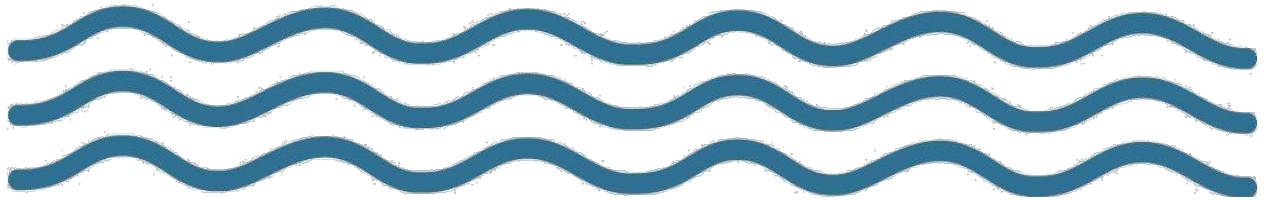


● **CANADIAN UNIVERSITY** ●
ARTISTIC SWIMMING LEAGUE



OFFICIAL RULE BOOK

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1. INTRODUCTION

1.1 INTERPRETING THE RULES

The purpose of each rule is to ensure that all competitors have an equal opportunity to achieve. In applying and interpreting the rules or when confronted by a novel situation not covered by the rules, every effort should be made to apply this principle.

1.2 APPLICABILITY OF RULES

All Members of CUSSL/LUCNA shall abide by the present rules.

1.3 WORLD AQUATICS RULES

All World Aquatics (WAQ) rules apply to any Competition held in Canada unless specifically provided otherwise herein. In case of conflict, the present rules prevail. This manual contains all the rules currently in force, which govern the conduct of Canadian University League artistic swimming competitions.

1.4 RULE CHANGES

There will be one annual opportunity to submit rule change proposals to the annual conference. Emergency rule changes may be considered at any time during the season at the discretion of the University Representatives.

2. DEFINITIONS

These definitions are specific to CUASL/LUCNA and are in addition to the definitions found in the Canada Artistic Swimming rulebook.

1. “CUASL/LUCNA” is the Canadian University Artistic Swimming League/Ligue universitaire canadienne de natation artistique. Also known as the League. CUASL/LUCNA is a league affiliate of Canada Artistic Swimming.
2. “National Championships” also known as “Nationals” means the annual Championships held for all university clubs across the country.
3. “Eastern Divisional Championships” also known as “Easterns” means a qualifying competition for National Championships. All routines from university clubs in Ontario and Quebec must compete in Easterns in order to be eligible to compete in Nationals. Clubs from Atlantic Canada may compete at Easterns or can qualify straight to Nationals without competing at Easterns.
4. “Western Divisional Championships” also known as “Westerns” means a qualifying competition for National Championships. All routines from university clubs in BC, Alberta, Saskatchewan and Manitoba must compete in Westerns in order to be eligible to compete in Nationals.
5. “Invitational meet” is a competition held by a CUASL/LUCNA club during the year. It is not a qualifying meet. The host club may invite CUASL/LUCNA members and non-members to participate in the meet. Non-members should pay a meet entry fee and must complete a liability waiver form prior to competing.



6. "Club" means a group of eligible students at a Canadian University who have registered as a club with CUASL/LUCNA.
7. "Club Representative" means a League member appointed by their club to represent their club at league meetings/calls and to vote on behalf of their club. Also known as "University Representative". The Club Rep is a member of the Board of Directors of CUASL/LUCNA, as defined in the by-laws.
8. "Member of CUASL/LUCNA" means a person duly registered with CUASL/LUCNA and who has paid applicable fees. This includes both swimmers and coaches. Paid up members of CUASL/LUCNA are also members of Canada Artistic Swimming.

3. GENERAL RULES

3.1 ELIGIBILITY

3.1.1 Registration

Only duly registered Qualified Competitors may compete in a given event.

3.1.2 Qualified Competitor

- a) "Competitive Season" means the period from September 1st through April 30th.
- b) In order to be a Qualified Competitor, one
 - i) Must comply with current World Aquatics General Rules
 - ii) Must be enrolled in an accredited university degree or university diploma program throughout the entire competitive season. For swimmers in a diploma program it may be necessary to get permission to swim in the league from your university. A swimmer who is enrolled in an accredited university degree or university diploma program offered through a community college or jointly between a community college and a university is also eligible to compete in CUASL/LUCNA.
 - iii) Must be a duly registered member of only one CUASL/LUCNA Club.

3.1.3 Club Representation

In sanctioned competitions, no synchronized swimmer can represent more than one (1) CUASL/LUCNA Club during the Competitive year, September 1 to April 30, except under the following circumstances:

- a) Swimmers transferring to another University or College
- b) Swimmers may compete for a non CUASL/LUCNA club as a Masters or Senior swimmer.

3.1.4 Joint Teams

- a) Where there are insufficient swimmers at one university to form a team, swimmers at two universities may apply to CUASL/LUCNA to form a Joint Team. Two years after inception, joint team status will be evaluated at the CUASL/LUCNA annual meeting. At that time a decision will be made as to whether or not they can continue as a joint team. If the joint status is renewed, they will then be reevaluated annually.
 - i) Swimmers participating in Joint Teams may also participate in Solo and Duet events. Any points scored by Joint Team swimmers in Solo or Duet events will not be counted towards the top overall university championship (Gerry Dubrule Trophy). See Appendix C for scoring details.

3.1.5 Competitor Levels

- a) “Competitive Swimmer” means a swimmer of any gender who is registered with CUASL/LUCNA and competes.
- b) “Experienced Swimmer” means a swimmer who has competed in events nationally or internationally prior to joining CUASL/LUCNA. It also includes swimmers who have competed provincially after the age of 12.
- c) “Novice Swimmer” means a swimmer who has not:
 - i) competed or trained at the National level in any country
 - ii) competed or trained at the Provincial level in any country after the age of 12.See Appendix A for further Novice requirements

3.1.6 Entrants

- a) “Team” means a group of at least four competitors but no more than ten.
- b) A competitor may enter a maximum of three (3) Events: 1 Team, 1 Duet/Trio, and 1 Solo

3.1.7 Coach's Eligibility

- a) All coaches at CUASL/LUCNA meets must be registered with CUASL/LUCNA.
- b) All coaches must follow the CAS Coach Certification Pathway for CUASL/LUCNA coaches. See Appendix D for details.
- c) All coaches must have a current Enhanced Police Record check and Respect in Sport Activity Leader Training by November 15 of each year. Coaches should not be on deck coaching without these two requirements.
- d) The other requirements in the certification pathway must be completed prior to the National Championships in order for the coach to be on deck during that competition.

3.2 SELECTION

3.2.1 National Championships

All routines (with the exception of the Atlantic Provinces) must attend a Divisional meet (either Easterns or Westerns) for all events in order to compete at Nationals, unless the league approves a special exception due to extenuating circumstances prohibiting participation. In the event that a routine (athletes with a disability solo, athletes with a disability duet, athletes with a disability team, novice technical solo, novice technical duet/trio, novice technical team, solo, duet/trio, team) does not receive approval and does not compete in a Divisional meet, they will be ineligible to compete at Nationals.

3.2.2 Byes

- a) A Jury of Appeal will be formed at the start of each season. The jury of appeal will consist of three to four league members: one member from a western club, one member from an eastern club, all members should be returning swimmers.
- b) The jury of appeal will review:
 - i) Any issues regarding definition of Novice swimmers as part of the registration process
 - ii) Request for competition byes
 - iii) Requests for swimmer eligibility in the league (Novice and Experienced)
- c) The issue or bye request will be sent by the club to the CUASL Coordinator who will forward the request to the jury of appeal and will track the request
- d) The members of the jury of appeal must respond to the CUASL Coordinator within 72 hours from receiving the request, providing their decision and reasoning.
- e) For bye requests, the swimmer must be registered for the relevant meet in order to submit a bye request.
- f) If an issue occurs within 24 hours before the competition, the bye request is made to the Chief Referee.

