SASKATCHEWAN ARTISTIC SWIMMING

SAS TECHNICAL PACKAGE

2026 - 2027

September 2026

2025-2026 SAS TECHNICAL PACKAGE
TABLE OF CONTENTS

SAS TECHNICAL BULLETIN – October 2026 **3**
- ADAPTIVE ARTISTIC SWIMMING (AdAS) 3
- 10U 3
- 12U/NOVICE 4
- YOUTH 5
- JUNIOR/SENIOR 6
- MASTERS 7

2025-2026 SAS COMPETITIONS **8**
MARNIE EISTETTER TRAINING MEET AND CAMP **8**
SANDRA ROBERTS PROVINCIAL CHAMPIONSHIP **10**
DIANE LEMON INVITATIONAL **11**
SADIE CAULDER KNIGHT PROVINCIAL CHAMPIONSHIP **12**
CANADIAN PRAIRIE CHAMPIONSHIP **13**
CANADIAN QUALIFIER **13**
CANADIAN CHAMPIONSHIPS **13**
CANADIAN MASTERS CHAMPIONSHIPS **13**
2026-2027 SAS LTAD EVENTS **17**
- PROGRAM DETAILS 17
- ATHLETE REQUIREMENTS **17**

SAS TECHNICAL BULLETIN – October 2026

ADAPTIVE ARTISTIC SWIMMING (AdAS)

FIGURES

- All levels follow CAS defined figures as per CAS Appendix 4. **Canada Artistic Swimming is planning to update their rule book following the announcement of the World Aquatic Rules September 24, 2026. Please note Saskatchewan Artistic Swimming will continue to assess the situation as we know more information, but at this point in time AdAS, 10U & Limited will remain UNCHANGED.**

ROUTINES

- Coach cards are created and submitted using the number of elements listed in CAS Appendix 4.
- Solos and Duets is Adapted Difficulty Table for Levels 1-3 and AQUA Difficulty Table for Levels 4-6. All Teams are Adapted Difficulty Table.
- The number of Elements listed is the maximum. Acrobatics are not required.
- A free hybrid is defined as having a combination of having 5 or more movements performed with lower limbs with intentional apnea (head down under hips level). For AdAS, a free hybrid may have 3 or more movements.
- For scoring purposes, all Hybrids will automatically go to basemark when one part of the declaration is failed.
- There will be no deductions for synchronization.

10U

FIGURES

- Use CAS defined figures as recommended in CAS Appendix V. **Canada Artistic Swimming is planning to update their rule book following the announcement of the World Aquatic Rules September 24, 2026. Please note Saskatchewan Artistic Swimming will continue to assess the situation as we know more information, but at this point in time AdAS and 10U will REMAIN THE SAME.**

ROUTINES

- Coach cards are created and submitted using the number of elements listed in the SAS chart below.
- Ensure team acrobatics never exceed the safety limit of 2.0.
- A free hybrid is defined as having a combination of having 5 or more movements performed with lower limbs with intentional apnea (head down under hips level). For 10U, a free hybrid may have 3 or more movements.
- For scoring purposes, all Hybrids and Acrobatics will automatically go to basemark when one part of the declaration is failed.
- No major or obvious errors deductions for synchronization. When these errors occur, they will count as a minor error and will receive a 0.1 deduction per movement.
- To encourage variety, CAS Technical Leads recommend that routines include one movement from each category (family).

AGE GROUP	TIME (+/- SEC)	ACROBATIC	HYBRIDS	TOTAL ELEMENTS
SOLO FREE	1:15	0	3	3
DUET FREE	1:45	1	3	4
MIXED DUET FREE	1:45	1	3	4
TEAM FREE	2:15	1	3	4

12U/NOVICE

FIGURES

- **Use World Aquatics defined figures as implemented during the 2026/2027 Season**. World Aquatics Rules are constantly being updated constantly, for 12U figures please **reference Appendix 1b** on the World Aquatics Website

