loss of swimmer(s).

## 3.5 Figure Competitions

### 3.5.1 Figure Events (May be updated when CAS Rules are released)

- Athletes attending Qualifiers/Nationals shall compete in figures events as outlined by CAS.
- Athletes competing in Saskatchewan events (including CPC) competes in only one figure event as determined by the swimmer's age group.
- Each competitor in Solo, Duet and Team (including alternate) shall compete in the figure event except those competing only in Free Combination, Junior FINA, Senior FINA or Masters events. Athletes entered in Free Combination and/or Junior FINA or Senior FINA may enter the appropriate figure event (age qualified) if they wish.

Exception to 4.5.1 Athletes swimming a Provincial Team and a National Level extra routine must compete Provincial figures and National figures as per CAS.

### 3.5.2 Additional Figure Event

- For the 2020-2021 Season athletes are only eligible to swim in their own age category.
  - The exception is athletes who swim a team routine that only attends in province competitions but has an extra routine attending Qualifiers will compete figures outlined by CAS.

### 3.5.3 Degree of Difficulty

- The FINA degree of difficulty assigned to the figure may or may not be used depending on the competition see Section 11.

### 3.5.4 Figure Groups

- National Figures for national events for the current competitive season are available from Canada Artistic Swimming.
- Figures for SAS events Provincial and Limited Competitive Figures for the current competitive season are available from Saskatchewan Artistic Swimming.

### 3.5.5 Optional figure Draw

- For all 2020-2021 SAS competitions, figures will be pre-drawn.
- Refer to CAS Rule 4.5.3 b) for figure draws.
- ~~Figures for SAS Optional Group figure draws will be done:~~
  - ~~Sandra Roberts Provincial Championship: one week prior for 10 & Under and 15 & Under.~~

- ~~Sadie Caulder Knight Provincial Championship: Two weeks prior for all age groups.~~
- ~~AWAD Figure draws will be done two weeks prior to all competition by the Competitions Chair.~~
- Saskatchewan Artistic Swimming Technical Director:
  - Sends the drawn figures (Optional Group number and figure names) by email to registered Clubs, Chief Judge, Chief Referee and Computer Scorer.
  - Posts the same information on the website.
  - Is available by phone to provide information to clubs who phone in.

### 3.5.6 Pre-Drawn Optional Figures

- For 2020-2021 all figures will be pre-drawn.

Competition	Age Groups
Marnie Eistetter Training Meet	All competitors
Sandra Roberts Provincial Championship	All competitors
Diane Lemon Saskatchewan Invitational	All competitors
Sadie Caulder Knight Provincial Championship	All competitors

### 3.5.7 Figure Penalties

- Figures at Qualifiers/Nationals 15U shall follow CAS 4.5.6 a).
- Figures at SAS events shall follow CAS 4.5.6 b).

## 3.6 Routine Competitions

### 3.6.1 Routine Times

For Routine times including deck work, see below.

Age Group	Reference
15U FINA, Junior FINA, Senior FINA	CAS 4.2.3
Competitive Provincial Stream	CAS Appendix H
Limited Competitive	Same as Saskatchewan Artistic Swimming Provincial Stream
Masters	CAS 4.2.3
Athletes with a Disability	CAS Appendix G



### 3.6.2 Time Violations

- Time violations for overall time, deck drill and walk on are defined in CAS 4.2.5.
- For Exceptions to Walk-on time for Athletes with a Disability, see CAS Appendix G for details.

### 3.6.3 Required Elements

- [15 & Under FINA](#), Junior FINA, Senior FINA, see CAS.
- All Provincial Stream and Limited Competitive required elements are waived for the 2020-2021 season.
- Masters technical routine elements, see CAS Appendix C.
- Penalties in technical routines, see CAS 4.3.

### 3.6.4 Music Requirements

- All music shall be in Digital Music Format. CDs will not be used as competition music and cannot be used as back-up.