3.2.3 Quotas for Routines

a) Each team will be asked for the expected number of competing routines in each event for the season at the October 15th registration date. The number of competing routines for each team is subject to approval by the league due to scheduling limitations and a limit may be implemented. In case of a problem number of extra routines (duets/trios, solos) registered in the league, the limiting number of extra routines per team per university will be determined by the league.

b) Canadian National Championships – Canada Artistic Swimming

The top three University solos, duets, mixed duets and teams at the University National Championships are eligible to compete at the Canadian National Championships in the Senior Free events without qualifying through the Qualifier and without meeting the requirement of competing in the tech event of the routine category entering. The athletes competing at the Canadian National Championships must be registered athletes with Canada Artistic Swimmin



4. COMPETITIONS

4.1 TIME LIMITS

4.1.1 Time Limits - Deck Work

Deck Work must not exceed 10 seconds.

4.1.2 Time Limits for Routines

Including Deck Work, routines shall have the following maximum times, in minutes:

EVENT	TIME	EVENT	TIME
Novice Tech Solo	1 minute, 45 seconds	Solo	2 minutes, 15 seconds
Novice Tech Duet/Trio	2 minutes	Duet/Trio	2 minutes, 45 seconds
Novice Tech Team	2 minutes, 45 seconds	Team	3 minutes, 30 seconds
AWD Solo	2 minutes, 45 seconds (no minimum time)		

There is an allowance of plus or minus 5 seconds for all routines. These times can be reviewed and changed at the annual conference/conference call.

4.1.3 Timing

- a) A minimum of two timers shall time deck time from the start of the music until the last swimmer leaves the deck, and the total routine time from the start of the music to the end of the music.
- b) The deck work time, and the routine walk on time shall be recorded on the timing chits and on the Timers' Record, to the nearest second.

4.1.4 The Start and Finish of a Routine

- a) Routines may start on the deck or in the water, but they must finish in the water

4.1.5 Time Violations

a) Overall Time Limits

A one-point penalty will be deducted from the routine score if there is a deviation from the specified routine time allowance (less than or more than).

b) Deck Drill Time Limits

A one-point penalty shall be deducted from the routine score if the time limit for deck movements is exceeded



c) Recording the Penalty

The timers shall advise the Referee of the penalty situation immediately following the completion of the routine. The Referee arranges to have the music selection retimed for penalty in 4.2.5 a) only.

If the time violation is confirmed, the Referee shall immediately advise the competitors and their coach and instruct the scorers to deduct the appropriate penalty from the routine score.

Note: a routine could receive two penalty points (deck movement/routine time.)

4.2 PENALTIES IN TECHNICAL ROUTINES

a) A half-point (0.5) penalty shall be deducted from the Execution score for violations of solo and duet/trio required element 6, and team required elements 6 and 7.

b) If there is no Elements judging panel (see 6.4.1), a penalty of one (1) point will be applied for each missed required element (elements 1 – 5 in Solo and Duet/Trio, elements 1 – 5 in Team).

4.3 ROUTINES

4.3.1 Number of Swimmers

- a) "Team" means a group of at least four competitors but not more than ten
- b) Teams who drop below 4 swimmers have the option to compete as a trio and change the elements (Novice) and length of time or compete as an exhibition in the team event up to 7 days before the start of the competition. 7 days or less from the start of the competition, the team will be required to swim in the team event as an exhibition. They may not scratch the team entirely except under extreme circumstances as to be determined by the jury of appeal.
- c) If the team has swimmers registered in the duet / trio category, the team cannot compete in that category and must swim as an exhibition in the team event.
- d) Duets with no alternate who have a swimmer unable to swim may change the length of the routine and compete as a solo up to 7 days before the start of the competition or scratch. 7 days or less from the start of the competition, the duet must scratch entirely.
- e) If the swimmer from duet who is still able to swim is also competing in the solo category, the swimmer cannot compete the duet routine as a solo and must scratch duet entirely.
- f) All routines who compete as an exhibition or scratch must request a bye for Nationals (should the competition be Easterns or Westerns)



4.3.2 Swimmers' Apparel

- a) Nose clips are allowed for all events. Goggles are allowed for all events.
- b) The swim wear (swimsuit, cap and goggles) of all competitors shall be nontransparent, in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive. Nothing may hang/dangle from the suit (including long ties) – nothing on the suit should be able to float. Swimmers will be permitted to wear swimwear that meets religious or personal beliefs (ex swimwear that includes a hijab, or full body coverings). The use of accessory equipment, or additional clothing is not permitted unless required by medical reasons. In the event that the referee thinks a competitor(s) swimwear does not conform, the competitor(s) will not be permitted to compete until changing into appropriate swimwear.
- c) For all routines clothing shall conform to World Aquatics specifications as stated below: (see AS 13.9 - 13.12)
- d) The swim wear (swimsuit, cap and goggles) of all competitors shall be non-transparent, in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive. Nothing may hang or dangle from the suit (including long ties) – nothing on the suit should be able to float. In the event that the referee thinks a competitor(s) swim wear does not conform, the competitor(s) will not be permitted to compete until changing into appropriate swim wear.
 - i) As per WAQ Rule SS 13.9, CUASL/LUCNA will not enforce the use of only natural-looking make-up.
 - ii) The use of accessory equipment or additional clothing is not permitted unless required for medical reasons.
 - iii) Men and non-binary competitors are permitted to wear make-up, provided they adhere to the same requirements as female competitors. Hair gel is permitted. Mustaches are allowed.
 - iv) As per WAQ Rule BL 8.8, CUASL/LUCNA will not enforce the rule that mens swimwear shall not extend above the navel.

4.3.3 Violation of Limits on Acrobatic Movements in Free Routines

There is a maximum of six acrobatic movements in free routine teams. There shall be a penalty of 2.0 if this number is exceeded. Regardless of the number of additional acrobatic movements, the maximum penalty would be two points. This does not include partner (2 swimmers) lifts.

4.3.4 Number of Required Elements in Routines

Each Solo, Duet, and Team Routine will consist of a predetermined number of Free Elements (Hybrids and Acrobatics) and a free choice of transitions choreographed to music.

EVENT	REQUIRED NUMBER OF FREE ELEMENTS
Solo	7 free hybrids
Duet/Trio	7 free hybrids, 2 pair acrobatics
Team	7 free hybrids, 4 acrobatics
Novice Tech Solo	5 required elements, 2 free hybrids
Novice Tech Duet/Trio	5 required elements, 2 free hybrids, 1 optional pair acrobatic
Novice Tech Team	5 required elements, 3 free hybrids, 1 optional acrobatic

The number of Free Elements for each event will be selected by World Aquatics every four (4) years.

4.4 SCORING AND DRAWS

“Chief Scorer” means the person who supervises all facets of the scoring process. The Chief Scorer is responsible for ensuring that all marks are correctly recorded and calculated.

4.4.1 Technical Routine

In the Technical Routine, if a judge or judges (but not the entire panel) on Element Panel 3 have awarded a zero, the referee and the head judge of the technical panel will review the official video. If the element has been executed, then the average of the marks of the other judges shall be computed and shall be considered as the missing mark(s). This shall be calculated to the nearest 0.1 point. If the element has not been executed, then the marks of the judges that awarded a mark shall be changed to a zero.

