

## 2023-2024 Season: What to Expect

As we've come to expect year over year, we continue to await rule changes and updates for the 2023-2024 season from Canada Artistic Swimming. In the interim, BC Artistic Swimming is sharing a summary of 'what to expect' for the coming season. The information presented below is not confirmed or approved and is *subject to change* between now and the release of the 2023-2024 BCAS Technical Package. Please note that there may be other changes that are not included below.

Any new rule changes adopted by World Aquatics and CAS will affect the levels of competition in BC differently. National Stream will align with national and international changes ensuring our BC athletes and routines are prepared for national competitions. All other streams will follow a progressive pathway towards compliance with the new judging system with limited impact on the 2023-24 season. Please refer to the individual NS and PS sections herein.

### Education & Training

Like last season, much of the first four months of the 2023-24 season will focus on technical education and training for coaches and officials. Training will occur virtually and in-person and will leverage the Training Meets.

When	What	Who (Lead)	Where
October 13-14, 2023	Annual Summit (non-technical, governance focus)	Jennifer Keith	Virtual
October 2023*	BCAS Technical Session	Tanya Magee	Virtual
November 2023*	BCAS Training Meet & Technical Conference One	BCAS	TBD
December 8-10, 2023	BCAS Training Meet & Technical Conference Two <sup>^</sup>	BCAS	Surrey

\*Dates to be confirmed.

<sup>^</sup>Topics determined after TM1

### BCAS Training Meets & Technical Conferences

To ensure training meets are meaningful for coaches, athletes, and officials, BCAS will continue with the well-received, revamped hybrid training meet and technical conference model. Here is what you can expect:

- Scheduling that requires no more than one overnight stay for out-of-town athlete participants.
- In-water group sessions for athletes, coaches, and officials prior to meet simulation/training meet.
- A meet simulation or training meet component.
- PS Age Groups/Streams will follow the same progressions from basic positions to figure halves to whole figures as they have done in the past (see age group appendices in the 2022-2023 Technical package for individual age group progressions).
- Athletes will present basic positions or parts of some of the new figures or elements (depending on age group and stream).
- Classroom sessions for coaches and officials.



## Provincial Stream

As we continue the progressive rollout of the new judging system, BCAS will be implementing some changes for the 2023-2024 season. BCAS remains committed to supporting our members with education and training as we bring the new judging system to British Columbia!

### Across all age groups

#### 2023-2024 season

- Same figures as the 2022-2023 season.
- Figures will be judged on the new 0.25 scale (i.e., 5.0, 5.25, 5.5, 5.75, etc.)
- Mandatory Coach Card submission – newly trained provincial Technical Controllers will practice with them.
- Old judging system** in place for all routine events.
- Recommendations will be given for routine requirements that start to align with the new system and the progressions being implemented across Canada. These will not be monitored or penalized but are in place to help prepare for new system implementation in the 2024-2025 season.

#### 2024-2025 season

- New system alignment – Coach Card submissions will be monitored by Technical Controllers.
- Routine requirements recommended during the 2023-2024 season will become mandatory. **Adherence to routine requirements will be monitored and penalties/deductions will be made as appropriate.**
- We will conduct a thorough review of 2023-2024 season will to consider changes that may be implemented and/or adjustments to the routine recommendations.

### 2023-2024 Routine Recommendations

The table below outlines the routine recommendations that support routine alignment with the new judging system. **These recommendations are intended to support your preparation for the full-scale implementation of the new judging system in 2024-2025 and will not be monitored or penalized in 2023-2024.**

RECOMMENDED MAXIMUM		10&U	11-12	13-15	16-20	AdAS Comp	Ltd Comp.	Masters Comp.
Hybrid Difficulty Level by Family (Thrusters, Rotations, Flexibility, Airborne Weight & Connections)		3	4	5	6	3	3	TBD – Will align with CAS and World Aquatics
Team Acrobatic Safety Limit	Group A	2.0	2.65	No safety limit	No safety limit	2.0	2.0	
	Group B	2.0	2.60			2.0	2.0	
	Group C	2.0	2.45			2.0	2.0	
	Group P	2.0	2.50			2.0	2.0	
Number of Acrobatics	Duet/Mixed Duet	1	1	1	1	1	N/A	
	Team	2	3	3	3	3	3	
Number of Hybrids	Solo	3	5	6	6	3	N/A	
	Duet/Mixed Duet	4	5	6	6	4	N/A	
	Team	4	6	6*	6*	4	4	

**Note:** PS Compb routine hybrid and acrobatic numbers will follow World Aquatic Guidelines. The maximum hybrid difficulty recommendation is level 6.

