



TECHNICAL MEMO

2023-2024 Competitive Season Technical Memo #1

Rule Changes & Competitive Season Updates

Streaming

The Competitive stream will be divided into Provincial Competitive and National Competitive. Athletes will be asked to declare a stream at the time of registration in the 2024 Lisa Alexander Technical and Routine Meet. Each stream will be awarded separately at Ontario events throughout the 2024 season. Once a stream is declared, athletes must remain in that stream for the entire season. Athletes may only move between streams in the off-season.

Athletes in the **Provincial Stream** are eligible for the following competitions:

- Lisa Alexander Tech and Routine Meet
- Leslie Taylor Ontario Cup
- Ontario Winter Games
- Hilton Invitational
- Ontario Open Championships

Athletes in the **National Stream** are eligible for the following competitions:

- Lisa Alexander Tech and Routine Meet
- Leslie Taylor Ontario Cup
- Ontario Winter Games
- National Qualifier
- Hilton Invitational
- National Championships

Athletes that are part of routines from 2 different streams will be considered on a case-by-case basis.

Hilton Invitational Awards

Each age will be awarded separately in the Team routine events, as follows:

- 10U will be separated as 9 & 10
- 11-12 will be separated as 11 & 12
- Youth will be separated as 13, 14 & 15
- Junior & Senior will not be separated
- Youth, Jr & Sr events will not be streamed, but all National entries will be awarded as exhibition



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Appeals of Penalties in Competition

An appeal of a penalty given during an event must be submitted within 30 minutes from the end of the event in which the penalty was given. It is the responsibility of the coach of record to remain in the building and contactable.

Male Solo and Mixed Duet Categories

Male Solo and Mixed Duet will now be offered as events in all Competitive categories including Masters and Adapted. Note that Mixed Ability Duet is an open category and all genders will compete in the same category.

Ontario Championships Figure Awards

Figure events at Ontario Championships will be awarded with medals and single ribbons. Figure events at all other Ontario competitions will be awarded with single ribbons only.

Order of Adapted Categories in Solo Events

The order of Adapted categories in Adapted solo events will be alphabetical and then ascending by number. At each competition, the Level 6 Technical solo will always be held in conjunction with the JR/SR Technical solo event and Level 6 Free Solo in conjunction with the Adapted Solo event.

Mixed Ability Team and Duet Levels

The Mixed Ability Team and Mixed Ability Duet events will be divided into 3 categories: A, B and C. Each of these categories will have Required Actions that must be performed in the routine, as well as time limits and element maximums. Required Actions must be completed by all athletes in the routine. See Mixed Ability Required Actions & Elements Table for details.

Level 6 Adapted Technical Required Elements

Technical Required Elements (TREs) for Level 6 Adapted Technical Solo, Level 6 Adapted Technical Duet, and Level 6 Adapted Technical Team will have an A and B option. Coach cards must declare which TRE is being performed. See Adapted Technical Elements Table for details.

Implementation of New Scoring System

The new World Aquatics scoring system will be implemented this season for all Competitive stream events as follows. Regional League will remain under the old scoring system until further notice.

10U

- Limit of level 3 in difficulty chart for hybrids
- Maximum of 4 hybrids/1 pair acro for 10U duet
- Maximum of 4 hybrids/2 acro for 10U team
- Hybrid DD fixed at common value
- Must include flexibility (F1, F2 or F3) in a hybrid, and a transition including ballet leg sequence (Starting in a back layout include at least two (2) of the following: sailboat right, sailboat left, ballet leg right, ballet leg left, flamingo right, flamingo left, ending is optional.)
- Acros can only be from groups A, B, or P, safety limit of 2.0
- No sync errors for 10U; taken into account by Artistic panel

11-12

- No limits on hybrid difficulty
- Team, Duet and Solo Element maximums in keeping with World Aquatics requirements
- Acro safety limits: A: 2.65, for Group B: 2.6, for Group C: 2.45, and for group P 2.5
- Team routines must include: a thrust and a descending spin 360 declared as an R3
- Major synchronization errors only (Team and Duet)

Youth and JR/SR

- Will follow all World Aquatics rules and requirements

Adapted/Mixed Ability

- Coach cards in use for routines
- Horizontal leg movements added to the R and AW categories of Difficulty Table for athletes that are unable to perform inverted movements
- Procedure to allow for updating of coach card to reflect what athlete performs in the case that an athlete's disability causes them to deviate from the coach card (e.g. Cognitive athlete repeats the same hybrid twice)