ROUTINES

- **NEW as of September 2026 – Open Free Combination Routines are ONLY for 12U**
- Coach cards are created and submitted using the number of elements listed in World Aquatics Appendix 3.
    - **Please note the changes to routine length** in World Aquatics Appendix 3
- Ensure team acrobatics follow World Aquatics safety limits for 12U/Youth which can also be found in World Aquatics Appendix 3
- No penalties will be given for duplicated Acrobatics.
- A free hybrid is defined as having a combination of having 5 or more movements performed with lower limbs with intentional apnea (head down under hips level). For 12U Limited, a free hybrid may have 3 or more movements.
- For scoring purposes, all free elements (Hybrids and Acrobatics) will automatically go to basemark when one (1) or more components of the element is not performed or is not in conformance to what is declared on the coach card.
- No major or obvious errors deductions for synchronization. When these errors occur, they will count as a minor error and will receive a 0.1 deduction per movement.
- Routines are required to have one declaration from each family except for connections in the solo event. This is NOT required for Novice and Limited Competitive routines.

*A reminder for all routine Hybrids: there is a **maximum of 5 declarations per family per Hybrid with a limit of 2x per technique. Please reference World Aquatics Appendix 6**

YOUTH

FIGURES

- **Use World Aquatics defined figures as implemented during the 2026/2027 Season**. World Aquatics Rules are constantly being updated, for 12U figures please **reference Appendix 1b** on the World Aquatics Website

ROUTINES

- **NEW as of September 2026 – Acrobatic Routine introduced for Youth category. Youth athletes NO LONGER compete in the Open Free Combination**
- Coach cards are created and submitted using the number of elements listed in World Aquatics Appendix 3.
    - **Please note the changes to routine length** in World Aquatics Appendix 3
- Ensure team acrobatics follow World Aquatics safety limits for 12U/Youth which can also be found in World Aquatics Appendix 3
- No penalties will be given for duplicated Acrobatics, however routines advancing to the National Qualifier are required to follow CAS rules.
- A free hybrid is defined as having a combination of having 5 or more movements performed with lower limbs with intentional apnea (head down under hips level). For Youth Limited, a free hybrid may have 3 or more movements.
- For scoring purposes, all free elements (Hybrids and Acrobatics) will automatically go to basemark when one (1) or more components of the element is not performed or is not in conformance to what is declared on the coach card.
- No major or obvious errors deductions for synchronization at DLI and SCK. When these errors occur, they will count as a minor error and will receive a 0.1 deduction per movement.
- Free Routines are required to have one declaration from each family except for connections in the solo event. This is NOT required for Limited Competitive routines.

*A reminder for all routine Hybrids: there is a **maximum of 5 declarations per family per Hybrid with a limit of 2x per technique. Please reference World Aquatics Appendix 6**

JUNIOR/SENIOR

FIGURES

- No figures.

ELEMENTS

- **Use World Aquatics defined technical elements as implemented during the 2026/2027 Season**. World Aquatics Rules are constantly being updated, for Junior/Senior Technical Required Elements please **reference Appendix 2** on the World Aquatics Website.

ROUTINES

- Coach cards are created and submitted using the number of elements listed in World Aquatics Appendix 3.
    - **Please note the changes to routine length and specific routine requirements** in World Aquatics Appendix 3.
- No penalties will be given for duplicated Acrobatics, however routines advancing to the National Qualifier are required to follow CAS rules.
- A free hybrid is defined as having a combination of having 5 or more movements performed with lower limbs with intentional apnea (head down under hips level). For Junior Limited, a free hybrid may have 3 or more movements.
- For scoring purposes, all free elements (Hybrids and Acrobatics) will automatically go to basemark when one (1) or more components of the element is not performed or is not in conformance to what is declared on the coach card
- No major or obvious errors deductions for synchronization at DLI and SCK. When these errors occur, they will count as a minor error and will receive a 0.1 deduction per movement.
- Free Routines are required to have one declaration from each family except for connections in the solo event. This is NOT required for Limited Competitive routines.

*A reminder for all routine Hybrids: there is a **maximum of 5 declarations per family per Hybrid with a limit of 2x per technique. Please reference World Aquatics Appendix 6**

MASTERS

FIGURES

- No figures.

