

2024-2025 Season: What to Expect

As we've come to expect each year, we await rule changes and updates for the 2024-2025 season from Canada Artistic Swimming and World Aquatics. 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 2024-2025 BCAS Technical Package. Please note that there may be other changes that are not included below.

Rule changes adopted by World Aquatics and CAS may affect each level 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 may be affected with additional modifications. Please refer to the individual NS and PS sections herein.

Coach/Officials Education & Training

Like last season, much of the first four months of the 2024-25 season will focus on technical education and training for coaches and officials. This will occur virtually and in-person and will leverage the Training Meets.

When	What	Who (Lead)	Where
October 19, 2024*	Annual Summit (governance/operations focus)	Executive Director	Virtual
October 2024*	BCAS Technical Session	Tanya Magee	Virtual
November 9-10, 2024	BCAS Training Meet & Technical Conference One	BCAS	Kamloops
December 14-15, 2024	BCAS Training Meet & Technical Conference Two^	BCAS	Coquitlam

*Dates to be confirmed.

^Topics determined after TM1

BCAS Training Meets & Technical Conferences

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.
- ✦ Possible addition of a routine feedback session for NS routines at TM1 and/or TM2 (much like the routine feedback sessions for PS athletes at TM3).



Provincial Stream

As we continue the progressive rollout of the new judging system, BCAS will be implementing more of the new system changes for the 2024-2025 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

2024-2025 season

- ✦ Same figures as the 2023-2024 season
- ✦ New system alignment – Coach Card submissions will be monitored by Technical Controllers.
- ✦ **Adherence to routine requirements will be monitored and penalties/deductions will be made as appropriate.**

2024-2025 Routine Requirements

TBC based on the proposed new changes set out by World Aquatics.

You can expect alignment with World Aquatic/CAS Rules with some modifications for our provincial programs to ensure it works for our athletes/province. As with other provinces across the country, some modifications and adjustments may be made part way through the season, as needed. BCAS will follow the same apnea safety limits as determined by World Aquatics.

PROVINCIAL STREAM

Be prepared for some modifications to the rules:

- ✦ Synchronization – no major error deductions
- ✦ Hybrids –difficulty level limits by age group (i.e. 12 & Under = levels 1-4 only, 13+ = levels 1-6 only)
- ✦ Acrobatic – safety limits by age group

MASTERS REC/COMPETITIVE

- ✦ TBC – in alignment with CAS and WAQ

AdAS REC/COMPETITIVE

- ✦ TBC – in alignment with CAS

The below table is what was set out as recommendations for the 2023-2024 season and will give you an idea of what to expect as mandatory in 2024-2025. It is important to note that these [numbers are subject to change](#) based on changes set out by World Aquatics and/or CAS.

REQUIRED MAXIMUM		10&U	11-12	13-15	16-20	AdAS Rec/Comp	Ltd Comp.	Masters Rec/Comp.
Hybrid Difficulty Level by Family (Thrusts, 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 keeping the following events that were added to the Masters Rec Programming last 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 2024-2025 CAS Rule Book and Technical Memos.

Ignite 2024-2025

To be communicated separately.

Those athletes in Team BC Athlete and/or the Team BC Athlete Pool can expect the following events/camps:

- 🌟 Camp in alignment with Training Meet #1 (November 9-10, 2024, Kamloops)
- 🌟 Camp in alignment with Training Meet #2 (December 14-15, 2024, Coquitlam)
- 🌟 Winter Camp – exact dates TBC (December 26th – 31st 2024 **and/or** January 2nd – 5th 2025)
- 🌟 Camp at Pacific Coast Provincial Qualifier (January 17-19, 2025, Surrey)
- 🌟 Camp at Pacific Peaks Provincial Championships (February 21-23, 2025, Nanaimo)
- 🌟 June-August 2025 – weekend camps in June and 5-6 weeks of training camp leading up to the 2025 Canada Summer Games.

Entering the High Performance Pathway

Athletes who are not in the Team BC Athlete Pool but still want to experience a high-performance environment can enter the high performance pathway at the annual 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.

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.