

16. Appendix K: Adaptive Artistic Swimming Competitive



BC Artistic Swimming will not be following CAS Rules for this season. Instead, we will continue using the same rules from the 2022-2023 season and align with CAS next year. For all AdAS Competitive athletes competing outside of BC, please note you will need to adhere to the rules of those competitions (including CAS National Qualifier and CAS Canadian Championships).



COMPETITIONS

- Training Meet #1
- Training Meet #2
- Training Meet #3
- AdAS Provincial Qualifier (Mable Moran)
- AdAS Provincial Championships (Jean Peters)
- National Qualifier
- Canadian Championships

See Section 4.4 for the Qualifying Pathway



PROVINCIAL MEETS

TRAINING MEET #1 & #2


- Basic Positions

TRAINING MEET #3

- Basic Positions
- Routine Feedback

QUALIFER & CHAMPIONSHIPS


- Figures
- Water Routine



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



FIGURES & POSITIONS

AAS Positions

TRAINING MEETS 1, 2 & 3

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	Knight Position
Bent Knee Back Layout Position	Bent Knee Back Layout Position	Front Pike Position	Vertical Position	Fishtail Position
Front Pike Position	Ballet Leg Position	Split Position	Submerged Back Pike Position	Split Position

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

AAS 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