SASKATCHEWAN ARTISTIC SWIMMING

OFFICIAL RULEBOOK

September 2026

2026 - 2027 SASKATCHEWAN ARTISTIC SWIMMING RULES

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

Please direct any inquiries to the SAS Sport Development Director, via email to sdd@saskartisticswimming.ca.

1. DEFINITIONS **5**
2. AFFILIATION **5**
2.1 Club Membership Options **5**
2.1.1 Competitive Club 5
2.1.2 Recreational Club 5
2.2 Athlete Membership Options **5**
2.2.1 Registration 5
2.2.2 Competitive Athlete 5
2.2.3 Limited Competitive 6
2.2.4 Recreational Athlete 6
2.2.5 Short Term Recreational Athlete 6
2.2.6 University 6
2.3 Coach Membership Options **6**
2.3.1 Competitive Coach 6
2.3.2 Recreational Coach 7
2.4 Volunteer Membership **7**
2.5 Affiliation Fees **7**
2.5.1 Registration in Multiple Roles 7
2.5.2 Registration with more than one club 7
3 COMPETITIVE STRUCTURE RULES **9**
3.1 Athlete Eligibility **9**
3.1.1 Registration 9
3.1.2 Events 9
3.1.3 Competitive Pathway Options 9
3.1.4 Competitive Athlete Pathway Changes 11
3.2 Age Groups **11**
3.2.1 Principles 11
3.2.2 Competitions 11
3.2.3 Age Determination 11
3.2.4 Minimum Skill Level to Compete 12
3.2.5 Competing 12
3.2.7 Masters 13
3.2.8 Adaptive Artistic Swimming (AdAS) 14
3.3 Coach Eligibility **14**
3.3.1 Registration 14
3.3.2 Competitive Coach 14
3.3.3 Certification 14
3.3.4 NCCP AquaGO! 14
3.3.5 NCCP Competition Introduction Coach 15
3.3.6 NCCP Competition Development Coach 15
3.3.7 NCCP Advanced Coaching Diploma 15
3.3.8 Adaptive Artistic Swimming (AdAS) Coach 16
3.3.9 Recreational Coach 16
3.4 Solo, Duet and Team Composition **16**
3.4.1 Solos 16

3.4.2 Duets 16
3.4.3 Teams 17
3.4.4 Free Combination 17
3.4.5 Changes to Team Age Groups 17
3.5 Figure Competitions 17
3.6 Routine Competitions 19
3.7 Competition Registration 21
4 PROTESTS 23
5 PENALTIES 24
6 AWARDS 25
7 SELECTION TO THE CANADA ARTISTIC SWIMMING QUALIFIER 27
7.1 Eligibility 27
7.2 Composition 27
7.3 Quotas 27
7.4 Substitutes 27
7.5 Exceptional Circumstances 27
8 SELECTION TO THE CANADIAN PRAIRIE COMPETITION 28
8.1 Eligibility 28
8.2 Exhibition Swimmers 28
8.3 Team Size 28
8.4 Coaching Certification Level 28
9 SELECTION TO SASKATCHEWAN WINTER GAMES 29
Appendix 1 30
Membership Registration Categories 30
Appendix 2 31
Canada Artistic Swimming Coach Development Pathway 31

1. DEFINITIONS

Competitive Season: The competitive season shall be from January 1 to June 30.
Off Season Competitions: Competitions 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 also offer recreational programs. It may have any combination of Competitive, Limited Competitive and Recreational Athletes**.** Its focus is on developing technical skill, performance, and competitive progression in artistic swimming, while supporting participation at various levels.

2.1.2 Recreational Club

A Recreational Club exclusively delivers recreational programming and serves Recreational Athletes only. Its primary focus is on developing artistic swimming skills and promoting artistic swimming as a recreational activity through seasonal and year-round 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 Registration

- All athletes must register with a local club, the provincial association, and Canada Artistic Swimming.

2.2.2 Competitive Athlete

- All age groups including Adaptive Artistic Swimming (AdAS) and Masters.
- An athlete who participates in a Canada Artistic Swimming program.
- An athlete who participates in sanctioned competitions.

2.2.3 Limited Competitive

- Includes the following age groups/categories: 10 & Under (10U), 12 & Under (12U), Youth (Female 13-15, Male 13-16), Junior, Adaptive Artistic Swimming (AdAS) and Masters.
- Athletes may compete in only one competition as designated by Saskatchewan Artistic Swimming: The Sadie Caulder Knight Provincial Championship.
- For the 2026 - 2027 season, Limited Competitive athletes will have the option to compete at Marnie's Meet in addition to the designated competition.

2.2.4 Recreational Athlete

- Participates in a Canada Artistic Swimming recreational program but does not compete.
- A Recreational athlete may choose to move to competitive during the season and pay only the difference in fees.

2.2.5 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.

2.2.6 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 Championships as outlined by CAS.
- A university athlete may choose to register as a Masters or Senior Competitive athlete to compete at provincial or national competitions.

2.3 Coach Membership Options

2.3.1 Competitive Coach

- An individual who is registered as a coach with Saskatchewan Artistic Swimming and Canada Artistic Swimming.
- An individual who coaches on deck at competitions.