4.4.2 Routines



a) Scheduling

i) Finals shall be held in all events at Easterns, Westerns and Nationals.

ii) Prelims and finals shall be held in the team events at Nationals.

iii) If the number of entries is higher than 17 in Duet/Trio or Solo at Nationals, a prelim and final will be held. If, between meet registration and the actual event at the competition, the number of entries drops below 14, there will not be a prelim and final, there will just be a final which includes all competitors. The Chief Referee for the meet will inform the competitors and the scorer whether or not there will be a prelim and final.

b) Draw for Order of Swim – Nationals Prelims and Divisionals

i) The Chief Scorer for the meet is responsible for conducting the draws. This draw will be forwarded to the meet manager for distribution to participating clubs. The start order will be random. World Aquatics rules will be followed unless otherwise specified.

ii) At any given meet, in drawing for a swimming position, a swimmer may draw first position only once in novice technical solo, novice technical duet/trio, solo and duet/trio events; otherwise a new draw will have to be done.

c) Draw for Order of Swim – Nationals Finals

i) Routines placing in the second half of those eligible from prelims shall be drawn in the first half of the order of performance.

ii) Routines placing in the first half of those eligible from prelims shall be drawn in the second half of the order of performance.

iii) In the event of an uneven number, the larger number shall be drawn in the second half of the order of performance.

d) Scoring

There is no deduction for teams with less than eight swimmers.



a) Ties

i) Ties shall not be broken in all routines in prelims.

ii) Tie breaker for Final Routine results:

In case of ties (calculated to four decimals) in Solo, Duet/Trio, or Team, the following shall apply. If a decision has to be made to go to finals or draws, to be qualified, to be promoted/demoted, the following procedure will be used:

For all routines: The highest elements score shall decide. If there is still a tie, the highest choreography and Musicality score in the Artistic Impression panel determines the position. If there is still a tie, the highest verified total declared degree of difficulty in the Elements Panel will decide.

b) Qualifying for Finals

i) Team Finals

All teams that compete in team prelims at National Championships qualify to compete in team finals at National Championships.

ii) Duet/Trio and Solo

If it is determined that both a prelim and final will be held for duet/trio or solo, then the top 12 competitors in the prelim event are eligible to swim in finals. Ties in the last qualifying position shall also qualify for finals.



4.5 MUSIC

4.5.1 MUSIC DEADLINES

One person per university is to give ALL the club's music at once by the specified deadline date for the competition. If a deadline is not specified, one person per university must give ALL the club's music AT LEAST 30 minutes prior to the club's spacing time. If this is not possible, the club must make arrangements with the meet manager prior to the meet. A \$20 fine will be given if the university fails to do so.

4.5.1.1 EXPLICIT MUSIC

Explicit music is prohibited at all competitions. This includes music with swearing. A \$20 fine will be given if the university fails to abide by this Rule.

4.5.2 MUSIC FORMAT

- a) Electronic version (MP3) of each routine music must be submitted and named as follows: University Name_Event_Team Name_Swimmer's Last Name.
The FILE name of the music must be titled in the manner stated above. Changing the name in iTunes **does not change** the name that will appear in the music player of those on the receiving end. Please ensure you check in "Get Info" (by right clicking on the file) that the **title actually matches** the format stated above.
- b) If there are multiple novice teams or teams from the same university, the team name must be clearly written. (I.e. Queen's Novice team – Blue Team)
- c) Each club should have the music for all their routines on their own device (iPod, cell phone, etc.) to be used as back-up in case of music malfunction.

4.6 EXHIBITION COMPETITORS

- a) If a routine does not meet the defined requirements for a routine or has ineligible athletes as members of a routine (see rules 3.1.2) that routine may, at the discretion of the meet manager and if there is sufficient time in the competition schedule, enter the competition (Easterns, Westerns, Nationals)
- b) An exhibition routine:
 - i) Must pay all competition entry fees and meet entry deadlines
 - ii) Will be drawn as if a qualified competitor in the event
 - iii) Will be listed on all draws/programs as an exhibition routine



- iv) Will be announced, following their swim, as an exhibition routine
- v) That qualifies for a final event shall be drawn to swim in the first half of the draw regardless of their placing in the preliminaries
- vi) Is not eligible for awards in the CUASL/LUCNA Category

c) If an exhibition routine qualifies for finals there must be 10 qualified routines in the event.

4.7 COACH CARDS

4.7.1 Coach Card Deadlines

One person per university is to give ALL the club's coach cards at once by the specified deadline date for the competition. A \$20 fine will be given per late coach card submission if the university fails to do so.

a) Electronic version (.xlsx) of each coach card must be submitted and named as follows: University Name_Event_Team Name_Swimmer's Last Name.

i) Electronic file must be exported from ISS Coach Card software and submitted without any modifications.

b) If there are multiple novice teams or teams from the same university, the team name must be clearly written. (I.e. Queen's Novice team – Blue Team).

c) When the competition is being co-hosted by a provincial or national sport organization, the fines set out by that organization will apply instead.

5. COMPETITION MANAGEMENT

- a) "Meet Manager" means an individual appointed by CUASL/LUCNA to handle all the meet arrangements prior to the meet, to assist the referee in the efficient conduct of the actual meet, and to carry out the meet wrap-up.
- b) "Timer" means a person responsible for timing the routines. The timer shall see that the times are recorded on the Timers Record sheet.

5.1 HOSTING MEETS

Member Clubs can bid to host a meet. The bids are submitted to the CUASL Coordinator. The CUASL Coordinator, in conjunction with the CUASL Executive, determines the successful bid.

- a) Nationals will be held in a Western province at least once every four (4) years if the pool time can be arranged.
- b) The qualifying meets (Eastern and Western Divisionals) must be held at least two (2) weeks before Nationals.
- c) Meet costs are to be shared equally by league registered swimmers.
- d) The Championship Team and Novice Championship Team will be responsible for the engraving and maintenance of the trophies.
- e) Ideally, admission revenue will be split 50/50 between the host club and the league based on league finances and participation of both bodies in the planning of the meet.

5.1.1 Meet Management

The Club hosting the meet, in conjunction with the CUASL Coordinator, shall arrange for all facilities and activities for the efficient running of the Meet, including pools, meeting rooms, accommodation, publicity, and awards. Refer to Meet Manager's Guide.

- a) Each university club bidding on hosting a meet should ensure that the league coordinator has an up-to-date pool diagram including dimensions and depths by October 31st of each year.
- b) If possible, the host university should provide spacing time of a maximum of five minutes per team prior to the competition. It is recommended that a minimum of ten minutes warm up time be provided prior to each routine event. If possible, open pool time should be given on the day prior to National prelims (clubs from the West would be offered later spacing times.)



5.1.2 Events for Eastern Divisionals, Western Divisionals, National Championships

Events are:

- Novice Technical Solo
- Novice Technical Duet/Trio
- Novice Technical Team
- Solo
- Duet/Trio
- Team
- Athletes with Disability Solo
- Athletes with Disability Duet
- Athletes with Disability Team

5.1.3 Gender

Competitors of any gender may compete in these events.

6. OFFICIALS

The Officials at a CUASL/LUCNA meet follow the same rules as World Aquatics, except as noted below. Chief Judge for a meet means the person appointed by the Chief Judge for CUASL/LUCNA.

The Chief Judge for CUASL/LUCNA (or their representative) assigns judges for Easterns, Westerns and Nationals in conjunction with the relevant Provincial Association.

6.1 OFFICIALS CONFLICT OF INTEREST

Where at all possible, judges and referees without conflicts shall be chosen from the list of Artistic Swimming Canada rated officials.

Where at all possible, no coach, assistant coach, swimmer or relation of a participating team shall be on a judging panel while his or her team is entered in the competition. A rated coach, assistant coach, swimmer or relation could referee if necessary.

6.2 JUDGING ROUTINES

The Panels

Where possible, the judging system used by Canada Artistic Swimming will be used at CUASL competitions, with the corresponding panels of judges and technical controllers. If this is not possible, the judging system used by the host province will be used at CUASL competitions.



7. LEAGUE ADMINISTRATION

7.1 REGISTRATION

All swimmers and coaches who wish to compete in CUASL/LUCNA meets must register with the league and pay the required fees. The registration deadline is October 15th. Late registrations, with explanation, will be accepted until January 1st (where the club will be fined a \$35 late registration fee per swimmer with a late registration).

7.2 FEES

Fees are reviewed each year by the league executive. If a change in fees is recommended, this is voted on by the Club Representatives.

The CUASL/LUCNA registration fee includes: fees paid to Canada Artistic Swimming, fees paid to the relevant Provincial Associations, and paying for meets and running the league.

7.3 ANNUAL CONFERENCE

Conference attendance – Each university must have a representative at the CUASL/LUCNA annual Conference and conference call (the Conference is held every other year and the conference call the alternate year). Representatives must also be present during the seasonal conference calls that take place with the executive and club reps. Universities who do not have a representative at the CUASL conference and conference call (and without a valid excuse) will be fined \$50 (this fine will be paid with the university registration fees).

Note: University representatives located out of Ontario and Quebec have the option to phone-in to attend the CUASL conference.

7.4 GRANTS

If there is a positive net income for the League at the end of the year, this income will be split among the member clubs. The formula for determining the split will be reviewed periodically and will be voted on by the Club Reps.

