



Atlantic Competitive Program 2025-2026

Atlantic Competitive Program Rules

The Atlantic Competitive Program conducts its events under the guidelines set out in the CAS and World Aquatics (AQUA) rule books. However, to enhance the competitive program in the Atlantic region some modifications have been made. This rule book contains those rules which are particular to the Atlantic program and the Canada Artistic Swimming Provincial Stream program. **Ensure that the CAS and AQUA rule books are consulted for the complete set of rules that apply to artistic swimming events.**

The Atlantic program is an age group-based program which uses figures adopted by Canada Artistic Swimming for provincial stream athletes, and figures adopted by the Atlantic Development Committee for novice athletes. The novice category is for Athletes 11 years and older who choose not to stream directly into the provincial stream age group categories.

1. Provincial Stream

1.1. Athletes who have swum in the national stream may return to the provincial stream to swim in the following competitive season.

1.2. Athletes are permitted to swim a **maximum of 2** routines. An athlete **MUST** swim team (trio) OR combo plus may swim one (1) other routine event (solo OR duet).

i. EXCEPTION: If a club has less than four (4) registered Athletes in a particular age group they may swim in solo AND duet.

ii. EXCEPTION: Athletes in the PS 16&O category are exempt from mandatory team participation. They are permitted to swim a solo OR a duet without swimming on a team, even if the possibility of forming a team exists.

Note: This decision will be at the sole discretion of the Athletes' member club.

1.3. Teams may be composed of a minimum of four (4) and a maximum of ten (10) Athletes.

EXCEPTION: If forming a team is not possible or is not in the best interest of the athletes, three athletes from two (2) consecutive age groups may combine to form a trio. Wherein no swimmer may swim up or down more than one (1) age group.

The average age (as of December 31 for that season) of the Athletes in the trio will determine the age group in which they will compete. **Time limits and hybrids for a duet routine will apply to trios. Use acro codes for pair acros, 2 swimmers may push.**

1.4. Teams may be composed of up to three consecutive age groups whereby no swimmer may swim up or down more the **two (2)** age groups. The average age (as of December 31 of that season) of the Athletes on the team, including any alternates, will determine the age group in which they will compete. An average of 0-0.49 will have them swim in that age group and an average of 0.5-0.99 will have them swim up an age group, as applicable.

1.5. Athletes may swim "up" **one (1)** age group category for duet.

1.6. All provincial stream Athletes will compete in the figures event for their own age group regardless of the age group in which their team or duet competes.

1.7. There will be no degree of difficulty used in any of the age group figures.

2. Novice

- 2.1. This category is open to first time competitive Athletes 11 years of age and older who have not previously swum in the provincial or national stream. Once an athlete moves into provincial stream they cannot return to Novice.
 - i. EXCEPTION: when a 10&Under athlete moves to the 11-12 age group, they can choose to swim either Novice or Provincial Stream.
- 2.2. Novice age groups are 11-12 and 13&Over.
- 2.3. Novice athletes may swim only ONE (1) routine: team, trio, duet, OR solo
 - i. EXCEPTION: second year novice athletes may swim team and one additional routine.
- 2.4. If there are less than four (4) Novice athletes, they may combine with PS10U or PS 11-12 to form a team. The team will be categorized according to the average age swimming either PS 10U or PS 11-12. If there is a majority of PS athletes on the team, the routine will be categorized as a provincial stream routine in the age category determined by the average age of all team members.
- 2.5. If there are less than four (4) PS 10U Athletes in a club the swimmer(s) may join a Novice team.
- 2.6. If there is a majority of Novice Athletes on the team, the routine will be categorized as either Novice 11-12 or Novice 13&0, depending on the average age.
- 2.7. If there is an equal number of PS 10U and Novice Athletes on a team, the team will be categorized as a PS team, using the average age of all Athletes on the team to determine the age group category.
- 2.8. if there is only one (1) swimmer in a Novice age category, and there is no team to join, the swimmer may swim a solo as their only routine. If there are only two (2) Athletes in a Novice age category, and there is no team to join, the Athletes may swim a duet as their only routine.

