

BC 
ARTISTIC
SWIMMING

2025-2026

Technical Package

Version 2 – December 15, 2025



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1. INTRODUCTION



Welcome to the 2025-2026 Season!

Whether you're joining us as an athlete, coach, official, volunteer, or supporter, thank you for being a part of our vibrant and growing community. Each year, we grow stronger together, and this season promises to be one of growth, innovation, and continued excellence. As we look ahead, we remain focused on fostering a safe, inclusive, and high-performing environment that supports the unique goals and dreams of every member—from the youngest AquaGO! participant to our Masters athletes, from our dedicated officials to our elite competitors.

One of our core priorities continues to be delivering strong sport development initiatives across all levels and categories of participation. We are committed to creating meaningful experiences in recreational, provincial, adaptive, and Masters programming, as well as for our coaches, officials and volunteers. Through AquaGO! and our province-wide development streams, we aim to inspire confidence, teamwork, and a lifelong love for artistic swimming. This year marks the beginning of a new high-performance cycle, where we excitedly look forward to developing both new and current athletes within the Ignite Program. Look out for more information on what's to come in Ignite for the 2025-2026 season. We're transitioning our annual Technical Conference to a virtual format to offer greater access and flexibility, while Training Meet 2 will include in person learning, blending competitive readiness with community building. These events are critical touchpoints that help unite our province, provide valuable feedback, and keep our technical standards aligned and evolving. Creating a safe, respectful, and inclusive environment for all remains a top priority. This will be our first full season utilizing the Independent Third Party Complaints Management System, an important step in upholding our Safe Sport commitments and ensuring all voices are heard and supported.

Behind the scenes, we're working hard to build a more efficient and connected organization. This includes improving internal processes, enhancing communication, and streamlining systems for staff and members alike. Our continued use of the RAMP registration platform is helping us simplify membership and event management. We're also looking forward to the second year of using our new electronic judging and scoring system, which has already begun to modernize and streamline our competition delivery.

Planning for a successful season starts many months in advance—often as early as January of the previous year. I want to sincerely thank our team for their tireless dedication and behind-the-scenes efforts that make each program, meet, and initiative possible. To our coaches, officials, club leaders, and volunteers, your commitment fuels the success and spirit of our community. And to our athletes and families, thank you for your continued trust and passion for artistic swimming.

Let's embrace this season with energy, unity, and a shared excitement for what's ahead. Together, we're not just growing a sport, we're building a supportive and inspiring community.

Rebecca Tamil Selven

Rebecca Tamil Selven
Executive Director

Tanya Magee

Tanya Magee
Sport Development Manager



2. USING THIS RESOURCE

Outstanding Information and/or Missing Details

Upon release of the CAS 2024-2025 Rulebook, BC Artistic Swimming will update this document and finalize details related to national stream activities as appropriate.

Areas that are awaiting decisions or for more detailed information from Canada Artistic Swimming or BC Artistic Swimming, are identified throughout this document in ***bold red italics***. Additionally, changes that have been made since the previous version are also indicated in ***bold red italics***. As information in these areas is available, BCAS will update the Technical Package and distribute to our members.

Interpreting the Rules

Per the CAS Rulebook, “the purpose of each rule is to ensure that all competitors have an equal opportunity to achieve success. 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”.

***Not all rules are outlined in this document. If a rule is not mentioned here, BCAS aligns with CAS rules.
** BCAS rules for Provincial Stream events that differ from the CAS Rulebook can be found in Section 4. *****



3. SUMMARY OF CHANGES TO THE TECHNICAL PACKAGE

Click on the hyperlinks to go directly to the corresponding page in the Technical Package.

Removal of Training Meet #1

Rationale: To reduce some of the financial barriers associated with travel while still providing an online Technical Conference Series (see next point).

Addition of a Fall Technical Conference Series

Rationale: To provide accessible coach education to all our coaches to be able to take to their home clubs/athletes without the need to travel to an in-person event to have access to this education.

AdAS Competitive Updated Rules aligned with CAS

Rationale: To align with CAS Rulebook and follow the same rules in province that are required for out of province events.

Limited Competitive Advanced Category Added

Rationale: To help with a smooth transition from limited competitive into the competitive stream.

Limited Competitive Acrobatic Codes

Rationale: While we still do not allow full acrobatics at the rec level, athletes who upgrade to Limited Competitive membership will allow two specific codes to help with a progression into full acrobatic training in competitive programming.

Limited Competitive Routine Element Requirements Updated

Rationale: To encourage use of the Difficulty Table at this level.

LTAD Testing Changes to Submission Times

Rationale: To have pre- and post- season submissions within a window of time that works for club/athlete development.

Rule 5.16.1 – No tapping underwater during competition warm-ups and/or in the warm-up lanes

Rationale: To align with what is done at National events.

Rule 5.16.2 – All warm-up lanes will be designated as “laps only”.

Rationale: To ensure athlete safety.

Athletes will only compete two figures for AG 13-15 PS & 16-20 PS

Rationale: To align with what is being done across the country.

Synchronization Modifications for PS Routines

Rationale: To ensure that the STC scores are not wiping out the element score while still ensuring the importance of focusing on proper synchronization.

Masters Change Over to New Judging

Rationale: To align with National and International processes.

Rule 5.4.1.1 & 5.5.1.1 – COMPLETE ROUTINES are required for PS and NS Qualifier events in order to Qualifier for Provincial Championships.

Rationale: In order for feedback to be given with enough time to makes changes/adjustments prior to Provincial Championships and National Qualifier.

Rule 5.17.1 – Window of time to protest a penalty is 30-minutes.

Rationale: To align with CAS.

4. NEW DOMESTIC RULE CHANGES AND IMPORTANT CHANGES

This section outlines just *some* of the new and important domestic rules and changes that will be governing national events. For the full rulebook, refer to the CAS [website](#).

- ✿ **Addition to Rule 1.6:** Athletes aged 12 may request an exemption to swim up to Youth solo by asking for exceptional status when demonstrating physical maturity and psychological maturity which match their advanced artistic swimming skills. Such exemption must be requested to the CAS Rules/Technical Committee.
- ✿ **Additions to Rule 3.3:**
 - Trio Tech / Trio Free - Note: this event is not held internationally and may be removed from domestic event list if participation remains low.
 - Note: internationally the minimum age for Masters is 25.
- ✿ **Addition to Rule 5.4.1:** A youth athlete may only compete in a maximum of 3 Team events (team events include Youth Team, Junior/Senior Tech/Free Team, Free Combination, Acrobatic Routine).
- ✿ **Addition to Rules 5.5.3 and 5.5.4:** A technical/free team/duet may not have the same roster in the corresponding routine event in Junior and Senior and may not have the same athletes compete in the corresponding routine event in Junior and Senior.\
- ✿ **Addition to Rule 5.12.3:** There will be no prelims in Youth Solo, Junior/Senior Solo Tech, Junior/Senior Solo Free and Junior/Senior Duet Tech. The Competition Director may decide not to hold Junior/Senior Duet Free prelims.
- ✿ **New Rule 6.2.7:** all routines that enter and compete at their provincial selection competition are eligible to enter CMASC. Provincial quotas may be imposed on a year-to-year basis by the CMASC Competition Director, and shall be announced at least 4 months before the event if needed. Clause 6.2.5 for exceptional circumstances applies to Masters competitors for CMASC.
- ✿ **Quotas for Adaptive Routines:** all routines that enter and compete at their provincial selection competition are eligible to enter CASC and National Qualifier.
- ✿ **Added to Rule 7.1 Conflict of Interest:** In certain circumstances (ie National Championships) a board or staff member of a PTSO.
- ✿ **Update to Technical Controller Reviews:**
 - The protest shall be reviewed by a Review Panel composed of the Lead Technical Controller from the event being protested, the Referee (or their designate), and a National Technical Controller not involved in the original decision.
 - The Review Panel shall review the video a maximum of 2 times in slow motion if technology permits, or a maximum of 3 times at normal speed otherwise, and make a decision based on what was reviewed.
- ✿ **Update to Rule 10.5.2 (Figure Draw):** For Qualifier and CASC, the figures section (A, B, or C) shall be drawn and posted one week before the Figure Session and will be posted on the official competition

communication channel immediately after they have been drawn. The figure group from within that section shall be drawn seventy-two (72) hours before the start of the Figure Session and will be posted on the official competition communication channel immediately after they have been drawn.

🌟 **Draw for Order of Swim at CASC Update:**

- For all Youth, Junior, Senior and Mixed solos and duets, the order of swim will be seeded based on results from Qualifier, using the 30-40-30 distribution rule (the top placing 30% of total entries shall draw to swim in the bottom 30% of the routine event, the bottom placing 30% of total entries shall draw to swim in the top 30% of the routine event, and the middle placing (40%) shall draw to swim in the remaining places in the routine event.) The draws within each group shall be random.
- For all routine finals that were preceded by a preliminary round, the order of swim shall be the reverse order from the preliminary round results (the last placing qualifying entry going first, and the top-placing entry going last).

🌟 **Routine Time Limits for Masters:** The maximum times for Masters Artistic Swimming routines, each of which is inclusive of a maximum of ten (10) seconds for the deck movement.

🌟 **Appendix 3 Masters – full update.**

🌟 **Appendix 4 AdAS – full update.**

🌟 **Appendix 6 Provincial Qualifier Quota Allocations Added**



5. PROVINCIAL COMPETITION PROCEDURES

5.1. COMPETITION ETIQUETTE



What is respectful behaviour?

Treating others as you would like to be treated, starting with basic consideration of and for other people. As role models for athletes and their parents, coaches should lead by example and consistently model respectful behaviour.

Represent your club and BCAS with respect.

Participants and spectators are to be respectful of one another and the facility.

Unless competing, watch from designated athlete or spectator spaces.

Cheer on your teammates within reason and from designated cheering sections. Be respectful if you are behind or near the judges.

Landrill and activate away from pedestrian walkways or congested areas.

Only certified/registered coaches may be on deck, video figures and coach during warm ups.

Be respectful of shared pool and deck space during warm ups – avoid impeding others or monopolizing space for your benefit.

Take turns practicing walk-ons.

Parents are not permitted in the competition zone unless they are designated volunteers registered with the volunteer table.

Parents volunteering on deck may not interact with athletes and coaches or take photos/video.

No flash photography during figures or routines.

It is everyone's responsibility to ensure events and competitions are fair, safe and cooperative environments.

Coaches are expected to always lead by example and ensure their athletes, peers and spectators respect these courtesies.

All participants should address indiscretions in a calm and professional manner or report issues to BCAS.



Follow pool/facility rules.

Gelling and make-up must be done in designated areas.

If food is permitted on deck, consume it away from the water and use designated waste receptacles.

Remain seated or stand still during routine events.

Equipment and bags should be contained in designated areas, not in spectator space.

Roll up yoga mats when not in use.

Do not hang wet towels and suits.

Warm up lanes are for lap swimming only.

Designated warm up times in the competition pool are for routine execution only.