### 3.6.5 Digital Music Format

- All digital music must be sent to the Technical Director by the date specified in the First Information Package.
- A five second lead time before the music starts is recommended.
- There must be one file for each registered competitive routine and each pre-swim routine.
- The file must be in this format: MP3 files with a .mp3 file extension.
- [Add first name when there is a duplicate last name in the club.](#)
- The file must be named as shown:
  - [Age Group\\_Event Name\\_Club Name\\_Competitor Last Name.mp3](#)
    - [Age Group: 10U/12U/Novice/15U/Junior/Senior/Open](#)
    - [Event name: Solo/Duet/Mixed Duet/Team/Combo](#)
    - [Club Name: May use abbreviation](#)
    - [Competitor: Last Name \(only use for Solo/Duet\)](#)
    - [Coach: Last Name \(only use for Team/Combo/Highlight\)](#)
- Example of how to name files:
  - [15U\\_Solo\\_SaskatoonAqualenes\\_Jones.mp3](#)
  - [Junior\\_Duet\\_RS\\_Jones\\_Smith.mp3](#)
  - [10U\\_Team\\_BCS\\_Chernoff.mp3](#)
  - [12ULTD\\_Duet\\_PA\\_Jones\\_Smith.mp3](#)
  - [10U\\_Team\\_WSS\\_Jones.mp3](#)
  - [10U\\_Team\\_WSS\\_Smith.mp3](#)
- In the event of a music failure during competition, the club must immediately provide a backup in the required format. Failure to provide a working copy will result in a \$50 fine. If the fine is not paid immediately after the event, a one-point penalty will be applied. The Chief Referee shall instruct the scorer to deduct the penalty.
- Digital Music will be organized prior to the meet and played from the computer at the competition.

## 3.7 Competition Registration

All entries and music are due by the deadline in the competition information package. Registration must be completed via Canada Artistic Swimming's online registration system at [www.artisticswimming.ca](http://www.artisticswimming.ca).

### 3.7.1 Competition Fee payment

Saskatchewan Artistic Swimming must receive competition entry fees at least two weeks prior to the meet.

### 3.7.2 Late Registration Fines

- The club will be charged a fine of \$25.00 for each late entry received after the initial registration date.
- A club will be charged a fine of \$200.00 for complete late entry.
- A change to the initial registration is considered a late registration.
- It is the club/coach and/or swimmer's responsibility to pay this fine to the appropriate official no later than one hour prior to the beginning of the competition. Failure to do so shall result in disqualification.

### 3.7.3 Music Fines

- The club will be charged a fine of \$25.00 for each piece of late music.
- It is the club/coach and/or swimmer's responsibility to pay this fine to the appropriate official no later than one hour prior to the event. Non-payment of fine will result in a one-point penalty.
- Failure to comply with the stated requirements in 4.6.5 will result in a \$25.00 fine per violation to the club to be paid immediately. Note: Music for one routine may be fined THREE times – late, wrong format, incorrectly named.
- If the fine is not paid prior to the event of competition, a 1.0-point penalty will be deducted from the routine score. The Chief Referee shall instruct the scorer to deduct the penalty.

### 3.7.4 Refunds

There are NO refunds after the registration deadline unless a written request is submitted to the Executive Director. [The request must be submitted no later than the Monday after the competition.](#)

## 4 PROTESTS

No protests shall be made against the judge's marks. See CAS 3.3 to submit a protest.

## 5 PENALTIES

See CAS Official Rule Book for all penalties.

## 6 AWARDS

Saskatchewan Artistic Swimming has plaques for athletes. Names are engraved on small brass plates and added to the plaque. All plaques are kept in the Saskatchewan Artistic Swimming office for the year.

### **Marnie Eistetter Training Meet**

- Ribbons awarded to the top six competitors in figures.

### **Sandra Roberts Provincial Championship**

- Medals awarded to top three competitors in all championship routine events; Tech events for Junior, Senior and Masters; Free events for Junior, Senior and Masters; Highlight; Combo.
- Ribbons awarded to competitors placing 4-6 in all championship routine events; Tech events for Junior, Senior and Masters; Free events for Junior, Senior and Masters; Highlight; Combo.
- Ribbons awarded to top six competitors in routines and figures excluding Tech, Free, Highlight and Combo events.
- [Plaques are awarded to winners in 15U, Junior and Senior events.](#)

### **Diane Lemon Invitational**

- Medals awarded to top three competitors in all championship routine events; Tech events for Junior, Senior and Masters; Free events for Junior, Senior and Masters; Highlight; Combo.
- Ribbons awarded to competitors placing 4-6 in all championship routine events; Tech events for Junior, Senior and Masters; Free events for Junior, Senior and Masters; Highlight; Combo.
- Ribbons awarded to top six competitors in routines and figures excluding Tech, Free, Highlight and Combo events.

### **Sadie Caulder Knight Provincial Championship**

- Medals awarded to top three competitors in all championship routine events; Tech events for Junior, Senior and Masters; Free events for Junior, Senior and Masters; Highlight; Combo.
- Ribbons awarded to competitors placing 4-6 in all championship routine events; Tech events for Junior, Senior and Masters; Free events for Junior, Senior and Masters; Highlight; Combo.
- Ribbons awarded to top six competitors in routines and figures excluding Tech, Free, Highlight and Combo events.
- Ribbons awarded to top six competitors in Limited Competitive events.
- [Plaques are awarded to winners in all events including masters and athletes with a disability.](#)

### **LTAD Events**

- When LTAD events are held in conjunction with any competition, ribbons are awarded to the top two competitors by birth year.