3. Officials

- 3.1. A province sending 20 or more athletes to ARC is responsible for sending and covering the expenses of 3 officials (2 judges and 1 DTC) to ARC.
- 3.2. Two officials must have zero conflicts, and 1 can have 50% conflict with events hosted at ARC.
- 3.3. If a province cannot send the required number of officials, they will cover the costs of officials from other provinces.
- 3.4. The Host province will cover expenses of officials required outside of the numbers sent from participating provinces.

4. **The Routine Events and Provincial entry quotas for the Atlantic Regional Meet are:**

Age Group	Solo	Duet	Mixed Duet	Team/Trio
Novice	Unlimited*	Unlimited*	Unlimited*	Unlimited
10&Under	3	5	5	Unlimited
11-12	3	5	5	Unlimited
Youth	3	5	5	Unlimited
16&Over	3	5	5	Unlimited
AdAS/Mixed Ability	Unlimited	Unlimited	Unlimited	Unlimited
Masters	Unlimited	Unlimited	Unlimited	Unlimited

*All novice solos and duets will be eligible to compete at Atlantics per section 2.d.iv.

5. **Atlantic Regional Championship quotas:** Should provincial quotas go unmet; a wildcard draw will be used to fill any remaining spots. The wildcard draw will consist of the two following steps:
 - 5.1. the chief referee or designate will randomly draw among the provinces with routines that did not qualify for the ARCs, and
 - 5.2. the drawn province will then issue the quotas based on ranking at their provincial championships.

6. **Coach certification:** All coaches at Atlantic Regional Competitions must have at least “trained” status as an NCCP Competition Introduction Artistic Swimming Coach. The trained coach must also be paired with a fully certified Competition Introduction coach. If a coach does not meet this requirement, a fine of \$25.00 is payable before the first event begins. Failure to pay the applicable fine will result in the coach not having access to the pool deck at any time for the duration of the meet. Coaches with Competition Introduction “trained” status have two competitive seasons from their date of NCCP registration to complete their certification after which they will not have access to the pool deck at the event. iv) In the third and subsequent years, if a coach fails to comply with said certification requirement, the coach will not be eligible to coach at the event.

7. A meeting will be held at the Atlantic Regional Championship before the first event at a time where all coaches or their representatives should be able to be in attendance. This meeting is to discuss any new issues arising and answer any questions coaches may have on penalty situations.
 - 7.1. Attendance will be taken and coaches who cannot attend must send a representative. A penalty of \$25.00 will be assessed to each coach who does not attend the meeting or send a representative on his or her behalf. Failure to pay this fine will result in the loss of deck privileges for the coach in question.

8. Entry Fees for Atlantic Regional Championships

Event	Cost
Figures	\$50.00
Solo	\$50.00
Duet	\$100
Trio	\$135
Team	\$200

Host clubs may add an athlete fee of \$50 - \$100 to offset costs associated with ARC. To help determine the amount, host clubs should survey provinces early in the season to determine potential numbers for ARC.

9. **Scoring:** The Canada Artistic Swimming Scoring Program must be used, and scoring is in accordance with CAS and AQUA Rules. The synchronization deductions will be modified to the following:

- 9.1. PS Youth and PS 16&O only count obvious errors cap at 10
- 9.2. Cap majors all routines at 5

Error Type	Deduction
Small	0.0
Obvious	0.1
Major	0.5

10. **Atlantic Regional Competition Figure Groups are as per Appendix “A”. Figure descriptions as per Appendix “B”.**

11. Music: shall be recorded and played in accordance with CAS Rules.

- 11.1. There must be one digital file for each registered routine in an mp3 format, with a minimum required resolution of 192 kbps.
- 11.2. Coaches should review each digital file for quality, timing and completeness. It is highly suggested to include a 1-2 second lead in from “play” until the music starts as well as a 1-2 second lead out.
- 11.3. Any violation of music guidelines will result in a \$100 fine (per infraction).

File must be labeled with the following information, all separated by underscores, with no blank spaces.

INFORMATION	POSSIBLE OPTIONS / INSTRUCTIONS
1 – Age Group	Novice: 11-12Novice, 13ONovice Provincial stream: 10U, 11-12, Youth, 16O
2 – Event	Solo, Duet, Team, Trio, Combo
3 – Club Name	“Synchro club” or “Artistic Swimming Club” optional No spaces please!
4 – Athlete Last Name	For solo, use athlete last name and coach last name. For duet, use both athletes’ last names (alphabetical) For team, trio, or combo use the first swimmer’s last name by alphabetical order.