ROUTINES

- Coach cards are created and submitted.
- For free routines, follow the number of elements listed in World Aquatics Appendix 3 for Junior/Senior.
- No penalties will be given for duplicated Acro's.
- A free hybrid is defined as having a combination of having 5 or more movements performed with lower limbs with intentional apnea (head down under hips level). For Masters, a free hybrid may have 3 or more movements.
- For scoring purposes, all Hybrids and Acro's will automatically go to basemark when one part of the declaration is failed.
- No major or obvious errors deductions for synchronization. When these errors occur, they will count as a minor error and will receive a 0.1 deduction per movement.
- To encourage variety, CAS Technical Leads recommend routines include one from each category (family).

2025-2026 SAS COMPETITIONS

MARNIE EISTETTER TRAINING MEET AND CAMP

Date: November 21-22, 2026
Location: Estevan, Saskatchewan

Athlete Age Groups

- 10U, Novice, 12U, Youth, Junior and AdAS

Athlete Eligibility

- Competitive Athletes registered with Saskatchewan Artistic Swimming.
- Coaches of interested recreational athletes should contact the Competition & Athlete Development Director for more information.
- Limited Competitive athletes have the option to compete at Marnie's Meet in addition to Sadie Caulder Knight.

Events

- This is a combined event with figure competition on the Saturday and a camp on the Sunday.

Figure List

	FIGURE 1	FIGURE 2	FIGURE 3	FIGURE 4
AdAS Level 2 Group 1&2	Star 2 Sailboat Alternate DD 1.0	Split to Vertical at Ankle	BM3 Front Pike Pull Down	310 Somersault Back Tuck DD 1.1
AdAS Level 3 Group 1&2	101 Ballet leg Single DD 1.6	Front Pike Pulldown to Split (1st ½	362 Surface Prawn	316 Kipnus
AdAS Level 4 Group 1&2	106 Straight Ballet Leg	Front Walkover	Tower	Kip
AdAS Level 5 Group 1&2	Flamingo Bent Knee	Ariana	Porpoise	Kip Spinning 180
10U Group 2	101 Ballet leg Single DD 1.6	301 Barracuda DD 1.8	362 Surface Prawn DD 1.3	316 Kipnus DD 1.4
Novice Group 3	Flamingo Bent Knee Continuous Spin 360 DD 2.5	Ariana DD 2.5	355e Porpoise Half Twist	401 Swordfish
12U Group 1	Flamingo Bent Knee Continuous Spin 360 DD 2.5	Ariana DD 2.5	Barracuda Spin Up 180 DD 2.4	Lighthouse DD 2.6
Youth Group 1 & Group 3	Whip Combined Spin 360 DD 3.4	Swordfish Straight Leg Ariana Rotation DD 2.6	Flamingo Continuous Spin 720 DD 2.9	Universe DD 2.8
Junior Team Elements	Fouetté 540 Helicopter (TRE1a) DD 2.2	Thrust Spin 360 (TRE 3a) DD 2.1	N/A	N/A

10U Limited	101 Ballet leg Single DD 1.6	302 Blossom DD 1.4	310 Somersault Back Tuck DD 1.1	323 Somersault Front Pike DD 1.4
12U Limited	101 Ballet leg Single DD 1.6	301 Barracuda DD 1.8	BM6 Walkout a) DD 1.0	311 Kip DD 1.6
Youth Limited	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	420 Walkover Back DD 1.9	355 Porpoise DD 1.8
Junior Limited	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	420 Walkover Back DD 1.9	355 Porpoise DD 1.8

SANDRA ROBERTS PROVINCIAL CHAMPIONSHIP

Date: January 23-24, 2026
Location: Regina, SK

Athlete Age Groups

- 10U, Novice, 12U, Youth, Junior, Senior, AdAS and Masters – qualification competition for attendance at the National Qualifier.