Be respectful of others in the shared, and often congested pool space.

Remember – everyone is trying to maximize the limited time and space available.

Athletes, coaches, officials and competition volunteers are the only people allowed in the competition zone.

Only athletes and coaches competing in the current event cluster are permitted in the competition zone.

Once their duties are complete, volunteers must return to the designated spectator space.

During routine events, everyone in the competition zone must remain seated or stand still.

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5.2. RECREATION STREAM

The Recreation Stream (Rec) refers to programming for athletes registered in recreation programs and includes AquaGO! and Masters' Recreation. In accordance with the CAS definition, youth Rec athletes do not compete at any level, meaning they do not participate in competitions in which their scores are ranked against each other for awards. Recreation athletes may participate in Regional or Club Fun Meets, or Watershows. Fun Meets include some judging components in a feedback format but no formal marks or ranking takes place in order to align with CAS rules.

Youth Rec athletes wishing to compete in a provincial competition must upgrade their registration status to Limited Competitive. Then they are able to register to compete in Limited Competitive events at the Jean Peters Provincial Championships. Please refer to section 5.3.

Masters Rec athletes may compete at the Masters' Recreation Provincial Championships. There is no qualifying pathway for the Masters' Recreation Provincial Championships.

5.3. LIMITED COMPETITIVE STREAM

Limited Competitive (LC) is a registration stream for youth Recreation athletes who would like to compete in a provincial competition. The LC Provincial Championships is a provincial competition that provides a ranking of the competing athletes in a traditional competition environment. Participating Rec athletes must upgrade their registration status to Limited Competitive prior to registering for the LC Provincial Championships.

The LC Provincial Championship event takes place during the Jean Peters Provincial Championships. There is no qualifying pathway for the LC Provincial Championships. LC athletes are encouraged to also participate in the Winter Training Meet, Club Fun Meets, or Watershows.

5.3.1. COMPETITIVE YOUTH ATHLETES RETURNING TO LIMITED COMPETITIVE STREAM

All athletes (except those competing in Masters or CUASL) who have competed in the Provincial Stream may return to the Limited Competitive Stream the next season with the following stipulations:

- 🌟 The first season they are back in the Limited Competitive Stream, they will not be included in the figure results; however, they WILL be allowed to compete as an exhibition swimmer.
- 🌟 If a returning athlete competes on a team, the team will NOT be exhibition.
- 🌟 The second season back to the Limited Competitive Stream, athletes will be allowed to compete openly.

Exemptions to 5.3.1 may be requested by clubs and will be evaluated on a case-by-case basis.

5.4. PROVINCIAL STREAM

5.4.1. MABLE MORAN PROVINCIAL QUALIFIER

The Provincial Stream (PS) Provincial Qualifier (Mable Moran) is the qualifying competition of the PS Provincial Championships (Jean Peters). Athletes wishing to attend PS Provincial Championships **MUST** register for and compete in the PS Provincial Qualifier. Athletes or clubs who do not register for and compete in the PS Provincial Qualifier will **NOT** be eligible to attend the PS Provincial Championships.





Any Provincial Stream athlete or team in the 10& U, 11-12, 13-15, or 16-20 age categories wishing to attend the Provincial Championships **MUST** be registered in Mable Moran Provincial Qualifier AND meet the following conditions:

5.4.1.1. An incomplete routine at Mable Moran Provincial Qualifier will not be approved to attend Jean Peters Provincial Championships.

See [Provincial Qualification Procedures](#), regarding the withdrawal protocol, should an athlete be unable to participate in a competition.

5.5. NATIONAL STREAM

5.5.1. PACIFIC COAST PROVINCIAL QUALIFIER

The Pacific Coast Provincial Qualifier (PCPQ) is the qualifying competition of the Pacific Peaks Provincial Championships (PPPC). Athletes wishing to attend Pacific Peaks Provincial Championships **MUST** register for and compete in the Pacific Coast Provincial Qualifier. Athletes or clubs who do not register for and compete in the Pacific Coast Provincial Championships will **NOT** be eligible to attend the Pacific Peaks Provincial Championships.

Any National Stream athlete or team in the Youth, Junior, or Senior age categories wishing to attend the Provincial Championships **MUST** be registered in Pacific Peaks Provincial Qualifier AND meet the following conditions:

5.5.1.1. An incomplete routine at Pacific Coast Provincial Qualifier will not be approved to attend a Pacific Peaks Provincial Championships.

See [Provincial Qualification Procedures](#), regarding the withdrawal protocol, should an athlete be unable to participate in a competition.

5.5.2. PACIFIC PEAKS PROVINCIAL CHAMPIONSHIPS

The Pacific Peaks Provincial Championships is a qualifying competition of the Canadian Artistic Swimming National Qualifier. Any National Stream athlete or team in the Youth, Junior, or Senior age categories wishing to attend the National Qualifier **MUST** be registered in Pacific Peaks Provincial Championships AND meet the following conditions:

5.5.2.1. Athletes competing in the Solo and Duet events must fall within Canadian Artistic Swimming Qualifier quotas to compete at the Canadian Artistic Swimming Qualifier. **Provincial** quotas are determined by Canada Artistic Swimming and limit participation to the top ranked solos and duets. **Note:** It is not a requirement of BC Artistic Swimming to fill the quotas.

5.5.2.2. The quota for team events is OPEN, however, the Chief Referee, in consultation with the Director of Sport, will determine team selections for attendance at the National Qualifier.

5.5.2.3. Notwithstanding 5.5.2.2, an incomplete routine at Pacific Peaks Provincial Championships will not be approved to attend a national or out-of-province competition.

5.5.3. PROVINCIAL STREAM ELIGIBILITY

An athlete registered and competing in National Stream events for the season is ineligible to compete in any provincial stream events.

5.5.4. NS ATHLETES COMPETING AT JEAN PETERS INVITATIONAL



5.5.4.1. ELIGIBILITY

Any BC registered National Stream athlete who does not qualify for, or attend, Canadian National Championships, is eligible to compete in the National Stream events at the Jean Peters Invitational.

5.5.4.2. EVENT CATEGORIES

NS athletes who participate in the Jean Peters Invitational will compete in the National Stream/Invitational events against other eligible NS athletes.

5.6. ADAPTIVE ARTISTIC SWIMMING STREAM

If information is not presented below for AdAS Stream, BCAS will align with the CAS AdAS rules. Level 1 is only offered in BC. CAS offers AdAS Level 2-6. If a coach feels that an athlete is ready for level 6, please contact sdm@bcartisticswimming.ca for more information.

5.6.1. QUALIFIER FOR CANADIAN NATIONAL CHAMPIONSHIPS

Mable Moran Provincial Qualifier is the qualifying competition for the Canadian National Championships for AdAS. Any AdAS athlete or team wishing to attend the National Championships **MUST** be registered in Mable Moran Provincial Qualifier. *For AdAS athletes wanting to participate in National Qualifier, please contact sdm@bcartisticswimming.ca for qualifying information.*

5.6.2. PROVINCIAL ADAS MODIFICATIONS

- ✦ Mixed ability events will follow BCAS rule [6.2.8](#).

5.6.3. ADAS ELIGIBILITY

Aligned with CAS Appendix IV

5.6.4. ADAS COMPETITIVE STRUCTURE

Aligned with CAS Appendix IV

- ✦ **There will be no AdAS Technical Routines in B.C. this season**

5.6.5. ADAS COACH CARDS

Aligned with CAS Appendix IV

5.6.6. SET NUMBER OF ELEMENTS FOR ADAS ROUTINES

See CAS Rulebook [Appendix IV](#).

5.6.7. ADAS MODIFIED HYBRID DIFFICULTY TABLE

See CAS Rulebook [Appendix IV](#).

5.7. ATHLETES UNABLE TO COMPETE IN A QUALIFYING EVENT

5.7.1. BYES

Any request for a bye from a qualifying competition must be submitted in accordance with the [Provincial Qualification Procedures](#).

5.7.1.1. ON SITE MEDICAL BYE REQUESTS

In the event a medical bye is needed on site due to sudden illness or injury, the coach must inform the Chief Referee of the circumstances immediately. At the sole discretion of the Chief Referee, a swimmer or routine may be granted an on-site medical bye. Failure to obtain an on-site medical bye will result in an athlete or



routine not qualifying for subsequent competitions, events or selection activities. See the [Provincial Qualification Procedures](#) for more information regarding on site medical bye requests.

5.7.2. WITHDRAWAL DURING A COMPETITION

The Chief Referee shall be informed if there are any changes in the listed members of the routine no later than one hour before the event. As the referee receives the scratch(es), the scratch sheet will be updated. Please note that for various World Aquatics sanctioned competitions (e.g., National & International events) the rule states “two hours” prior. The figure scores for the routine shall be recalculated if there is a change.

Please refer to [Appendix O](#) for penalties and fines for failing to comply.

5.8. MASTERS COMPETITIVE

See [CAS Rulebook Appendix IV](#)

5.9. COACH CERTIFICATION POLICY

To be eligible to be on deck during provincial or national competitions, coaches must meet the standards outlined in the [BCAS Coach Certification Policy](#) that aligns with CAS’s [Coach Registration & Certification Policy](#).

5.9.1. BC CRIMINAL RECORD REVIEW PROGRAM

All coaches must have a valid criminal record check in accordance with the [BC Artistic Swimming Screening Program](#).

5.10. COACH ELIGIBILITY ON DECK AT BCAS EVENTS

In addition to meeting all BCAS Coach Certification requirements outlined in section 5.7, coaches must be registered for each BCAS event through the CAS Competition Registration System, similar to athlete registration for competitions. Only registered coaches with credentials for the respective competition/event will be permitted on deck. A coach who is not registered for an event will not be permitted on deck and will be fined in accordance with [Appendix O](#). *To register a coach for an event after the registration deadline, contact the [Sport Development Manager](#).*

5.11. MUSIC

Routine music must be professionally recorded and adhere to the specifications established in the World Aquatics Manual.

Music must be uploaded to the designated BC Artistic Swimming Dropbox at least **two weeks** prior to competition and submitted in the following format:

- 🌸 **Solos & Duets:** Club Name– Event – AG – Athlete Name
- 🌸 **Team, Combos & Highlight:** Club Name– Event – AG – Coach Name

Club coaches who require access to the club’s Dropbox folder must contact the [Sport Development Manager](#).



5.12. COACH CARDS

Coaches are required to submit a coach card for all routines as part of the competition registration. Failure to submit a coach card within the designated timelines will result in the routine being scratched from the event.

5.12.1. FILE FORMAT

All Coach Cards must be sent in in Excel format and use the file created through the [Coach Card software](#). Please ensure the latest version of the software is being used before exporting coach card files. Already have the software? Please do an update before exporting.

5.12.2. LABELLING CONVENTION

File names should **NOT** be changed from the names given upon export from the ISS Coach Card software.

5.12.3. COACH CARD SUBMISSION DEADLINE

The rules governing provincial coach card submission deadlines have been designed to ensure maximum fairness while keeping the competition running smoothly.