Examples:

- 11-12Novice_Duet_Riptide_Doe-Smith.mp3
- 13-15_Solo_PEISynchro_Stewart-Price.mp3
- 16O_Team_HalifaxAquaNova_Irving.mp3

12. Routine Time Limits for routines are as follows:

Including Deck Work, routines shall have the following times, in minutes. An allowance of +5 secs is permitted to align with CAS and AQUA rules. There is no minimum time limit.

Age/Category	Solo	Duet /Trio	Team
10U /Novice 11-12	1:30 mins	2:00 mins	2:30 mins
11-12 /Novice	2:00 mins	2:30 mins	3:00 mins
13&O			
Youth	2:00 mins	2:30 mins	3:00 mins
16 & Over	2:15 mins	2:45 mins	3:30 mins
Mixed Duet	NA	2:30 mins	NA
Combo	NA	NA	3:00 mins

13. **Maximum Elements** for routines will apply to all routines. In all routines a two-point penalty shall be deducted from the Elements score for each element exceeding the predetermined number assigned to the event and category. There will be no penalty for having less than the predetermined number. The number of elements per routine are:

Age/Category	Event	Free Hybrids	Acrobatics*
10U/Novice 11-12	Solo	4 **	NA
	Duet/Trio	4 **	1
	Team	3+1 **	2
11-12/Novice 13&O	Solo	4	NA
	Duet/Trio	4	1
	Team	4	3
Youth	Solo	5	NA
	Duet/Trio	5	1
	Team	5	3
16 & Over	Solo	6	NA
	Duet/Trio	6	2
	Team	6	3
Mixed Duet	Duet/Trio	3	2
Combo	Team	1 Solo Hybrid 1 Duet Hybrid 2 Team Hybrid (min 4 athletes) 1 ChoHY no DD factor 1	4

*Acrobatics use the 12U and Youth Team Acrobatic Safety Rules, Appendix C. Acrobatics may be repeated.

** Free Hybrids for 10U and Novice 11-12 Teams have 3 pre-determined Hybrids Appendix C, one Hybrid formed using CAS/World Aquatics Rules. Solos and Duets may choose 3 + 1 or 4.

14. Routine Guidelines

14.1 Routines may start on deck or in the water

14.2 During deck work, athletes must always have 2 points of contact on the deck.

15. Adaptive Artistic Swimming – Use CAS Rules

17.1 CAS AdAS Rules – most recent update January 2025

17.2 If an athlete can swim in an existing ADC Figure Group, they may choose that group. This figure group does not need to correspond to the athlete’s age group. They will be entered as an AdAS in the figure group they choose.

16. Provincial Rotations

18.1 Chair Cycle (2 years): NB, PEI, NS, NL

18.2 ARC Host Cycle: PEI 2026, NL 2027, NS 2028, NB 2029

Appendix A: COMPETITIVE FIGURE GROUPS

PS 10U/Novice 11-12

Compulsory	Ballet Leg Single Barracuda
Group 1	Modified Front Ariana (start at split to finish) Neptunus
Group 2	Surface Prawn Kipnus

PS 11-12/Novice 13&O

Compulsory	Straight Ballet Leg Barracuda
Group 1	Front Ariana Tower
Group 2	Waterdrop Swordfish
Group 3	Kip Swanita Spinning 180

PS Youth/16&O

Compulsory	Flying Fish 180 Swordfish Straight Leg Ariana Rotation
Group 1	Whip Rapid Spin 360 Saturn
Group 2	Venus Modified (without 360 fishtail rotation) Albatross Spin Up 360
Group 3	Barracuda Airborne Split Walkover Back Closing 360

Appendix B: FIGURE DESCRIPTIONS

PS 10U & Novice 11-12

Compulsory

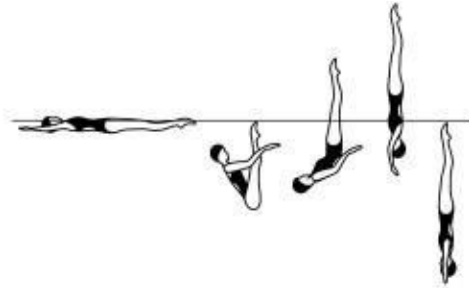
101. Ballet Leg Single

Begin in a **Back Layout Position**. One leg remains at the surface 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 knee is straightened to assume a **Ballet Leg Position**. From a **Ballet Leg Position** the ballet leg is bent to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



