



# **BCSSA Artistic Swimming Lower Mainland Multi - Regionals**

**July 24, 2024  
Guildford Aquatic Centre**

## ***Multi - Regional Meet Package***

### **BC Summer Swimming Association**

205 - 2323 Boundary Road, Vancouver, BC, V5M 4V8

Tel: (604) 473-9447 | Fax: (604) 473-9660

[www.bcsommerswimming.com](http://www.bcsommerswimming.com)

# COMPETITION SCHEDULE

Regionals are scheduled for JULY 24th, 3pm to 9pm

This event will include

- Tech Events:
  - Solo
  - Duet
  - Team
- Free Events:
  - Solo
  - Duet
  - Team

## KEY DATES

Thursday, July 17th @ 11:59pm      Deadline for Entries  
Thursday July 24 - coaches' meeting      Deadline for Payments

**Meet entries:** all meet entries must be completed using the excel template provided. Please ensure the excel file is emailed to or shared with: [artistic@bcsummerswimming.com](mailto:artistic@bcsummerswimming.com) before the due date and time. Once entered, you will receive a confirmation that your entry was received.

## MEET COMMITTEE MEMBERS

Meet Manager:

Joanna Zander and Amy Cranston

Artistic Swim Coordinator:

Joanna Zander: [artistic@bcsummerswimming.com](mailto:artistic@bcsummerswimming.com)

## VENUE

**Guildford Aquatic Centre 15105 – 105 Avenue, Surrey, BC V3R 7G8**

- An 8-lane, 50m FINA-standard Olympic size competition pool
- A leisure pool with a lazy river, spray features, and a toddler area (with ramp access)
- Family friendly hot tub (with ramp access)
- Water slide and springboard diving
- Accessible steam room and dry sauna
- Large family friendly universal change area
- Spectator seating for 200-300 people for aquatic sport competitions
- Expanded fitness and weight room facilities
- Two aquatic wheelchairs and a portable lift with 300 lb. capacity

## Rules

Unless specific wording is found in the BCSSA Rules or in the Provincial Meet Package, all officials shall refer to the 2018 FINA rulebook for artistic competitions.

## Eligibility

Competitors must be correctly registered with the BCSSA for the current season.

All athletes must have competed at a Regional Artistic Championship (Rulebook 7.2 Competitions) to be eligible to compete at Provincial Championships (exemptions are covered within this rule).

## Athlete Categories, Skill Levels and Age Divisions

An Athlete's age as of December 31st each year, aquatic participation in the non-competitive season and skill level shall be used to determine the Athlete's category. All athletes shall declare all artistic swimming participation that occurs from September 1 of the previous year through to April 30 of the current year. The Athlete categories and skill levels for Artistic swimming are (Rulebook 7.1 Athlete Categories, Skill Levels and Age Divisions):

Categories	Skill Level	Age Divisions
<b>Summer Categories (S)</b>	Once an athlete's marks from element panel from the technical routine reaches 4.6, they will move up to Intermediate.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)
	Once an athlete's marks from element panel from the technical routine reaches 5.6, they will move up to Advanced.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)
	Advanced Athletes can stay as advanced once the marks from the technical routine reaches 5.6 and they remain in this category.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)
<b>Open Categories (o-cat)</b>	O category 1 artistic athletes were registered, trained and/or have competed in a provincial stream artistic swimming program age group 11-12 or younger, excluding recreational or limited competition.	PS 12u (Provincial Stream)
	O category 2 artistic athletes were registered, trained and/or have competed in any provincial or national stream artistic swimming program age 13 and older.	PS 13-15 & NS (National Stream)

## General Rules

- All entry packages must be completed and shall be submitted to the BCSSA office by each club by the deadline stated in the Provincial Meet Package.
- Nose clips/plugs may be worn.

- c) Make-up that provides a natural, clean and healthy glow is acceptable. Theatrical make-up, nail polish, jewelry, accessory equipment and/or additional clothing is not permitted, unless required for medical reasons except for medical alerts and Kira religious bracelets. Medical certification must be submitted to the Chief Referee/Judge at least 30 minutes before the event.
- d) Suits for all routines shall conform to FINA specification in the latest FINA manual, nothing may hang/dangle from the suits (including long ties) – nothing on the suit should be able to float. In the event that the referee deems an athlete's(s') swimwear does not conform to FINA standards, the athlete(s) will not be permitted to compete until changing into appropriate swimwear.
  - a. Caps: Caps can be worn for both Technical and Free routines.
  - b. Suits do not have to be matching.