All coach cards must be uploaded to Dropbox using your club's Dropbox File Request 72 hours in advance of the first day of the competition (exact dates and times for each meet will be communicated).

*All coach cards will be imported into the scoring system **and considered FINAL**.*

5.12.3.1. MEDICAL ISSUE

Notwithstanding 5.10.3, clubs who need to change a coach card due to a medical issue **that prevents the routine from being performed in alignment with the coach card** will be allowed to change their coach card up to 2 hours before the start of a session. When events are grouped together, they are considered as a single session starting at the time of the first event. These changes will require the approval of event's Chief Referee.

5.12.3.2. LATE COACH CARD CHANGES

Notwithstanding 5.10.3, clubs wishing to change coach cards for reasons other than 5.10.3.1 will be allowed to do so no later than 24 hours before the event but will incur a \$100 fine.

New coach cards will always need to be submitted by uploading to Dropbox via your file request link, and file names should NEVER be changed from the names given by the ISS Coach card software.

5.12.3.3. NOTIFICATION OF COACH CARD CHANGES

Coaches must notify the Meet Manager of any new Coach Card submission in person.

5.13. RELIGIOUS AND/OR MEDICAL ADORNMENTS

Requests for religious or medical alert adornments (only) to be worn during competitions must be addressed to the Chief Referee in advance of the competition at sdm@bcartisticswimming.ca.

Religious or medical alert adornments (e.g. Medic Alert or Sikh Kara bracelets) may be worn under the following conditions:



- it must be only one bracelet,
- must not be more than one-centimeter wide; and
- it must have a smooth surface with no sharp or protruding edges that could potentially injure a swimmer.

The Chief Referee shall inspect any bracelet prior to the swimmer entering the pool to ensure the criteria are met. All inspections will take place prior to the start of each competition/meet and the decision of the Chief Referee will be for the duration of the competition/meet.

If the bracelet does not meet the conditions outlined above, the Chief Referee has the authority to require a bracelet to be secured into position or covered to minimize the risk of injury, as needed.

5.14. TATTOOS/HENNA

Tattoos/henna do not need to be covered up during BC Artistic Swimming sanctioned events; however, it is deemed offensive by the Chief Referee, the athlete may be asked to cover it up.

5.15. AWARDS

Awards will be given for athletes/routines that place 1-6 at Provincial Qualifier and Provincial Championship events. Medals will be given at Provincial Championships for athletes/routines placing 1-3.

5.16. COMPETITION WARM-UP ETIQUETTE

5.16.1. TAPPING DURING WARM-UP

In alignment with National event etiquette, no tapping will be permitted during any BCAS event practice and/or warm-up. This includes but is not limited to pre-competition pool rental, event warm-up in lanes and event warm-up in competition pool.

5.16.2. WARM-UP LANES

During swim-warm up, all lanes will be designated as “**laps only**” unless otherwise specified by the Chief Referee during the pre-competition meeting to start each day.

5.17. PENALTIES & FINES

BC Artistic Swimming adheres to all formal processes for penalties written in the Officials Handbook, the CAS Rulebook and BC Artistic Swimming Technical Package. All penalties and descriptions can be found in the [CAS Rulebook](#). Please refer to [Appendix N](#) to review all CAS penalties & fines and the differences within BC events.

5.17.1. PENALTY APPLICATIONS AND PROTESTS





If a penalty is applied, coaches will have **30 minutes** to file a protest with BC Artistic Swimming from the time the results are distributed by email and/or the time stamped on the posted results, whichever occurs first.

Please note: In B.C,

- During event registration, the club registrar must submit the email address for all coaches who are to receive event results.
- All posted results will include a time-stamp indicating the exact time that the results were posted
- Coaches will have **30 minutes** to lodge a protest from the time the results have been emailed and/or posted
- Procedure for lodging and consideration of a protest will follow CAS rules

5.17.2. APPEALS PROCESS FOR TECHNICAL CONTROLLER DISPUTES

BCAS will align with Section 8 of the [CAS Rulebook](#) for all protests.

Note: No protests shall be made against the judges' marks/scores. Penalties and Difficulty Technical Controller decisions and Synchronization Technical Controller decisions (major errors only) are appealable.

Appeal Process

See [CAS Rule 8.1](#) for all information.

5.18. LONG TERM ATHLETE DEVELOPMENT

BC Artistic Swimming is committed to aligning with provincial and national LTAD implementation standards while ensuring compatibility with the provincial competitive structure and our varying athlete development pathways. Please refer to [Appendix M](#) for more information regarding the LTAD implementation.

BC Artistic Swimming recommends that all coaches and clubs review Canada Artistic Swimming's [LTAD 2.1](#) Framework to determine recommended training times for all athletes based on age and stage of development. A reminder that overtraining athletes at any level may result in injury, fatigue and burnout.

5.19. PRE-COMPETITION INFORMATION

5.19.1. ORDER OF SWIM

The draw for order of swim will be distributed to the registered coaches no later than 72 hours prior to the start of the first figure event in the form of an electronic copy of the Meet Program.

5.19.2. INFORMATION EMAIL

The Sport Development Manager, in consultation with the Chief Referee, will email out important meet information prior to the start of the meet. This information may include, but is not limited to, facility rules (i.e., areas for gelling, footwear policy, etc.), managing scratches, reminders of etiquette and figure panel location.

5.20. VIDEO SUBMISSION GUIDELINES

See Appendix B of the [Provincial Qualification Procedures](#).

6. PROVINCIAL COMPETITION EVENTS



6.1. FIGURES

6.1.1. JUDGING SCALE

Figures will be judged using the 0.1 marking scale as outlined by World Aquatics.

Perfect	10	Satisfactory	5.9 – 5.0
Near perfect	9.9 – 9.5	Deficient	4.9 – 4.0
Excellent	9.4 – 9.0	Weak	3.9 – 3.0
Very Good	8.9 – 8.0	Very weak	2.9 – 2.0
Good	7.9 – 7.0	Hardly recognizable	1.9 – 0.1
Competent	6.9 – 6.0	Completely failed	0

6.1.2. FIGURE RE-STARTS

Figure re-starts are not permitted at AG13-15/Youth and older (PS & NS) – a zero will be given for any incorrect figure performance. The Head Judge of the panel will make note of the rationale for all penalties. A coach may request this information from the meet manager at the end of the event.

Please note: In B.C, a score of zero will NOT be automatically given to athletes in AdAS, Rec, Novice, 11-12, and 10 & Under. Athletes will be allowed to redo the figure with a -1.0 penalty after the first re-start attempt. A zero will be awarded if the figure is performed incorrectly a second time.

Athletes in these age groups who intend to compete outside of BC must verify the provincial rules in effect for the competition.

6.1.3. ABSENT FIGURE SWIMMER

Throughout this section, extraordinary circumstances beyond the control of the swimmer shall be considered. See [Appendix N](#) (Penalties & Fines Chart) for more information on swimmer absences at a figure event.

6.1.3.1. MISSING A FIGURE

See [Appendix N](#) for all penalties regarding figures.

6.1.4. FIGURE DRAW

Note: 10 & U and 11-12 **PS** Age Groups will compete four figures. 13-15, 16-20, and AdAS will compete two.

6.1.4.1. NS FIGURE DRAW

The draw for the group will be communicated 18-72 hours before the figure event and posted on the [BC Artistic Swimming Website](#).

6.1.4.2. PS FIGURE DRAW

The draw for the group will be communicated one week before the figure event and will be posted on the [BC Artistic Swimming Website](#).

Note: Training Meet basic position and/or basic transition draws may be different. Refer to appendices for more information

6.1.5. COMPETITIVE FIGURES – PROVINCIAL AND NATIONAL STREAMS

	Compulsory	Section A		Section B		Section C	
		Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
10 & Under	Ballet Leg Single (1.6)	Modified Front Ariana (2.2)	Surface Prawn (1.3)				
	Barracuda (1.8)	Neptunus (1.7)	Kipnus (1.4)				
11-12	Straight Leg Ballet Leg (1.6)	Front Ariana (2.2)	Waterdrop (1.8)	Kip (1.6)			
	Barracuda (1.8)	Tower (1.9)	Swordfish (2.1)	Swanita Spinning 180° (1.9)			
13-15 PS & 16-20PS		Flying Fish (2.4)	Barracuda Airborne Split (2.7)	Whip Rapid Spinning 360° (3.0)	Venus (3.0)	Flamingo Bent Knee Combined Spin [rapid] 360° + 360° (3.1)	Ipanema Spinning 180° (3.1)
		Cyclone (2.4)	Swordfish Straight Leg Ariana Rotation (2.6)	Saturn (2.5)	Albatross Spin Up 360° (2.5)	Walkover Back (2.1)	London (1.9)
Youth		Flying Fish Spinning 360° (2.9)	Barracuda Airborne Split, Spin Up 180° (2.7)	Whip Continuous Spin 720° (3.0)	Venus (3.0)	Flamingo Bent Knee Combined Spin [rapid] 360° + 360° (3.1)	Ipanema Spinning 180° (3.1)
		Cyclone, Open 180° (2.4)	Swordfish Straight Leg Ariana Rotation (2.6)	Saturn (2.5)	Albatross Spin Up 360° (2.5)	Walkover Back Closing 360° (2.4)	London Continuous Spin 720° (2.4)
Beginner Rec	1. Head First Sculling 5m 2. Back Layout to Bent Knee Back Layout 3. Back Layout to Inverted Tuck (through tub) 4. Front Layout						
Intermediate Rec	1. Propeller 5m 2. Back Layout to Ballet Leg (through Bent Knee Back Layout) 3. Right Split position 4. Front Layout to Front Pike Position (Front Pike Pull Down)						
Advanced Rec	1. Ballet Leg Single (1.6) 2. Modified Front Ariana (2.2) 3. Barracuda (1.8) 4. Neptunus (1.7)						

*All Degree of Difficulty values expressions are subject to adjustments by WORLD AQUATICS.



6.1.6. ADAPTIVE ARTISTIC SWIMMING (ADAS) FIGURES

- 🌟 Athletes can modify the proposed figures as appropriate
- 🌟 When possible, the modified figures will be included with the entry package
- 🌟 Where an athlete changes a figure while on the field of play - judges will evaluate what they see
- 🌟 Athletes will only compete two figures at each competition (aligning with CAS)

6.1.6.1. ADAS FIGURES

BC Artistic Swimming will align with CAS Rules for the 2025-2026 season with some modifications as outlined in [6.2](#). See figure description in CAS Appendix IV

LEVEL	Group 1	Group 2	Group 3
1*	Back Layout	Pike	Vertical at ankles
	Split	Tub	Front Layout
2	Sailboat Alternate	Front Pike Pulldown	Bent Knee Position
	Split to Vertical at Ankles	Back Tuck Somersault	Oyster
3	Ballet Leg Single	Neptunus	Bent Knee Join to Vertical & Sink
	Front Pike Pulldown to Split (1 st half of Front Walkover)	Kipnus	Blossom
4	Straight Leg Ballet Leg	Tower	Water Drop Spinning 180
	Front Walkover	Kip	Barracuda
5	Flamingo Bent Knee	Porpoise	Water Drop Twist Spinning 180
	Ariana	Kip Spin 180	Barracuda Spin 180

**NOTE: Provincial Level ONLY - No Level 1 at National AdAS Events*



6.2. ROUTINES

6.2.1. JUDGING SCALE

NS and PS routines will be judged using the 0.25 marking scale as outlined by [World Aquatics](#).