2.3.2 Recreational Coach

- An individual who is registered as a coach with Saskatchewan Artistic Swimming and Canada Artistic Swimming.
- An individual who coaches a recreational program within their local club.
- An individual who does not coach on-deck at competitions.

2.4 Officials Membership

Officials are required to register with Saskatchewan Artistic Swimming directly by using the RAMP registration link provided (will be sent separately). Officials may not register as an official through a member club.

2.5 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. Refer to SAS Membership Package for different types of Volunteer Memberships.

2.6 Affiliation Fees

Refer to SAS Membership Package for Affiliation Fees

- Available on the Saskatchewan Artistic Swimming Website
- Contact the Saskatchewan Artistic Swimming Executive Director at ed@saskartisticswimming.ca for more information.

2.6.1 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 master's athlete and registers as a Competitive Coach in the same club. Sample fees are $50 and $60. Fee payable is $60.

2.6.2 Registration with more than one club

- A Club may not solicit athletes (or the parents of minor athletes) from another club without receiving approval from the head coach who is responsible for the athlete.
- CAS 4.4: In sanctioned competitions, no artistic swimmer can represent more than one Club during the Competitive year.
- Notwithstanding CAS 4.4, 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 registers with Club B as a competitive Coach. Fee payable is $60 by one club or may be split between the two clubs.
    - Example 2: an Individual registers as Club A as a competitive coach and registers with Club B as a master's athlete. Fees payable are $60 and $50. Fee payable to Saskatchewan Artistic Swimming is $60.
    - Example 3: an individual registers with Club A as a competitive coach, with Club B as a recreational coach (no competitive athletes) and with Club C as a master's swimmer. Fees payable are $60, $70, and $50. Fee payable to Saskatchewan Artistic Swimming is $70.
    - Example 4: an individual register with Club A as a Senior swimmer and wants to register with Club B as a master's swimmer. This is not permitted.
- Notwithstanding CAS 4.4, an individual may register with more than one Saskatchewan club under the following circumstances:
    - Competitive Athletes
        - Participating in National Pathway events (such as National Qualifier and/or Canadian Championships) as members of a sanctioned Provincial Team or athletes from more than one club may combine to form duets, mixed duets, teams, free combination and acrobatic routine teams called interclub entries as per CAS 4.4 d). Transferring athletes must follow all relevant CAS rules.
        - Participating in Provincial Pathway events as defined in SAS 3.1.4 may compete 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.

3 COMPETITIVE STRUCTURE RULES

All Competitive athletes follow the same pathway at the start of the competitive season until Sandra Roberts Provincial Qualifier. Please see SAS 3.1.3 for more details.

3.1 Athlete Eligibility

3.1.1 Registration

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

3.1.2 Events

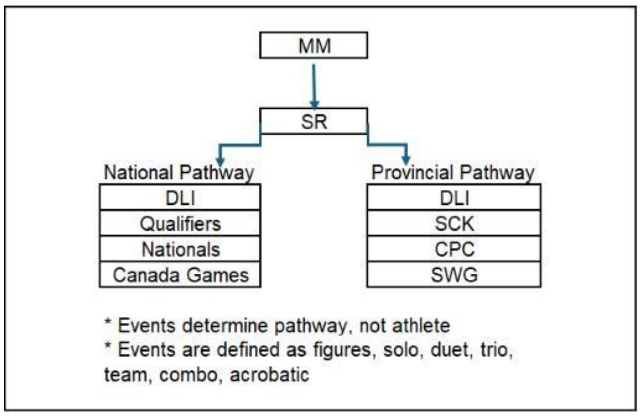
- Saskatchewan will offer the following list of events at Saskatchewan competitions: Figures, Solo, Duet, Mixed Duet, Team, Free Combination and Acrobatic Routine. See CAS 5 (ENTRIES).
- AdAS, 10U, 12U, Novice and Youth
    - Events for these age groups are:
        - Figures, Solo, Duet, Mixed Duet, Team, Acrobatic and Free Combination (12U only).
    - A complete event consists of a Figures component and a Routine component in Solo, Duet, Mixed Duet, and Team.
    - The Free Combination event consists of a Routine component only.
- Junior and Senior
    - Events for these age groups are:
        - Solo, Duet, Mixed Duet, Team and Acrobatic.
    - A complete event for a Junior and Senior competition consists of a Technical Routine OR a Free Routine OR both for each of Solo, Duet, Mixed Duet, and Team. See CAS 5.5.1 regarding eligibility to enter the free routine events at CAS Competitions.
    - The Acrobatic Routine event consists of a Routine component only.
- Masters
    - Events for this age group are:
        - Solo, Duet, Mixed Duet, Team, and Free Combination.

- A complete event for a master's competition consists of a Technical Routine OR a Free Routine OR both for each of Solo, Duet, Mixed Duet, and Team.