302. Barracuda

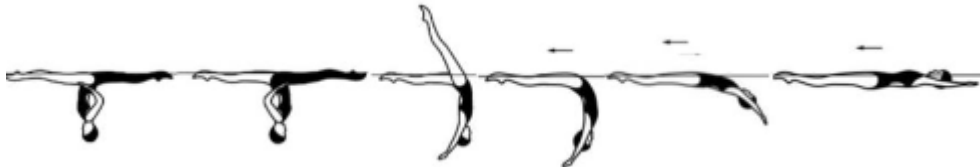
From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



Group 1

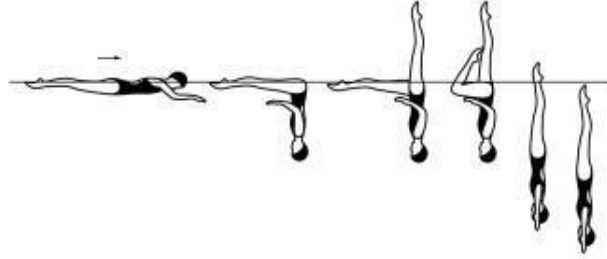
359 modified. Front Ariana

Starting in a **Split Position**. Maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed. A *Walkout Front* is executed.



344. Neptunus

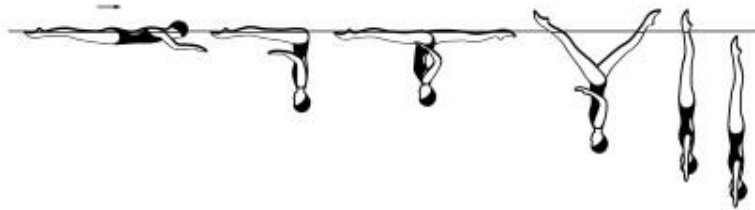
From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg as the ankles submerge.



Group 2

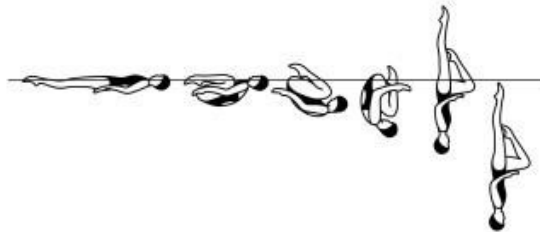
362. Surface Prawn

From a **Front Layout Position**, a *Front Pike Position* is assumed. One foot is moved in a horizontal arc of 180° at the surface to a **Split Position**. The legs are joined to assume a **Vertical Position** at the ankles. A *Vertical Descent* is executed.



316. Kipnus

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.



PS 11-12 & Novice 13&O

Compulsory

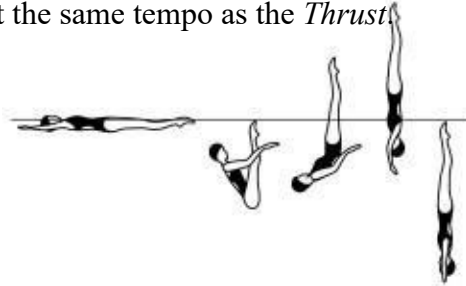
106. Straight Ballet Leg

From a **Back Layout Position**, one leg is raised straight to a **Ballet Leg Position**. From a **Ballet Leg Position** the ballet leg is bent to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



301. Barracuda

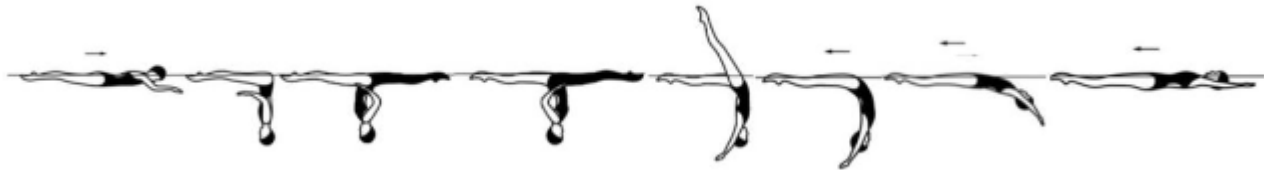
From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