## **Participant Ribbons**

- Participant ribbons awarded in Provincial and Limited Competitive for Age Groups 10 & Under to all figure swimmers other than the top six at the [Marnie Eistetter Training Meet](#) and at the [Sadie Caulder Knight Provincial Championship](#).

## 7 SELECTION TO THE CANADA ARTISTIC SWIMMING QUALIFIER AT THE END OF A COMPETITION

### 7.1.1 Eligibility

To be eligible to attend the Qualifier, the athlete MUST compete at [Sandra Roberts Provincial Championship](#). The Selection Committee shall authorize all routines to attend the Qualifier.

### 7.1.2 Composition

A Selection Committee is struck at the end of [Sandra Roberts Provincial Championship](#). Members must not have a Conflict of Interest.

The Selection Committee shall be composed of the Chief Referee, a National Level Judge at the competition and one member from each club with athletes planning to attend qualifier.

### 7.1.3 Quotas

Canada Artistic Swimming quotas shall apply to routines. See CAS 3.2.3 for current quotas.

#### 7.1.3.1 Exception to Canada Artistic Swimming Quota

The Selection Committee may choose to deny a routine authorization to the Qualifier if they felt the Championship score is below average or if the routine would negatively represent Saskatchewan, even though the quota may not be filled.

This is up to the discretion of the Selection Committee.

In the event of a concern or dispute, the Selection Committee's decision is final.

### 7.1.4 Substitutes

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

### 7.1.5 Exceptional Circumstances

The Selection Committee may, upon request of the Club Coach, qualify competitors who are unable to swim in [Sandra Roberts Provincial Championship](#) events due to exceptional circumstances (such as, but not limited to: injury, illness, school exams) beyond the control of the swimmers.

A competitor who is qualified under exceptional circumstances for a bye shall be added to the quota. 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.

## 8 SELECTION TO CANADIAN PRAIRIE COMPETITION

Canadian Prairie Championship (CPC) is governed by the CPC Package. For more information about the CPC, please refer to that document.

### 8.1.1 Eligibility

- Age Groups: 10 & Under, [12 & Under](#), Novice, [15 & Under](#), Open, Junior, Senior, [Masters](#) and AWAD are eligible to attend CPC.
- National athletes whose routine does not attend the National Qualifier or the Canadian Championships are eligible to compete at CPC.
- All Saskatchewan solos, duets, mixed duets, and teams must compete in both figures and routine at [Sadie Caulder Knight Provincial Championship](#) in order to qualify to attend CPC.
- Athletes who compete only on a Combo are not required to compete in figures. If they compete Combo and another routine, they must do figures.
- Limited Competitive Stream athletes are not eligible to attend CPC.

### 8.1.2 Exhibition Swimmers

Exhibition swimmers are not permitted at CPC.

### 8.1.3 Team Size

Team size requirements follow CAS with a minimum of four athletes.

- Saskatchewan teams with three athletes compete in the Trio event at CPC.
- Athletes must choose to swim in either the team event or trio (not both).

### 8.1.4 Coaching Certification Level

The minimum coaching certification for CPC is the standard set in each province and the host province will send a list of coaches to the provincial offices for confirmation that the coaches are certified to attend. Saskatchewan coaches must be certified at the Competition Introduction level.

## 9 COMPETITIVE MEETS AND EVENTS 2020-2021

### Marnie Eistetter Camp and Training Meet

**Location:** Will be held as a virtual competition.

**Date:** November 28-29, 2020 details may change in the information package\*

#### Athlete Eligibility for Meet

- Competitive 10 & Under, 12 & Under, Novice, 15 & Under, Junior, Senior, Open and AWAD.

#### Athlete Eligibility for Camp

- All Athletes registered with Saskatchewan Artistic Swimming

#### Events

- Competition is November 28, 2020.
- Annual Awards Banquet November 28, 2020 (may be held virtually or on an alternate date).
- Camp will be virtual on November 29, 2020.