Perfect	10	Satisfactory	5.75 – 5.0
Near perfect	9.75 – 9.5	Deficient	4.75 – 4.0
Excellent	9.25 – 9.0	Weak	3.75 – 3.0
Very Good	8.75 – 8.0	Very weak	2.75 – 2.0
Good	7.75 – 7.0	Hardly recognizable	1.75 – 0.25
Competent	6.75 – 6.0	Completely failed	0

6.2.2. NS JUDGING SYSTEM

NS routines will follow the same judging system and routine rules as outlined in the Canada Artistic Swimming Rulebook/Technical Memos and/or World Aquatics [Artistic Swimming Rules](#).

6.2.3. PS JUDGING SYSTEM MODIFICATIONS

Unless outlined below as a modification, PS routines will follow the same judging system, and routine rules as outlined by Canada Artistic Swimming and/ World Aquatics [Artistic Swimming Rules](#).

****Reminder to only do what your athletes are capable of. They will not be rewarded for the difficulty if they can not execute it. ****

6.2.3.1 Hybrid Requirements

Please note: In B.C. for 10 & U, AdAS, LC and **Masters Rec.** – a hybrid can have any number of movements.

For example: If a coach declares tuck, bent knee, bent knee, tuck (4 movements) as a hybrid, it will be allowed. If they declare those same movements as a transition, that will be allowed as well. In those cases, the TC will go with what is written on a coach card.

- ✿ Maximum **3x** declaration per family per hybrid
 - i.e. max 3x thrusts, 3x spins, 3x flexibility, etc.
- ✿ The requirement to include one declaration from each family in the routine (except for connections in solo) is applicable for all PS routines (except AdAS and LC – see separate Appendices for more information)

6.2.3.2 Hybrid Requirements

REQUIRED MAXIMUM		10&U	11-12	13-15	16-20	AdAS	Ltd Comp.	Masters Rec/Comp.
Number of Hybrids	Solo	3	4	5	5	*See CAS AdAS Appendix IV	N/A	*See CAS AdAS Appendix III
	Duet	3	4	5	5		N/A	
	Mixed Duet	2	3	3	3		N/A	
	Team	3	4	5	5		3	

6.2.3.3 PS Acrobatic Safety Limits

Please note: In B.C. for 10 & U, 11-12, AdAS and LC – team acrobatics may be repeated. The rationale – to ensure safety of athletes when performing the required number of acrobatics. All other PS age groups will follow the World Aquatics Rulebook with states that acrobatics cannot be repeated.

REQUIRED MAXIMUM	10&U	11-12	13-15	16-20	AdAS	Ltd Comp.	Masters Rec/Comp.	
Team Acrobatic Safety Limit	Group A	2.0	2.0	No safety limit	No safety limit	2.0	See Rule 6.2.3.4	See CAS Masters Appendix III
	Group B	2.0	2.1			2.0		
	Group C	2.0	2.1			2.0		
	Group P	2.0	2.3			2.0		
Number of Pair Acrobatics	Duet/Mixed Duet*	1	1	1	1	*See CAS AdAS Appendix IV	N/A	
Number Team Acrobatics	Team	2	3	3	3	*See CAS AdAS Appendix IV	Max. 1	

*Mixed Duets must also perform the required surface connected (SuConn) action as outlined in the World Aquatic Rulebook.

6.2.3.4 Limited Competitive Allowed Acrobatic Codes

Athletes who have upgraded their registration from recreational athlete to limited competitive will be allowed to begin training certain acrobatic movements. There is only one specific code that athletes will be permitted to train and then subsequently perform which is outlined below. The code will not be included in the coach card, but they will be judged within the artistic impression score. It is *not mandatory* to perform and should only be attempted if athletes are ready to do so and have been appropriately trained by their coach.

Acceptable Code

1. B-L-Li-sd

6.2.3.5 Penalty for Exceeding Acrobatic Safety Limits

PS routines that exceed the maximum acrobatic safety level in section 6.2.3.3 will be given a **1.0 penalty** and the acrobatic will be automatically put to base mark.

6.2.3.6 Penalty for Unacceptable Limited Competitive Acrobatics

LC Routines that perform acrobatics that are not part of the acceptable codes will receive an **8.0 penalty**, and the coach may be subject to disciplinary action due to safety considerations associated with acrobatics.

6.2.3.6 PS Synchronization

- ✳ Minor errors – accounted for in artistic impression; therefore, no deduction of synchronization score
- ✳ Obvious errors – 0.1 deduction
- ✳ Major errors – 0.3 deduction

6.2.4. ROUTINE TIME LIMITS

	Male/ Female Identifying Solo	Duet/ Mixed Duet	Combo	Team	Trio	Acrobatic
AG10&under	1:15	1:45	-	2:15	-	-
AG11-12	2:00	2:30	3:00	3:00	-	-
AG13-15/Youth/AG16-20	2:00	2:30	3:00	3:00	-	-
Junior/Senior Tech	2:00	2:20	-	2:50	-	-
Junior/Senior Free	2:15	2:45	-	3:30	-	3:00
Masters Technical >	2:00	2:20	-	2:50	2:20	-
Masters Free >	2:15	2:45	3:00	3:30	2:45	-
Masters Rec. >	2:15	2:45	-	3:30	2:45	-
AdAS Level 1*	1:30	2:00	-	2:00	-	-
AdAS Level 2*	1:45	2:15	-	3:00	-	-
AdAS Level 3*	2:00	2:30	-	3:15	-	-
AdAS Level 4*	2:15	2:30	-	3:30	-	-
AdAS Level 5*	2:30	2:45	-	3:30	-	-
Limited Competitive*	-	-	-	2:15	-	-

>No minimum time limit (Masters events only)

*Maximum time limit – routines must be at least 50% of the maximum time limit

- 🏆 ALL routines are +/- 5 seconds.
- 🏆 Deck work must be less than 10 seconds
- 🏆 For Team Routines: walk on must be less than 30 seconds, timed from the first athlete crossing the starting point until all are stationary; For solos, duets and Trios: walk on must be less than 20 seconds from the first athlete crossing the starting point until all are stationary

6.2.5. ADAS ROUTINES

See section 5.6 and the [CAS Rulebook & Technical Memos](#).

Level 1 Routines are for Provincial Events only – NO LEVEL 1 at National Events

6.2.6. IN-COMPETITION JUDGE FEEDBACK FOR ROUTINES

Determined event by event.

6.2.7. WALK ONS & DECKWORK

In accordance with World Aquatics Rules, walk ons and deckwork are now part of the judged portion of a routine. Given the deck set up and in consideration of risk and liability, acrobatic movements during walk ons and deckwork are prohibited during BC events and competitions. This includes, but is not limited to, stacks, towers or human pyramids being executed during deck movements. During deck movements, each

competitor must always keep at least one foot on the deck surface. Please refer to the CAS Rulebook and World Aquatics Rulebook for National and International event information.

6.2.8. MIXED ABILITY CATEGORY

For Mixed Ability routines competing Nationally, refer to CAS Rulebook [Appendix IV](#) for further details.

6.2.8.1. MIXED ABILITY DUET AND/OR MIXED ABILITY TEAM EVENTS & COMPOSITION

Athletes participating in the Mixed Ability Duet and/or Mixed Ability Team events:

- will compete in their respective age and level-appropriate figure events,
- come together to swim a duet or team event in a Mixed Ability age category based on the average age of the athletes, provided at least one member of the team is a registered Adaptive Artistic Swimming athlete, and
- athletes are also eligible to compete in events within their chronological age category or other categories within the limitations of CAS or provincial rules and regulations provided at least one athlete is different than the Mixed Ability Duet and Team.

6.2.8.2. NON-MIXED ABILITY CATEGORIES

A team that competes with an Adaptive Artistic Swimming athlete in non-Mixed Ability categories is not permitted to compete in the Mixed Ability category unless a different Adaptive Artistic Swimming athlete is included on the roster.

6.2.9. PROVINCIAL STREAM COMBO

All athletes wishing to compete in the PS Combo event **MUST** also compete in the figure event in their artistic swimming age category. For example, a 14-year-old must compete in the 13-15 Figure event to be eligible to compete in Combo.

6.2.9.1. PS COMBO AGE ELIGIBILITY

Combo is an open age from age 11-20 spanning three age groups:

- 11-12
- 13-15
- 16-20

Note: Athletes 10 and under cannot compete on a Provincial Stream Combo.

6.2.9.2. CHAMPIONSHIP SCORE

- 50% Routine Score
- 50% Figure Score

6.2.9.3. COMBO REQUIRED ELEMENTS

General Required Elements

PS Combo routine hybrid and acrobatic numbers will follow World Aquatic Guidelines. The maximum hybrid difficulty recommendation is level 6. PS Combo routines must follow the required elements outlined in World Aquatics [Artistic Swimming Rules](#).

6.2.10. ROUTINE COMPOSITION & AGE GROUP CALCULATION

TEAM COMPOSITION									
	Team			Combo			Acrobatic		
	Min.	Max.	Alternates	Min.	Max.	Alternates	Min.	Max.	Alternates
National Stream	4	8	2	4	10	2	4	8	2
Provincial Stream	4	10	2	4	10	2	N/A	N/A	N/A
Masters (BC only)	4	10	2	4	10	2	N/A	N/A	N/A
*Limited Competitive	4	10	0	N/A	N/A	N/A	N/A	N/A	N/A

For all PS team routines, the age group that the team competes in is determined by calculating the average age of the competitors by adding the age that the swimmer will be in competitive year (ie. When PCPQ, PPPC, MM & JP occur), dividing by the number of swimmers (not including the reserves/alternates) and rounding to the nearest whole number. For example, if the average age of a Team is 12.833, they would swim in the 13-15 age group. **Note: An athlete that is currently 11 years old but turns 12 any time in competitive year would be considered a 12-year-old in the calculations.**

* LC Teams may be composed of athletes from all three figure levels: beginner intermediate, and advanced. Athletes on a team will swim in their own age group for figures and there will be no degree of difficulty used.

DUET & TRIO AGE COMPOSITION & CALCULATION						
	Duet			Trio*		
	Competitors	Alternates	Age Group Calculation**	Competitors	Alternates	Age Group Calculation**
National Stream	2	1	Compete in the age category of the oldest competing athlete	3	1	Compete in the age category of the oldest competing athlete
Provincial Stream	2	1	Compete in the age category of the oldest competing athlete	3	1	Compete in the age category of the oldest competing athlete
Masters (BC only)	2	1	Average age of competitors	3	1	Average age of competitors

* Masters Only

** Age calculation is based on those who compete in the event (does not include the alternates who do not swim).

6.2.10.1. CALCULATING AVERAGES FOR MASTERS ROUTINE COMPOSITION

Per the [World Aquatics Masters Rules](#), the average age of the competitors in a routine shall be determined by adding the ages of the swimmers, dividing by the number of swimmers (not including the reserves) and dropping any resulting fraction or decimal. (For example, if the average age of a Team is 49.833, they would swim in the 35-49 age group).