Group 1

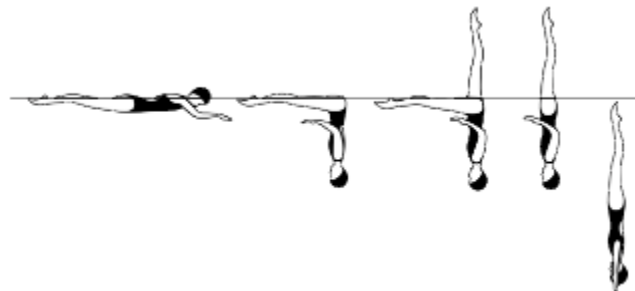
359. Front Ariana

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed. A *Walkout Front* is executed.



348. Tower

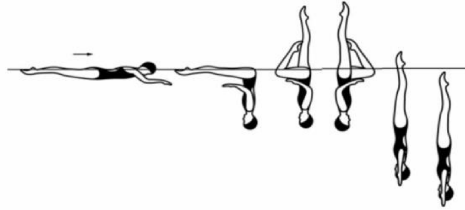
From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.



Group 2

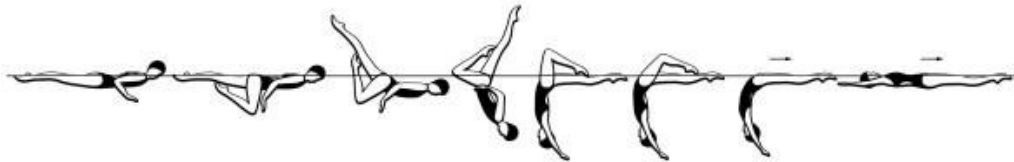
363. Water Drop

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. A *180° Spin* is executed as the bent knee is extended to a **Vertical Position** before the ankles reach the surface of the water.



401. Swordfish

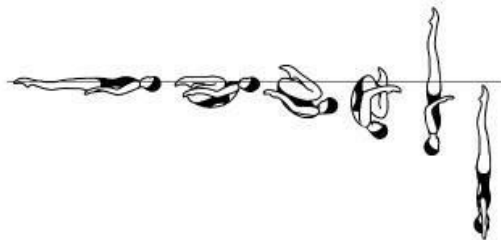
From a **Front Layout Position**, a **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in a 180° arc over the surface to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened to assume a **Surface Arch Position**, and with continuous motion, an *Arch to Back Layout Finish Action* is executed.



Group 3

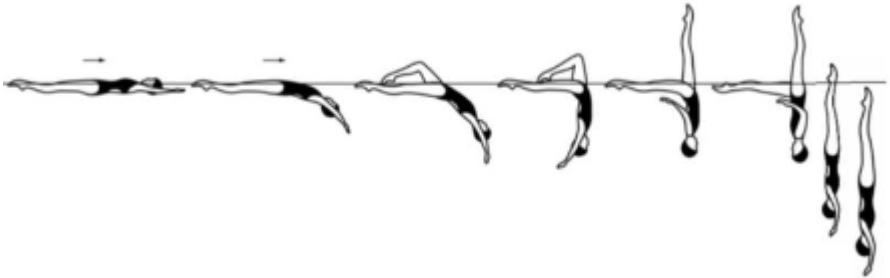
311. Kip

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed.



227d. Swanita Spinning 180

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The bent leg straightens to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a descending Spinning 180° rotation is executed as the horizontal leg is lifted to a **Vertical Position** and is completed as the ankles reach the surface of the water. A *Vertical Descent* is executed

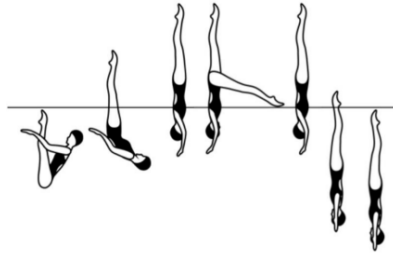


PS Youth/16 & Over

Compulsory

307e Flying Fish 180

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just below the surface of the water. A *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to a **Fishtail Position**, and without a pause the horizontal leg is rapidly lifted to a **Vertical Position**. A *180 Spin* is executed at the same tempo as the *Thrust*.



