CANADIAN UNIVERSITY ARTISTIC SWIMMING LEAGUE

OFFICIAL RULE BOOK

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Table of Contents

1. INTRODUCTION **5**

1.1 INTERPRETING THE RULES 5

1.2 APPLICABILITY OF RULES 5

1.3 WORLD AQUATICS AND CANADA ARTISTIC SWIMMING RULES 5

1.4 RULE CHANGES 5

2. DEFINITIONS **5**

3. GENERAL RULES **6**

3.1 ELIGIBILITY 6

3.1.1 Registration 6

3.1.2 Qualified Competitor 6

3.1.3 Club Representation 6

3.1.4 Joint Clubs 7

3.1.5 Competitor Levels 7

3.1.6 Entrants 7

3.1.7 Coach's Eligibility 7

3.2 SELECTION 7

3.2.1 National Championships 7

3.2.2 Byes 8

3.2.3 Quotas for Routines 9

3.2.4 Canadian Artistic Swimming Championships hosted by Canada Artistic Swimming 9

4. COMPETITIONS **10**

4.1 ROUTINES 10

4.1.1 Number of Swimmers 10

4.1.2 Swimmers' Apparel 10

4.1.3 Number of Required Elements in Routines 11

4.2 TIME LIMITS 12

4.2.1 Time Limits for Walk-On and Deck Movements 12

4.2.2 Time Limits for Routine 12

4.2.3 Timing Procedures 13

4.2.4 Time Violations 13

4.3 SCORING AND DRAWS 13

4.4 PENALTIES AND DEDUCTIONS 14

4.4.1 All Events 14

4.4.2 Free Routines 15

4.4.3 Technical Routines 15

4.5 MUSIC 16

4.5.1 Music Deadlines 16

4.5.2 Content of Lyrics 16

4.5.3 Music Format 16
4.6 EXHIBITION COMPETITORS 16
4.7 COACH CARDS 17
5. COMPETITION MANAGEMENT 17
5.1 HOSTING MEETS 17
5.1.1 Meet Management 18
5.2 COMPETITION REGISTRATION 18
5.2.1 Late Entries 18
6. OFFICIALS 19
6.1 OFFICIALS CONFLICT OF INTEREST 19
6.2 JUDGING ROUTINES 19
7. LEAGUE ADMINISTRATION 19
7.1 LEAGUE REGISTRATION 20
7.2 FEES 20
7.3 ANNUAL GENERAL MEETING 20
7.4 GRANTS 20
7.5 CUASL/LUCNA EXECUTIVE 21
APPENDIX A: NOVICE AND INTERMEDIATE CATEGORY REQUIREMENTS 22
NOVICE ELIGIBILITY 22
INTERMEDIATE ELIGIBILITY 22
REGISTRATION 23
NOVICE ROUTINES 23
APPENDIX B: REQUIRED ELEMENTS FOR NOVICE TECHNICAL ROUTINES 25
REQUIRED ELEMENTS FOR NOVICE TECHNICAL SOLO, DUET/TRIO AND TEAM 25
DUET/TRIO TECHNICAL ROUTINE ADDITIONAL REQUIREMENTS 29
TEAM TECHNICAL ROUTINE ADDITIONAL REQUIREMENTS 30
APPENDIX C: SET NUMBER OF ELEMENTS FOR CUASL/LUCNA ROUTINES TABLE 31
APPENDIX D: AWARDS 33
INVITATIONAL MEETS 33
EASTERN AND WESTERN DIVISIONALS 33
NATIONAL CHAMPIONSHIPS 33
SCORING FOR EVELYN YOUNG TROPHY 34
SCORING FOR OVERALL ATHLETE TROPHIES 34
SPECIAL AWARDS 35
APPENDIX E: COACH CERTIFICATION PATHWAY 36

1. INTRODUCTION

1.1 INTERPRETING THE RULES

The purpose of each rule is to ensure that all competitors have an equal opportunity to achieve. In applying and interpreting the rules or when confronted by a novel situation not covered by the rules, every effort should be made to apply this principle.

1.2 APPLICABILITY OF RULES

All Members of CUASL/LUCNA shall abide by the present rules.

1.3 WORLD AQUATICS AND CANADA ARTISTIC SWIMMING RULES

All World Aquatics and Canada Artistic Swimming rules apply to any Competition held in Canada unless specifically provided otherwise herein. In case of conflict, the present rules prevail. This rulebook contains all the rules currently in force, which govern the conduct of Canadian University League artistic swimming competitions.

1.4 RULE CHANGES

There will be one annual opportunity to submit rule change proposals to the Annual General Meeting. Emergency rule changes may be considered at any time during the season at the discretion of the University Representatives.

2. DEFINITIONS

These definitions are specific to CUASL/LUCNA and are in addition to the definitions found in the Canada Artistic Swimming (CAS) rulebook.

1. "**CUASL/LUCNA**" is the Canadian University Artistic Swimming League/Ligue universitaire canadienne de natation artistique. Also known as the League. CUASL/LUCNA is a league affiliate of Canada Artistic Swimming.

2. "**National Championships**" also known as "Nationals" means the annual Canadian Championships held for all university clubs across the country.

3. "**Eastern Divisional Championships**" also known as "Easterns" means a qualifying competition for National Championships. All routines from university clubs in Ontario and Quebec must compete in Easterns in order to be eligible to compete in Nationals. Clubs from Atlantic Canada may compete at Easterns or can qualify straight to Nationals without competing at Easterns.

4. "**Western Divisional Championships**" also known as "Westerns" means a qualifying competition for National Championships. All routines from university clubs in British Columbia, Alberta, Saskatchewan, and Manitoba must compete in Westerns in order to be eligible to compete in Nationals.

5. "**Invitational meet**" is a competition held by a CUASL/LUCNA club during the year. It is not a qualifying meet. The host club may invite CUASL/LUCNA members and non-members to participate in the meet. Non-members should pay a meet entry fee and must complete a liability waiver form prior to competing.

6. "**Club**" is defined as a group of eligible students at a Canadian University who have registered as a club with CUASL/LUCNA.

7. "**Club Representative**" is defined as a League member appointed by their club to represent their club at league meetings/calls and to vote on behalf of their club. Also known as "University Representative". The Club Rep is a member of the Board of Directors of CUASL/LUCNA, as defined in the by-laws.

8. "**Member of CUASL/LUCNA**" is defined as a person duly registered with CUASL/LUCNA and who has paid applicable fees. This includes both swimmers and coaches. Paid up members of CUASL/LUCNA are also registrants of Canada Artistic Swimming.

9. "**Competitive Season**" is defined as the period from September 1st through April 30th.

10. "**Competitive Swimmer**" is defined as a swimmer of any gender who is registered with CUASL/LUCNA and competes.

11. **"AGM"** is the Annual General Meeting of CUASL/LUCNA.

3. GENERAL RULES

3.1 ELIGIBILITY

3.1.1 Registration

Only duly registered Qualified Competitors may compete in a given event.