	<b>Figure 1</b>	<b>Figure 2</b>
<b>AWAD Level 1</b>	Star 1 Tub turn & reverse in both directions DD: 1.0	Star 2 Sailboat Alternate DD: 1.0
<b>AWAD Level 2</b>	310 Somersault Back Tuck DD: 1.0	101 Ballet Leg Single DD: 1.0
<b>10 &amp; Under</b>	BP16 Split Position DD: 1.0	BP14 c) Bent Knee Position DD: 1.0
<b>Novice</b>	106 Straight Ballet Leg DD: 1.0	301 Barracuda DD: 1.0
<b>12 &amp; Under</b>	106 Straight Ballet Leg DD: 1.0	301 Barracuda DD: 1.0
<b>15 &amp; Under</b>	423 Ariana DD: 2.2	143 Rio DD: 3.1
<b>Junior</b>	Barracuda Airborne Split DD: 2.7	Manta Ray Hybrid DD: 3.1

## Sandra Roberts Provincial Championship

**Location:** Will be held as a virtual competition.

**Date:** January 30-31, 2020

### Athlete Eligibility

- 10 & Under, 12 & Under, Novice, 15 & Under, Junior, Open, Senior, Masters and AWAD – qualification meet for attendance at the Qualifier.
- Out of province athletes may compete as exhibition swimmers but are not eligible for awards.

	Figure 1	Figure 2	Group	Figure 3	Figure 4
<b>AWAD Level 1</b>	Star 1 Tub turn and reverse in both directions DD: 1.0	Star 2 Sailboat Alternate DD: 1.0	2	BP2 Front Layout  DD: 1.0	310 Somersault Back Tuck  DD: 1.0
<b>AWAD Level 2</b>	310 Somersault Back Tuck DD: 1.0	101 Ballet Leg Single DD: 1.0	2	316 Kipnus Modified – Step 2, 3 DD: 1.0	Star 2 Sailboat Alternate DD: 1.0
<b>10 &amp; Under</b>	423 Ariana Rotation Only DD: 1.0	101 Ballet Leg Single DD: 1.0	1	BM6 Walkout a) DD: 1.0	BM3 and BM4 Front Pike Pulldown to Submerge Double Ballet Legs DD: 1.0
<b>Novice</b>	106 Straight Ballet Leg DD: 1.0	301 Barracuda DD: 1.0	2	311 Kip DD: 1.0	401 Swordfish DD: 1.0
<b>12 &amp; Under</b>	106 Straight Ballet Leg DD: 1.0	301 Barracuda DD: 1.0	2	311 Kip DD: 1.0	401 Swordfish DD: 1.0
<b>15 &amp; Under</b>	423 Ariana DD: 2.2	143 Rio DD: 3.1	2	240a Albatross ½ Twist DD: 2.0	403 Swordtail DD : 2.3
<b>Junior</b>	Manta Ray Hybrid DD: 3.1	Twist Spin DD: 1.8	N/A	Cyclone Split Walkout DD: 2.6	Thrust Bent Knee 180 Joining DD: 2.3



## Diane Lemon Invitational – Figure and Routine Competition

**Location:** Will be held as a virtual event.

**Date:** February 27-28, 2021

### Athlete Eligibility

- 10 & Under, 12 & Under, Novice, 15 & Under, Junior, Open, Senior, Masters and AWAD.

	Figure 1	Figure 2	Group	Figure 3	Figure 4
<b>AWAD Level 1</b>	Star 1 Tub turn and reverse in both directions DD: 1.0	Star 2 Sailboat Alternate DD: 1.0	1	BM3 Front Pike Pull Down DD: 1.0	BP1 Back Layout Position DD: 1.0
<b>AWAD Level 2</b>	310 Somersault Back tuck DD: 1.0	101 Ballet Leg Single DD: 1.0	1	323 Somersault Front Pike DD: 1.0	B P16 Split Position DD: 1.0
<b>10 &amp; Under</b>	101 Ballet Leg Single DD: 1.0	302 Blossom DD: 1.0	1	316 Kipnus DD: 1.0	360 Walkover Front DD: 1.0
<b>Novice</b>	106 Straight Ballet Leg DD: 1.0	301 Barracuda DD: 1.0	3	311 Swan DD: 1.0	401 Water Drop DD: 1.0
<b>12 &amp; Under</b>	106 Straight Ballet Leg DD: 1.0	301 Barracuda DD: 1.0	3	226 Swan DD: 1.0	363 Water Drop DD: 1.0
<b>15 &amp; Under</b>	423 Ariana DD: 2.2	143 Rio DD: 3.1	3	355 Porpoise DD: 2.1	315 Seagull DD: 2.1
<b>Junior</b>	Twist Spin DD: 1.8	Cyclone Split Walkout DD: 2.6	N/A	Thrust Bent Knee 180 Joining DD:2.3	Barracuda Airborne Split DD: 2.7

## Sadie Caulder Knight Provincial Championship

**Location:** Will be held as a Virtual Event

**Date:** April 16-18, 2021 (Friday 4 pm start)

### Athlete Eligibility

- 10 & Under, 12 & Under, Novice, 15 & Under, Junior, Open, AWAD and Masters
- Limited Competitive may attend as invitational swimmers.