3.1.3 Competitive Pathway Options

- All Competitive athletes follow the same pathway at the start of the competitive season until Sandra Roberts Provincial Qualifier. At this point athletes may or may not qualify an event for Qualifiers. This is where an event splits between provincial pathway and national pathway.
- **Provincial Pathway includes the following events:**
  - Marnie Eistetter Training Meet
  - Sandra Roberts Provincial Qualifier (Qualifier for Canada Artistic Swimming Qualifiers)
  - Diane Lemon Invitational
  - Sadie Caulder Knight Provincial Championship
  - Canadian Prairie Championship
- **National Pathway includes the following events:**
  - Marnie Eistetter Training Meet
  - Sandra Roberts Provincial Qualifier (Qualifier for Canada Artistic Swimming Qualifiers)
  - Diane Lemon Invitational
  - Canada Artistic Swimming National Qualifier
  - Canada Artistic Swimming Canadian Championships
- **Events** competed at Qualifiers and/or Nationals are not eligible to compete at Sadie Caulder Knight Provincial Championship or Canadian Prairie Championship.
  - Athletes whose event qualifies for National Qualifiers at SR may not compete in that same event at SCK or CPC. However, if they compete in a different event at National Qualifiers, they remain eligible to compete their non-qualified event at SCK and CPC.
  - For figure events: **See Exception C to 3.5.1.**

Note: For Masters please see CAS 6.2.7 All routines that enter and compete at their provincial selection competition are eligible to enter CUASL National Championships. Provincial quotas may be imposed on a year-to-year basis by the CMASC Competition



Director, and shall be announced at least 4 months before the event if needed. Clause 6.2.5 for exceptional circumstances applies to Masters competitors for CMASC.

3.1.4 Competitive Athlete Pathway Changes

- At the beginning of the season, an athlete may move from Competitive to Limited Competitive.
    - A competitive athlete who has participated in a national-level event (including, but not limited to, National Qualifier or Canadian Championships) may register as Limited Competitive; however, they are not eligible to compete in the Limited Competitive category in that season.
    - Furthermore, any athlete with prior participation at a national-level event is ineligible to compete in the Limited Competitive category for a period of two (2) years.
    - All other competitive athletes may register as Limited Competitive and are eligible to compete in that category.
- A Novice athlete must register as a competitive athlete in the appropriate age group after one year as a Novice athlete.
- A Limited Competitive athlete has the following registration options for the subsequent season:
    - Continue as a Limited Competitive athlete.
    - Register as Novice (first year competitive) provided, they:
        - Have never previously registered or competed as a Novice or Competitive athlete; and
        - Are at least 11 years of age during the competitive year.
    - Register in their applicable competitive age group.

3.2 Age Groups

3.2.1 Principles

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

3.2.2 Competitions

All competitions will be by age group except for AdAS. See CAS Appendix 4 for levels.

3.2.3 Age Determination

Age means the age of the competitor as of December 31, 2027 . Swimmers are permitted to 'swim up' one age group.

3.2.4 Minimum Skill Level to Compete

It is recommended that an athlete completes the Level 6 skill set required in the AquaGO! program prior to joining a competitive program.

3.2.5 Competing

The age group 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 no later than Dec 31, 2026

3.2.6 Age Group Chart

Age Group	Description	Birth Year
10U	Ages 9 - 10	2017, 2018
12U	Ages 11-12	2015, 2016
Novice	11 & over first year competitive athletes	2016 or earlier
Youth	Female Ages 13-15 Male Ages 13-16	2012, 2013, 2014 2011, 2012, 2013, 2014

Junior	Female Ages 15-19 (National Pathway) Male Ages 15-20 (National Pathway) Ages 15-20 (Provincial Pathway)	2008, 2009, 2010, 2011, 2012 (National Pathway) Above plus 2007 (National Pathway) Above plus 2007 (Provincial Pathway)
Senior	Ages 15+	2012 or earlier

Birth Year	**Age as of Dec 31, 2027**	**Competitive Age Group**	**Limited Competitive Age Group**
2019	8	10U	10U
2018	9	10U	10U
2017	10	10U	10U
2016	11	12U, Novice	12U
2015	12	12U, Novice	12U
2014	13	Youth, Novice	Youth
2013	14	Youth, Novice	Youth
2012	15	Youth, Junior, Senior, Novice	Youth, Junior
2011	16	Male Youth, Junior, Senior, Novice	Junior
2010	17	Junior, Senior, Novice	Junior
2009	18	Junior, Senior, Novice	Junior
2008 or earlier	19 & over	Male Junior, Junior, Senior, Masters	Masters

3.2.7 Masters

- Categories: see age groups above. See CAS Appendix 3 for more information.
- Attend:
    - Sandra Roberts Provincial Qualifier, Diane Lemon Invitational and Sadie Caulder Knight Provincial Championship.
    - Optionally attend Canada Artistic Swimming Masters Nationals - prerequisite is competing at Sandra Roberts Provincial Qualifier. Reference CAS 6.2.7 for additional details.
    - Optionally attend Canadian Prairie Championship.