3.1.2 Qualified Competitor

a) In order to be a Qualified Competitor, one:
   i) Must comply with current World Aquatics General Rules, CAS Rules and Policies, and CUASL/LUCNA Rules.
   ii) Must be enrolled in an accredited university degree or university diploma program throughout the entire competitive season. For swimmers in a diploma program it may be necessary to get permission to swim in the league from your university. A swimmer who is enrolled in an accredited university degree or university diploma program offered through a community college or jointly between a community college and a university is also eligible to compete in CUASL/LUCNA.

iii) Must be a duly registered member of only one CUASL/LUCNA Club.

3.1.3 Club Representation

In sanctioned competitions (Easterns, Westerns, Nationals), no artistic swimmer can represent more than one (1) CUASL/LUCNA Club during the Competitive year, September 1 to April 30, except under the following circumstances:

a) Swimmers transferring to another University or College.
b) Swimmers may compete for a non CUASL/LUCNA club as a Junior, Senior, or Masters swimmer.

3.1.4 Joint Clubs

a) Where there are insufficient swimmers at one university to form a Club, swimmers at multiple universities may apply to CUASL/LUCNA to form a Joint Club.
b) Two years after inception, Joint Club status will be evaluated at the CUASL/LUCNA annual meeting. At that time a decision will be made as to whether or not they can continue as a Joint Team. If the joint status is renewed, they will then be revaluated biannually.

3.1.5 Competitor Levels

a) "**Experienced Swimmer**" is defined as a swimmer who has competed in events nationally or internationally prior to joining CUASL/LUCNA. It also includes swimmers who have competed or trained in any capacity as of 16 years of age.
b) "**Intermediate Swimmer**" is defined as a swimmer who has not competed or trained at the National level in any country or competed or trained in any capacity as of 16 years of age. See Appendix A for further Intermediate requirements.
c) "**Novice Swimmer**" is defined as a swimmer who has not competed or trained at the National or Provincial level in any country or competed or trained in any capacity as of 13 years of age. See Appendix A for further Novice requirements.

3.1.6 Entrants

A competitor may enter a maximum of three (3) Events: 1 Team, 1 Duet/Trio, and 1 Solo.
Competitors of any gender may compete in the events.

EVENTS FOR EASTERNS, WESTERNS, AND NATIONAL CHAMPIONSHIPS:
Novice Technical Solo
Novice Technical Duet/Trio
Novice Technical Team
Intermediate Free Solo

Intermediate Free Duet/Trio
Intermediate Free Team
Experienced Free Solo
Experienced Free Duet/Trio
Experienced Free Team
Adaptive Solo
Adaptive Duet/Trio
Adaptive Team
Mixed Abilities Duet/Trio
Mixed Abilities Team

3.1.7 Coach Eligibility

a) All coaches at CUASL/LUCNA meets must be registered with CUASL/LUCNA.
b) All coaches must follow the CAS Coach Certification Pathway for CUASL/LUCNA coaches per Appendix E.
c) All coaches must have a current Enhanced Police Record check and CAC Safe Sport Training by November 15th of each year. Coaches should not be on deck coaching without these two requirements.
d) The other requirements in the certification pathway must be completed prior to the National Championships in order for the coach to be on deck during that competition.

3.2 SELECTION

3.2.1 National Championships

a) All routines (with the exception of the Atlantic Provinces) must attend a Divisional Championship (either Easterns or Westerns) for all events in order to compete at Nationals, unless the league approves a special exception due to extenuating circumstances prohibiting participation.
b) In the event that a routine does not receive approval and does not compete in a Divisional Championship, they will be ineligible to compete at Nationals.
c) At Nationals, there will be a maximum number of extra routines, as follows:
   i) 25 Experienced Solos
   ii) 25 Experienced Duets/Trios
   iii) 10 Intermediate Solos
   iv) 10 Intermediate Duets/Trios
   v) 10 Novice Solos
   vi) 10 Novice Duets/Trios

d) If the expected number of competing routines in an event, as declared at the October 31st registration deadline, does not exceed the designated limit above, all registered routines will qualify for Nationals.

e) If the expected number of competing routines in an event exceeds the limit designated above, the qualifying routines will be determined as follows:

Experienced Solo, Duet/Trio	Top 20 from Easterns and Westerns, prorated for the number of clubs in each division, plus the top 1 per club not included in the top 20, to a maximum of 25 routines, not including byes.
Intermediate Solo, Duet/Trio	Top 8 from Easterns and Westerns, prorated for the number of clubs in each division, plus the top 1 per club not included in the top 8, to a maximum of 10 routines, not including byes.
Novice Solo, Duet/Trio	Top 8 from Easterns and Westerns, prorated for the number of clubs in each division, plus the top 1 per club not included in the top 8, to a maximum of 10 routines, not including byes.

f) The number of top routines in each event allocated between Easterns and Westerns will be calculated using the percentage of clubs in each division from the previous season and will be announced at the AGM each year.
g) For clubs from the Atlantic provinces with extra routines which do not attend Easterns, 1 routine per club will qualify automatically as part of the qualifiers not included in the top routines in the table above. Atlantic clubs wishing to send more than 1 routine may submit an appeal to the Appeals Committee.

3.2.2 Byes

a) A Jury of Appeal will be formed at the start of each season. The Jury of Appeal will consist of three to four league members: one member from a western club, one member from an eastern club, all members should be returning swimmers.
b) The Jury of Appeal will review:
    i) Any issues regarding definition of Novice swimmers and Intermediate swimmers as part of the registration process.
    ii) Request for competition byes.
    iii) Requests for swimmer eligibility in the league (Novice, Intermediate, and Experienced).
c) The issue or bye request will be sent by the club to the CUASL/LUCNA Vice President who will forward the request to the jury of appeal and will track the request.
d) The members of the jury of appeal must respond to the CUASL/LUCNA Vice President within 72 hours from receiving the request, providing their decision and reasoning.
e) For bye requests, the swimmer must be registered for the relevant meet in order to submit a bye request.
f) If the swimmer(s) who cannot compete are registered for Team or Duet/Trio and the routine still has the minimum allowed number of swimmers per 4.1.1 without them and, for Novice and Intermediate routines, meets the eligibility requirements in Appendix A, no bye is required.
    i) At a Divisional Championship, the swimmer(s) who cannot compete should be listed as alternates, so that they qualify for Nationals with the rest of their Team or Duet/Trio.

ii) At Nationals, the swimmer(s) can be scratched or listed as alternates.

g) If an issue occurs within 24 hours before the competition, the bye request is made to the Chief Referee.

3.2.3 Quotas for Routines

a) Each club will be asked for the expected number of competing routines in each event for the season at the October 31st registration date.

b) Quotas for Nationals as per 3.2.1 c)

c) The number of competing routines for each club is subject to approval by the league due to scheduling limitations and a limit may be implemented.

d) In case of an excessive number of extra routines (Duets/Trios, Solos) registered in the league, the limiting number of extra routines per club per university will be determined by the league.

