

Canadian Prairie Championship Technical Package

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OVERVIEW

The Canadian Prairie Championship (CPC) is hosted by Manitoba Artistic Swimming (MAS) and Saskatchewan Artistic Swimming (SAS).

CPC follows Canada Artistic Swimming Rule Book Appendix H unless otherwise specified in this document.

CPC is an invitational meet for artistic swimming routines that do not attend the National Qualifier.

- An athlete who attends Qualifier in an extra routine may still swim their team routine at CPC provided that team routine did not attend the National Qualifier.
- An athlete who attends Qualifier in the Team event may still swim their extra routines at CPC provided that extra routine did not attend the National Qualifier.

ELIGIBILITY

Exhibition athletes are not permitted to compete at CPC except as noted below.

The following age groups are eligible to participate at CPC:

- 10U
- 12U
- Youth
- Novice
 - Novice is an athlete who is 11 years of age and older and who has not been registered or competed as a competitive swimming in the past. An athlete may only swim in this category for 1 year. See CAS 4.1.1.
- Junior
 - Junior is ages 15-18 female and 15-19 male. For CPC, female athletes who are 19 or 20 and male athletes who are 20 may compete as Junior. Junior swimmers must swim Youth figures as Exhibition if they are on a Youth team.
- Adaptive Artistic Swimming (AdAS)
- Masters

EVENTS

- Figures
- Solo
- Duet
- Mixed Duet
- Trio
- Team
- Combo (12U and Youth)
- Acrobatic (Junior)

FIGURES

Figures - All age groups will be drawn no later than one month prior to the competition. Figures will be drawn from the figures as listed in the CAS Rule Book. Exception: 12U figures will be drawn only from groups 2 & 3 to align with Novice figure groups. All athletes in routine events must enter the figure event.

Degrees of Difficulty – The FINA degree of difficulty is used for all age categories and figure events.

Penalties – a one-point penalty shall be assessed, and the athlete will be permitted a second attempt. If following the second attempt the penalty is still applicable, a zero shall be awarded. See CAS 4.5.6 b).

ROUTINES

Trio/Team - An athlete may only swim on either a trio or a team at CPC, not both, as a trio is a team as per Saskatchewan Rules.

Junior and Masters may swim either tech or free routines. They are not required to swim a tech routine to swim a free routine.

AdAS

- 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.
- For scoring purposes, Degree of Difficulty (DD) is set to one for all elements (acrobatics and hybrids). The DD will not be adjusted when an element is not performed as declared. Technical monitors will inform the coach after the competition of any errors.

EVENT	TIME	ACRO	HYBRIDS	TOTAL ELEMENTS
SOLO FREE	SEE CAS	0	3	3
DUET FREE	SEE CAS	1	4	5
MIXED DUET FREE	SEE CAS	1	4	5
TEAM FREE	SEE CAS	3	4	7

10U

- 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.
- For scoring purposes, Degree of Difficulty (DD) is set to one for all elements (acrobatics and hybrids). The DD will not be adjusted when an element is not performed as declared. Technical monitors will inform the coach after the competition of any errors.
- To encourage variety, CAS Technical Leads recommend routines include one from each category (family).

EVENT	TIME	ACRO	HYBRIDS	TOTAL ELEMENTS
SOLO FREE	1:15	0	3	3
DUET FREE	1:45	1	4	5
MIXED DUET FREE	1:45	1	4	5
TEAM FREE	2:15	1	4	5

12U/Novice

- Coach cards are created and submitted using the number of elements listed in World Aquatic Appendix III.
- Ensure team acrobatics follow World Aquatic safety limits for 12U/Youth.
- For scoring purposes, Degree of Difficulty (DD) is set to one for all elements (acrobatics and hybrids). The DD will not be adjusted when an element is not performed as declared. Technical monitors will inform the coach after the competition of any errors.

Youth/Junior

- Coach cards are created and submitted using the number of elements listed in World Aquatic Appendix III.
- Ensure team acrobatics follow World Aquatic safety limits for 12U/Youth.
- For scoring purposes, Technical required elements will use the AQUA defined DD. For additional elements (acrobatic and hybrids), Degree of Difficulty (DD) is set to one. The DD will not be adjusted when an element is not performed as declared. Technical monitors will inform the coach after the competition of any errors.

Masters

- Coach cards are created and submitted.
- For number of elements and time limits see CAS.
- For scoring purposes, Degree of Difficulty (DD) is set to one for all elements (acrobatics and hybrids). The DD will not be adjusted when an element is not performed as declared. Technical monitors will inform the coach after the competition of any errors.

Time Limits – plus or minus 5 seconds but no penalty for routines under the time limit at CPC. A one-point penalty will be deducted from the routine score if a routine exceeds the maximum allotted time.

LAND ROUTINE

Held at the discretion of the host province.

COACH CERTIFICATION

The minimum coaching certification for CPC is the standard set in each province.