3.2.8 Adaptive Artistic Swimming (AdAS)

- AdAS has many levels. See CAS Appendix 4 for more information.
- The Mixed Ability category is defined as an Adaptive Physical or Cognitive athlete swimming with an athlete from another event category (Youth, Junior, Senior or Masters). Note that Mixed Ability Duet and Team are open categories and all genders will compete in the same category.
- Attend:
    - Marnie Eistetter Training Meet, Sandra Roberts Provincial Qualifier, Diane Lemon Invitational and Sadie Caulder Knight Provincial Championship.
    - Optionally attend Canadian Prairie Championship.

3.3 Coach Eligibility

3.3.1 Registration

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

3.3.2 Competitive Coach

Works with competitive athletes, but may also work with limited and/or recreational athletes. Competitive coaches must adhere to all required certifications in order to coach on deck at Saskatchewan Artistic Swimming sanctioned competitions and/or Canada Artistic Swimming sanctioned competitions. Please see Canada Artistic Swimming Coach Development Pathway in Appendix 2 for more information.

- An individual who is registered as a coach with Saskatchewan Artistic Swimming and Canada Artistic Swimming.
- An individual who coaches on deck at competitions.

3.3.3 Certification

- All coaches must be certified to be on deck.
- Coaches registered in the NCCP program have two years to fully certify.
- Please see CAS Coach Development Pathway for full details on how to become certified

3.3.4 NCCP AquaGO!

- Must be fully certified in AquaGO! program to instruct the AquaGO! Course.
- **Effective April 1, 2021, AquaGO! is required by Canada Artistic Swimming before taking Competition Introduction.**

3.3.5 NCCP Competition Introduction Coach

- A competitive coach who works with Competitive, Limited Competitive or Recreational athletes.
- To coach at a Saskatchewan Artistic Swimming sanctioned competition, the coach must be fully certified NCCP Competition Introduction or higher prior to the registration deadline or they will not have access to the pool deck at the competition.
- Notwithstanding the above, a coach who is AquaGO! trained or certified has two seasons to become Comp Intro trained and one additional year to receive their full Comp Intro certification. If they do not, they will no longer have access to the pool deck at competitions.

3.3.6 NCCP Competition Development Coach

- A competitive coach who works with all levels of athletes.
- To coach at a Canada Artistic Swimming sanctioned competition (National Qualifier or Canadian Championships), the coach must be fully certified NCCP Competition Development or higher prior to the registration deadline or they will not have access to the pool deck at the competition.
- 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 4.7.

3.3.7 NCCP 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 the Coaches Association of Saskatchewan at coach@sasksport.ca.

3.3.8 Adaptive Artistic Swimming (AdAS) Coach

- A Competitive Coach who plans to attend a Saskatchewan Artistic Swimming sanctioned competition and who coaches AdAS athletes must have a minimum certification of Competition Introduction.
- Notwithstanding the above, a coach who is AquaGO! trained or certified has two seasons to become Comp Intro trained and one additional year to receive their full Comp Intro certification. If they do not, they will no longer have access to the pool deck at competitions.

3.3.9 Recreational Coach

- A recreational coach who works with recreational athletes.
- Must be AquaGO! trained to instruct recreational athletes.

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 10U athletes are eligible to compete in a 10U solo.

3.4.2 Duets

- Duets may have athletes from two consecutive age groups.
    - Example: A 10U athlete may be paired with a 12U athlete but not with a Youth athlete.
    - Duet will compete in the higher age group.
    - Athletes on a duet will swim in their own age group for figures. A Youth athlete swimming on a Jr Duet is not required to compete in figures.
    - If planning to compete at National Qualifier and Canadian Championships, athletes must follow CAS rules.
- Novice Duets
    - Must be composed of only Novice athletes.
    - A Novice is permitted to swim with a non-novice athlete in the appropriate age category.
- Limited Competitive Duets
    - Must be composed of only Limited Competitive athletes.

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.
    - Youth, Junior, Senior – see CAS 5.11.
    - 10U, 12U, Novice, Youth – See CAS Appendix 5.
    - 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 not categorized as a limited competitive athlete, the team will no longer be eligible to be registered as a Limited Team.
- Exception to Team Size, Saskatchewan Artistic Swimming recognizes team routines shall consist of three to ten competitors.

3.4.4 Free Combination

- **As of September 24th, 2026 - there is only one eligible age group for the Free Combination event, 12U.** See World Aquatics Appendix 3
- Masters – see CAS Appendix 3.

3.4.5 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

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

Exception A to 3.5.1. Athletes swimming a provincial routine event and a national routine event must compete figures for each routine.

Exception B to 3.5.1. Junior athletes must swim Youth figures as exhibition if they are on a provincial Youth team.

Exception C to 3.5.1 Athletes who have previously competed figures at a National level are required to register as exhibition in all following Provincial Pathway Competitions that season, excluding Diane Lemon Invitational.

3.5.2 Additional Figure Event

- For the 2026 - 2027 season, athletes are only eligible to compete in their own age category.

Exception A to 3.5.2. An athlete who swims an event that only attends in province competitions but has another event attending National Qualifiers &/or Canadian Championships will compete figures outlined by CAS.

Exception B to 3.5.2 An athlete who participates in High Performance Trials may compete in a second age group if necessary.