3.2.4 Canadian Artistic Swimming Championships hosted by Canada Artistic Swimming

a) The top three University Solos and the top five Duets and Teams at the University National Championships are eligible to compete at the Canadian Artistic Swimming Championships in the Free events without qualifying through the National Qualifier.

b) The athletes competing at the Canadian Artistic Swimming Championships must be registered athletes with Canada Artistic Swimming.

4. COMPETITIONS

4.1 ROUTINES

4.1.1 Number of Swimmers

a) "Team" means a group of at least four competitors but not more than ten.

b) Teams who drop below four swimmers have the option to compete as a Duet/Trio and change the elements and length of time or compete as an exhibition in the Team event up to seven days before the start of the competition. Seven days or less from the start of the competition, the Team will be required to swim in the Team event as an exhibition. ~~They may not scratch the Team entirely except under extreme circumstances as to be determined by the jury of appeal.~~

c) If the Team has swimmers registered in the Duet/Trio category, the Team cannot compete in that category and must swim as an exhibition in the Team event.

d) Duets with no alternate who have a swimmer unable to swim may change the length of the routine and compete as a Solo up to seven days before the start of the competition or scratch. Seven days or less from the start of the competition, the Duet must scratch entirely.

e) If the swimmer from a Duet who is still able to swim is also competing in the Solo category, the swimmer cannot compete the Duet routine as a Solo and must scratch the Duet entirely.

f) All routines who compete as an exhibition or scratch at Easterns or Westerns must request a bye for Nationals.

4.1.2 Swimmers' Apparel

a) Nose clips, goggles and caps are allowed for all events
b) The swimwear (swimsuit, cap and goggles) of all competitors shall be non-transparent, and suitable for the individual sports disciplines and shall not carry any symbol which may be considered offensive. Nothing may hang/dangle from the suit (including long ties) – nothing on the suit should be able to float. Swimmers will be permitted to wear swimwear that meets religious or personal beliefs (ex swimwear that includes a hijab or a full body covering). In the event that the referee thinks a competitor's swimwear does not conform, the competitor will not be permitted to compete until changing into appropriate swimwear.
c) Theatrical make-up shall not be worn. Natural makeup that represents the athlete's unique personality and/or the theme of their routines may be used.
d) The use of accessory equipment, or additional clothing is not permitted unless required by medical reasons.
e) For safety reasons only small stud jewelry is permitted. Competitors must remove any dangling jewelry, or dangling items from headpieces or swimwear prior to the start of the event.
f) Requests for religious or medical alert adornments (only) to be worn during competitions must be addressed to the Chief Referee in advance of the competition via the registration form or as required by the Competition Director. The following situation is permitted:
    i) Standard medical alert or bracelet of religious significance (for example a Sikh Kara bracelet) may be worn under the following conditions: it must be only one bracelet, must not more than one centimetre wide; and it must have a smooth surface with no sharp or protruding edges that could potentially injure a swimmer. The Referee shall inspect the bracelet prior to the swimmer entering the pool to ensure the criteria are met.
    ii) The Chief Referee has the authority to allow or disallow any jewelry or adornment based on his or their assessment of the risk of injury. The Chief Referee also has the authority to require a bracelet to be taped into position if the design warrants additional care be taken while competing.

4.1.3 Number of Required Elements in Routines

Each Solo, Duet/Trio, and Team Routine will consist of a predetermined number of Elements (Hybrids and Acrobatics) and a free choice of transitions choreographed to music.

EVENT	REQUIRED NUMBER OF ELEMENTS
Novice Tech Solo	• Five (5) Technical Required Elements
Novice Tech Duet/Trio	• Five (5) Technical Required Elements • One (1) Pair Acrobatic (free choice)
Novice Tech Team	• Five (5) Technical Required Elements

	• One (1) Choreography Hybrid has a fixed Degree of Difficulty of 1.0 • One (1) Team Acrobatic (free choice, with DD of 1.8 or less) • May contain a maximum of one (1) circle
Intermediate Free Solo	• Three (3) Hybrids with Degree of Difficulty, must include one (1) declaration from each family (except connection) in the routine • Two (2) Choreography Hybrids have a fixed Degree of Difficulty of 1.0
Intermediate Free Duet/Trio	• Three (3) Hybrids with Degree of Difficulty, must include one (1) declaration from each family in the routine • Two (2) Choreography Hybrids have a fixed Degree of Difficulty of 1.0 • One (1) Pair Acrobatic (free choice)
Intermediate Free Team	• Three (3) Hybrids with Degree of Difficulty, must include one (1) declaration from each family in the routine • Two (2) Choreography Hybrids have a fixed Degree of Difficulty of 1.0 • Two (2) Team Acrobatics (free choice but must not repeat the same acrobatic)
Experienced Free Solo	• Four (4) Hybrids with Degree of Difficulty, must include one (1) declaration from each family (except connection) in the routine • One (1) Choreography Hybrid has a fixed Degree of Difficulty of 1.0
Experienced Free Duet/Trio	• Four (4) Hybrids with Degree of Difficulty must include one (1) declaration from each family in the routine • Two (2) Pair Acrobatics (free choice but must not repeat the same acrobatic)
Experienced Free Team	• Five (5) Hybrids with Degree of Difficulty must include one (1) declaration from each family in the routine. • Three (3) Team Acrobatics (free choice but must not repeat the same acrobatic).
Adaptive Solo	• Total of six (6) Free Hybrids. • Must include a skill from every family (except connections). • Refer to AQUA Difficulty Table.
Adaptive Duet/Trio	• Total of six (6) Free Hybrids and two (2) Pair Acrobatics. • Must include a skill from every family. • Refer to AQUA Difficulty Table.
Adaptive Team	• Total of six (6) Free Hybrids and four (4) Team Acrobatics. • Must include a skill from every family. • There must be a connected action in the routine but it doesn't need to be a connection from the table (can be a hand/arm connection). • Refer to AQUA Difficulty Table.
Mixed Ability Duet/Trio	• Total of five (5) Free Hybrids and two (2) Pair Acrobatics. • Must include a skill from every family. • There must be a connected action in the routine but it does not need to be a connection from the table (can be a hand/arm connection).

	• Refer to AQUA Difficulty Table.
Mixed Ability Team	• Total of six (6) Free Hybrids and three (3) Team Acrobatics. • Must include a skill from every family. • There must be a connected action in the routine but it does not need to be a connection from the table (can be a hand/arm connection). • Refer to AQUA Difficulty Table.

4.2 TIME LIMITS

4.2.1 Time Limits for Walk-On and Deck Movements

a) Routines may start on the deck or in the water, but they must finish in the water.
b) The walk-on of the competitors from the designated starting point to the achievement of a stationary position(s) must not exceed 30 seconds for any Team event, and must not exceed 20 seconds for any Solo and Duet/Trio Events. This time limit applies to routines that start on the deck or in the water.
c) Deck movements must not exceed 10 seconds.

