

ALBERTA 
ARTISTIC
SWIMMING

DRYLAND EVENTS FRAMEWORK



AB

2021



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GENERAL RULES

- Event is open to AAS competitive athlete members.
- Athletes wishing to participate in Provincial team programs MUST participate in land events.
- Two weeks prior to each event skills will be drawn.
 - Age groups 9-10 and 11-12/Novice
 - Two (2) skills will be drawn from Category I and one (1) skill from Category II and one(1) skill from Category III resulting in four skills per age group per event.
 - Skills will be performed consecutively, one after the other.
 - The version of each selected skill will be communicated prior to the event. All athletes will be performing the same version of the skills within the element sequences.
 - The dryland sequences will be judged using the FINA or plan 42/LTAD scoring systems as if it were figures.
 - Age groups 13-15 and 16-20/Junior Senior
 - Athletes will perform the CAS dryland routine.
 - The bridge from standing will not be permitted. The bridge can be performed from sitting or the cobra option.
 - The dryland sequences will be judged as outlined in the CAS document
 - <https://indd.adobe.com/view/bb5ad9ad-e510-472c-8ee8-c53b0f224f93>
- Specific rule considerations may be in place that align with Safety First, depending on the event type of at home or in-person

SAFETY FIRST GUIDING PRINCIPLE CONSIDERATIONS

- Full elbow stands and figure trainers are only to be used in the club setting when a spotter is available. Figure trainers, full elbow stands and entering bridge from standing are **NOT** to be performed at home for this event. The above-mentioned skills are allowed when spotting is available.
- Cartwheels and walkovers are prohibited.
- The focus of this event series will be progressive development.
- Athletes are to perform their skills at the level they are at when being assessed. The goal is to track their development over the course of the season.
- If you are unsure if a skill is allowed or prohibited it is your responsibility to check with AAS to confirm.



9-10

Basic Body Position/Transition: Category I	Flexibility Positions: Category II	Skills: Category III
<ul style="list-style-type: none">• Back layout to Sailboat• Sailboat to Ballet leg• Inverted tuck to bent knee (candle)• Ballet leg to sailboat• Surface arch to knight on chair• Knight to surface arch on chair.• Back layout to sitting tight back pike (barracuda)• Front Layout to Front Pike (Downward dog)• Pike Tip and back• Sitting Pike to split (surface prawn)• Back layout to inverted tuck• Pike to Ballet leg• Front layout to surface arch	<ul style="list-style-type: none">• Right leg split front leg (Body horizontal)• Left leg split front leg (body horizontal)• Prone shoulder hyperflexion• Middles/straddle• Right leg split back leg (Body horizontal)• Left leg split back leg (body horizontal)• Flex/Point/ankle extension séquence• Pancake stretch	<ul style="list-style-type: none">• Sharp ballet leg switches for speed.• In up down arm sequence for speed and precision.• Leg kick and hold in fishtail• Standing bent knee to fishtail and back switch• Vertical Fish, vertical knight• Back leg kicks to speed holding chair• Forward leg kicks for speed holding chair.



11-12/ Novice

Transitions: Category I	Flexibility Positions: Category II	Skills: Category III
<ul style="list-style-type: none"> • Back layout to ballet leg straight lift. Ballet leg to sailboat. Sailboat to back layout • Back layout to sitting tight back pike position. Thrust from sitting pike to candle • Pike tip and back. Pike to flamingo. Flamingo to sailboat no ballet leg • Front layout to surface arch • Surface arch to knight in bridge. Knight to surface arch in bridge • Back layout to inverted tuck (candle). Inverted tuck to vertical (candle) • Surface arch to bent knee surface arch to knight • Knight to fish standing rotation • Fish to pike (half elbow stand) • Pike in half elbow to front layout feet slide • Front layout to arch bent knee 	<ul style="list-style-type: none"> • Right leg split front leg (Body horizontal) • Left leg split front leg (body horizontal) • Prone shoulder hyperflexion • Middles/straddle • Right leg split back leg (Body horizontal) • Left leg split back leg (body horizontal) • Flex/Point/ankle extension séquence • Pancake stretch 	<ul style="list-style-type: none"> • Sharp ballet leg switches for speed. • In up down arm sequence for speed and precision. • Leg kick and hold in fishtail • Standing bent knee to fishtail and back switch • Vertical Fish, vertical knight • Back leg kicks to speed holding chair • Forward leg kicks for speed holding chair.



13-15 PS & NS

Canada Artistic Swimming Dryland Routine

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16-20/JR/SR

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