## Routine Events

- a) BCSSA competes both technical and free routines in team, duet and limited solo.
- b) An athlete may be permitted to compete in a maximum of one solo (for advanced and o-cat), one duet event, one team event for free and a maximum of one solo (for advanced and o-cat), one duet event, one team event for technical routines.
- c) Every athlete must complete at least one technical routine.
- c) The solo event is for athletes competing in the advanced and o-cat levels only.
- d) The duet event is open to all levels of athletes and consists of two athletes. They will compete in the highest skill level of the duet partners.
- e) Technical routines will have 4 elements (generally figures or positions) that may change from year to year and can be found in Appendix 1. For the 2025 season the order of the elements within the tech routines is up to the coach.
- f) Technical and free routines will be judged the same as the free routines (with Execution, Difficulty and Artistic Impression), using the system prior to 2023, with the addition of judging of the walk-on.
- g) The free team and technical event is open to all skill levels and shall consist of a minimum of three (3) to a maximum of ten (10) swimmers. The team event can have any number of different skill levels on the team. When there is more than one skill level on a team, the skill level with the majority of athletes will determine which skill level the team competes in. When there is the same number of athletes in more than one skill level, that team will compete at the highest skill level.
- h) Routines may start on the deck or in the water, but must finish in the water.
- i) The walk-on will not be timed.
- j) Deck movements will no longer be timed separately *but will still be included in the routine time*.
- k) All routines, technical and free will have a maximum time of four minutes which includes 15 seconds for deck movements and allows a plus or minus of 15 seconds.
- l) Timing of the routines shall start when the music starts upon a signal from the Referee and finish when the music stops.
- m) The music accompaniment shall begin upon a signal from the Referee. After the signal, the athlete(s) must perform the routine without interruption.
- n) In the case of technical problem(s) during a routine, the athletes may be allowed to re-swim at the discretion of the Chief Referee/Judge.

## Elements for Technical Routines (see Appendix 1 for more details including visuals and links to examples)

Beginner	Intermediate	Advanced/Ocat 1	Ocat 2
Back tuck somersault	Kipnus	Kip	Seagull
Tub Turning 360	Surface Prawn	Barracuda	Baracuda
Front Pike Pull-Down,	Neptunus	Tower	Porpoise
Tub Turning 360°	Walkout Front	Walkover Back	Ariana

## Penalties

Coaches will be informed of any penalties after the event(s) are completed. Should a timing penalty be assessed, coaches are expected to attend the re-timing of their music. Should a coach fail to participate, the Chief Judge/Referee will make the final ruling without the coach. There will be no protest opportunity once the final ruling has occurred when a coach fails to attend the re-timing. Coaches need to be mindful that routines are timed on a "meet-by-meet" basis. Routines that did not receive a timing violation at a previous competition can still be subject to timing violations at subsequent competitions.

- a) A one (1) point penalty shall be deducted from the routine score if:
  - There is a deviation from the specified routine time limit allowed (less or more than) for the routine.
  - An athlete has made a deliberate use of the bottom of the pool during the routine.
- b) A two (2) point penalty shall be deducted from the routine score if:
  - An athlete has made a deliberate use of the bottom of the pool during a routine to assist another athlete.
  - If during the deck movements in team routines athletes are executing stacks, towers or human pyramids.

## Music

There should be no more than a 10 second lead in before the music starts.

**Music must be uploaded to the google folder provided by the BCSSA Artistic Director BCSSA by Thursday July 17, 2025** and submitted as follows:

Event - Skill Level - Club Name - Coach Name - athlete name for solo, athlete name for duet and theme for technical and free team

Examples: Free Solo - Advanced - CRB - Sally Sue - Charlie Smith

Free Duet - Ocat2 - CRB - Sally Sue - Charlie Smith and Jane Doe

Free Team - Beginner - COQ – Bill Boy - Beautiful Day

Technical Team – Intermediate – NVC - Nancy Road– Happy Days

Each club coach must be available with a back-up electronic version of the music for each routine in case of technical difficulties. This needs to be downloaded to a device that is able to be connected directly to the sound system as wifi may not be available to download anything from the internet.

## Coaches & Officials & Volunteers

Events may run up to 30 minutes early, please inform all athletes, parents, other coaches etc. and be prepared for warmups and events should the schedule change.

An **Artistic Swimming Coaches' Meeting** will be held ½ hour to 1 hour before the meet begins, to review competition details, "scratches", and procedures, all coaches should attend but each club should have at least one. An **Artistic Swimming Coaches' Meeting** will be held immediately following each of the routine events to provide feedback from the Judges, if wanted.

