

# 16. Appendix K:

## Adaptive Artistic Swimming Competitive

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



### COMPETITIONS

- 🏆 Training Meet #1
- 🏆 Training Meet #2
- 🏆 Training Meet #3
- 🏆 AAS Provincial Qualifier (Mable Moran)
- 🏆 AAS Provincial Championships (Jean Peters)
- 🏆 Canadian Artistic Swimming 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

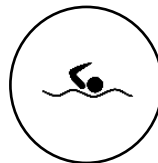
- 🏆 Figures
- 🏆 Water Routine



### TIME LIMITS

- 🏆 ALL routines are +/- 15 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
<b>COMPULSORY FIGURES</b>					
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
<b>COMPULSORY FIGURES</b>					
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