6.2.10.2. EXCEPTIONS TO LC & PS TEAM COMPOSITION RULE

If a club is unable to form a team composed of four or more athletes due to extenuating circumstances, BC Artistic Swimming *may* allow a team of three to enter a competition*. A letter from the club clearly identifying the rationale for the inability to form a complete team must be submitted to BC Artistic Swimming at least 48 hours prior to the respective competition's registration deadline. Upon approval by a panel consisting of no less than two of the following BC Artistic Swimming representatives: Chief Referee, Director of Sport, Executive Director or Sport Development Manager, a team of three athletes may be permitted to compete in the respective team event. If permission is granted for a provincial qualification event, it will also extend to the applicable provincial championship. Such permissions are only valid for the season in which they are granted and will not carry over to future seasons.

*Please note: all acrobatics for teams of three in PS events will be subject to base mark due to the definition of an acrobatic movement (i.e. minimum 4 swimmers).

6.3. BC SUMMER GAMES

The BC Summer Games (BCSG) are an amateur sporting event held every two years in the province of British Columbia. The next BC Summer Games will be held in July 26-29, 2026 in Kelowna.

6.3.1.1. ELIGIBILITY

- ✦ All athletes must be born in 2011-2015 to be eligible to attend the BC Summer Games. Athletes can only attend one BC Summer Games in their lifetime.
- ✦ Athletes not registered with a BC Artistic Swimming member club *may* be eligible to attend the BC Summer Games provided they do not take the place of an athlete who is registered with a BC Artistic Swimming Member Club.

Note: Those athletes who are not registered with a BCAS member club must still register with BC Artistic Swimming and can contact our [Sport Development Manager](#) for details on how to register.

6.3.1.2. TRIAL EVENTS

BC Summer Games trials occur at Mable Moran Championships on BC Summer Games years as a SEPARATE figure event. Registration in that event is mandatory for any athletes wishing to be considered for the 2026 BC Summer Games.

6.3.1.3. TRIALS CRITERIA

Figures

1. **Flying Fish (2.4)**
2. **London (1.9)**

Routine Time limits

Solo	2:00
Duet	2:30
Team	3:00
	+/- 5 seconds



6.3.1.4. BC SUMMER GAMES TECHNICAL PACKAGE

Please note: Artistic Swimming at the BC Summer Games follows the rules outlined in the [BC Summer Games Technical Package](#). If a rule is not mentioned, please refer to the BC Artistic Swimming Technical Package and/or CAS Rulebook.

6.4. OUT OF PROVINCE COMPETITIONS

The sanctioning procedure in 6.4.1 applies to both National and International events.

6.4.1. SANCTIONING PROCEDURES

- i. Coaches/clubs are required to complete and submit BC Artistic Swimming's "Competition Sanctioning Request Form" for permission to attend an out-of-province competition. The form can be found on our [website](#).
- ii. All requests to participate in an out-of-province competition will be submitted to the [Sport Development Manager](#) for review and approval.
- iii. The routines must be competed in their entirety at an age and level-appropriate BC Artistic Swimming sanctioned competition. The competition must be within the same competitive season of the request being considered.
- iv. Approval to participate in an out-of-province competition must be granted before the club can register for the competition. It is strongly recommended that approval be secured prior to paying registration fees and making travel plans, as there is no guarantee the request will be approved.

6.4.2. DENIED SANCTION REQUEST

- i. No sanctioning will be granted to Provincial Stream clubs when the competition conflicts with BC Artistic Swimming's competition schedule.
- ii. No sanctioning will be granted to club athletes/team athletes when a provincial team is attending the same event.
- iii. No sanctioning will be granted to club athlete/teams when travel occurs within 2 weeks of BC Artistic Swimming events (including Ignite Programming and BC Summer Games Training/Competition).

Note: a club may bid for the same competition as a provincial team if it is in a different age group than the provincial team (i.e., a request would be considered for a 13-15/Youth team if BC Artistic Swimming is sending an 11-12 provincial team to the same competition).

6.5. INTERNATIONAL COMPETITIONS

Information regarding International Bids and bidding procedures are available on Canada Artistic Swimming's website. All bids must follow the BCAS procedure outlined in [6.4.1 and](#) CAS procedures. All clubs attending an International Competition must submit an International Report to Canada Artistic Swimming and BC Artistic Swimming upon their return.

Please refer to CAS's [International Bid Policy & Procedure](#) document and new [International Bid Submission Form](#).



6.6. RESOURCES

Please refer to the [BC Artistic Swimming Resource](#) page to find out more information about a variety of topics. This is a useful section for athletes, coaches, and parents or for those who just want to find out more information about artistic swimming.

***** When viewing an online resource, ALWAYS refresh the document after opening it to ensure you have the most up-to-date version. *****



APPENDICES



BC

7. APPENDIX A – COMPETITION STRUCTURE

Competitions	Recreational	Limited Competitive	Novice	Provincial Stream				National Stream			Adaptive Artistic Swimming		Masters	
				10&u	11-12	13-15	16-20	Youth	Junior	Senior	Rec.	Comp.	Rec.	Comp.
Fall Training Meet (Dec.)			✓	✓	✓	✓	✓	✓	✓	✓		✓		
Winter Training Meet (Feb.)		✓	✓	✓	✓	✓	✓					✓		
Regional Fun Meets	✓	✓	✓	✓	✓	✓	✓				✓	✓		
Provincial Qualifiers*			✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓
Provincial Championships**		✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓
BC Summer Games		✓	✓		✓	✓		✓						
Canada Summer Games								✓	✓	✓				
Canadian Artistic Swimming Qualifier ^								✓	✓	✓		✓		
Canadian Artistic Swimming Championships ^^								✓	✓	✓		✓		
Canadian Artistic Swimming Masters Championships														✓

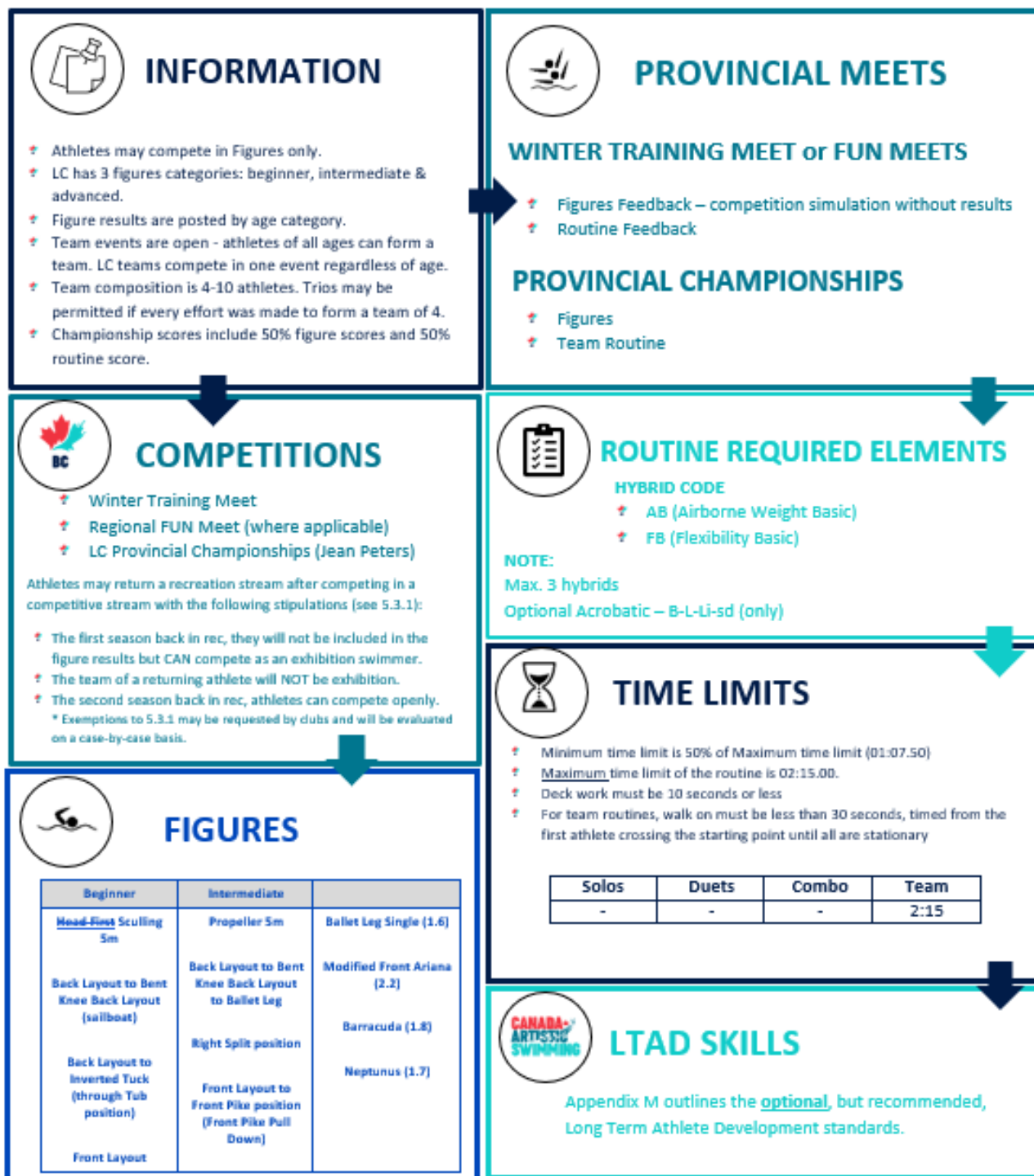
* National Stream: Pacific Coast Provincial Championships
 Provincial Stream: Mable Moran Championships
 Masters: Pacific Coast Provincial Championships