3.5.3 Degree of Difficulty

- The World Aquatics degree of difficulty is used for all age categories and figure events.

3.5.4 Figure Groups

- Figures for national events for the current competitive season are available from Canada Artistic Swimming.
- Figures for provincial events for the current competitive season are available from Saskatchewan Artistic Swimming.

3.5.5 Optional Figure Draw

- When Optional Figure draws are required, they will be drawn by the Competitions Chair as follows:
    - Sandra Roberts Provincial Qualifier: one week prior.
    - Sadie Caulder Knight Provincial Championship: two weeks prior.

3.5.6 Pre-Drawn Optional Figures

Competition	**Age Groups**
Marnie Eistetter Training Meet	All Age Groups
Sandra Roberts Provincial Qualifier	AdAS, 10U, 12U, Novice
Diane Lemon Invitational	All Age Groups
Sadie Caulder Knight Provincial Championship	AdAS, 10U

3.5.7 Figure Penalties

- Figures at Canadian Artistic Swimming events shall follow CAS 10.12.1.
- Figures at Saskatchewan Artistic Swimming events are as follows.
    - Sandra Roberts Provincial Qualifier – Youth shall follow CAS 10.12.1
    - All other age groups shall follow CAS 10.12.3.
- All other SAS competitions – All age groups shall follow CAS 10.12.3.

3.6 Routine Competitions

3.6.1 Routine Times

AGE GROUP	REFERENCE
Competitive	World Aquatics Appendix 3 Routine times +/- 5 SecondS
Limited Competitive	CAS 12.1 (12U) Routine times +/- 5 SecondS
Masters	CAS 12.1 Routine times +/- 5 Seconds
Adaptive Artistic Swimming (AdAS)	CAS Appendix 4 Routine times +/- 5 Seconds
Mixed Ability	CAS Appendix 4 Routine times +/- 5 Seconds

3.6.2 Time Violations

- Time violations for overall time, deck drill and walk on are defined in CAS 16.1.
    - Overall Routine Time (more or less) - 8 point penalty (tech routines, free routines, acrobatic routines, free combination)
    - Deck Drill and walk on - 8 point penalty (tech routines, free routines, acrobatic routines, free combination)

Exception A to 3.6.2. Walk-on time for Adaptive Artistic Swimming, see CAS Appendix 4.

3.6.3 Required Elements

- There is a set number of elements per routine.
- These must be submitted via Coaches Cards.
- For Junior/Senior Technical routines, see World Aquatics Appendix 2
- For Masters' Technical routines, see CAS Appendix 3.
- Penalties in technical routines, see CAS 16.1.

3.6.4 Music Requirements

- All music shall be in Digital Music Format.
- All digital music must be sent in by the date specified in the Information Package so it can be organized prior to the competition.
- A three second lead time before the music starts and after the music stops 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. Note: MP4 files cannot just be saved as an MP3, it must be a true MP3 file.
- The file must be named as shown:
    - Age Group Event Name Club Name Competitor Name Coach Name.mp3
        - Age Group: 10U/12U/Novice/Youth/Junior/Senior/AdAS/Masters
            - Add LTD to age group as needed.
        - Event name: Solo/Duet/Mixed Duet/Team/Combo/Acrobatic
            - Add Tech for all Tech routines.
        - Club Name: use abbreviation.
        - Competitor Name: Last Name - only use for Solo/Duet
            - Include both duet names.
            - Add first name when there is a duplicate last name in the club
        - Coach: Last Name - only use for Team/Combo/Acrobatic
- Example of how to name files:
    - Youth Solo SAQ Jones.mp3
    - Junior Duet RS Jones Smith.mp3
    - 10U Team BCS Chernoff.mp3
    - 12U LTD Duet PA Jones Smith.mp3
    - 10U Team WASC Jones.mp3
    - 10U Team WASC Smith.mp3

3.7 Competition Registration

All entries and music are due by the deadline in the competition information package. Registration must be completed via RAMP Registration System.

3.7.1 Competition Fee Payment

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

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

- If the music is not submitted by the deadline, if it is not in the correct format, or it is not labelled correctly, or if it is not submitted using the correct process, there will be a $25 fine per infraction. This fine is to be paid to Saskatchewan Artistic Swimming at least 24 hours before the competition
- It is the responsibility of the **club, coach, and/or swimmer** to ensure that all fines are paid no later than **24 hours before the competition**. There shall be a one-point penalty if the fine is not paid. The Referee shall instruct the scorers to deduct this penalty from the routine score.
- In the event of a music failure during competition, the club must immediately provide a backup copy in the required format. Failure to provide a functioning backup will result in a **$50.00 fine**.
- If the $50.00 fine is not paid immediately following the event, a **one-point penalty** will be imposed. The Chief Referee shall direct the scorer to apply the penalty deduction.

3.7.4 Coach Card Fines

- Coach cards must be completed using the ISS system.
- A **$25.00** fine will be assessed for the following:
    - each late submission.
    - each file submitted in the wrong digital format.

3.7.5 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 judges' marks/scores. The following decisions are eligible for appeal:

- Penalties
- Difficulty Technical Controller decisions
- Synchronization Technical Controller decisions (major errors only)

Protests may be made by a participant (defined as: coach or athlete who is 18+ if the coach is not available) registered for the Competition.