Coaching athletes while they are actively competing will not be permitted. Coaches debriefing competitors after they compete should be well away from the competition area to avoid disadvantaging other competitors and away from the judges who are judging other competitors.

Spectators who are not volunteering will not be permitted on the pool deck. Coaches are asked to inform competitors and parents that spectators are to remain in the spectator viewing area.

Gelling of hair will not be permitted in the facility change rooms or washrooms. Clubs are asked to plan for hair gelling in areas that will not be disruptive to pool patrons and ensure that facilities are left in the same condition after the competition as they were at the beginning of the competition.

Flash photography is forbidden. The flash can be disorienting for competitors and judges.

## MEDALS AND RIBBONS

As this is a multi-region regional event, ribbons and medals are the responsibility of the individual regions. Should they choose to offer medals/ribbons, they will distribute them to clubs after the event. There will not be an award ceremony at the event.

## Entry Procedure

**Meet entries:** all meet entries must be completed using the excel template provided. Please ensure the excel file is emailed to/ shared with: [artistic@bcsummerswimming.com](mailto:artistic@bcsummerswimming.com)

**Entry submission deadline is Thursday, July 17th, @ 11:59pm.**

## Video Submissions

As decided on amongst the artistic directors and head coaches, video submissions will not be allowed for Regionals.

## Entry Fees

A single payment for all meet entry fees must be sent by the Club Registrar and received by the Meet Manager by **Thursday July 24th, 2025. Payments can be made to BCSSA.**

\$10 athlete entry fee flat rate for everyone.

\$10 solo tech

\$20 duet tech

\$50 team tech regardless of number of athletes (3 to 10)

\$10 solo free

\$20 duet free

\$50 per free team, regardless of the number of athletes (3 to 10)

**Judges Fees: \$10 per family**

### **Emergency Procedure**

In the event of pool incident or closure, follow instructions from the facility to evacuate the pool. Should the competition be cancelled and not able to resume that day, the Director of Artistic from BCSSA will submit a request to the BCSSA board to allow an exemption for having to qualify at a Regionals. Due to the time needed to organize a competition and the short time between Regionals and Provincials, it is not possible to organize another Regionals. All reasonable efforts will be made to resume the competition on the day of Regionals, but if it is not possible an exemption will be submitted to BCSSA.



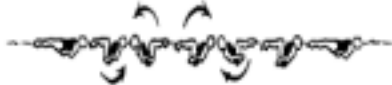
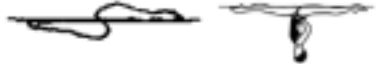
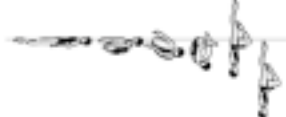


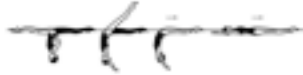
## Appendix 1: Technical Elements

### NOTE: ORDER IS NOT IMPORTANT



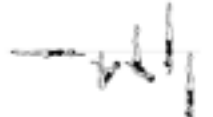

Beginner	Intermediate	Advanced/Ocat 1	Ocat 2
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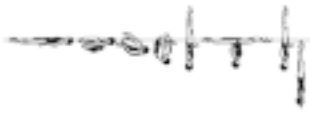
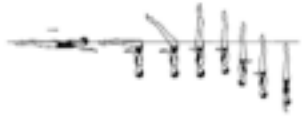
LINKS for shared folder with example routines. [LINK HERE:](#)

Link long form: <https://drive.google.com/drive/folders/1fW-HHk8I-lbrEOver5jfVPwDKvOHemhe?usp=sharing>

Beginner	<b>Level</b> <b>1. Back Tuck Somersault, FINA310 dd 1.1</b> 	<b>3. Assume a Front Pike Pull-Down, BM 3</b> 
	<b>2. Tub Turning 360, Star 1</b> 	<b>4. Split Position, BP 1</b> 
Intermediate	<b>1. Kipnus, FINA 316 dd 1.4</b> 	<b>3. Neptunus FINA 344 dd 1.6 was waterdrop</b> 
	<b>2. Surface Prawn FINA 362 dd 1.3</b> 	<b>4. Walkout Front BM6</b> 



Level	1. Kip FINA 311 dd 1.6	3. Tower FINA 349 dd 1.9
Advanced/Ocat1 PS		
	2. Barracuda FINA 301 dd 1.9	4. Walkover Back FINA 420 dd 1.9
		

Level	1. Seagull FINA 315 dd 2.1	3. 1 Porpoise Spin 360° FINA 355e dd 2.2
I O Category 2 NS		
	2. Barracuda 180° Spin FINA 301d dd 2.	4. Ariana FINA 423 dd 2.3
	