

13. Appendix H: 13-15 National Stream

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





COMPETITIONS

- ✓ Training Meet #1
- ✓ Training Meet #2
- ✓ NS Provincial Qualifier
- ✓ NS Provincial Championships
- ✓ National Qualifier
- ✓ Canadian Championships

See Section 4.5 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 Selection Criteria Events*

*Refer to BCAS website for 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 N outlines the **optional**, but recommended, Long Term Athlete Development standards.



13-15 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 Bent Knee position (1 st half of Flamingo Bent Knee, Twist Spin) | Back Layout position to submerged Back Pike position (1 st half of Barracuda Airborne Split Spin Up 180°) | Front Layout position to 2nd 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°) | Back Layout position to 2nd 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) |
| Bent Knee position to until after the <i>Twist Spin</i> is executed (2 nd half of Flamingo Bent Knee, Twist Spin) | Starting in submerged Back Pike position until after the <i>Vertical Descent</i> is executed (2 nd half of Barracuda Airborne Split Spin Up 180°) | Fishtail position until the <i>Continuous spin</i> is executed (2 nd half of Whip Continuous Spin 720°) |
| Vertical position until the <i>Walkout Front</i> is executed (2 nd half of Cyclone Open 180°) | Starting in the 2 nd Split position until after the <i>Walkout Front</i> is executed (2 nd half of Swordfish Straight Leg Ariana Rotation) | Fishtail position until the <i>Vertical descent</i> 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 2nd Fishtail position (before the 360° rotation in fishtail) (1 st half of Venus) | Back Layout position to submerged Back Pike position (1 st half of Rio Straight Leg) | Back Layout position to the 1st Vertical position (1 st half of Ipanema Spinning 180°) |
| Back Layout position to 2nd 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 Vertical position (before the combined spin) (1 st half of Kip Combined Spin) |
| Fishtail position (before the 360° rotation until a 360° spin is executed (2 nd half of Venus) | Submerged Back Pike position until a Spinning 360° is executed (2 nd half of Rio Straight Leg) | Vertical position until the rapid 180° spin is executed (2 nd half of Ipanema Spinning 180°) 2 nd half |
| Bent Knee position until the <i>Vertical descent</i> is executed (2 nd half of Albatross Spin Up 360°) | Split position until the <i>Vertical descent</i> is executed (2 nd half of Back Walkover Closing 360°) | Vertical position (before the combined spin) until after the <i>Vertical descent</i> is executed (2 nd half of Kip Combined Spin) |

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 |
| Flamingo Bent Knee, Twist Spin (2.9) | Barracuda Airborne Split Spin Up 180° (2.9) | Whip Continuous Spin 720° (3.0) | Venus (3.0) | Rio Straight Leg (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) | Kip Combined Spin (2.4) |