Protest process shall align with CAS Rules 8.1 and are as follows:

CAS 8.1.3: For protests NOT involving the review of Technical Controller decisions (difficulty or synchronization), the process shall be as follows:

1) Within 5 minutes of a session ending, verbal notification of an intent to protest must be made to the Referee. In the absence of this verbal notification no written protest shall be accepted and if the event is a final, the awards ceremony will proceed.
2) Protests shall be made in writing to the Referee via the CAS Protest Form accompanied by a $100 cash payment within 30 minutes from when the Referee signs the results.
3) The Chief Referee shall arbitrate in case of protest; in the event that mediation is not possible, the matter shall be referred to the Jury of Appeal.
4) The Referee shall assemble the Jury of Appeal, who shall make a decision based on the information given on the written protest form.

CAS 8.1.4 For protests involving the review of Technical Controller decisions (difficulty or synchronization), the process shall be as follows:

1) Within 5 minutes of a session ending, verbal notification of an intent to protest must be made to the Referee. In the absence of this verbal notification no written protest shall be accepted and if the event is a final, the awards ceremony will proceed.
2) Protests shall be made in writing to the Referee via the CAS Protest Form accompanied by a $100 cash payment within 30 minutes from when the Referee signs the results.
3) The protest shall be reviewed by a Review Panel composed of the Lead Technical Controller from the event being protested, the Referee (or their designate), and a National Technical Controller not involved in the original decision.

4) The lead Technical Controller of the applicable panel shall identify to the Review Panel the element in question and explain the error made so that the Panel is informed as to what they are reviewing. The Review Panel shall review the video a maximum of 2 times in slow motion if technology permits, or a maximum of 3 times at normal speed otherwise, and make a decision based on what was reviewed. This decision shall be final and non-appealable. The Referee shall inform the coach once a decision is made on the outcome of the protest.

5 PENALTIES

See CAS Official Rule Book for all penalties.

6 AWARDS

Any athlete scratched from a Tech Team, Free Team, Free Combination, or Acrobatic Routine in compliance with the competition guidelines (in the event bulletin) after the close of entries, will be awarded the applicable award.

Marnie Eistetter Training Meet

- Ribbons awarded to the top six competitors in figures.

Sandra Roberts Provincial Qualifier

- Medals and ribbons are awarded as follows:

EVENTS	MEDALS	RIBBONS
Routine Championship Events – Youth	1-3	4-6
Tech/Free – Junior, Senior, Masters	1-3	4-6
Acrobatic – Youth, Junior, Senior	1-3	4-6
Routine Events – AdAS, 10U, Nov, 12U, Youth	N/A	1-6
Combo – 12U	N/A	1-6
Tech/Free – Masters	N/A	1-6
Figure Events	N/A	1-6

Diane Lemon Invitational

- Medals and ribbons are awarded as follows:

EVENTS	MEDALS	RIBBONS
Routine Championship Events	1-3	4-6
Combo – 12U	1-3	4-6
Tech/Free – Junior, Senior, Masters	1-3	4-6
Acrobatic – Youth, Junior, Senior	1-3	4-6
Routine Events	N/A	1-6
Figure Events	N/A	1-6

Sadie Caulder Knight Provincial Championship

- Medals and ribbons are awarded as follows:

EVENTS	MEDALS	RIBBONS
Routine Championship Events	1-3	4-6
Combo – 12U	1-3	4-6
Tech/Free – Junior, Senior, Masters	1-3	4-6
Acrobatic – Youth, Junior, Senior	1-3	4-6
Routine Events	N/A	1-6
Figure Events	N/A	1-6

- Limited Competitive Age Groups
    - Ribbons with pins will be awarded to top three competitors in figures, routines and championship. Ribbons without pins will be awarded to competitors ranked 4-6 in figures, routines and championship.

LTAD Events

- LTAD ribbons are awarded to the top two competitors by birth year.

7 SELECTION TO THE CANADA ARTISTIC SWIMMING QUALIFIER

7.1 Eligibility

To be eligible to attend the Qualifier, the athlete **MUST** compete at Sandra Roberts Provincial Qualifier. The Selection Committee shall authorize all routines to attend the Qualifier.

7.2 Composition

- A Selection Committee is named before the Sandra Roberts Provincial Qualifier. 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 National Qualifier. The members can vary for different categories.

7.3 Quotas

Canada Artistic Swimming quotas shall apply to routines. See CAS 6.3 for current quotas. CAS confirms quotas annually.

7.3.1 Exception to Canada Artistic Swimming Quota

- The Selection Committee may choose to deny a routine authorization to the Qualifier if they felt the 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.

7.4 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 score.

7.5 Exceptional Circumstances

- The Selection Committee may, upon request of the Club Coach, qualify competitors who are unable to swim in Sandra Roberts Provincial Qualifier 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. 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 THE CANADIAN PRAIRIE COMPETITION

Canadian Prairie Championship (CPC) is governed by the CPC Hosting Agreement and the CPC Technical Package. For more information about the CPC, please refer to these documents.

