



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 V unless otherwise specified in this document.

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

- An athlete who attends CAS Qualifier in an event (figures, solo, duet) may still swim their team routine at CPC provided that the team routine did not attend the National Qualifier.
- An athlete who attends CAS Qualifier in the Team event may still swim other events (figures, solo, duet) at CPC provided that event did not attend the National Qualifier. An athlete who competed in a figure event at the National Qualifier will be considered an exhibition athlete in the figure event.

ELIGIBILITY

To compete in CPC an athlete must enter their respective provincial championship and meet qualifying requirements.

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 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 athletes must swim Youth figures as Exhibition if they are on a Youth team. For CPC, athletes who are 20 may compete in Junior solo tech/free, Junior duet tech/free, Junior team tech/free and Acro. Junior aged athletes who compete as members of a Youth team must compete in Youth figures but are not ranked in the results. [Note: For the team/Acro events, average age of athletes applies.](#)
- Adaptive Artistic Swimming (AdAS)
- Masters

Athletes are not permitted to enter and compete in routines as Exhibition, except for international athletes (see below).

Following CAS Rule 4.5, International athletes (including US) can enter CPC as Exhibition. If such athletes place in the top three, they shall be awarded medals applicable to their placing in CPC results (but CPC results will be calculated without them).

EVENTS

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

REGISTRATION

All registrations for CPC must be submitted on-line via CAS on-line registration system 6 weeks prior to the event.

Based on Provincial results, if clubs need to change what they have registered they can submit a change, without penalty, on the Monday after their Provincials.

Clubs are permitted to enter two (2) solos and two (2) duets per team per age group. Clubs will be asked to send their intent by a set deadline. This quota may be adjusted by the host province, based on registration numbers.

AWARDS

Awards will follow the Host Province's rulebook. Note: It is the prerogative of the Host Province if they wish to award a duplicate ribbon to Junior athletes swimming in Youth figures.

LATE REGISTRATIONS AND FINES

All deadlines will be confirmed in the CPC information package.

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 responsibility of the coach/club to pay this fine no later than one week prior to the beginning of the competition. Failure to do so shall result in disqualification.

Music Fines

- The club will be charged a fine of \$25.00 for each piece of music that is either late, in the wrong format or incorrectly labelled.
- All fines must be paid in CASH to the Chief Referee 2 hours prior to the start of the event in which they are competing.
- Non-payment of the fine will result in a one-point penalty of that routine.

Coach Card Fines

- The club will be charged a fine of \$25.00 for each coach card that is either late, in the wrong format, or incorrectly labelled.
- All fines must be paid in CASH to the Chief Referee 2 hours prior to the start of that event in which they are competing.

FIGURES

Two Figures - All age groups will be drawn no later than one month prior to the competition. [One compulsory and one optional for 10U, Novice and 12U 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.

[Youth Figures for 2026: Use World Aquatics defined figures as implemented during the 2022-2023 season but omit the Section B category. One group from either Section A or Section C will be drawn.](#)

Degrees of Difficulty – The AQUA 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 Rules.

ROUTINES

Trio/Team: An athlete may only swim on either a trio or a team at CPC, not both.

Tech/Free Routines: Juniors and Masters may swim either technical or free routines. They are not required to swim a tech routine to swim a free routine.

[Time Limits: Plus, or minus 5 seconds for all routines.](#)

AdAS

- [Coach cards are created and submitted using the number of elements listed in CAS Appendix IV.](#)
- [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.](#)
- [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

- Coach cards are created and submitted using the number of components listed in the chart below.
- Team acrobatics are to never exceed the safety limit of 2.0 (2.0 Acro plus 0.5 Base Mark).
- 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).

EVENT	TIME (+/-5sec)	ACROBATIC	HYBRIDS	TOTAL
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

- Coach cards are created and submitted using the number of components according to World Aquatics.
- Ensure team acrobatics follow World Aquatics safety limits for 12U/Youth.
- No penalties will be given for duplicated Acro's.
- 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.
- Free Routines are required to have a one declaration from each family except for connections in the solo event.

Youth

- Coach cards are created and submitted using the number of components listed in World Aquatics Appendix 3.
- Ensure team acrobatics follow World Aquatics safety limits for 12U/Youth.
- No penalties will be given for duplicated Acro's.
- 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.

- Free Routines are required to have a one declaration from each family except for connections in the solo event.

Junior

- Coach cards are created and submitted using the number of components listed in World Aquatics Appendix 3.
- No penalties will be given for duplicated Acro's.
- 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.
- Free Routines are required to have one declaration from each family except for connections in the solo event.

Masters

- Coach cards are created and submitted.
- Follow CAS Masters Rules.

COACH CERTIFICATION

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