

15. Appendix J:

Adaptive Artistic Swimming Recreation

BC Artistic Swimming follows Canada Artistic Swimming's Athletes with Disability program outlined in the CAS Rulebook. Five levels of competition are offered for Solo, Duet and Team categories. Coaches are responsible for determining the level of their athletes.



COMPETITIONS

Recreational Adaptive Artistic Swimming athletes may compete at the Mable Moran Championships in Figures, Solo, Duet and Team routines.

- ✓ Regional FUN Meet
- ✓ Training Meet #3
- ✓ AAS Provincial Qualifier (Mable Moran)



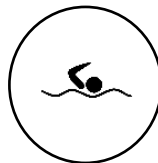
PROVINCIAL MEETS

TRAINING MEET #3 or Regional FUN Meet

- 🌟 Figure Feedback– simulation of a real figure competition without results
- 🌟 Routine Feedback

CHAMPIONSHIPS

- 🌟 Figures
- 🌟 Water Routine



FIGURES

Disability	Level 1	Level 2	Level 3	Level 4	Level 5
COMPULSORY FIGURES					
Physical	Tub Turn and Reverse (turn both directions)	Back Tuck Somersault	Ballet Leg Single	Ariana	Porpoise Full Twist
	Bent Knee Back Layout Alternate	Ballet Leg Single	Barracuda	Kip	Aurora
	Front Pike Pull Down	Bent Knee Join to Vertical at Height and Descent	Walkover Front	Flamingo Bent Knee	Manta Ray
	Back Layout Position	Bent Knee Back Layout Alternate	Tower	Barracuda Spin 180	Kip Spin 360
Disability	Level 1	Level 2	Level 3	Level 4	Level 5
COMPULSORY FIGURES					
Cognitive	Tub Turn and Reverse (turn both directions)	Back Tuck Somersault	Ballet Leg Single	Surface Prawn	Porpoise Full Twist
	Bent Knee Back Layout Alternate	Ballet Leg Single	Barracuda	Kip	Aurora
	Front Pike Pull Down	Bent Knee Join to Vertical at Height and Descent	Walkover Front	Flamingo Bent Knee	Manta Ray
	Back Layout Position	Bent Knee Back Layout Alternate	Bent Knee Join to Vertical at Height and Descent	Barracuda Spin 180	Kip Spin 360



TIME LIMITS

- 🌟 ALL routines are +/- 5 seconds
- 🌟 No minimum time limit
- 🌟 Athletes may exceed the maximum 30 second time limit for walk ons

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