Athlete Eligibility

- Competitive Athletes registered with Saskatchewan Artistic Swimming.
- Out of province athletes may compete as exhibition swimmers but are not eligible for awards.

Events

- Figures
- Routines – Solo (Tech/Free), Duet (Tech/Free), Mixed Duet (Tech/Free), Team (Tech/Free), Combo and Acrobatic

Figure List

	FIGURE 1	**FIGURE 2**	**FIGURE 3**	**FIGURE 4**
AdAS Level 2 Group 2 & 3	BM3 Front Pike Pull Down	310 Somersault Back Tuck DD 1.1	Bent Knee Position	Oyster
AdAS Level 3 Group 2 & 3	362 Surface Prawn	316 Kipnus	BP 14 c) Bent Knee Vertical Position join to Vertical and Sink	302 Blossom
AdAS Level 4 Group 2 & 3	Tower	Kip	Water Drop Spinning 180	301 Barracuda
AdAS Level 5 Group 2 & 3	Porpoise	Kip Spinning 180	Water Drop Twist Spinning 180	Barracuda Spin 180
10U Group 2	101 Ballet Leg Single	301 Barracuda	359 Front Ariana Modified	344 Neptunus
Novice Group 1	Flamingo Bent Knee Continuous Spin 360 DD 2.5	Ariana DD 2.5	301h Barracuda Spin Up 180	365 Lighthouse
12U Group 3	Flamingo Bent Knee Continuous Spin 360 DD 2.5	Ariana DD 2.5	Porpoise Half Twist DD 2.2	Swordfish DD 2.1
Youth	Drawn ONE WEEK prior	Drawn ONE WEEK prior	N/A	N/A
Junior Team Elements	Cyclone Full Twist (TRE2a) DD 2.8	Rocket Split Spin 360 (TRE4a) DD 2.4	-	-

DIANE LEMON INVITATIONAL

Date: March 6-7, 2026
Location: Saskatoon, SK

Age Groups

- 10U, Novice, 12U, Youth, Junior, Senior, AdAS and Masters

Athlete Eligibility

- Competitive Athletes registered with Saskatchewan Artistic Swimming.
- Out of province athletes may register for this competition as full competitors.

Events

- Figures
- Routines – Solo (Tech/Free), Duet (Tech/Free), Mixed Duet (Tech/Free), Team (Tech/Free), Combo and Acrobatic

Figure List

	FIGURE 1	**FIGURE 2**	**FIGURE 3**	**FIGURE 4**
AdAS **Level 2 Group 1&2**	Star 2 Sailboat Alternate	Split to Vertical at Ankles	BM3 Front Pike Pull Down	310 Somersault Back Tuck
AdAS **Level 3 Group 1&2**	101 Ballet Leg Single	Front Pike Pulldown to Split (1st ½ of Front Walkover)	362 Surface Prawn	316 Kipnus
AdAS **Level 4 Group 1&3**	106 Straight Ballet Leg	Front Walkover	Water Drop Spinning 180	301 Barracuda
AdAS **Level 5 Group 1&3**	Porpoise	Kip Spinning 180	Water Drop Twist Spinning 180	Barracuda Spin 180
10U **Group 2**	101 Ballet Leg Single	301 Barracuda	362 Surface Prawn	316 Kipnus
Novice **Group 3**	Flamingo Bent Knee Continuous Spin 360 DD 2.5	Ariana DD 2.5	355e Porpoise Half Twist	401 Swordfish
12U **Group 2**	Flamingo Bent Knee Continuous Spin 360 DD 2.5	Ariana DD 2.5	366 Windmill Spinning 180 DD 2.6	227e Swanita Spinning 360 DD 2.0
Youth Group 4	Spiral Twirl Twist DD 3.1	Barracuda Airborne Split Catch Spinning 360 DD 2.6	N/A	N/A

SADIE CAULDER KNIGHT PROVINCIAL CHAMPIONSHIP

Date: April 3-4, 2026 (Friday comp will be set based on registrations)
Location: Saskatoon, SK

Athlete Age Groups

- 10U, Novice, 12U, Youth, Junior, AdAS and Masters

Athlete Eligibility

- Limited Competitive and Competitive Athletes registered with Saskatchewan Artistic Swimming.