8.1 Eligibility

- Age Groups: 10U, 12U, Novice, Youth, Junior, Masters, and AdAS are eligible to attend CPC.
- 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, teams, Free Combination (12U & Masters) and Acrobatic (Youth & Junior) must compete at Sadie Caulder Knight Provincial Championship to qualify to attend CPC.
- Limited Competitive athletes are not eligible to attend CPC.

8.2 Exhibition Swimmers

Exhibition swimmers are not permitted at CPC.

Exception to 8.2. Junior athletes must swim Youth figures as exhibition if they are on a Youth team.

8.3 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).

8.4 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. Notwithstanding the above, a coach who is AquaGO! trained or certified has two seasons to become Comp Intro trained and one additional year to receive their full Comp Intro certification. If they do not, they will no longer have access to the pool deck at competitions

9 SELECTION TO SASKATCHEWAN WINTER GAMES

Saskatchewan Winter Games occurs once every four years. Details on Selection to Saskatchewan Winter Games will be available in the Saskatchewan Winter Games Package when the next Games are announced.

Appendix 1

Membership Registration Categories

Club ● Competitive Club ● Recreational Club
Competitive Athlete ● 10U, 12U, Novice, Youth, Junior, Senior ● Masters ● Adaptive Artistic Swimming (AdAS)
Limited Competitive Athlete ● Only attends MM and/or SCK
Recreational Athlete ● Adaptive Artistic Swimming (AdAS) ● Masters ● Adult
Short Term Recreational
University
Coach ● Competitive Coach ● Recreational Coach
Officials ● National – Level 3 and above Judges/Referee ● Provincial – Level 1 & 2 Judges/Referee, Technical Controllers
Other ● Associate (Member with both SAS & CAS) ● Volunteer

Appendix 2

Canada Artistic Swimming Coach Development Pathway

Canada Artistic Swimming - Coach Development Pathway

(Effective October 1, 2025)

Regarding NCCP Make Ethical Decisions "MED": *Effective September 1, 2020 instructors/coaches are REQUIRED to take NCCP Make Ethical Decisions TRAINING (3.5 hour module delivered by Provincial/Territorial Coaching Association) as part of their required training (as per our CAS Coach Development Pathway for AquaGO!, Comp Intro & Comp Dev). Note that CAC states "Any coach requiring NCCP trained status will require the NCCP Make Ethical Decisions Training." Instructors/Coaches then complete MED online evaluation as an outcome of their Evaluation and Certification. Anyone who has completed MED online evaluation prior to September 1, 2020 is exempt – this is not retroactive.*

Intro to Artistic Swimming – AquaGO!

NCCP Course	Age Eligibility	LTD Stage	Context	In Training		Evaluation		Professional Development
AquaGO! Instructor *Revised context effective as of Oct 1, 2025* *Prerequisite to Comp Intro as of April 1, 2021*	15 years of age for Modules 4 and 5 Candidates can begin Modules 1-3 (eLearning prior to turning 15)	Active Start FUNdamentals	Clubs Aquatic Facilities Municipalities	**Sport-specific modules (NSO/PSO):** 1. Introduction (eLearning via The Locker) 2. LTD & Fundamental Movement Skills (eLearning via The Locker) 3. Artistic Swimming Skills (eLearning via The Locker) 4. Bring a Lesson Plan to Life (synchronous classroom module virtual or in-person) 5. In-Pool Practical module (in-person) **NCCP Multi-sport modules:** 1. Make Ethical Decisions Workshop 2. NCCP Emergency Action Plan (EAP) eLearning Workshop (via The Locker)	TRAINED	☑ AquaGO! Evaluation: • Must be 16 years of age • Must have completed AquaGO! modules 1-5, and NCCP Multi-sport modules • AquaGO! Portfolio • Observed delivering an AquaGO! lesson ☑ Outcomes: 1. Analyze performance 2. Provide support to athletes in training 3. Make Ethical Decisions (online evaluation)	CERTIFIED	10 PD points every 5 years
	Pre-requisites: ✓ Member in good standing ✓ First Aid Training recommended							

Competitive Program

NCCP Course	Age Eligibility	LTD Stage	Context	In Training		Evaluation		Professional Development
Competition Introduction *Revised context effective as of Sep 1, 2020*	16 years of age	Learn to Train Train to Train Masters	Clubs Provincial Championships	**Sport Specific Modules (NSO/PSO):** 1. Introduction 2. Planning for Performance Part 1 3. Introduction to Athletic Abilities and Skills 4. Figure Foundations 5. Developing and Training Routines 6. Planning for Performance Part 2 7. Planning a Practice 8. Analyze Performance 9. Practical In-Pool component **NCCP Multi-Sport Modules:** 1. Make Ethical Decisions Workshop* 2. Making Head Way in Sport eLearning Workshop 3. Emergency Action Plan (EAP) eLearning Workshop* 4. Sport Nutrition eLearning Workshop 5. Basic Mental Skills Workshop 6. Teaching and Learning Workshop **if not previously completed*	TRAINED	☑ Competition Introduction Evaluation: • Submit Comp Intro Portfolio • In-practice observation and debrief by evaluator • In-competition observation and debrief by evaluator ☑ Outcomes: 1. Design a sport program 2. Plan a practice 3. Provide support to athletes in training 4. Support the competitive experience 5. Analyze performance 6. Make Ethical Decisions (online evaluation)* **if not previously completed*	CERTIFIED	20 PD points every 5 years
	Pre-requisites: ✓ Member in good standing ✓ First Aid Training recommended ✓ Required to be AquaGO! "Trained" (completed modules 1-5 and required multisport modules) effective September 1, 2021.							
	Pre-course work: 1. CAS LTD Framework reading & quiz (via artisticswimmingcoach.ca) 2. Comp Intro pre-course homework workbook							