\*Required components in any of the 6 Free Hybrids (both performed fully synchronized): One Thrust (T) + One Spin descending 720 with one or two legs (R3)

### Masters Rec

BC Artistic Swimming will be adding the following events to the Masters Rec Programming for the 2023-2024 season:

- Masters Rec Solo
- Masters Rec Duet
- Masters Rec Team

## National Stream

Unless otherwise noted in the BCAS Technical Package, BCAS will align with CAS on the rules as laid out in the 2023-2024 CAS Rule Book and their Technical Memos.

### 2023-2024 Ignite Program

The vision of the BC Artistic Swimming Ignite High Performance Program focuses on club-supported programming for Junior and Senior athlete development and BC Coach collaboration in preparation for annual international competition(s)/camp(s), the 2025 Canada Summer Games (CSG) and beyond. The Ignite Program will consist of assessment camps, choreography and development camps, athlete monitoring within the club setting and other activities.

In order to be more inclusive to our senior athletes who wish to continue on the high performance pathway, BC Artistic Swimming is developing a plan that includes meaningful senior athlete participation.

### Canada Summer Games Update – Mixed Duet

Canada Artistic Swimming recently informed the provinces that the Canada Games Council has denied the proposal for inclusion of mixed duet in the 2025 Canada Summer Games. Information regarding solos and duets will be outlined in the [2023-2025 & Beyond High Performance Plan](#).

### Team BC - Mandatory Selection Events

The 2023-2024 seasons marks the beginning of mandatory selection events for the 2025 Canada Summer Games (CSG). Age eligible athletes who would like to be considered for selection to the 2025 CSG will be required to participate in all selection events/camps and monitoring throughout the 2023-2024 and 2024-2025 seasons\*. Details will be available in a separate document – [2023-2025 & Beyond High Performance Plan](#) – and shared with clubs prior to the start of the 2023-2024 season.

\*Senior athletes wanting to participate in Ignite summer camp/competition will also be required to take part in these selection events.

\* Athlete wishing to participate in the Ignite Next Gen Program are also encouraged to participate in these selection events as appropriate.

#### Mandatory Selection Events:

Date	Location	Notes
November 2023 (TBC)	TBD	In alignment with Training Meet One
December 8-10, 2023	SSLC, Surrey	In alignment with Training Meet Two
December 27-31, 2023	SSLC, Surrey	Ignite Winter Camp (Top 16 based on Nov & Dec events)
January 19-21, 2024	SSLC, Surrey	In alignment with Pacific Coast Provincial Qualifier
February 16-18, 2024	TCC, Kamloops	In alignment with Pacific Peaks Provincial Championships
June 2024 (TBC)	TBD	Ignite Assessment Camp
July/August 2024 (TBC)	TBD	Training Camp & International Competition*

\*Subject to international events calendar and bid approval.

### Entering the High Performance Pathway

Athletes who are not interested in being considered for the 2025 Canada Summer Games but still want to experience a high-performance environment can participate at the Assessment Camp in June. The **Assessment Camp** is open to any athlete who is on the high-performance pathway. Typically, it is athletes in National Stream; however, the Assessment Camp is also a great introduction for PS athletes who may be looking to transition into high-performance or National Stream.

There are specific criteria/assessments that athletes need to know in advance of the camp. Most will work on the criteria all season, but some may learn it later in the season. The added criteria may be too much for some 13-15 athletes to learn on top of their current technical load (12 figures) so it is important for a coach to determine when is the right time to have their athlete add more to their technical workload.

There is a high performance FAQ document on our [website](#). Click the link and scroll down to find the FAQ document from the 2022-2023 season that still has relevant information. As a general guideline, BCAS directs all athletes/families to their personal coach or club head coach to find out if the high performance pathway is right for them.