Events

- Figures
- Routines – Solo (Tech/Free), Duet (Tech/Free), Mixed Duet (Tech/Free), Team (Tech/Free), Combo and Acrobatic

Figure List

	FIGURE 1	**FIGURE 2**	**FIGURE 3**	**FIGURE 4**
AdAS Level 2 Group 1&2	Star 2 Sailboat Alternate	Split to Vertical at Ankles	BM3 Front Pike Pull Down	310 Somersault Back Tuck
AdAS Level 3 Group 1&2	101 Ballet Leg Single	Front Pike Pulldown to Split (1st ½ of Front Walkover)	362 Surface Prawn	316 Kipnus
AdAS Level 4 Group 1&2	106 Straight Ballet Leg	Front Walkover	Tower	Kip
AdAS Level 5 Group 1&2	Flamingo Bent Knee	Ariana	Porpoise	Kip Spinning 180
10U Group 1	101 Ballet Leg Single	301 Barracuda	359 Front Ariana Modified	344 Neptunus
Novice	106 Straight Ballet Leg	301 Barracuda	Drawn TWO WEEKS Prior	Drawn TWO WEEKS Prior
12U	Flamingo Bent Knee Continuous Spin 360 DD 2.5	Ariana DD 2.5	Drawn TWO WEEKS Prior	Drawn TWO WEEKS Prior
Youth	Drawn TWO WEEKS Prior	Drawn TWO WEEKS Prior	N/A	N/A
10U Limited	101 Ballet leg Single DD 1.6	302 Blossom DD 1.4	310 Somersault Back Tuck DD 1.1	323 Somersault Front Pike DD 1.4
12U Limited	101 Ballet leg Single DD 1.6	301 Barracuda DD 1.8	BM6 Walkout a) DD 1.0	311 Kip DD 1.6
Youth Limited	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	420 Walkover Back DD 1.9	355 Porpoise DD 1.8

Junior Limited	106 Straight Ballet Leg DD 1.6	301 Barracuda DD 1.8	420 Walkover Back DD 1.9	355 Porpoise DD 1.8

CANADIAN PRAIRIE CHAMPIONSHIP

Host: Saskatchewan Artistic Swimming
Date: April 29 - May 2, 2027
Location: Regina, SK

Athlete Age Groups
- 10U, Novice, 12U, Youth, Junior, AdAS and Masters

Athlete Eligibility
- Must have competed at Sadie Caulder Knight Provincial Championships.

Events
- Figures (pre-drawn April 2027)
- Routines – Solo (Tech/Free), Duet (Tech/Free), Mixed Duet (Tech/Free), Team (Tech/Free), Combo and Acrobatic

CANADIAN QUALIFIER

Host: Canada Artistic Swimming
Date: March 16-21, 2027
Location: Laval, QC

Athlete Eligibility
- Youth, Junior Senior
- Must have qualified at Sandra Roberts Provincial Qualifier.
- Selection competition to compete at National Championships.