407. Swordfish Straight Leg Ariana Rotation

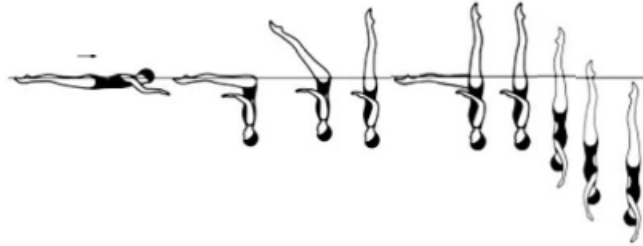
From a **Front Layout Position** the back arches as one leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water an *Ariana Rotation* is performed. A *Walkout Front* is executed.



Group 1

356f. Whip Rapid Spin 360

From a **Front Layout Position** a *Front Pike Position* is assumed. The legs are lifted to a **Vertical Position**. All remaining movements are performed rapidly. One leg is lowered to a **Fishtail Position** and without a pause is lifted to a **Vertical Position**. Without a pause a **Rapid Spin 360°** is executed.



441. Saturn

From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted to assume a **Knight Position**. Maintaining the vertical alignment the body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a *Twirl* is executed as the horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed



Group 2

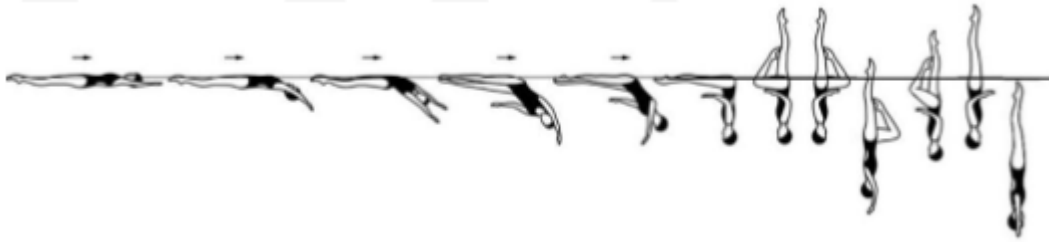
352 modified. Venus

From a **Front Layout Position** a *Front Pike Position* is assumed. All remaining movements are performed rapidly. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. The bent leg is extended to vertical as the vertical leg is lowered to become the horizontal leg in **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A *360° Spin* is executed.



240i. Albatross Spin Up 360

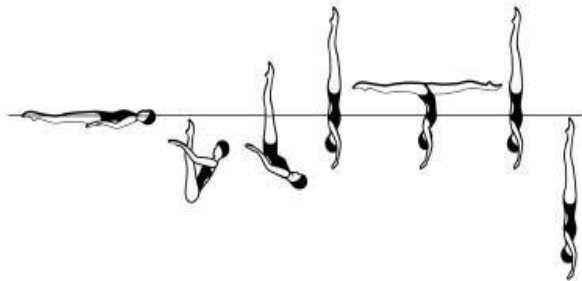
From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. The hips, legs and feet continue to move along the surface of the water as the body rolls onto the face and a *Front Pike Position* is assumed with the hips occupying the position of the head at the beginning of this action. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. Maintaining a **Bent Knee Vertical Position**, a *Vertical Descent* is executed until the ankle of the extended leg reaches the surface of the water. A *Spin Up 360°* is executed as the bent leg is extended to **Vertical Position**. A *Vertical Descent* is executed.



Group 3

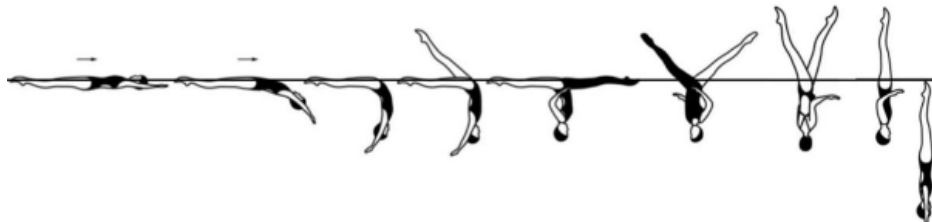
308. Barracuda Airborne Split

A Barracuda is executed to a submerged **Back Pike Position** with the toes just under the surface. A *Rocket Split* is executed.