4.2.2 Time Limits for Routine

a) There is an allowance of plus or minus 5 seconds for all routines.
b) Including deck movements, routines shall have the following maximum times, in minutes:

NOVICE		**INTERMEDIATE**		**EXPERIENCED**	
EVENT	**TIME**	**EVENT**	**TIME**	**EVENT**	**TIME**
Tech Solo	2:00	Free Solo	2:10	Free Solo	2:10
Tech Duet/Trio	2:20	Free Duet/Trio	2:25	Free Duet/Trio	2:25
Tech Team	2:50	Free Team	3:10	Free Team	3:10
ADAPTIVE – PHYSICAL & COGNITIVE			**MIXED ABILITY**		
EVENT		**MAX TIME**	**EVENT**		**MAX TIME**
Adaptive Solo		2:30	Mixed Ability Duet/Trio		2:30
Adaptive Duet/Trio		2:45	Mixed Ability Team		3:00
Adaptive Team		3:30			

4.2.3 Timing Procedures

a) A minimum of two timers shall time from the start of the walk-on to a stationary position, deck time from the start of the music until the last swimmer leaves the deck, and the total routine time from the start of the music to the end of the music. The overall time, the deck work time, and the routine walk on time shall be recorded on the master score sheet, to the nearest second.

b) Timing of the performance shall start with the walk-on and finish with the accompaniment. Timing of the walk-on shall commence when the first competitor moves past the starting point and ends when the last competitor assumes a starting position. Timing of the deck movements shall begin with the accompaniment and end as the last competitor leaves the deck.

c) The deck movement time and the routine walk-on time shall be recorded on the timing chits and on the Timers' Record, to the nearest second.

4.2.4 Time Violations

a) An eight-point (8.0) penalty shall be deducted from the routine score if there is a deviation from the specified routine time allowance in 4.2.2 (less than or more than).

b) An eight-point (8.0) penalty shall be deducted from the routine score if deck walk-on time limit in 4.2.1 is exceeded.

c) An eight-point (8.0) penalty shall be deducted from the routine score if the time limit for deck movements in 4.2.1 is exceeded.

d) Recording the Penalty

i) The timers shall advise the Referee of the penalty situation immediately following the completion of the routine.

ii) The Referee arranges to have the music selection retimed for penalty in 4.2.4 a) only.

iii) If the time violation is confirmed, the Referee shall immediately advise the competitors and their coach and instruct the scorers to deduct the appropriate penalty from the routine score.

iv) A routine could receive up to twenty-four (24.0) penalty points (routine time/walk-on/deck movements).

4.3 SCORING AND DRAWS

a) The Chief Scorer supervises all facets of the scoring process. The Chief Scorer is responsible for ensuring that all marks are correctly recorded and calculated.

b) Scheduling

i) Direct finals shall be held in all events at Easterns at Westerns Championships

ii) Direct finals shall be held in all Solo and Duet/Trio events at Nationals.

iii) Prelims and Finals shall be held in the Novice Team, Intermediate Team, and Experienced Team events at Nationals.

c) Draw for Order of Swim – Nationals Prelims and Divisionals

i) The Chief Scorer for the meet is responsible for conducting the draws. This draw will be forwarded to the meet manager for distribution to participating clubs. The start order will be random. World Aquatics rules will be followed unless otherwise specified.

ii) At any given meet, in drawing for a swimming position, a swimmer may draw first position only once in Novice Technical Solo, Novice Technical Duet/Trio, Intermediate Free Solo, Intermediate Free Duet/Trio, Experienced Free Solo and Experienced Free Duet/Trio events; otherwise a new draw will have to be done.

d) Draw for Order of Swim in Team Final events at Nationals

i) Draws for Finals are in the reverse order of the results from Prelims.

e) Tie breaker for ~~Final~~ Routine results:

In case of ties (calculated to four decimals) in Solo, Duet/Trio, or Team, the following shall apply. If a decision has to be made to go to Finals or determining draws for Finals, to be qualified, to be promoted/demoted, the following procedure will be used for all routines:

1) ~~For all routines:~~ The highest elements score shall decide.
2) If there is still a tie, the highest choreography and musicality score in the Artistic Impression panel determines the position.
3) If there is still a tie, the highest verified total declared degree of difficulty in the Elements Panel will decide.

f) Qualifying for Finals

i) Prelims and Finals scores will be aggregated, weighting Prelims at 35% and Finals at 65%, to create a Championship score to determine final results.

ii) The number of team competitors may not change between team prelims and team finals.

1) Exception: If a team does not have an alternate(s) listed on the entry and a team member is unable to compete following the preliminary event in the final team event due to exceptional circumstances (injury/illness) the team may compete without that athlete.
2) The request for the exception shall be submitted to the Chief Referee of the competition with supporting documentation (if possible - i.e. previous injury) a minimum of two hours prior to the event.
3) The two hour rule shall be waived in the case of sudden illness/injury.

4.4 PENALTIES AND DEDUCTIONS

4.4.1 All Events

a) For Free Elements (hybrids and acrobatics) that are not performed at all or not performed in conformance to what is declared on the Coach Card (code/technique is different or in the wrong order), only the Base Mark will be applied.

b) If the Coach Card declaration of a Free Hybrid exceeds the maximum of five declarations per family or maximum of three declarations per technique, only the Base Mark will be applied.

c) A two-point (2.0) penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the particular event as per Appendix C.

d) There is no deduction for Teams with fewer than eight swimmers.

e) See 4.2.4 for rules regarding penalties for time violations.

f) Maximum deduction can reduce the Elements score to zero, but not to a negative Elements score.

4.4.2 Free Routines (Experienced and Intermediate)

a) An eight-point (8.0) penalty shall be deducted from the Elements score if the Coach Card does not include at least one (1) skill from every family (except for Connections in Solo).
b) For Experienced Routines, the average of each type of synchronisation error (minor, obvious, and major) observed by the Synchronisation Technical Controllers (STC) will be deducted from the Elements score.
c) For Intermediate Routines, the average of obvious and major synchronisation errors observed by the STC will be deducted from the Elements score. No minor synchronisation deductions will be applied to Intermediate Free Routines.

4.4.3 Technical Routines (Novice)

a) A zero will be applied for each missed or incorrect technical required element (elements #1 – 5)
b) For Novice Routines, the average of major synchronisation errors observed by the STC will be deducted from the Elements score. No minor or obvious synchronisation deductions will be applied to Novice Technical Routines.

4.5 MUSIC

4.5.1 Music Deadlines

a) One person per university is to give all of the club's music at once by the specified deadline date for the competition.
b) If a deadline is not specified, one person per university must give all of the club's music at least 30 minutes prior to the club's spacing time. If this is not possible, the club must make arrangements with the meet manager prior to the meet. A $20 fine will be given if the university fails to do so.
c) When the competition is being co-hosted by a provincial or national sport organization, the fines set out by that organization will apply instead.