CANADIAN CHAMPIONSHIPS

Host: Canada Artistic Swimming
Date: May 4-8, 2027
Location: Markham, ON

Athlete Eligibility
- Youth, Junior Senior

CANADIAN MASTERS CHAMPIONSHIPS

Date: TBD
Location: TBD

Athlete Eligibility
- Competitive Masters

2026/2027 Figure Chart						
Age Group	**Figure**		**MM**	**SR**	**DLI**	**SCK**
AdAS-L2	Group 1	Star 2 Sailboat Alternate	**		**	**
		Split to Vertical at Ankles	**		**	**
	Group 2	BM3 Front Pike Pull Down	**	**		**
		310 Somersault Back Tuck	**	**		**
	Group 3	Bent Knee Position		**	**	
		Oyster		**	**	
AdAS-L3	Group 1	101 Ballet Leg Single	**		**	**
		Front Pike Pulldown to Split (1st ½ of Front Walkover)	**		**	**
	Group 2	362 Surface Prawn	**	**		**
		316 Kipnus	**	**		**
	Group 3	BP 14 c) Bent Knee Vertical Position join to Vertical and Sink		**	**	
		302 Blossom		**	**	
AdAS-L4	Group 1	106 Straight Ballet Leg	**		**	**
		Front Walkover	**		**	**
	Group 2	Tower	**	**		**
		Kip	**	**		**
	Group 3	Water Drop Spinning 180		**	**	
		301 Barracuda		**	**	
AdAS-L5	Group 1	Flamingo Bent Knee	**		**	**
		Ariana	**		**	**
	Group 2	Porpoise	**	**		**
		Kip Spinning 180	**	**		**
	Group 3	Water Drop Twist Spinning 180		**	**	
		Barracuda Spin 180		**	**	
10U	Compulsory	101 Ballet Leg Single	**	**	**	**
		301 Barracuda	**	**	**	**
	Group 1	359 Front Ariana Modified		**		**
		344 Neptunus		**		**
	Group 2	362 Surface Prawn	**		**	
		316 Kipnus	**		**	

Novice	Compulsory	140k Flamngo Bent Knee Continuous Spin 360	**	**	**	**
		423 Ariana	**	**	**	**
	Group 1	301h Barracuda Spin Up 180		**		Drawn TWO Week Prior
		365 Lighthouse		**		
	Group 3	355e Porpoise Half Twist	**		**	
		401 Swordfish	**		**	
12U	Compulsory	140k Flamingo Bent Knee Continuous Spin 360	**	**	**	**
		423 Ariana	**	**	**	**
	Group 1	301h Barracuda Spin Up 180	**			Drawn TWO Week Prior
		365 Lighthouse	**			
	Group 2	366 Windmill Spinning 180			**	
		227e Swanita Spinning 360			**	
	Group 3	355e Porpoise Half Twist		**		
		401 Swordfish		**		
Youth	Group 1	356J Whip Combined Spin 360°	**	Drawn ONE Week Prior		Drawn TWO Week Prior
		407 Swordfish Straight Leg Ariana Rotation	**			
	Group 2	368 Phoenix				
		367 Barracuda Bent Knee Twirl Spin 180°				
	Group 3	130f Flamingo Continuous Spin 720º	**			
		369 Universe	**			
	Group 4	442 Spiral Twirl Twist			**	
		370 Barracuda Airborne Split Catch Spinning 360º			**	
Junior Team Elements	1A	Fouetté 540 Helicopter	**			
	2A	Cyclone Full Twist		**		
	3A	Thrust Spin 360	**			
	4	Rocket Split Spin 360		**		
	5A	Elaris Pattern Change Combined Spin 360				
Limited Competitive - MM & SCK						
10U Limited		101 Ballet Leg Single	**			**
		302 Blossom	**			**
		310 Somersault Back Tuck	**			**
		323 Somersault Front Pike	**			**

12U Limited		101 Ballet Leg Single	**		**
		301 Barracuda	**		**
		BM6 Walkout a)	**		**
		311 Kip	**		**
Youth Limited		106 Straight Ballet Leg	**		**
		301 Barracuda	**		**
		420 Walkover Back	**		**
		355 Porpoise	**		**
Junior Limited		106 Straight Ballet Leg	**		**
		301 Barracuda	**		**
		420 Walkover Back	**		**
		355 Porpoise	**		**

2026-2027 SAS LTAD EVENTS

PROGRAM DETAILS

The 2026-2027 Skills Testing will consist of:

- Time Trials
- Land Skills

ATHLETE REQUIREMENTS

- Skills testing is mandatory for 10U, 12U, Youth & Junior/Senior Athletes
- Limited Competitive Athletes **do not** participate
- Submission deadlines:
    - To be submitted by 11:59pm on **Saturday November 14, 2026**
    - To be submitted by 11:59pm on **Saturday February 13, 2027**

Full details on LTAD Skill Testing can be found in the LTAD Skill Testing Booklet which will be on the SAS Website shortly.