421. Walkover Back Closing 360

From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. With continuous motion a rotation of 360° is executed as the legs are symmetrically lifted and closed to a **Vertical Position**. A *Vertical Descent* is executed



Appendix C Routine Elements

10U and Novice 11-12 Team Hybrids

10U and Novice 11-12 Teams must use the following 3 *Technical Elements* plus an *additional Free Hybrid* in their team routine. The Technical Elements are coded as Hybrids on the coach cards. Use the descriptions and codes listed below for coach cards. These elements can be presented in any order in the routine. These routines are not subject to the “families rule” in routine choreography.

Solos and duets in these age groups may choose to use either these 3 technical elements plus free hybrid **or** 4 free hybrids of choice. These routines are not subject to the “families rule” in routine choreography.

Technical Element	Description on hybrid chart	Coach Card Code	DD	Base Mark	Total DD
Barracuda	Thrust and vertical descent *min. height req do not apply	T3a	0.65	0.5	1.15
Neptunus	Lift to any single leg position from front pike Single leg descent	A1a A1b	0.20	0.5	0.7
Ariana Rotation and Front Walkout	Ariana Rotation Walkout front to breath	F3b F2a	0.5	0.5	1.0

Acrobatic Safety Limits

Acrobatic elements cannot have a higher DD than the Total DD(MAX). Acrobatics may be repeated.

	Acro DD	Plus Base Mark	Total DD (MAX)
10U,11-12, Novice Group A	2.0	0.5	2.5
10U,11-12, Novice Group B	2.1	0.5	2.6
10U,11-12, Novice Group C	2.1	0.5	2.6
10U,11-12, Novice Group P	2.3	0.5	2.8
Youth, 16&O Group A	2.2	0.5	2.7
Youth, 16&O Group B	2.3	0.5	2.8
Youth, 16&O Group C	2.3	0.5	2.8
Youth, 16&O Group P	2.5	0.5	3.0

Appendix D: Coach of the Year Method of Selection

Purpose: To recognize coaches for their accomplishments as a coach in terms of their success as a whole not just how their athletes place at the ARC.

Process: Clubs, coaches, officials, athletes, parents or any other affiliate of the coach can submit a nomination (endorsed in writing by the coach's club president or head coach) to their **Provincial Sport Organization**. Each province will be responsible for sending out their call for nominations. The PSO will then select their provincial nominee and submit their endorsed coach to the meet manager of ARC. The meet manager will pass the nomination letters to the selection committee who will evaluate and choose the coach of the year. The selection of the coach of the year is at the discretion of the selection committee based on the eligibility and selection criteria. The award will be presented at the ARC and the presenter can share parts of nomination letters submitted about the coach before the winner is announced.

Selection Committee: The selection committee will be appointed by the ADC after the nominees have been submitted to the meet manager of ARC. Each president will appoint one person from their province to the committee. Each member must have no conflict with any nominee

Eligibility and Selection Criteria: Nominees must meet the eligibility criteria outlined below and have endorsement of their PSO to be considered by the selection committee. The committee will review the nominations for each coach and select the coach of the year.

1. The nominee must be fully certified NCCP Level II or Competition Introduction and have fulfilled any provincial requirements for deck privileges for the season.
2. The Nominee must be actively coaching Novice and/or provincial stream athletes.
3. The nominee must have written endorsement by their club (president or head coach) accompanying the nomination.
4. The nominee must demonstrate fair and ethical behavior as identified by the NCCP coaching code of ethics.
5. The successful nominee will be selected based on their coaching accomplishments in the current and immediately past season including the depth of field, # athletes/routines the nominee coaches, the athletes achievements (not limited to placing's but can include personal bests, overcoming hardship/fear, personal achievements due to artistic swimming involvement, etc.), the coaches involvement with the athletes and the sport both in and out the pool, professional development, leadership and dedication to the sport of artistic swimming.

**Appendix E: Call for nominations for Coach of the year
(can be used by clubs or PSOs to call for nominations from which the PSO will
select ONE to forward for ARCs)**

All artistic swimming coaches spend countless hours preparing for practices & competitions, developing athletes and routines, organizing fundraisers and counseling their athletes through thick and thin. This is your chance to officially recognize your coach within the Atlantic Artistic Swimming community for all of her hard work and dedication to the sport!