4.5.2 Content of lyrics

a) Music that uses swear words in any language and/or promotes hate, harm, or discrimination is prohibited at all competitions. A $20 fine will be given to routine entries who fail to abide by this rule.

4.5.3 Music Format

a) Electronic version (MP3) of each routine music must be submitted and named as follows: University Name_Event_Team Name_Swimmer's Last Name.
b) The FILE name of the music must be titled in the manner stated above. Changing the name in iTunes **does not change** the name that will appear in the music player of those on the receiving end. Please ensure you check in "Get Info" (by right clicking on the file) that the **title actually matches** the format stated above.
c) If there are multiple Novice Teams, Intermediate Teams, or Experienced Teams from the same university, the Team name must be clearly written (i.e. McMaster Novice Team – Maroon Team).
d) Each club should have the music for all their routines on their own device (iPod, cell phone, etc.) to be used as back-up in case of music malfunction.

4.6 EXHIBITION COMPETITORS

a) If a routine does not meet the defined requirements for a routine or has ineligible athletes as members of a routine per 3.1.2, that routine may, at the discretion of the meet manager and if there is sufficient time in the competition schedule, enter the competition (Easterns, Westerns, Nationals).

b) An exhibition routine:
   i) Must pay all competition entry fees and meet entry deadlines
   ii) Will be drawn as if a qualified competitor in the event
   iii) Will be listed on all draws/programs as an exhibition routine
   iv) Will be announced, following their swim, as an exhibition routine
   v) That qualifies for a Final event shall be drawn to swim in the first half of the draw regardless of their placing in Prelims
   vi) Is not eligible for awards in the CUASL/LUCNA Category

c) If an exhibition routine qualifies for Finals there must be 10 qualified routines in the event.

4.7 COACH CARDS

a) One person per university is to give all the club's coach cards at once by the specified deadline date for the competition. A $20 fine will be given per late coach card submission if the university fails to do so.
b) Electronic version (.xlsx) of each coach card must be submitted and named as follows: University Name_Event_Team Name_Swimmer's Last Name.
c) Electronic file must be exported from ISS Coach Card software and submitted without any modifications.
d) If there are multiple Novice Teams, Intermediate Teams, or Experienced Teams from the same university, the Team name must be clearly written. (i.e. McMaster Novice Team – Maroon Team).
e) When the competition is being co-hosted by a provincial or national sport organization, the fines set out by that organization will apply instead.

5. COMPETITION MANAGEMENT

a) A Meet Manager is appointed by CUASL/LUCNA to handle all the meet arrangements prior to the meet, to assist the referee in the efficient conduct of the actual meet, and to carry out the meet wrap-up.
b) Timers are responsible for timing the routines. The timer shall see that the times are recorded on the Timers Record sheet.

5.1 HOSTING MEETS

a) Clubs can bid to host a meet. The bids are submitted to the CUASL/LUCNA Coordinator. The CUASL/LUCNA Coordinator, in conjunction with the CUASL/LUCNA Executive, determines the successful bid.
b) Nationals will be held in conjunction with the Canada Artistic Swimming National Qualifier.

c) The qualifying meets (Eastern and Western Divisionals) must be held at least two (2) weeks before Nationals.
d) Meet costs are to be shared equally by league registered swimmers.
e) The winner of the Experienced Championship Team Trophy, Intermediate Championship Team Trophy, and Novice Championship Team Trophy will be responsible for the engraving and maintenance of the respective trophy.
f) It is recommended that admission revenue will be split 50/50 between the host club and the league based on league finances and participation of both bodies in the planning of the meet.

5.1.1 Meet Management

a) The Club hosting the meet, in conjunction with the CUASL/LUCNA Coordinator, shall arrange for all facilities and activities for the efficient running of the Meet, including pools, meeting rooms, accommodation, publicity, and awards. Refer to the Meet Manager's Guide.
b) Each university club bidding on hosting a meet should ensure that the league coordinator has an up-to-date pool diagram including dimensions and depths by October 31st of each year.
c) If possible, the host university should provide spacing time of a maximum of five minutes per Team prior to the competition. It is recommended that a minimum of ten minutes warm up time be provided prior to each routine event. If possible, open pool time should be given on the day prior to National Prelims (clubs from the West would be offered later spacing times.

5.2 COMPETITION REGISTRATION

All registrants must use the current CUASL/LUCNA registration program as directed in the meet information package, or by the CUASL/LUCNA executive and complete registration by the specified deadline date for the competition.

5.2.1 Late Entries

a) Each routine whose registration has not been received or is incomplete by the stated deadline is automatically assessed a $50 fine. This fine must be paid to the Chief Referee or designate prior to the competition, or the routines concerned will be disqualified from the competition.
b) Incomplete entries that are received will be considered late if the missing information is not received by the entry deadline.
c) The final deadline for late entries is two weeks prior to the start date of the competition, unless otherwise specified by the league.

6. OFFICIALS

a) The Officials at a CUASL/LUCNA competition follow the same rules as Canada Artistic Swimming.
b) CUASL/LUCNA assigns officials for Divisionals in conjunction with the relevant Provincial Association.
c) The National Officials Committee assigns officials for Nationals.

6.1 OFFICIALS CONFLICT OF INTEREST

As per the Canada Artistic Swimming Conflict of Interest Policy:
https://artisticswimming.ca/about-canada-artistic-swimming/board-governance/bylaws-and-policies/

6.2 OFFICIATING ROUTINES

a) Where possible, the scoring system used by Canada Artistic Swimming will be used at CUASL/LUCNA competitions, with the corresponding panels of judges and technical controllers.
b) If this is not possible, the scoring system used by the host province will be used at CUASL/LUCNA competitions.

7. LEAGUE ADMINISTRATION

7.1 LEAGUE REGISTRATION

a) All swimmers and coaches who wish to compete in CUASL/LUCNA meets must register with the league and pay the required fees.
b) The registration deadline is October 31st. Late registrations, with explanation, will be accepted until January 1st, where the club will be fined a $35 late registration fee per swimmer with a late registration.
c) Only clubs that have paid their season registration invoices in full may register and compete at Easterns/Westerns and Nationals. Clubs that have not fully paid may still compete at invitational meets.

7.2 FEES

a) Fees are reviewed each year by the league executive. If a change in fees is recommended, this is voted on by the Club Representatives.
b) The CUASL/LUCNA registration fee includes: fees paid to CAS and costs for running the league.
c) There are no refunds of the annual registration fees after November 30th.
d) In order to register for the subsequent season, clubs must be in good standing with the league. This means that all invoices have been paid in full by the registration deadline of October 31st.
    i) If any past invoice has not been paid by October 31st, the club may not register for the season. The club loses its status as a CUASL member and forfeits its voting rights. Any outstanding invoice as of October 31st will have 2.5% of the amount added to the balance each year it remains unpaid.
    ii) The club may reinstate its membership status by paying all outstanding invoices in full, including the 2.5% additions per above, and registering at least one swimmer by October 31st of the following season.