7.5 CUASL EXECUTIVE

The elected executive members of CUASL/LUCNA are responsible for several roles in the administration of the League. These roles are defined in the by-laws of the organization.



APPENDIX A

NOVICE REQUIREMENTS

Novice Eligibility

1. A novice swimmer will be defined as:
 - a. Someone who has never competed or trained in the National Stream in any country
 - b. Someone who did not compete or train past the age of 12 in Provincial Stream or the equivalent in any country
 - c. A novice swimmer may have competed / swam in Novice, Regional League, Limited Competitive, or other equivalent novice programs past the age of 12.
 - i. Swimmers who have competed / swam in Novice, Regional League, Limited Competitive streams in any province or country past the age of 12 for more than 4 years may not be considered a novice swimmer.
2. A swimmer who meets the criteria above may no longer be considered a novice swimmer.
3. Should a novice swimmer obtain an average element execution mark of 6.0 or greater (including free hybrids and optional acrobatics) in technical solo and/or technical duet/trio at a Divisional and/or National Meet, they will also no longer be eligible to be considered a novice swimmer.
 - a. This swimmer will no longer be able to register as a novice level swimmer in subsequent years
4. A swimmer who competes in the novice category for a cumulative 5 seasons in the league may no longer be considered a novice swimmer and must register as an experienced swimmer in subsequent years.
 - a. These seasons include every year the swimmer has entered competition within the league, even if they are at multiple universities throughout their time.
5. A swimmer who is not defined as a novice swimmer but wishes to compete in the novice category and does not fall under Novice Routines Rule 1 may submit an appeal to the league to request special permission to compete in the novice category as an experienced swimmer.
6. Experienced swimmers must remain in the category they are registered in for the entire season, and may not be moved down to novice after the first competition.
 - a. A swimmer who is registered as an experienced swimmer may not move down to the novice category in the same season
 - b. A novice swimmer may move up to the experienced category in the same season but may not move back down to a novice swimmer in the same season
 - c. A swimmer who is competing in the experienced category may not compete in both the experienced and novice categories at the same competition

Novice Registration

1. Universities must provide the league with a proof of eligibility for all novice swimmers when registering them with the league.
 - a. The league will keep these documents on file for returning swimmers



- b. For swimmers who have past swimming experience, universities must provide a record of all past competitive registrations, for every year the swimmer competed (this includes international students)
 - i. This can be:
 - 1. proof of registration from their previous club(s)
 - 2. a record from the provincial organization(s) that the swimmer was registered with
 - 3. a results page
 - 4. a signed letter/declaration from the head of any and all previous clubs outlining the swimmers experience and detailing how many years they swam
 - 5. a signed letter/declaration from the any and all previous club coaches the swimmer had outlining the swimmer's experience and detailing how many years they swam
- c. For swimmers who have no previous synchro experience, they must sign and submit the form provided with meet registration attesting to the fact they have no previous experience

Novice Routines

- 1. A Novice Team must be made up of at least 2/3 swimmers who are eligible novice swimmers and are registered novice swimmers within the league.
 - a. The remaining 1/3 of the team may be registered as experienced swimmers with the league
 - b. Teams who wish to have more experienced swimmers than 1/3 of the swimmers on their novice team may apply for an appeal through the formal appeals process before the first competition of the season
- 2. Novice Solo competitors must be registered as a novice swimmer with the league
- 3. Novice Duet/Trio competitors must be registered as a novice swimmer with the league



APPENDIX B

REQUIRED ELEMENTS FOR NOVICE TECHNICAL ROUTINES

Required Elements for Novice Technical SOLO, DUET/TRIO and TEAM:

Novice Required Elements #1 - #5 can be performed in ANY order. It is required that the elements and the degrees of difficulty for each element selected to be performed, and the order of performance selected, must be declared and submitted on the Coach Card for the Technical Routine. This form must be submitted prior to the Competition/Event.

Additional hybrids and the degrees of difficulty for each hybrid selected, and the order to be performed, must be declared and submitted on the Coach Card for the Technical Routine. This form must be submitted prior to the Competition/Event.

In duet/trio and team, required elements must be performed simultaneously and facing the same direction by all duet/trio or team members.

Additional movements can be added immediately before and after (breath to breath) Novice Required Elements #1 - #5. Those movements will not add any extra difficulty nor will be considered as the additional hybrids.

1. THRUST (DD 1.6) – From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.
2. MODIFIED TOWER (DD 1.4) – From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**, ending optional.
3. WALKOVER FRONT (DD 1.9) – From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. A *Walkout Front* is executed.
4. KIPNUS (DD 1.4) – From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.
5. BALLET LEG SINGLE (DD 1.6) – Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The bent leg is straightened without movement of the thigh to assume a **Ballet Leg Position**. The ballet leg is bent without movement of the thigh to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

It is **strongly recommended, for clarity of judgement, that all required elements are separated by other contents.

SOLO Technical Routine Additional Requirements

6. A body boost must be performed. This may be placed anywhere in the routine.
BODY BOOST – A rapid headfirst rise is executed, achieving maximum height of the body above the surface, with arms optional. A descent is executed until the swimmer is completely submerged.
7. Two (2) additional hybrids must be performed. These may be placed anywhere in the routine.

DUET Technical Routine Additional Requirements

6. A body boost must be performed. This may be placed anywhere in the routine.
BODY BOOST – A rapid headfirst rise is executed, achieving maximum height of the body above the surface, with arms optional. A descent is executed until the swimmer is completely submerged.
7. Two (2) additional hybrids must be performed. These may be placed anywhere in the routine. One (1) additional optional pair acrobatic may be performed, up to a level 3 difficulty (0.6 DD safety limit).

TEAM Technical Routine Additional Requirements

6. A body boost must be performed. This may be placed anywhere in the routine.
BODY BOOST – A rapid headfirst rise is executed, achieving maximum height of the body above the surface, with arms optional. A descent is executed until the swimmer is completely submerged.
7. A PATTERN CHANGE that takes place ABOVE the surface of the water must be performed. This may be placed anywhere in the routine.
8. Three (3) additional hybrids must be performed. These may be placed anywhere in the routine. One (1) additional optional acrobatic may be performed, from the list of Novice Acrobatics.

The Novice Required Elements will be reviewed every two (2) years.

The required elements will be reviewed by an independent committee composed of five (5) representatives from universities across Canada. One (1) representative must be from a western university.

NOVICE REQUIRED ELEMENT #1 – THRUST

DIFFICULTY – 1.6

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.




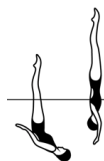
		
7.0	31.0	13.0
1.37	6.08	2.55

Figure Description	NVT	Diagrams	Major Desired Actions
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2. A *Thrust* is executed to **Vertical Position**.

31.0



2.1 See BM 9 *Thrust*.
 Obvious increase in speed.
 2.2 The body unrolls under the legs to assume BP 6 **Vertical Position**.
 2.3 Maximum height and clearly defined BP 6 **Vertical Position** prior to initiation of the descent.


3. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

13.0




3. See BM 10 *Vertical Descent*. Must be rapid and remain on the same vertical line as the *Thrust*.

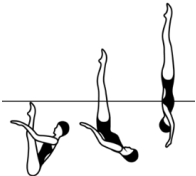
BP 11 Back Pike Position

Body Position Description	Diagrams	Major Desired Actions
1. Body bent at hips to form an acute angle of 45° or less.		1. Legs close to chest while maintaining the straight line alignment of the extended spine and head.
2. Legs extended and together.		2. Full extension of the legs, ankles and feet.
3. Trunk extended with the back straight and head in line.		3. Back flat, with ears, shoulder joints, middle of side of torso, and hip joints aligned. Once the pike position is established the degree of the angle remains constant.

BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BM 9 Thrust

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. From a Submerged Back Pike Position with the legs perpendicular to the surface of the water a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a Vertical Position.</p>	31.0		<p>1.1 See BP 11 Back Pike Position. The toes are just below the surface of the water. Once established, the degree of the angle of the pike position between the legs and the body must not change prior to initiation of the <i>Thrust</i>.</p> <p>1.2 See BP 6 Vertical Position. The body unrolls rapidly under the legs to assume BP 6 Vertical Position along the same perpendicular line to the surface of the water established by the legs in the BP 11 Back Pike Position.</p> <p>1.3 Obvious increase in speed from the initiation of body unrolling through the vertical upward movement.</p>
<p>2. Maximum height desirable.</p>			<p>2. Maximum height and BP 6 Vertical Position achieved simultaneously.</p>

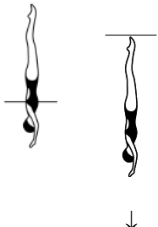
Thrust Allowance

Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15 degrees off the vertical line.

Deductions are as follows:

	Angle Deviation	Deduction Amount
Small Deviation	0 – 30 degrees	.2
Medium Deviation	31 – 45 degrees	.5
Large Deviation	46 degrees or more	1.0

BM 10 Vertical Descent – from Thrust

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. Maintaining a Vertical Position the body descends along its longitudinal axis until the toes are submerged.</p>	13.0		<p>1. See BP 6 Vertical Position. The <i>Vertical Descent</i> is executed at the same tempo as the <i>Thrust</i>.</p>

NOVICE REQUIRED ELEMENT #2 – MODIFIED TOWER

DIFFICULTY – 1.4

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**.





			
NVT=	6.0	14.5	20.5
PV =	1.09	2.64	3.73

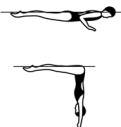




Figure Description	NVT	Diagrams	Major Desired Actions
1. From a Front Layout Position a <i>Front Pike Position</i> is assumed.	6.0		1. See BP 2 Front Layout , BP 10 Front Pike Position and BM 3 <i>To Assume a Front Pike Position</i> . Smooth even movement downwards of the trunk.
2. One leg is lifted to a Fishtail Position .	14.5		2.1 See BP 8 Fishtail Position . Height and vertical alignment of the trunk maintained throughout. 2.2 The Fishtail Position is held only long enough to define the position and to demonstrate completion of the transition.

Figure Description	NVT	Diagrams	Major Desired Actions
3. The horizontal leg is lifted to a Vertical Position .	20.5		<p>3.1 See BP 6 Vertical Position. Height is constant as the legs join, with the trunk and the vertical leg maintaining vertical alignment throughout.</p> <p>3.2 The Vertical Position is held only long enough to define the position and to demonstrate completion of the transition prior to descent.</p>

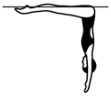
BP 2 Front Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with head, upper back, buttocks and heels at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and heels.
2. Unless otherwise specified, face may be in or out of the water.		2. Once the head position is established as in or out of the water the position is maintained. When the face is out of the water the ears will not be on the horizontal axis and the back may be slightly lower and arched. Hip joints, calves and heels remain at the surface of the water.


BP 10 Front Pike Position

Body Position Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle.		1. Exact 90° angle.


BP 10 Front Pike Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
2. Legs extended and together.		2. Full extension of legs, with ankles aligned with hip joints.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ears, shoulder joints and hip joints once the position is established.

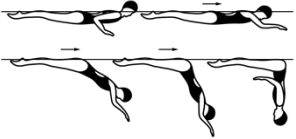
BP 8 Fishtail Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended in Vertical Position with one leg extended forward. The foot of the forward leg is at the surface of the water regardless of the height of the hips.		1. See BP 6 Vertical Position for body alignment. The foot of the forward leg must be at the surface of the water. Hip joints must be on a horizontal line.

BP 6 Vertical Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended perpendicular to the surface of the water; legs together, head downward.		1. Full extension of the body.
2. Head (ears specifically), hips and ankles in line.		2. Judgement is made by checking visual points of the vertical alignment: ears, shoulder joints, hip joints and ankles.

BM 3 To Assume a Front Pike Position/A Front Pike Position is assumed

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. From a Front Layout Position with the face in the water the trunk moves downward to assume a Front Pike Position. The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action.</p>	6.0		<p>1.1 See BP 2 Front Layout Position and BP 10 Front Pike Position. Uniform motion in downward movement of the trunk. The trunk remains straight throughout the movement. Hips and head lock into position simultaneously.</p> <p>1.2 Unless otherwise specified, <i>To Assume a Front Pike Position</i> starts from a Front Layout Position.</p>

NOVICE REQUIRED ELEMENT #3 – WALKOVER FRONT

DIFFICULTY – 1.9

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. A *Walkout Front* is executed.






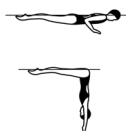
					Total
NVT=	6.0	20.0	23.0	7.0	56
PV =	1.07	3.57	4.11	1.25	10

Figure Description	NVT	Diagrams	Major Desired Actions
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1. From a **Front Layout Position** a *Front Pike Position* is assumed.

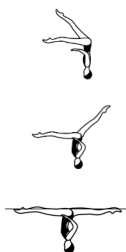
6.0



1. See BP 2 **Front Layout**, BP 10 **Front Pike Position** and BM 3 *To Assume a Front Pike Position*.
Smooth even movement downwards of the trunk.

2. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**.

20.0



2.1 See 16a **Surface Split Position**. Constant height and continuous uniform motion to achieve BP 16a **Surface Split Position**.
2.2 Trunk maintains its vertical alignment, with hips and shoulders 'square'.
2.3 Full extension of the horizontal leg at the surface of the water.

3. A *Walkout Front* is executed

23.0





3. See BM 6a *Walkout Front* and BM 5 *Arch to Back Layout Action*.


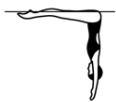
7.0



BP 2 Front Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with head, upper back, buttocks and heels at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Judgement made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and heels.
2. Unless otherwise specified, face may be in or out of the water.		2. Once the head position is established as in or out of the water the position is maintained. When the face is out of the water the ears will not be on the horizontal axis and the back may be slightly lower and arched. Hip joints, calves and heels remain at the surface of the water.



BP 10 Front Pike Position

Body Position Description	Diagrams	Major Desired Actions
1. Body bent at hips to form a 90° angle.		1. Exact 90° angle.
2. Legs extended and together.		2. Full extension of legs, with ankles aligned with hip joints.
3. Trunk extended with the back straight and head in line.		3. Back flat, with vertical alignment of ears, shoulder joints and hip joints once the position is established.

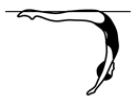
BP 16 Split Position

Body Position Description	Diagrams	Major Desired Actions
1. Legs evenly split forward and back. 2. The legs are parallel to the surface of the water. 3. Lower back arched, with hips, shoulders and head on a vertical line.		1. Full extension of the legs at or above the surface of the water.


BP 16 Split Position (cont.)

Body Position Description	Diagrams	Major Desired Actions
4. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.		4. Flat split. Hip joints and shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.
a) Surface Split Position 1. Legs are dry at the surface of the water.		1. Full extension of the legs. Crotch and legs dry at the surface of the water.

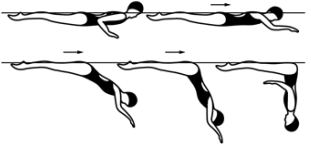
BP 13 Surface Arch Position

Body Position Description	Diagrams	Major Desired Actions
1. Lower back arched with hips, shoulders and head on a vertical line.		1. Hip joints and shoulder joints on a horizontal line with both of these alignments 'square' and parallel to one another. Head (ears specifically) in line with shoulders.
2. Legs together and at the surface of the water.		2. Hips joints at the surface of the water.



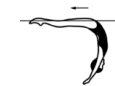

BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.



