

13. Appendix H: Youth National Stream

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



COMPETITIONS

- ✓ Training Meet #1
- ✓ Training Meet #2
- ✓ Pacific Coast Provincial Qualifier
- ✓ Pacific Peaks Provincial Championships
- ✓ National Qualifier
- ✓ Canadian Championships

See Section 5.5 for the Qualifying Pathway.

PROVINCIAL MEETS

TRAINING MEET & TECH CONFERENCE #1

- ✦ Selection from Groups 1-3 Figure halves
- ✦ Learning & Technical Sessions
- ✦ Team Elements

TRAINING MEET & TECH CONFERENCE #2

- ✦ Selection from groups 4-6 figure halves
- ✦ Learning & Technical Sessions
- ✦ Team Elements

QUALIFIER & CHAMPIONSHIPS

- ✦ Selection from one figure group for each half of the draw
- ✦ 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
2:005	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 TRAINING MEET 1

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 decent (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)

TRAINING MEET 2

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

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 (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 Spin Up 360° (2.5)	Walkover Back Closing 360° (2.4)	London Continuous Spin 720° (2.4)