7.3 ANNUAL GENERAL MEETING

a) AGM attendance – Each university must have a representative at the CUASL/LUCNA AGM (the AGM is held every year).
b) Universities who do not have a representative at the CUASL/LUCNA AGM will be fined $50 (this fine will be paid with the university registration fees).

7.4 GRANTS

a) If there is a positive net income for the League at the end of the year, this income will be split among the

member clubs.

b) The formula for determining the split will be reviewed periodically and will be voted on by the Club Representatives.

7.5 CUASL/LUCNA EXECUTIVE

The elected executive members of CUASL/LUCNA are responsible for several roles in the administration of the League. These roles are defined in the by-laws of the organization.

APPENDIX A: NOVICE AND INTERMEDIATE CATEGORY REQUIREMENTS

NOVICE ELIGIBILITY

a) A novice swimmer will be defined as:
   i) Someone who has never competed or was registered in the Provincial Stream, National Stream, or equivalent stream, in any country.
   ii) Someone who has not competed in any capacity during or after the calendar year in which they turned 13 years.
      1) Someone who has competed or was registered in Novice, Regional League, Limited Competitive, or other equivalent Novice programs before the calendar year in which they turn 13 years can compete as a Novice swimmer.
   iii) Competing in CUASL is not considered previous competitive experience for Novice Eligibility a) purposes.

b) A swimmer who is registered as a Novice Swimmer for a cumulative 2 seasons in the league may no longer be considered a Novice swimmer and must register as an Intermediate swimmer in subsequent years.
   i) These seasons include every year the swimmer has entered competition within the league, even if they are at multiple universities throughout their time.

c) A swimmer who is not defined as a Novice Swimmer under Novice Eligibility a) and d) but wishes to register as a Novice Swimmer may submit an appeal to the league to request special permission to register as a Novice Swimmer for the season.

d) After the first sanctioned competition of the season, Intermediate Swimmers and Experienced swimmers may not be moved down to Novice in the same season.
   i) [Amended]
   ii) A Novice swimmer may move up to the Intermediate category or Experienced category in the same season but may not move back down to a Novice swimmer in the same season.
   iii) [Amended]

INTERMEDIATE ELIGIBILITY

a) An Intermediate swimmer will be defined as:
   i) Someone who has never competed or was registered in the National Stream in any country.
   ii) Someone who has not competed in any capacity during or after the calendar year in which they turned 16 years.
      1) Someone who has competed or was registered in the Provincial Stream before the calendar year in which they turn 16 years can compete as an Intermediate swimmer.
   iii) Competing in CUASL is not considered previous competitive experience for Intermediate Eligibility a) purposes.

b) A swimmer who is not defined as an Intermediate Swimmer under Intermediate Eligibility a) but wishes to register as an Intermediate Swimmer may submit an appeal to the league to request special permission to

register as an Intermediate Swimmer for the season.

c) After the first sanctioned competition of the season, Experienced swimmers may not be moved down to Intermediate in the same season.
   i) An Intermediate swimmer may move up to the Experienced category in the same season but may not move back down to an Intermediate swimmer in the same season.

REGISTRATION

a) Universities must provide the league with a proof of eligibility for all Novice and Intermediate swimmers when registering them with the league. The league will keep these documents on file for returning swimmers.

b) For swimmers who have past swimming experience, universities must provide a record of all past competitive registrations, for every year the swimmer competed (this includes international students). This can be:
   i) proof of registration from their previous club(s).
   ii) a record from the provincial organization(s) that the swimmer was registered with.
   iii) a results page.
   iv) a signed letter/declaration from the head of any and all previous clubs outlining the swimmers experience and detailing how many years they swam.
   v) a signed letter/declaration from any and all previous club coaches the swimmer had outlining the swimmer's experience and detailing how many years they swam.

c) For swimmers who have no previous artistic swimming experience, they must sign and submit the form provided with meet registration attesting to the fact they have no previous experience.

NOVICE ROUTINES

a) A Novice Team must be made up of at least 2/3 swimmers who are ~~eligible Novice swimmers and are~~ registered Novice swimmers within the league.
   i) The remaining 1/3 of the Team may be registered as Intermediate swimmers with the league.
   ii) Teams who wish to have more Intermediate swimmers than 1/3 of the swimmers on their Novice Team may apply for an appeal through the formal appeals process before the first competition of the season.
   iii) No experienced swimmers are permitted on a Novice Team.
      1) Teams who wish to have experienced swimmers on their Novice Team may apply for an appeal through the formal appeals process before the first competition of the season.

b) Novice Solo competitors must be registered as Novice swimmers with the league.

c) Novice Duet/Trio competitors must be registered as Novice swimmers with the league.

INTERMEDIATE ROUTINES

a) An Intermediate Team must be made up of at least 2/3 swimmers who are registered Intermediate and/or Novice swimmers within the league.
    i) The remaining 1/3 of the Team may be registered as Experienced swimmers with the league.
    ii) Teams who wish to have more Experienced swimmers than 1/3 of the swimmers on their Intermediate Team may apply for an appeal through the formal appeals process before the first competition of the season.

b) Intermediate Solo competitors must be registered as Intermediate swimmers with the league.

c) Intermediate Duet/Trio competitors must be registered as Intermediate swimmers with the league.

APPENDIX B: REQUIRED ELEMENTS FOR NOVICE TECHNICAL ROUTINES

REQUIRED ELEMENTS FOR NOVICE TECHNICAL SOLO, DUET/TRIO AND TEAM

Novice Required Elements #1 – 5 can be performed in ANY order. It is required that the elements and the degrees of difficulty for each element selected to be performed, and the order of performance selected, must be declared and submitted on the Coach Card for the Technical Routine prior to the Competition/Event.

In Duet/Trio and Team, required elements must be performed simultaneously and facing the same direction by all Duet/Trio or Team members. Deckwork and entry into the water, the acrobatic, the choreography hybrid and transitions may be performed freely (non-simultaneous and facing different directions).

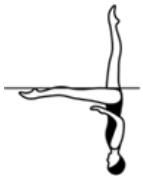
Additional movements can be added immediately before and after (breath to breath) Novice Required Elements #1 – 5. Those movements will not add any extra difficulty nor will be considered as the additional hybrids.

*It is **strongly recommended**, for clarity of judgement, that all required elements are separated by other contents.