BM 3 To Assume a Front Pike Position/A Front Pike Position is assumed

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. From a Front Layout Position with the face in the water the trunk moves downward to assume a Front Pike Position. The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action.</p>	<p>6.0</p>		<p>1.1 See BP 2 Front Layout Position and BP 10 Front Pike Position. Uniform motion in downward movement of the trunk. The trunk remains straight throughout the movement. Hips and head lock into position simultaneously.</p> <p>1.2 Unless otherwise specified, <i>To Assume a Front Pike Position</i> starts from a Front Layout Position.</p>

BM 6 Walkout

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. These movements start in a Split Position unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface of the water to meet the opposite leg.</p>			<p>1. See BP 16a Surface Split Position.</p>
<p>a) Walkout Front</p> <p>2. The front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a Surface Arch Position and with continuous movement an <i>Arch to Back Layout Finish Action</i> is executed.</p>	<p>23.0</p> <p>7.0</p>	  	<p>2.1 Hip height remains constant and at the surface of the water.</p> <p>2.2 Arcing leg moves continuously with uniform motion.</p> <p>2.3 Both legs maintain full extension.</p> <p>2.4 The trunk remains stationary until the feet join.</p> <p>2.5 No pause in BP 13 Surface Arch Position, however an accurate surface arch must be evident before the body begins to rise and straighten.</p> <p>2.6 Foot first surfacing motion begins when the feet are joined.</p> <p>2.7 See BP 13 Surface Arch Position and BM 5 <i>Arch to Back Layout Finish Action</i>.</p>

BM 5 Arch to Back Layout Finish Action

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. From a Surface Arch Position the hips, chest and face surface sequentially at the same point with foot first movement to a Back Layout Position until the head occupies the position of the hips at the beginning of this action.</p>	<p>7.0</p>	 	<p>1. See BP 13 Surface Arch Position. Sharp arch in the lower back. The body rises, straightens and moves along the surface of the water with a stationary BP 1 Back Layout Position achieved as the face surfaces. Full extension maintained throughout.</p>

NOVICE REQUIRED ELEMENT #4 – KIPNUS
DIFFICULTY – 1.4

From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.






					Total
NVT=	3.0	2.0	15.0	9.0	29
PV =	1.03	0.69	5.17	3.10	10

Figure Description	NVT	Diagrams	Major Desired Actions
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1. From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water.

3.0



2.0



1.1 See BP 1 **Back Layout** and BP 9 **Tuck Positions**.

With the head and shoulders remaining stationary, the knees, shins and toes are drawn to the body to assume a tight tuck at the position occupied by the trunk in the **Back Layout Position**.
1.2 There is continuous motion from the initiation of the knee draw to achievement of the inverted BP 9 **Tuck Position**.

2. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins.


15.0




2.1 BP 14c **Bent Knee Vertical Position** and maximum height achieved simultaneously.

2.2 This position is held only long enough to define the position and to demonstrate completion of the transition.




2.3 The toes of the bent leg remain in contact with the extended leg throughout the unrolling action.

Figure Description	NVT	Diagrams	Major Desired Actions
3. A <i>Vertical Descent</i> is executed in a Bent Knee Vertical Position .	9.0		3. See BM 10 <i>Vertical Descent</i>


BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
1. Body extended with face, chest, thighs and feet at the surface of the water.		1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.
2. Head (ears specifically), hips and ankles in horizontal alignment.		2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.



BP 9 Tuck Position

Body Position Description	Diagrams	Major Desired Actions
1. Body as compact as possible, with the back rounded and the legs together.		1. Legs together with shins at the surface of the water and tucked tightly to the front of the body.
2. Heels close to buttocks.		2. Compact tuck. Chin tucked in.
3. Head close to knees.		3. In BP 9 inverted Tuck Position shins are perpendicular to the surface of the water, buttocks remain at the surface and the water level is between the ankle and mid foot.

BP 14 Bent Knee Position

Body Position Description	Diagrams	Major Desired Actions
<p>One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.</p>		<p>The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.</p>
<p>c) Bent Knee Vertical Position</p> <p>1. Body extended in Vertical Position with the thigh of the bent leg parallel to the surface of the water.</p>		<p>1. In BP 6 Vertical Position the alignment of the extended leg, trunk and head remains constant.</p>

BM 10 Vertical Descent in Bent Knee Vertical Position

Basic Movement Description	NVT	Diagrams	Major Desired Actions
<p>1. Maintaining a Bent Knee Vertical Position, the body descends along its longitudinal axis until the toes are submerged.</p>	<p>9.0</p>	 	<p>1. See BP 14c Bent Knee Vertical Position. The tempo of the descent is uniform and at the same speed as the rest of the figure.</p>

NOVICE REQUIRED ELEMENT #5 – BALLET LEG SINGLE DIFFICULTY – 1.6

A Ballet Leg is assumed. The Ballet Leg is lowered.






					Total
NVT=	10.5	11.0	11.0	10.5	43
PV =	2.44	2.56	2.56	2.44	10

Figure Description	NVT	Diagrams	Major Desired Actions
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1. *A Ballet Leg is assumed.*



1. See BM 1 *To Assume a Ballet Leg.*

10.5



11.0



2. *The Ballet Leg is lowered.*

11.0



2. See BM 2 *To Lower a Ballet Leg.*

10.5



BP 1 Back Layout Position

Body Position Description	Diagrams	Major Desired Actions
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1. Body extended with face, chest, thighs and feet at the surface of the water.




1. Gives the impression that the body is stretched horizontally to its maximum. Front of the trunk will also be at the surface of the water.


2. Head (ears specifically), hips and ankles in horizontal alignment.

2. Judgement is made by checking visual points of the horizontal alignment: ears, shoulder joints, hip joints and ankles. This imaginary line should also pass through the middle of the side of the trunk.




BP 14 Bent Knee Position

Body Position Description	Diagrams	Major Desired Actions
<p>One leg bent with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.</p>		<p>The relationship of the toe of the bent leg to the extended leg may vary depending on the figure but should remain constant once established, and not extend in front of or behind the extended leg.</p>
<p>b) Bent Knee Back Layout Position</p>		
<p>1. Body extended in Back Layout Position.</p>		<p>1. In BP 1 Back Layout Position ears, shoulder joints, hip joints and ankle of extended leg in line at maximum horizontal alignment.</p>
<p>2. The thigh of the bent leg is perpendicular to the surface of the water.</p>		<p>2. 90° angle between the thigh and the surface of the water, and 90° angle maintained between the thigh and the trunk. At maximum height an air pocket will be evident between the back of the thigh and calf of the bent leg and the surface of the water.</p>




BP 3 Ballet Leg Position

Body Position Description	Diagrams	Major Desired Actions
<p>a) Surface</p>		
<p>1. Body in Back Layout Position.</p>		<p>1. See BP 1 Back Layout Position. Ears, shoulder joints, hip joints and ankle of extended leg in line at maximum horizontal alignment.</p>
<p>2. One leg extended perpendicular to the surface of the water.</p>		<p>2. 90° angle between the extended leg and the surface of the water and between the extended leg and the trunk with maximum horizontal alignment maintained throughout.</p>

BM 1 To Assume a Ballet Leg/A Ballet Leg is assumed.

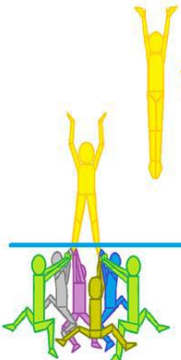
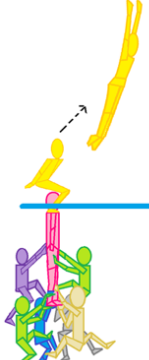
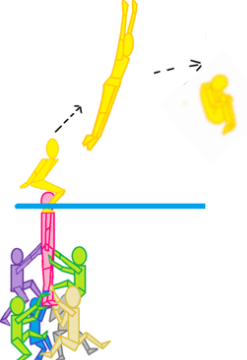
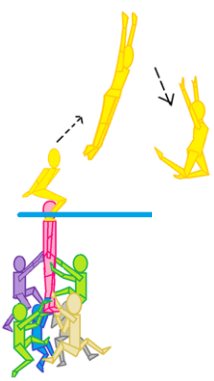
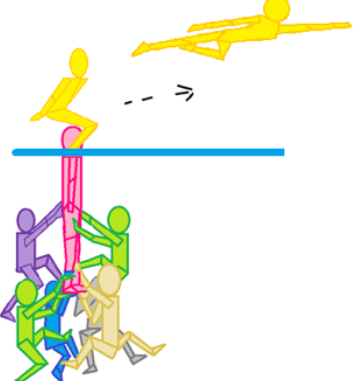
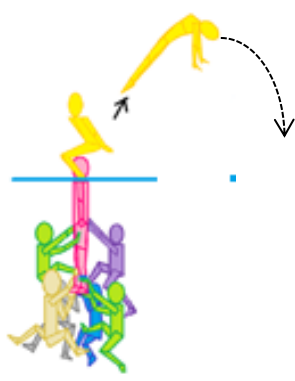
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. Begin in a Back Layout Position . One leg remains at the surface of the water throughout.			1. See BP 1 Back Layout Position .
2. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position .	10.5		2. See BP 14b Bent Knee Back Layout Position . The toe of the bending leg remains in contact with the inside of the extended leg. Minimal drop in hips. Position is held only long enough to demonstrate control and accuracy.
3. The bent leg is straightened without movement of the thigh to assume a Ballet Leg Position .	11.0		3.1 See BP 3a Surface Ballet Leg Position . Height remains constant throughout the movement. 3.2 The head and trunk remain stationary throughout.