Competitive Program

NCCP Course	Age Eligibility	LTD Stage	Context	In Training		Evaluation		Professional Development
Competition Development	18 years of age	Train to Train Train to Compete Masters	Clubs National Championships Provincial Teams Canada Games	**Sport Specific Modules (NSO):** 1. Developing Athletic Abilities 2. Planning a Practice (2) 3. Performance Planning 4. Analyze Figure Abilities 5. Analyze Routine Abilities 6. Manage a Sport Program **NCCP Multi-Sport Modules:** 1. Coaching & Leading Effectively Workshop 2. Leading Drug Free Sport Workshop 3. Make Ethical Decisions Workshop* 4. Making Head Way in Sport eLearning Workshop* 5. Managing Conflict Workshop 6. Prevention & Recovery Workshop 7. Psychology of Performance Workshop **if not previously completed*	TRAINED	☑ NCCP Multi-Sport Online Evaluations: • Make Ethical Decisions* • Managing Conflict • Leading Drug Free Sport ☑ Competition Development Evaluation**: • Submit portfolio • In-practice observation and debrief by evaluator • In-competition observation and debrief by evaluator ☑ Outcomes: 1. Design a sport program 2. Plan a practice 3. Provide support to athletes in training 4. Support the competitive experience 5. Analyze performance 6. Manage a sport program **if not previously completed* ***recommended to be coaching athletes competing at national qualifier/national championships (team routine preferred)*	CERTIFIED	30 PD points every 5 years
	Pre-requisites: ✓ Member in good standing ✓ First Aid Training recommended ✓ Required to be Competition-Introduction Certified (effective as of October 1, 2025) **Pre-course work:** ✓ Developing Athletic Abilities pre-course work ✓ Pre-course reading							

Competitive Program							
NCCP Course	**Age Eligibility**	**LTD Stage**	**Context**	**In Training**	**Evaluation**		**Professional Development**
Competition Development Advanced Gradation (CDAG)	18 years of age	Train to Train Train to Compete Learn to Win	As per Comp Dev + 13-15 and Junior National Team	Completes the Advanced Coaching Diploma (ACD) (2-year program) Completes CDAG Practicum: (6-12 month minimum) 2 modules: 1. Coach as Performer 2. International Innovation (with practical application component) Practical Coaching component: Coach will work in a high- performance National Team training setting (Example: 13-15/Junior National Team Training Camp/Competition)	TRAINED	The coach will complete the ACD/CDAG final assessment (includes CAS expert & CAC HP expert) CDAG Practicum Evaluation: 1. Coach as Performer 2. International Innovation 3. Practical Coaching Component 4. MED (if not previously completed) Coach will successfully complete these 3 specific projects under the guidance of a mentor/CDAG facilitator. Evaluation will be ongoing through these projects.	CERTIFIED	30 PD points every 5 years
	Pre-requisites: ✓ Member in good standing ✓ Competition Development certified ✓ Successfully completed or be currently registered in Advanced Coaching Diploma (ACD) ✓ Identified & selected by Canada Artistic Swimming ✓ CAS 13-15 or Junior National Team Coach						

Competitive Program							
NCCP Course	**Age Eligibility**	**LTD Stage**	**Context**	**In Training**	**Evaluation**		**Professional Development**
High Performance Coach	18 years of age	Learn to Win Perform to Win	Senior National Team	Completes the Advanced Coaching Diploma ACD (2- year program) or equivalent Completes HP Practicum (6-12 month minimum) or equivalent. 2 modules: 1. Coach as Performer 2. International Innovation (with practical application component) Practical Coaching component: Coach will work in a high- performance Senior National Team training/competition setting (example: apprentice coach/assistant coach at a Senior National Team camp/competition).	TRAINED	The coach will complete the ACD/HP final assessment (includes CAS expert & CAC HP expert) HP Practicum Evaluation: 1. Coach as Performer 2. International Innovation 3. Practical Coaching Component 4. MED (if not previously completed) Coach will successfully complete these 3 specific projects under the guidance of a mentor/HP facilitator. Evaluation will be ongoing through these projects.	CERTIFIED	30 PD points every 5 years
	Pre-requisites: ✓ Member in good standing ✓ Identified & selected by Canada Artistic Swimming for HP Program ✓ Competition Development certified (or equivalent) ✓ CAS Senior National Team Coach						