We are looking for coaches who have shown outstanding dedication and commitment to their team(s) and the sport as a whole. Please include the following with your nomination:

- Name of coach, club affiliation and position of coach within the club.
- Routines and level they coach
- Why you feel this coach deserves some recognition. This part is up to you and can include (but is not limited to) number of years coaching, effects on your organization or the artistic swimming community as a whole, effects on you personally, battles won and lost, how she handles difficult situations, organizational skills, etc. There is no minimum or maximum length but the more information you provide the better. You can also submit nominations from more than one person.
- Your name and contact information and relationship to the coach (i.e. athlete, parent of athlete, learning facilitator, judge or other official, another coach in the club or province etc.)
- Your written club endorsement (president or head coach) of the nomination of this coach for the Coach of the year award.

Eligibility & Selection Criteria:

1. The nominee must be fully certified NCCP Level II or Competition Introduction and have fulfilled any provincial requirements for deck privileges for the season.
2. The Nominee must be actively coaching provincial stream athletes.
3. The nominee must have written endorsement by their club (president or head coach) accompanying the nomination.
4. The nominee must demonstrate fair and ethical behaviour as identified by the NCCP coaching code of ethics.
5. The successful nominee will be selected based on their coaching accomplishments in the current and immediately past season including the depth of field, # athletes/routines the nominee coaches, the athletes achievements (not limited to placing's but can include personal bests, overcoming hardship/fear, personal achievements due to artistic swimming involvement, etc.), the coaches involvement with the athletes and the sport both in and out the pool, professional development, leadership and dedication to the sport of artistic swimming.

All Atlantic coaches meeting the eligibility criteria are qualified to be nominated for this award. Send your nominations to (Insert PSO contact here). Anyone may nominate a coach or coaches. Voting will made of all nominations by (Insert Provincial selection Committee Information here) and the winning nomination will be forwarded to the Coach of the Year selection committee at the Atlantic regional Championships! Nominations: Due _____. Isn't it time your coach got some much needed recognition?

Appendix F: ADVERSE WEATHER CONDITIONS SAFETY GUIDELINES

Adverse weather conditions can sometimes make travel to or from events and competitions difficult or dangerous. These guidelines advise clubs what procedures should be followed in the event of adverse weather conditions or emergencies. Clubs are reminded to review this information with their coaches and athletes and their families for the 2020-2021 competitive season.

It is each club's responsibility to decide if their coaches, athletes, and their families should attempt to travel in adverse weather conditions. If a decision is taken not to travel, the club must notify the meet manager of the respective event at the earliest opportunity, with a copy to the host club's head coach.

The ADC recognizes that participants will be travelling from different parts of Atlantic Canada, and weather and road conditions may vary. We encourage you to pay attention to travel advisories and police warnings as well as weather forecasts and actual weather conditions before deciding to travel.

The Head Coach has the authority to recommend that an athlete who is unable to participate in a qualifying event due to adverse weather conditions be given a bye.

I. Event Cancellation

In the event of poor weather conditions, the host club's PSO and meet manager will take appropriate measures in making competition schedule alterations in an attempt to accommodate all competing clubs. Notice will be sent out to competing clubs with any schedule changes or cancellations as soon as possible. In the event of a club or competitor no show, no refunds will be issued. In the event of a competition cancellation due to facility closure, a refund may be issued.

Authority to cancel an event/competition or to suspend an event that is underway lies with the President of the host province's sport organization. Factors contributing to the decision include:

- a. Weather conditions (current and forecasted – for arrival or departure)
- b. Road conditions
- c. Pool facility closures
- d. Ability to access and use the pool facility safely
- e. Anticipation that conditions will worsen, or roads may be closed as a result of the adverse weather, which will make travel home unusually difficult or hazardous.

Respective PSOs will always aim to make timely decisions regarding adverse weather however the situation may be fluid and change quickly so we ask for your understanding. The safety of our all members and stakeholders is the ADC's priority.

The main means of communication of any cancellation will be by email to club Head Coaches or designates identified in the meet registration packaged. They are responsible for communicating with their clubs, coaches, athletes and their families.