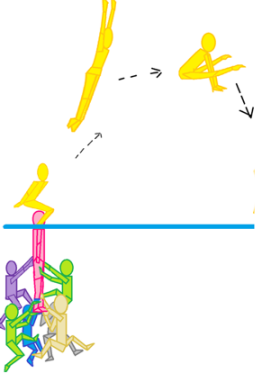
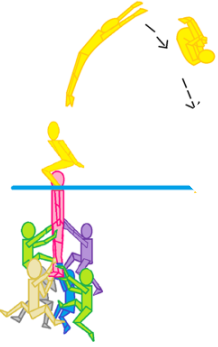
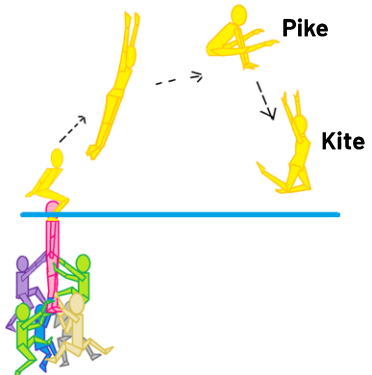


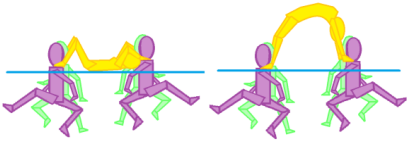
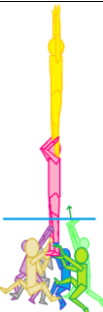
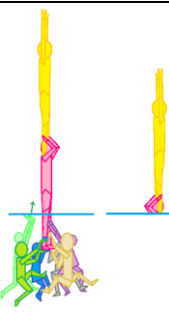
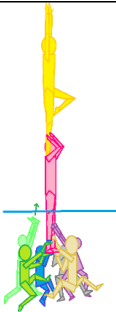
BM 2 To Lower a Ballet Leg/A Ballet Leg is lowered


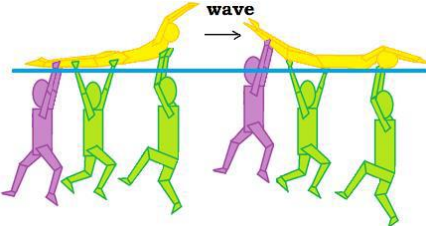
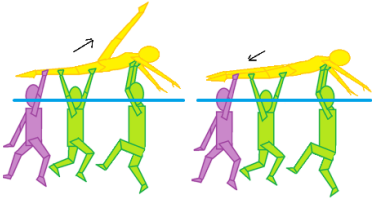
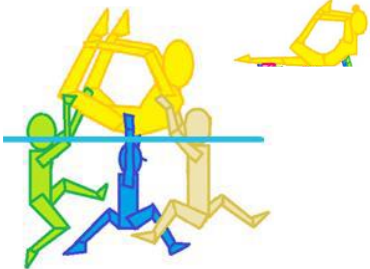


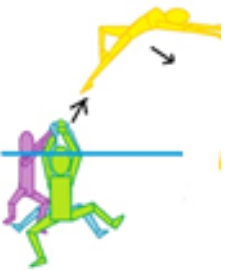
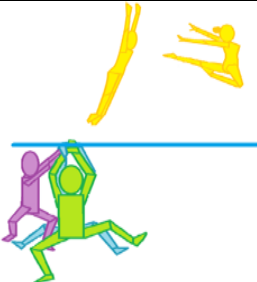
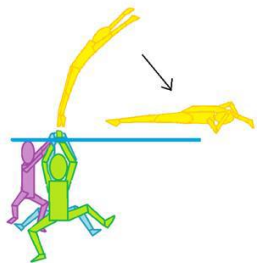
Basic Movement Description	NVT	Diagrams	Major Desired Actions
1. From a Ballet Leg Position the ballet leg is bent without movement of the thigh to a Bent Knee Back Layout Position .			1. See BP 3a Surface Ballet Leg Position and BP 14b Bent Knee Back Layout Position . Height remains constant throughout the movement.
2. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.	11.0		2.1 Full extension in BP 1 Back Layout Position to be achieved as the feet are joined. 2.2 The head and trunk remain stationary throughout.
	10.5		

CUASL NOVICE TEAM ACRO OPTIONS – Must select from this chart.

Max DD allowed is 1.6



Codes if your team has 6 or more swimmers:		
		
Throw featured swimmer up off surface from any formation underneath into a line position and enter water in line.	Jump from shoulders forwards staying in a line position until entering the water.	Jump from shoulders forwards into a tuck position, landing in the water in tuck.
Code: AW-Thr-Up-In	Code: AJ-Shou-Forw-In	Code: AJ-Shou-Forw-tk
DD: 1.05	DD: 1.4	DD: 1.4
		
Jump from shoulders forwards into a kite position, landing in the water in kite position.	Jump from shoulders forwards into a "parrot" position (this looks like a "Superman" jump forwards)	Jump from shoulders backwards and do a back dive (enter water headfirst)
Code: AJ-Shou-Forw-kt	Code: AJ-Shou-Forw-pa	Code: AJ-Shou-Back-ar-d
DD: 1.4	DD: 1.45	DD: 1.475



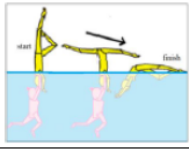
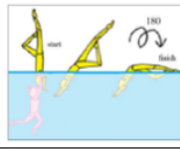
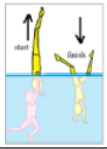
		
<p>Jump from shoulders forwards into a pike position, staying in pike (legs can be open or closed) until entering the water.</p>	<p>Jump backwards and do a half somersault in a tuck position (enter water headfirst)</p>	<p>Jump from shoulders forwards and do a pike then a kite position before entering the water.</p>
<p>Code: AJ-Shou-Forw-pk</p>	<p>Code: AJ-Shou-Back-tk-t0,5</p>	<p>Code: AJ-Shou-Forw-kt/2pk</p>
<p>DD: 1.5</p>	<p>DD: 1.55</p>	<p>DD: 1.6</p>
		
<p>Basic Lift (6+ swimmers involved)- featured swimmer stands up in a Line position. Lift goes up and down as one.</p>	<p>Lift featured swimmer in split position off the surface.</p>	<p>Lift featured swimmer off surface into a bridge.</p>
<p>Code: BL-7-Li-In</p>	<p>Code: BL-7-Li-spl</p>	<p>Code: BL-LSurf-Li-br</p>
<p>DD: 0.8</p>	<p>DD: 0.9</p>	<p>DD : 0.95</p>
		
<p>Basic Stack – stand with feet on shoulders in a line – stack goes up then down (no jumping off)</p>	<p>Basic Stack with 180 turn – stand with feet on shoulders in a line – turn 180 while descending (staying on the stack)</p>	<p>Basic Stack on one leg – stand in a bent knee or “heron” position – stack goes up then down (no jumping off)</p>
<p>Code: BS-St-FS-In</p>	<p>Code: BS-St-FS-In-r0,5*</p>	<p>Code: BS-St-FIS-he</p>
<p>DD: 1.2</p>	<p>DD: 1.25</p>	<p>DD: 1.3</p>


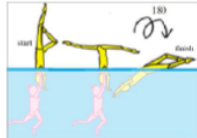


Codes if your team has 4-5 swimmers (1 swimmer on top, 3-4 swimmers pushing)		
		