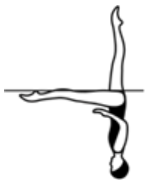
Element	DD	Element Name
1a	1.7	Pike-Fishtail-VP-Twist 180°
1b	1.6	Pike-Fishtail-VP
2a	1.7	Vertical Position-Open 180° to Split Position + Walkout Back or Vertical Position-Open 180° to Split Position + Walkout Front
2b	1.4	Walkout Back or Walkout Front
3a	1.2	Spinning 360°
3b	1.1	Spinning 180°
4	1.4	Assume a Surface Flamingo Position
5a	1.7	Barracuda
5b	1.6	Barracuda Bent Knee

Element 1a: Pike-Fishtail-VP-Twist 180° / DD 1.7

From a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position as a Half Twist (180o) is executed. The ending is optional.

				**Total**
NVT=	6.0	14.5	21.5	**42**
PV=	1.43	3.45	5.12	**10**

Element 1b: Pike-Fishtail-VP / DD 1.6
From a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position. The ending is optional.

				**Total**
NVT=	6.0	14.5	20.5	**41**
PV=	1.46	3.54	5.0	**10**

Element 2a: Vertical Position-Open 180° to Split Position + Walkout Back / DD 1.7
From a Vertical Position an open 180 to Split Position is executed followed by a Walkout Back.

or

Element 2a: Vertical Position-Open 180° to Split Position + Walkout Front / DD 1.7
From a Vertical Position an open 180o to Split Position is executed followed by a Walkout Back.

				**Total**
NVT=	20.0	23.0	7.0	**50**
PV=	4.0	4.6	1.4	**10**

				**Total**
NVT=	20.0	19.0	6.0	**45**
PV=	4.0	4.6	1.4	**10**

Element 2b: Walkout Back or Walkout Front / DD 1.4
Split Position followed by a Walkout Front or Walkout Back.

			**Total**
NVT=	23.0	7.0	**30**
PV=	7.67	2.33	**10**

			**Total**
NVT=	19.0	6.0	**25**
PV=	7.6	2.4	**10**

Element 3a: Spinning 360° / DD 1.2
From a Bent Knee Position, a Spin 360° is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.

			**Total**
NVT=	16.0	5.0	**21**
PV=	7.62	2.28	**10**

Element 3b: Spinning 180° / DD 1.1

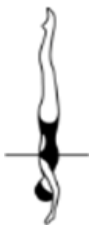
From a Bent Knee Position, a Spin 180° is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.

			**Total**
NVT=	13.0	5.0	**18**
PV=	7.2	2.8	**10**

Element 4: Assume a Surface Flamingo Position / DD 1.4
Begin in a Back Layout Position. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a Bent Knee Back Layout Position. The bent leg is straightened without movement of the thigh to assume a Ballet Leg Position. The shin of the horizontal leg is drawn along the surface of the water to assume a Surface Flamingo Position.

				**Total**
NVT=	10.5	11.0	7.5	**29**
PV=	3.62	3.79	2.59	**10**

Element 5a: Barracuda / DD 1.7
From the Back Pike Position with the legs perpendicular and the toes just below the surface, a Thrust is executed to a Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust.

			**Total**
NVT=	31.0	13.0	**44**
PV=	7.21	3.02	**10**

Element 5b: Barracuda Bent Knee / DD 1.6

From the Back Pike Position with the legs perpendicular and the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A Vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust.

			**Total**
NVT=	28.0	11.0	**39**
PV=	7.18	2.82	**10**

DUET/TRIO TECHNICAL ROUTINE ADDITIONAL REQUIREMENTS:

- One (1) pair acrobatic with a DD of 1.8 or less must be performed, up to a level 3 difficulty (0.6 DD safety limit).

TEAM TECHNICAL ROUTINE ADDITIONAL REQUIREMENTS:

- One (1) additional choreography hybrid must be performed, which may include an optional cadence.
- Choreography Hybrids (ChoHY) are hybrids with no declared difficulty (i.e. factor of 1.0). This may be placed anywhere in the routine.
- One (1) team acrobatic with a DD of 1.8 or less must be performed.
- Up to one (1) circle may be performed (optional)

The Novice Required Elements will automatically be updated to reflect any updates to the Canada Artistic Swimming (CAS) Masters Technical Rules.

APPENDIX C: SET NUMBER OF ELEMENTS FOR CUASL/LUCNA ROUTINES TABLE

Event	Time	Total Required Elements	Summary
Novice Tech Solo	2:00	5	• Five (5) Technical Required Elements
Novice Tech Duet/Trio	2:20	6	• Five (5) Technical Required Elements • One (1) Pair Acrobatic (free choice)
Novice Tech Team	2:50	7	• Five (5) Technical Required Elements • One (1) Choreography Hybrid has a fixed Degree of Difficulty of 1.0 • One (1) Team Acrobatic (free choice, with DD of 1.8 or less) • May contain a maximum of one (1) circle
Intermediate Free Solo	2:15	5	• Three (3) Hybrids with Degree of Difficulty, must include one (1) declaration from each family (except connection) in the routine • Two (2) Choreography Hybrids have a fixed Degree of Difficulty of 1.0
Intermediate Free Duet/Trio	2:45	6	• Three (3) Hybrids with Degree of Difficulty, must include one (1) declaration from each family in the routine • Two (2) Choreography Hybrids have a fixed Degree of Difficulty of 1.0 • One (1) Pair Acrobatic (free choice)
Intermediate Free Team	3:30	7	• Three (3) Hybrids with Degree of Difficulty, must include one (1) declaration from each family in the routine • Two (2) Choreography Hybrids have a fixed Degree of Difficulty of 1.0 • Two (2) Team Acrobatics (free choice but must not repeat the same acrobatic)
Experienced Free Solo	2:10	5	• Four (4) Hybrids with Degree of Difficulty, must include one (1) declaration from each family (except connection) in the routine • One (1) Choreography Hybrid has a fixed Degree of Difficulty of 1.0

Experienced Free Duet/Trio	2:25	6	• Four (4) Hybrids with Degree of Difficulty must include one (1) declaration from each family in the routine • Two (2) Pair Acrobatics (free choice but must not repeat the same acrobatic)
Experienced Free Team	3:10	8	• Five (5) Hybrids with Degree of Difficulty must include one (1) declaration from each family in the routine. • Three (3) Team Acrobatics (free choice but must not repeat the same acrobatic).
Adaptive Solo	2:30	6	• Total of six (6) Free Hybrids. • Must include a skill from every family (except connections). • Refer to AQUA Difficulty Table.
Adaptive Duet/Trio	2:45	8	• Total of six (6) Free Hybrids and two (2) Pair Acrobatics. • Must include a skill from every family. • Refer to AQUA Difficulty Table.
Adaptive Team	3:30	9	• Total of six (6) Free Hybrids and four (4) Team Acrobatics. • Must include a skill from every family. • There must be a connected action in the routine but it doesn't need to be a connection from the table (can be a hand/arm connection). • Refer to AQUA Difficulty Table.
Mixed Ability Duet/Trio	2:30	7	• Total of five (5) Free Hybrids and two (2) Pair Acrobatics. • Must include a skill from every family. • There must be a connected action in the routine but it does not need to be a connection from the table (can be a hand/arm connection). • Refer to AQUA Difficulty Table.
Mixed Ability Team	3:00	9	• Total of six (6) Free Hybrids and three (3) Team Acrobatics. • Must include a skill from every family. • There must be a connected action in the routine but it does not need to be a connection from the

			table (can be a hand/arm connection). • Refer to AQUA Difficulty Table.