^ Provided it aligns with Provincial Quotas for Solos and Duets

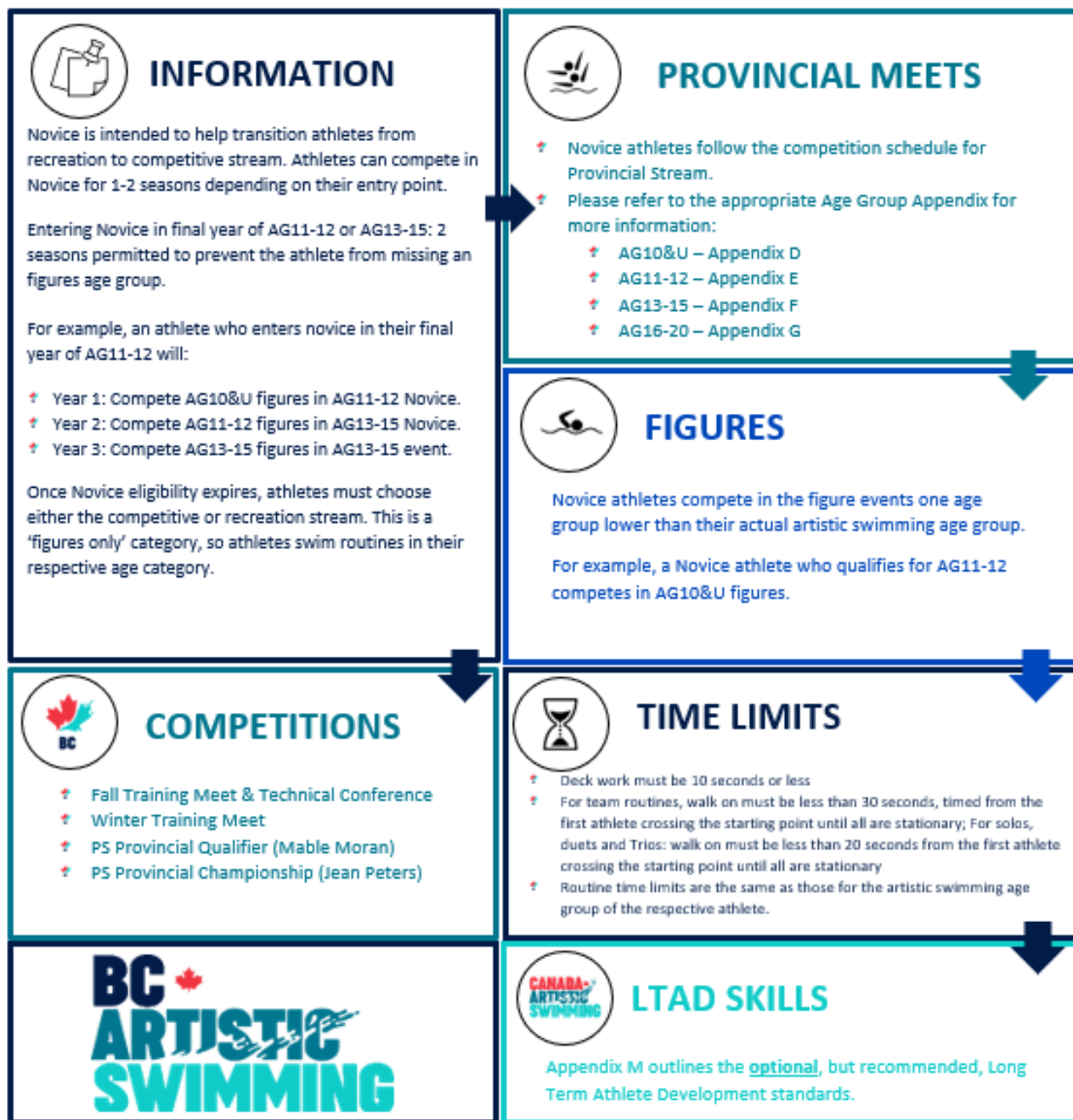
^^ Based on National Qualifier results and quotas.

** National Stream: Pacific Peaks Provincial Championships
 Provincial Stream: Jean Peters Provincial Championships
 Masters Competitive & Recreation: Mable Moran Championships
 Limited Competitive: Jean Peters Provincial Championships
 Adaptive Artistic Swimming: Mable Moran Championships

8. APPENDIX B – LIMITED COMPETITIVE & RECREATION



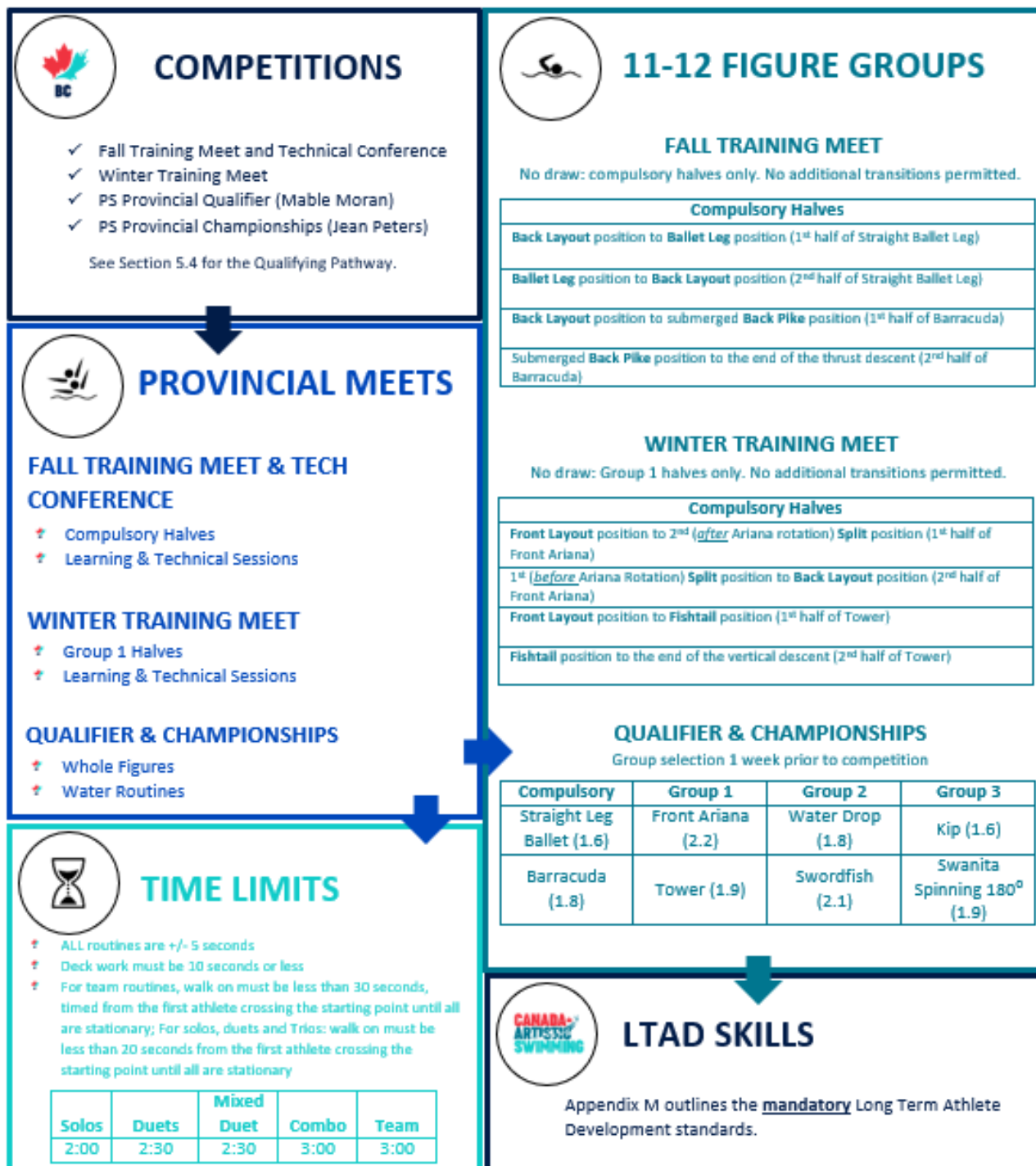
9. APPENDIX C – NOVICE



10. APPENDIX D – 10 & UNDER PROVINCIAL STREAM



11. APPENDIX E – 11-12 PROVINCIAL STREAM



12. APPENDIX F – 13-15 PROVINCIAL STREAM

COMPETITIONS

- ✓ Fall Training Meet & Technical Conference
- ✓ Winter Training Meet
- ✓ PS Provincial Qualifier (Mable Moran)
- ✓ PS Provincial Championship (Jean Peters)

See Section 5.4 for the Qualifying Pathway.

PROVINCIAL MEETS

FALL TRAINING MEET & TECH CONFERENCE

- ✦ Section A First Halves (*Note: full Flying Fish*)
- ✦ Learning & Technical Session

WINTER TRAINING MEET

- ✦ Section B First Halves
- ✦ Primary Water Routine Feedback

QUALIFIER & CHAMPIONSHIP

- ✦ Whole Figures
- ✦ Water Routines

TIME LIMITS

- ✦ ALL routines are +/- 5 seconds
- ✦ Deck work must be 10 seconds or less
- ✦ For team routines, walk on must be less than 30 seconds, timed from the first athlete crossing the starting point until all are stationary; For solos, duets and Trios: walk on must be less than 20 seconds from the first athlete crossing the starting point until all are stationary

Solos	Duets	Mixed Duet	Combo	Team
2:00	2:30	2:30	3:00	3:00

13-15 FIGURE GROUPS

TRAINING MEETS

No draw: Section A & B 1st halves only. No additional transitions permitted.

Section A First Halves – Fall TM	Section B First Halves – Winter TM
Full figure of Flying Fish	Front Layout position to 2 nd Vertical position (after the rapid fishtail lower and join) (1 st half of Whip Spin 360°)
Back Layout position to Vertical position (after the Twirl) (1 st half of Cyclone)	Back Layout position to Fishtail position (1 st half of Saturn)
Back Layout position to submerged Back Pike position (1 st half of Barracuda Airborne Split)	Front Layout position to 2 nd Fishtail position (before the 360° rotation in fishtail) (1 st half of Venus)
Front Layout position to 2 nd Split position (after the Ariana rotation) (1 st half of Swordfish Straight Leg Ariana Rotation)	Back Layout position to 2 nd Bent Knee position (after half twist in bent knee) (1 st half of Albatross Spin Up 360°)

QUALIFIER & CHAMPIONSHIP

Group draw 1 weeks prior to event

Section A		Section B		Section C	
Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Flying Fish (2.4)	Barracuda Airborne Split (2.7)	Whip Rapid Spinning 360° (3.0)	Venus (3.0)	Fleming Bent Knee Combined Spin <u>[rapid]</u> 360° + 360° (3.1)	Ipanema Spinning 180° (3.1)
Cyclone (2.4)	Swordfish Straight Leg Ariana Rotation (2.6)	Saturn (2.5)	Albatross Spin Up 360° (2.5)	Walkover Back (2.4)	London (1.9)

LTAD SKILLS

Appendix M outlines the optional, but recommended, Long Term Athlete Development standards.



13. APPENDIX G – 16-20 PROVINCIAL STREAM

COMPETITIONS

- ✓ Fall Training Meet & Technical Conference
- ✓ Winter Training Meet
- ✓ PS Provincial Qualifier (Mable Moran)
- ✓ PS Provincial Championship (Jean Peters)

See Section 5.4 for the Qualifying Pathway.

16-20 FIGURE GROUPS

TRAINING MEETS

No draw: Section A & B 1st halves only. No additional transitions permitted.