	Figure 1	Figure 2	Group	Figure 3	Figure 4
<b>AWAD Level 1</b>	Star 1 Tub turn and reverse in both directions DD: 1.0	Star 2 Sailboat Alternate DD: 1.0	2	BP2 Front Layout DD: 1.0	310 Somersault Back Tuck DD: 1.0
<b>AWAD Level 2</b>	310 Somersault Back Tuck DD: 1.0	101 Ballet Leg Single DD: 1.0	2	316 Kipnus Modified – Step 2, 3 DD: 1.0	Star 2 Sailboat Alternate DD: 1.0
<b>10 &amp; Under</b>	101 Ballet Leg Single DD: 1.0	302 Blossom DD: 1.0	2	310 Somersault Back Tuck DD: 1.0	344 Neptunus DD: 1.0
<b>Novice</b>	106 Straight Ballet Leg DD: 1.0	301 Barracuda DD: 1.0	2	311 Kip DD: 1.0	401 Swordfish DD: 1.0
<b>12 &amp; Under</b>	106 Straight Ballet Leg DD: 1.0	301 Barracuda DD: 1.0	1	420 Walkover Back DD: 1.0	327 Ballerina DD: 1.0
<b>15 &amp; Under</b>	423 Ariana DD: 2.2	143 Rio DD: 3.1	1	351 Jupiter	437 Oceanea
<b>Junior</b>	Cyclone Split Walkout DD: 2.6	Thrust Bent Knee 180 Joining DD: 2.3	N/A	Barracuda Airborne Split DD: 2.7	Manta Ray Hybrid DD: 3.1
<b>10 &amp; Under Limited</b>	101 Ballet Leg Single DD: 1.0	302 Blossom DD: 1.0	N/A	310 Somersault Back Tuck DD: 1.0	323 Somersault Front Pike DD: 1.0
<b>12 &amp; Under Limited</b>	101 Ballet Leg Single DD: 1.0	301 Barracuda DD: 1.0	N/A	420: Walkover Back DD: 1.0	311 Kip DD: 1.0
<b>15 &amp; Under Limited</b>	423 Ariana DD: 1.0	301 Barracuda DD: 1.0	N/A	240 Albatross DD: 1.0	355 Porpoise DD: 1.0
<b>Junior Limited</b>	423 Ariana DD: 1.0	301 Barracuda DD: 1.0	N/A	240 Albatross DD: 1.0	355 Porpoise DD: 1.0

## **Canadian Prairie Championship** (Under Review for the 2020-2021 Season)

**Location:** Regina, Saskatchewan

**Date:** April 30-May 2, 2021

### **Athlete Eligibility**

- 10 & Under, [12 & Under](#), Novice, [15 & Under](#), Junior, AWAD and Masters (must have competed at [Sadie Caulder Knight Provincial Championship](#)).
- All figures will be pre-drawn in April 2021.

## **Canada Artistic Swimming Qualifier - Figure and Routine Competition**

**Location:** Saskatoon, SK or held as a virtual event.

**Date:** March 24-28, 2021

### **Athlete Eligibility**

- [15U FINA](#), Junior FINA, Senior FINA (must have qualified at ).
- Selection meet for Nationals.

## **Canadian Artistic Swimming Championships**

**Location:** TBD

**Date:** TBD

### **Athlete Eligibility**

- [15U FINA](#), Junior FINA, Senior FINA

## **Canadian Masters Championships**

**Location:** TBD

**Date:** TBD

### **Athlete Eligibility**

- Competitive Masters
- Held at the discretion of Canada Artistic Swimming.

## MEET FEES

See Saskatchewan Artistic Swimming Fee Schedule

- Available on the website - [www.saskartisticswimming.ca](http://www.saskartisticswimming.ca) > Governance > Fee Schedule.
- Contact the Saskatchewan Artistic Swimming Executive Director at 306-780-9227 for more information.

Fall/Winter

Event	Fee
Figures	
Solo	
Duet	
Trio	
Team	
Combo	
JR/SR/Masters Solo (Technical and Free)	
JR/SR/Masters Duet (Technical and Free)	
JR/SR/Masters Team (Technical and Free)	
Masters/Senior Combo	

*Fees updated annually*