Basic Lift - lift featured swimmer up in a line position. Lift goes up then down (swimmer doesn't jump off).	"Wave" Lift - lift featured swimmer up on stomach in "scissors" position and do wave movement head to toe (like "worm" dance move)	Basic Lift - lift featured swimmer up into a "sunbathe" (leg up) then put leg down into a "scissors" position (still above water).
Code: BL-L-Li-In	Code : BL-L-Li-sc-w10	Code : BL-L-Li-sb/2sc
DD: 0.9	DD: 1.05	DD: 1.1
		
Basic Lift in a "turtle" position - lift featured swimmer up into a "turtle" position - You can choose to grip one leg or both legs	Small jump by swimmer forward in a line position.	Small jump by swimmer forward in a tuck position.
Code: BL-L-Li-tu	Code: AJ-Thr-Forw-In	Code: AJ-Thr-Forw-tk
DD: 1.1	DD: 1.05	DD: 1.05
		
Small jump by swimmer backwards in an arch position -bent leg is optional	Small jump by swimmer forward in a jay position.	Small jump by swimmer backwards then grabbing their leg as falling into split position before they enter the water.
Code: AJ-Thr-Back-ar-d	Code: AJ-Thr-Forw-ja	Code: AJ-Thr-Back-sp
DD: 1.125	DD: 1.15	DD: 1.3

CUASL NOVICE DUET ACRO OPTIONS – Must select Pair Acro Levels 1-3.

Max DD allowed is 0.8

Pair Acro Level 1:		
Name	Lift head-up with crashing	Lift legs-up with crashing
Diagram		
Code	L>>	L!>>
Value	0,10	0,20

Pair Acro Level 2:					
Name	Lift head-up	Lift head-up with flexibility and crashing	Lift legs-up with flexibility and crashing	Lift legs-up with crashing and rotation 180°	Lift legs-up
Diagram					
Code	L	Lf>>	L!f>>	L!r0,5>>	L!
Value	0,40	0,40	0,40	0,60	0,60

Pair Acro Level 3:				
Name	Lift legs-up with crashing and rotation 360°	Lift legs-up with crashing, flex., and rotation 180° (turn)	Lift head-up with 180° rotation	Sustained lift head-up with traveling
Diagram				
Code	L!r1>>	L!fr0,5>>	Lr0,5	SL>
Value	0,60	0,60	0,60	0,80

APPENDIX C AWARDS

Invitational Meets:

1. In each routine category, the top six finalists will receive a ribbon.
2. Exhibition routines shall be awarded ribbons in a separate category, or as the Meet Manager sees fit.

Eastern & Western Divisionals:

1. In each routine category, the top six finalists will receive a ribbon.
2. Exhibition Routines will receive a ribbon for their placing within the competition, but awards will be done excluding their results from the results of the eligible CUASL/LUCNA Members for the CUASL/LUCNA Members as well.

National Championships:

1. The winner of the experienced team event shall receive the CUASL/LUCNA Championship (National) Team Trophy (The John Drake Trophy).
2. The winner of the novice team event shall receive the CUASL/LUCNA Championship (National) Novice Team Trophy.
3. The winner of each category event (novice technical team, team, novice technical duet/trio, duet/trio, novice technical solo, solo, athletes with a disability solo, athletes with a disability duet, athletes with a disability team) shall receive a CUASL/LUCNA gold medal.
4. Individuals placing second in each category will receive the CUASL/LUCNA silver medal.
5. Individuals placing third in each category will receive the CUASL/LUCNA bronze medal.
6. Individuals placing fourth, fifth, or sixth in each category will receive a ribbon.
7. In each category, only the top six finalists will be awarded a medal and/or ribbon.
8. The overall Championship University shall receive the designated CUASL/LUCNA acknowledgement, the Gerry Dubrule Trophy.

SCORING FOR GERRY DUBRULE TROPHY

1. At Nationals, an overall championship university shall be declared upon receiving the highest total point score. The championship total points shall be determined by adding up all the place points won by a University Club in each event. The remainder of the participating teams shall be recognized in descending order of place.

2. The championship overall total points will only be determined from the Finals results of the final (National) meet.
3. Novice Marks for championship score:
 - a. One routine from each novice category will count towards the overall standings.
 - b. In the novice division only the top finishes for each university in the novice technical team, novice technical duet and novice technical solo competitions will count towards the championship total points.
 - c. Example: At Nationals a university fields a novice team that places 1st, 2 novice tech solos that place 2nd and 3rd and a novice duet that finishes 4th. The points from the 1st place team, 2nd place tech solo and 4th place novice duet count for overall championship points total. The third place technical solo receives a bronze medal but does not receive any points towards their university's overall championship points total. The 3rd place novice team from another university receives 6 points for 3rd place.
4. Points allotment:

Novice Division Points:

Placement	Technical Solo Points	Technical Duet/Trio Points	Technical Team Points
1	6	7	8
2	5	6	7
3	4	5	6
4	3	4	5
5	2	3	4
6	1	2	3
7	0	1	2
8	0	0	1

Experienced Division:

Placement	Solo Points	Duet/Trio Points	Team Points
1	12	14	16
2	10	12	14
3	8	10	12
4	7	8	10
5	6	6	8
6	5	5	6
7	4	4	4
8	3	3	3
9	2	2	2
10	1	1	1



Athletes with a Disability Solo:

Placement	Solo Points
1	6
2	5
3	4
4	3
5	2
6	1

5. If, in any event, there is a tie, the higher technical (Execution + Difficulty) score will break the tie.

SPECIAL AWARDS

The CUASL/LUCNA All Canadian Award

1. The CUASL/LUCNA All Canadian awards will be awarded to registered swimmers who compete in at least one league event with an annual average of 80% and above (or the equivalent of 3.4 GPA and above at your respective University). This award will be administered by the league vice president at the Nationals Banquet.

The Anne Smeeton Award

The Anne Smeeton Award will be rewarded yearly to someone who contributes significantly to the league. Nominations can be sent in by each university and a winner will be chosen by the league executives. The award will be presented by the CUASL Coordinator at the Nationals Banquet.



APPENDIX D

COACH CERTIFICATION PATHWAY

Extracted from CAS Coach Certification and Registration Policy Checklist:

- Registered and in good standing
- Enhanced Police Check (E-PIC)
- Respect in Sport for Activity Leaders
- NCCP Make Ethical Decisions Workshop and Online Evaluation
- At minimum Competition Introduction In-Training status (Competition Introduction Modules 1-8, Making Headway in Sport and Emergency Action Plan)

3-year pathway for those with no prior certification:

Coaches should create a Locker account if they do not have one already: <https://thelocker.coach.ca/>
AND register for an account on www.artisticswimmingcoach.ca

Components	When required	Online or in-person	How do I do this?
Enhanced Police Check (E-PIC)	First year coaching CUASL	Online	https://pages.sterlingbackcheck.ca/landing-pages/c/canada-artistic-swimming/
Respect in Sport Activity Leader	First year coaching CUASL	Online	https://artisticswimming-coach.respectgroupinc.com/
NCCP Making Ethical Decisions Workshop	First year coaching CUASL	Online or in-person	Contact your Provincial Coaching Association for courses
NCCP Making Ethical Decisions Online Evaluation	First year coaching CUASL	Online	After taking the course do the online evaluation via the CAC Locker
Coach Initiation in Sport (prerequisite for AquaGO!)	Second year coaching CUASL	Online	Available via the CAC Locker
S4L Introduction to Physical Literacy (prerequisite for AquaGO!)	Second year coaching CUASL	Online	https://sportforlife-sportpourelavie.ca/catalog_detail.php?courseid=798
AquaGO! Module 1-5	Second year coaching CUASL	Online through PTSO	Contact your Provincial Artistic Swimming office for courses
AquaGO! Module 6	Second year coaching CUASL	In person practical	Contact your Provincial Artistic Swimming office for courses
Comp Intro Modules 1-8	Third year coaching CUASL	Online through PTSO	Contact your Provincial Artistic Swimming office for courses
Comp Intro Module 9	Third year coaching CUASL	In person evaluation	Contact your Provincial Artistic Swimming office for courses
NCCP Making Headway in Sport	Third year coaching CUASL	Online	Available via the CAC Locker
NCCP Emergency Action Plan	Third year coaching CUASL	Online	Available via the CAC Locker