Section A First Halves – Fall TM	Section B First Halves – Winter TM
Full figure of Flying Fish	Front Layout position to 2 nd Vertical position (after the rapid fishtail lower and join) (1 st half of Whip Spin 360°)
Back Layout position to Vertical position (after the Twirl) (1 st half of Cyclone)	Back Layout position to Fishtail position (1 st half of Saturn)
Back Layout position to submerged Back Pike position (1 st half of Barracuda Airborne Split)	Front Layout position to 2 nd Fishtail position (before the 360° rotation in fishtail) (1 st half of Venus)
Front Layout position to 2 nd Split position (after the Ariana rotation) (1 st half of Swordfish Straight Leg Ariana Rotation)	Back Layout position to 2 nd Bent Knee position (after half twist in bent knee) (1 st half of Albatross Spin Up 360°)

QUALIFIER & CHAMPIONSHIP

Group draw 1 weeks prior to event

Section A		Section B		Section C	
Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Flying Fish (2.4)	Barracuda Airborne Split (2.7)	Whip Rapid Spinning 360° (3.0)	Venus (3.0)	Flamingo Bent Knee Combined Spin (rapid) 360° + 360° (3.1)	Ipanema Spinning 180° (3.1)
Cyclone (2.4)	Swordfish Straight Leg Ariana Rotation (2.6)	Saturn (2.5)	Albatross Spin Up 360° (2.5)	Walkover Back (2.4)	London (1.9)

PROVINCIAL MEETS

FALL TRAINING MEET & TECH CONFERENCE

- ✦ Section A First Halves (Note: full Flying Fish)
- ✦ Learning & Technical Session

WINTER TRAINING MEET

- ✦ Section B First Halves
- ✦ Primary Water Routine Feedback

QUALIFIER & CHAMPIONSHIP

- ✦ Whole Figures
- ✦ Water Routines

TIME LIMITS

- ✦ ALL routines are +/- 5 seconds
- ✦ Deck work must be 10 seconds or less
- ✦ For team routines, walk on must be less than 30 seconds, timed from the first athlete crossing the starting point until all are stationary; For solos, duets and Trios: walk on must be less than 20 seconds from the first athlete crossing the starting point until all are stationary

Solos	Duets	Mixed Duet	Combo	Team
2:00	2:30	2:30	3:00	3:00

LTAD SKILLS

Appendix M outlines the optional, but recommended, Long Term Athlete Development standards.



14. APPENDIX H – YOUTH NATIONAL STREAM

This age division is subject to the rules and regulations stipulated in the CAS Rulebook

COMPETITIONS

- ✓ Fall Training Meet & Technical Conference
- ✓ Pacific Coast Provincial Qualifier
- ✓ Pacific Peaks Provincial Championships
- ✓ National Qualifier
- ✓ Canadian Championships

See Section 5.5 for the Qualifying Pathway.

PROVINCIAL MEETS

FALL TRAINING MEET & TECH CONFERENCE

- ✦ Selection from groups 1-6 figure halves
- ✦ Learning & Technical Sessions
- ✦ Team Elements

QUALIFIER & CHAMPIONSHIPS

- ✦ Whole Figures
- ✦ Water Routines
- ✦ Team BC & BCSG Selection Criteria Events*

*Refer to BCAS website for BCSG and High Performance Selection Criteria

TIME LIMITS

- ✦ ALL routines are +/- 5 seconds
- ✦ Deck work must be 10 seconds or less
- ✦ Walk on must be 30 seconds or less, timed from the first athlete crossing the starting point until all are stationary.

Solos	Duets	Mixed Duet	Combo	Team
2:00	2:30	2:30	3:00	3:00

LTAD SKILLS

Appendix M outlines the optional, but recommended, Long Term Athlete Development standards.

Youth FIGURE GROUPS

Fall TRAINING MEET

Group selection 4 weeks prior to competition.
No additional transitions permitted.

Group 1 Halves	Group 2 Halves	Group 3 Halves
Back Layout position to Submerged Back Pike position (1 st half of Flying Fish Spinning 360°)	Back Layout position to submerged Back Pike position (1 st half of Barracuda Airborne Split Spin Up 180°)	Front Layout position to 2 nd Vertical position (after the rapid fishtail lower and join) (1 st half of Whip Continuous Spin 720°)
Back Layout position to Vertical position (after the Twirl) (1 st half of Cyclone Open 180°)	Front Layout position to 2 nd Split position (after the Ariana rotation) (1 st half of Swordfish Straight Leg Ariana Rotation)	Back Layout position to Fishtail position (1 st half of Saturn)
Submerged Back Pike position until the end of the rapid vertical descent (2 nd half of Flying Fish Spinning 360°)	Starting in submerged Back Pike position until after the Vertical Descent is executed (2 nd half of Barracuda Airborne Split Spin Up 180°)	Fishtail position until the Continuous spin is executed (2 nd half of Whip Continuous Spin 720°)
Vertical position until the Walkout Front is executed (2 nd half of Cyclone Open 180°)	Starting in the 2 nd Split position until after the Walkout Front is executed (2 nd half of Swordfish Straight Leg Ariana Rotation)	Fishtail position until the Vertical descent is executed (2 nd half of Saturn)
Group 4 Halves	Group 5 Halves	Group 6 Halves
Front Layout position to 2 nd Fishtail position (before the 360° rotation in fishtail) (1 st half of Venus)	Back Layout position to Bent Knee Vertical position (1 st half of Flamingo Bent Knee Combined Spin [rapid] 360° + 360°)	Back Layout position to the 1 st Vertical position (1 st half of Ipanema Spinning 180°)
Back Layout position to 2 nd Bent Knee position (after half twist in bent knee) (1 st half of Albatross Spin Up 360°)	Back Layout position to Split position (1 st half of Walkover Back Closing 360°)	Back Layout position to Inverted Tuck position (1 st half of London Continuous Spin 720°)
Fishtail position (before the 360° rotation until a 360° spin is executed (2 nd half of Venus)	Bent Knee Vertical position until the combined spin is executed (2 nd half of Flamingo Bent Knee Combined Spin [rapid] 360° + 360°)	Vertical position until the rapid 180° spin is executed (2 nd half of Ipanema Spinning 180°) (2 nd half)
Bent Knee position until the Vertical descent is executed (2 nd half of Albatross Spin Up 360°)	Split position until the Vertical descent is executed (2 nd half of Back Walkover Closing 360°)	Inverted Tuck position until end of Continuous Spin 720° (2 nd half of London Continuous Spin 720°)

QUALIFIER & CHAMPIONSHIP

Group selection 18-72 hours before the event

Section A		Section B		Section C	
Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Flying Fish Spinning 360° (2.9)	Barracuda Airborne Split Spin Up 180° (2.9)	Whip Continuous Spin 720° (3.0)	Venus (3.0)	Flamingo Bent Knee Combined Spin [rapid] 360° + 360° (3.1)	Ipanema Spinning 180° (3.1)
Cyclone, Open 180° (2.6)	Swordfish Straight Leg Ariana Rotation (2.6)	Saturn (2.5)	Albatross Spins Up 360° (2.5)	Walkover Back Closing 360° (2.4)	London Continuous Spin 720° (2.4)

15. APPENDIX I – JUNIOR & SENIOR NATIONAL STREAM

This age division is subject to the rules and regulations stipulated in the CAS Rulebook.

<h3>COMPETITIONS</h3> <ul style="list-style-type: none"> ✦ Fall Training Meet & Technical Conference ✦ Pacific Coast Provincial Qualifier ✦ Pacific Peaks Provincial Championships ✦ Canadian Artistic Swimming Qualifier ✦ Canadian Artistic Swimming Championships ✦ Canada Summer Games (next in 2029) <p>See Section 5.5 for the Qualifying Pathway.</p>	<h3>TEAM ELEMENTS</h3> <p>See the 2022-2025 World Aquatics Manual for full element descriptions.</p> <p><u>Note:</u> incorrect element performance according to World Aquatics description will result in a '0'; any incorrect performance of other aspects of the description (i.e.: pop-up, entry into the starting position) will be considered in the overall execution of the element and <u>not</u> result in a '0'</p>																		
<h3>PROVINCIAL MEETS</h3> <h4>FALL TRAINING MEET & TECH CONFERENCE</h4> <ul style="list-style-type: none"> ✦ Team 'B' Elements Full ✦ Learning & Technical Sessions ✦ Team BC Selection Criteria Events* <h4>QUALIFIER & CHAMPIONSHIPS</h4> <ul style="list-style-type: none"> ✦ Team 'A' Elements ✦ Water Routines ✦ Team BC Selection Criteria Events* <p>*Refer High Performance Selection Criteria</p>	<h4>FALL TRAINING MEET</h4> <ul style="list-style-type: none"> ✦ 1B Flying Fish Hybrid DD – 2.3 ✦ 2B Vertical-Half Twist to Bent Knee-Half Twist to Vertical-Split - Walkout DD - 2.3 ✦ 3B Two Fouetté Rotations – Vertical –Spinning 360° DD – 2.3 ✦ 4 Butterfly Hybrid DD – 2.9 ✦ 5B Rocket Split Bent Knee Hybrid DD – 2.1 <h4>QUALIFIER & CHAMPIONSHIPS</h4> <ul style="list-style-type: none"> ✦ 1A Flying Fish Element Hybrid Spinning 180° – DD: 2.5 ✦ 2A Vertical-Full Twist to Bent Knee-Full Twist to Vertical-Open 180°-Walkout – DD: 2.6 ✦ 3A Two Fouetté Rotations – Vertical – Continuous Spin 720° DD – 2.6 ✦ 4 Butterfly Hybrid – DD: 2.9 ✦ 5A Rocket Split Bent Knee Twirl Hybrid – DD: 2.4 																		
<h3>TIME LIMITS</h3> <ul style="list-style-type: none"> ✦ ALL routines are +/- 5 seconds ✦ Deck work must be less than 10 seconds ✦ Walk on must be less than 30 seconds, timed from the first athlete crossing the starting point until all are stationary. <table border="1"> <thead> <tr> <th></th> <th>Solo</th> <th>Duets</th> <th>Mixed Duet</th> <th>Acro</th> <th>Team</th> </tr> </thead> <tbody> <tr> <td>Tech</td> <td>2:00</td> <td>2:20</td> <td>2:20</td> <td></td> <td>2:50</td> </tr> <tr> <td>Free</td> <td>2:15</td> <td>2:45</td> <td>2:45</td> <td>3:00</td> <td>3:30</td> </tr> </tbody> </table>		Solo	Duets	Mixed Duet	Acro	Team	Tech	2:00	2:20	2:20		2:50	Free	2:15	2:45	2:45	3:00	3:30	<h3>ROUTINE TECHNICAL ELEMENTS</h3> <ul style="list-style-type: none"> ✦ See CAS rule book ✦ Refer to 2022-2025 World Aquatics Artistic Swimming Rules for required elements and pictures.
	Solo	Duets	Mixed Duet	Acro	Team														
Tech	2:00	2:20	2:20		2:50														
Free	2:15	2:45	2:45	3:00	3:30														