APPENDIX D: AWARDS

INVITATIONAL MEETS

a) In each routine category, the top six finalists will receive a ribbon.

b) Exhibition routines shall be awarded ribbons in a separate category, or as the Meet Manager sees fit.

EASTERN AND WESTERN DIVISIONALS

a) In each routine category, the top six finalists will receive a ribbon.

b) Exhibition Routines will receive a ribbon for their placing within the competition, but awards will be done excluding their results from the results of the eligible CUASL/LUCNA Members for the CUASL/LUCNA Members as well.

NATIONAL CHAMPIONSHIPS

a) The winner of the Experienced Team event shall receive the CUASL/LUCNA Championship (National) Experienced Team Trophy (The John Drake Trophy).

b) The winner of the Intermediate Team event shall receive the CUASL/LUCNA Championship (National) Intermediate Team Trophy (Name Pending).

c) The winner of the Novice Team event shall receive the CUASL/LUCNA Championship (National) Novice Team Trophy (The Wendy Yule Trophy).

d) The winner of each category event shall receive a CUASL/LUCNA gold medal.

e) Individuals placing second in each category will receive the CUASL/LUCNA silver medal.

f) Individuals placing third in each category will receive the CUASL/LUCNA bronze medal.

g) Individuals placing fourth, fifth, or sixth in each category will receive a ribbon.

h) In each category, only the top six finalists will be awarded a medal and/or ribbon.

i) The overall Championship University shall receive the designated CUASL/LUCNA acknowledgement, the Evelyn Young Trophy.

j) The overall Novice, Intermediate, and Experienced Athletes shall receive the designated CUASL/LUCNA acknowledgement and the Overall Novice/Intermediate/Experienced Athlete Trophy.

SCORING FOR EVELYN YOUNG TROPHY

a) At Nationals, an overall championship university shall be declared upon receiving the highest total point score. The championship total points shall be determined by adding up all the place points won by a Club in each event. The remainder of the participating clubs shall be recognized in descending order of place.

b) The championship overall total points will only be determined from the Finals results of the final (National) meet.

c) Marks for championship score:

i) Each Club may declare a maximum of 7 routines across all events to receive placement points towards the championship trophy.

1) A declaration must be made from each category in which the Club has at least one (1) routine registered in (Experienced, Intermediate, Novice, Adaptive, Mixed Ability)
2) The declaration of routines qualifying for championship score must be provided to the CUASL Vice President by 6:30pm (host city time) the day before the competition starts.

ii) Each routine will qualify for awards in their respective category regardless if the university has declared the routine for Overall Institution Awards.

d) Points allotment:

Rank	Team	Duet/Trio	Solo
1	20	15	10
2	18	13.5	9
3	16	12	8
4	14	10.5	7
5	12	9	6
6	10	7.5	5
7	8	6	4
8	6	4.5	3
9	4	3	2
10	2	1.5	1

e) If, in any event, there is a tie, the higher Elements score will break the tie.

SCORING FOR OVERALL ATHLETE TROPHIES

a) The Overall Athlete Award will be rewarded yearly to the top Novice, top Intermediate, and top Experienced athlete at Nationals. An overall athlete shall be declared upon receiving the highest total point score. The total points shall be determined by adding up all the place points won by an athlete in each event.

b) The championship overall total points will only be determined from the Finals results of the final (National) meet.

c) Points allotment:

[Amended]

Rank	Team	Duet/Trio	Solo
1	12	14	16
2	10	12	14
3	8	10	12
4	7	8	10
5	6	6	8
6	5	5	5
7	4	4	4
8	3	3	3
9	2	2	2
10	1	1	1

SPECIAL AWARDS

a) The CUASL/LUCNA All Canadian Award

The CUASL/LUCNA All Canadian awards will be awarded to registered swimmers who compete in at least one league event with an annual average of 80% and above (or the equivalent of 3.4 GPA and above at your respective University). These awards will be administered by the league at the Nationals awards ceremony.

b) The Anne Smeeton Award

The Anne Smeeton Award will be rewarded yearly to someone who contributes significantly to the league. Nominations can be sent in by each university and a winner will be chosen by the league executives. The award will be presented by the league at the Nationals awards ceremony.

c) The True Sport Award

The True Sport Award will be rewarded yearly to someone who demonstrates and is committed to the True Sport Principles. These are: Go For It, Play Fair, Respect Others, Keep It Fun, Stay Healthy, Include Everyone, Give Back. Nominations can be sent in by each university and a winner will be chosen by the league executives. The award will be presented by the league at the Nationals awards ceremony.

APPENDIX E: COACH CERTIFICATION PATHWAY

Extracted from CAS Coach Certification and Registration Policy Checklist:

- ❑ Registered and in good standing
- ❑ Enhanced Police Check (E-PIC)
- ❑ CAC Safe Sport training
- ❑ Inclusion & Diversity in Aquatic Sports
- ❑ NCCP Make Ethical Decisions Workshop and Online Evaluation
- ❑ At minimum Competition Introduction In-Training status (Competition Introduction Modules 1-8, Making Headway in Sport and Emergency Action Plan)

3-year pathway for those with no prior certification:

Coaches should create a Locker account if they do not have one already: https://thelocker.coach.ca/.

Components	When required	Online or in-person	How do I do this?
Enhanced Police Check (E-PIC)	First year coaching CUASL (by November 15th)	Online	Via RAMP registration system
Safe Sport	First year coaching CUASL (by November 15th)	Online	Available via the CAC Locker
Inclusion & Diversity in Aquatic Sports	First year coaching CUASL	Online	https://thelocker.coach.ca/onlinelearning#AS-ID-E
NCCP Making Ethical Decisions Workshop	First year coaching CUASL	Online or in-person	Contact your Provincial Coaching Association for courses
NCCP Making Ethical Decisions Online Evaluation	First year coaching CUASL	Online	After taking the course do the online evaluation via the CAC Locker
AquaGO! Module 1-5	Second year coaching CUASL	Online through PTSO	Contact your Provincial Artistic Swimming office for courses
AquaGO! Module 6	Second year coaching CUASL	In person practical	Contact your Provincial Artistic Swimming office for courses
Comp Intro Modules 1-8	Third year coaching CUASL	Online through PTSO	Contact your Provincial Artistic Swimming office for courses
Comp Intro Module 9	Third year coaching CUASL	In person evaluation	Contact your Provincial Artistic Swimming office for courses
NCCP Making Headway in Sport	Third year coaching CUASL	Online	Available via the CAC Locker
NCCP Emergency Action Plan	Third year coaching CUASL	Online	Available via the CAC Locker