16. APPENDIX J – ADAPTIVE ARTISTIC SWIMMING COMPETITIVE

BC Artistic Swimming is following Canada Artistic Swimming’s Adaptive Artistic Swimming program outlined in the [CAS Rulebook](#). Five levels of competition will be provided for the Solo, Duet and Team categories. Coaches are responsible for determining the level of their athletes. **Level 1 is an provincial only level. Levels 2-5 are both provincially and nationally and level 6 is nationally only.**

COMPETITIONS

- ✦ Fall Training Meet & Technical Conference
- ✦ Winter Training Meet
- ✦ AdAS Provincial Qualifier (Mable Moran) *
- ✦ AdAS Provincial Championships (Jean Peters)
- ✦ National Qualifier (Invitational)
- ✦ Canadian Championships

**AdAS athletes wanting to attend Canadian Championships must attend and compete at Mable Moran*

See Section 5.4 for the Qualifying Pathway

TIME LIMITS

- ✦ ALL routines are +/- 5 seconds
- ✦ Maximum time limits in table below
- ✦ Routines must be at least 50% of the maximum time limit
- ✦ Athletes may exceed the maximum 30 second time limit for walk ons

	Solo	Duet	Team
Level 1*	1:30	2:00	2:00
Level 2	1:45	2:15	3:00
Level 3	2:00	2:30	3:15
Level 4	2:15	2:30	3:30
Level 5	2:30	2:45	3:30

**Level 1 is in province only. Level 2-5 are national level events*

PROVINCIAL MEETS

FALL TRAINING MEET & TECH CONFERENCE

- ✦ Basic Positions

WINTER TRAINING MEET

- ✦ Basic Positions
- ✦ Routine Feedback

QUALIFER & CHAMPIONSHIPS

- ✦ Figures
- ✦ Water Routine

TM POSITIONS

TRAINING MEETS

Group selection no later than 2 weeks prior to competition

Level 1	Level 2	Level 3	Level 4	Level 5
Back Layout Position	Back Layout Position	Back Layout Position	Ballet Leg Position	Vertical Position
Tub Position	Tub Position	Ballet Leg Position	Split Position	Ballet Leg Position
Split Position	Bent Knee Back Layout Position	Pike Position	Vertical Position	Fishtail Position
Pike Position	Pike Position	Split Position	Submerged Back Pike Position	Split Position

For all positions starting underwater, start the skill with a body boost 'pop-up'.

FIGURES

LEVEL	Group 1	Group 2	Group 3
1*	Back Layout	Pike	Vertical at ankles
	Split	Tub	Front Layout
2	Sailboat Alternate	Front Pike Pulldown	Bent Knee Position
	Split to Vertical at Ankles	Back Tuck Somersault	Oyster
3	Ballet Leg Single	Neptunus	Bent Knee Join to Vertical & Sink
	Front Pike Pulldown to Split (1 st half of Front Walkover)	Kipous	Blossom
4	Straight Leg Ballet Leg	Tower	Water Drop Spinning 180
	Front Walkover	Kip	Barracuda
5	Flamingo Bent Knee	Porpoise	Water Drop Twist Spinning 180
	Ariana	Kip Spin 180	Barracuda Spin 180

**NOTE: Provincial Level ONLY - No Level 1 at National AdAS Events*

TRUE SPORT
LIVES HERE

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17. APPENDIX K – MASTERS RECREATION

QUALIFYING PATHWAY

Any routine/athlete intending to compete at Canadian Masters National Championships **MUST** compete their routine(s), in their entirety, at the Artistic Swimming Masters (MA) Provincial Championships.

Any routine/athlete planning on competing out-of-province **MUST** compete their routine(s), in their entirety, at a sanctioned BC Artistic Swimming Masters competition prior to requesting permission to participate in a national or international event.

NOTE: There will be NO circumstances where a routine can compete outside of the province without, at a minimum, submitting a video of the completed routines to be reviewed by a minimum of one judge.

PROVINCIAL COMPETITIONS

- MA Provincial Championships (Mable Moran)
- Figures (Optional)
- Solo, Duet, Trio, Team Routines – 100% Routine Score for Championship

TIME LIMITS

For Free Routines there will be an allowance of 0:05 seconds more than the allocated time.

	Solos	Duets	Mixed Duet	Trio	Team
Tech	-	-	-	-	-
Free	2:15	2:45	2:45	2:45	3:30

*No minimum time limits

FIGURES/SKILLS

Beginner Level (Star 1-3)	Intermediate Level (Star 4-6)	Advanced Level (Star 7+)
Propeller 5m	Bent Knee Position	Barracuda (See star 7)
Kick Pull Kick* (See star 3)	Split Position	3 x Body Boost- double arm**
Somersault Back Tuck (See star 1)	Ballet Leg Single (See star 4)	Straight Leg Ballet Leg (See FINA Manual- new figure)
Bent Knee Back Layout Alternate (See star 2)	Front Pike Pull Down to Fishtail position (See Star 6)	Walkover Front (See star 8)

*KICK PULL KICK - Kick-Pull Kick, shoulders square, 4 right, 4 left, 4 alternating lead arms

** BODY BOOST – A rapid headfirst rise, with a maximum of the body above the surface, A descent is executed until the swimmer is completely submerged. **Repeat 3 times.**



18. APPENDIX L – MASTERS COMPETITIVE

This age division is subject to the rules and regulations stipulated in the CAS Rulebook.



QUALIFYING PATHWAY

Any routine/athlete intending to compete at Canadian Masters National Championships **MUST** compete their routine(s), in their entirety, at the Artistic Swimming Masters (MA) Provincial Championships.

Any routine/athlete planning on competing out-of-province **MUST** compete their routine(s), in their entirety, at a sanctioned BC Artistic Swimming Masters competition prior to requesting permission to participate in a national or international event.

NOTE: There will be NO circumstances where a routine can compete outside of the province without, at a minimum, submitting a video of the completed routines to be reviewed by a minimum of one judge.



PROVINCIAL COMPETITIONS

- ✦ Masters Provincial Qualifier*
 - ✦ Technical Routines
 - ✦ Free Routines
- ✦ Masters Provincial Championship**
 - ✦ Technical Routines
 - ✦ Free Routines

* Hosted in conjunction with Pacific Peaks Provincial Championships
 ** Hosted in conjunction with Mable Moran Provincial Qualifier



TIME LIMITS

- ✦ +/- 5 seconds allowance on all routines
- ✦ No minimum time limit.

	Solos	Duets	Mixed Duet	Trio	Team	Combo
Tech	2:00	2:20	2:20	2:20	2:50	-
Free	2:15	2:45	2:45	2:45	3:30	3:00



OUT OF PROVINCE COMPETITIONS

This is an incomplete list of all potential events. Some events may become available throughout the season so please refer to the World Aquatics International Calendar and other nation's artistic swimming websites:

- ✦ World Aquatics World Masters Championships
- ✦ Canadian Masters Championships
- ✦ US Masters Championships
- ✦ Cancun Open

Out-of-province Masters events are subject to the rules and regulations of each event and may differ from BCAS rules.

Technical Required Elements

In alignment World Aquatics, the CAS Rulebook **Appendix III**

Submission of coach card required.





19. APPENDIX M – LONG TERM ATHLETE DEVELOPMENT

LTAD is a scientific model for periodized athlete training and development that utilizes natural stages of physical, mental and emotional growth in sport participants. To ensure our programs align with this model, BC Artistic Swimming works with provincial and national LTAD implementation standards while ensuring compatibility with the provincial competitive structure.

19.1 PARTICIPANTS

LTAD is mandatory for athletes born who are 11 and 12 years old during the competition year (competitive age 11-12) and optional for all other competitive swimmers. BCAS encourages clubs to test and monitor all athletes in LTAD progression.

19.2 ONLINE SUBMISSION

All LTAD testing must be submitted online using the forms and reporting mechanisms provided by BC Artistic Swimming.

19.3 SUBMISSION REQUIREMENTS

The needle and timed swims must be submitted using the form provided by BC Artistic Swimming.

1. Standing Needle (R/L) – See image and description in the submission template.
2. Timed Swims:
 - a. 100m IM* *or* 200m IM**
 - b. 25m FF
 - c. 25m Propeller
 - d. 25m Front Crawl

**100m IM – athletes who turn 12 years old or younger during the competition year*

***200m IM – athletes who turn 13 years and older during the competition year*

19.4 DEADLINES

Testing results for the following skills must be submitted by **October 15th** of the current season.

- a. Standing Needle (R/L)
- b. Speed Testing – 25m FF, 25m Front Crawl, 25m Propeller, 100 m or 200 m IM

Testing results for the following skills must be tested after April 30th of the current season and submitted before June 30th of the current season.

- a. Standing Needle - Right & Left
- b. Speed Testing – 25m FF, 25m Front Crawl, 25m Propeller, 100 m or 200 m IM

****For more information, see the full LTAD Information Document on our [website](#).*

20. APPENDIX N – PENALTY & FINE CHART

All penalties and fines outlined in the BCAS Technical Package, the CAS Rulebook and the World Aquatics manual apply even if not written in the charts below.

Note: In BC, all figure penalties are applied by the *Panel* Referee and all routine penalties are applied in consultation with the *Chief* Referee.

Fines			
Description	Rule	Who Applies	BC Differences to Note
\$100 fine: Alternate or scratched competitor is not declared within the 2 hours' time allowance (this may be waived for sudden illness/injury)	AS 13.6.1/.3 CAS 4.6.8 c	Referee	The time to declare is no less than 1 hour before the start of the event
\$100 fine per infraction: A competitor competes in a figure competition under the wrong competitor number	CAS 4.5.7	Referee	
\$100 fine: After routine deck display violation	CAS 4.6.8 d	Referee	
\$100 fine: Music not provided by the deadline	CAS 4.8.2 a	Referee	
\$25 fine: Late competition entry	CAS 5.1.5	Referee	
\$50 fine: Coach is not registered for a BCAS event and is on deck actively coaching	BCAS Technical Package 5.8	BCAS Staff	This rule applies only for BCAS sanctioned events
\$100 fine: Notwithstanding 5.10.3, clubs wishing to change coach cards for reasons other than 5.10.3.1 will be allowed to do so no later than 24 hours before the event but will incur a \$100 fine.	CAS 5.8	Referee	Coach cards must be submitted 72 hours before the start of the first event of the meet.
1.0 Penalty: PS Routines that exceed the maximum hybrid difficulty level in B.C. will be awarded a 1.0 penalty and the skill removed from the coach card.		Chief Referee/Head Technical Controller	This rule applies only for BCAS sanctioned events
1.0 Penalty: PS routines that exceed the maximum acrobatic safety level in B.C. will be awarded a 1.0 and the acrobatic will be automatically put to base mark.		Chief Referee/Head Technical Controller	This rule applies only for BCAS sanctioned events
8.0 Penalty: LC routines that perform unacceptable acrobatic codes in B.C. will be awarded an 8.0 penalty		Chief Referee/Head Technical Controller	This rule applies only for BCAS sanctioned events