

NOVICE ELIGIBILITY REQUIREMENTS

1. A novice swimmer will be defined as:
 - a. Someone who has never competed in the National Stream in any country
 - b. Someone who did not compete past the age of 12 in Provincial Stream or the equivalent in any country
 - c. A novice swimmer may have competed / swam in learn 2 sync or other equivalent novice programs past the age of 12.
2. A swimmer who meets the criteria above may no longer be considered a novice swimmer should the swimmer obtain a technical solo and/or duet/trio mark of 6 or greater in execution at a Divisional and/or National Meet.
 - a. This swimmer will no longer be able to register as a novice level swimmer in subsequent years
3. A swimmer who competes in the novice category for a cumulative 5 seasons in the league may no longer be considered a novice swimmer and must register as an experienced swimmer in subsequent years.
 - a. These seasons include every year the swimmer has entered competition within the league, even if they are at multiple universities throughout their time.
4. Male swimmers may compete in any novice category
5. A swimmer who is not defined as a novice swimmer but wishes to compete in the novice category and does not fall under the 2/3 rule below may submit an appeal to the league in order to request special permission to compete in the novice category as an experienced swimmer.
 - a. Novice Eligibility Appeals will be considered by the Jury of Appeal set out to evaluate Bye & Appeal Requests
6. Experienced swimmers must remain in the category they are registered in for the entire season, and may not be moved down to novice after the first competition.
 - a. A swimmer who is registered as an experienced swimmer may not move down to the novice category in the same season
 - b. A swimmer who is competing in the experienced category may not compete in both the experienced and novice categories at the same competition
 - c. A novice swimmer may move up to the experienced category but may not move back down to the novice category in the same season

NOVICE REGISTRATION REQUIREMENTS

1. Universities must provide the league with a proof of eligibility for all novice swimmers when registering them with the league for the first time.
 - a. 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)
 - i. This can be:
 1. proof of registration from their previous club(s)
 2. a record from the provincial organization(s) that the swimmer was registered with
 3. a results page
 4. a signed letter/declaration from the head of any and all previous clubs outlining the swimmers experience and detailing how many years
 - c. For swimmers who have no previous synchro experience, they must sign and submit the form provided with registration attesting to the fact they have no previous experience.

NOVICE ROUTINE REQUIREMENTS

1. A Novice Team must be made up of at least $\frac{2}{3}$ swimmers who are eligible novice swimmers and are registered novice swimmers within the league.
 - a. The remaining $\frac{1}{3}$ of the team may be registered as experienced swimmers with the league
 - b. Teams who wish to have more than $\frac{1}{3}$ of the swimmers on their novice team may apply for an appeal through the formal appeals process before the first competition of the season
2. Novice Solo competitors must be registered as a novice swimmer with the league
3. Novice Duet/Trio competitors must be registered as a novice swimmer with the league
4. Novice Team Elements:
 - a. Elements 1-5 are to be performed in the order listed. Elements 6 or 7 may take place at any point in the routine. There are no restrictions as to what direction swimmers may face. Swimmers must be facing the same direction for elements 1-5. All elements must be performed in synchronization with all swimmers, with the exception of element number six (6).
 - i. 1: FISHTAIL – A Front Pike Position is assumed. One leg is lifted to a Fishtail Position, ending optional.
 - ii. 2: VERTICAL POSITION – A Vertical Position is assumed at Ankle Height or Higher. A *Vertical Descent* is executed in the Vertical Position.
 - iii. 2: BODY BOOST – A rapid, headfirst rise, with a maximum of the body above the surface (arms optional). A decent is executed until the swimmer(s) are completely submerged

- iv. 4: BENT KNEE – From an Inverted Back Tuck Position, the legs assume a Bent Knee Vertical Position. A *Vertical Descent* is executed in the Bent Knee Position.
- v. 5: TRAVELLING BALLET LEG COMBINATION – Beginning in a Back Layout Position to include at least three (3) of the following positions: Right Leg Sailboat, Left Leg Sailboat, Right Leg Ballet Leg, Left Leg Ballet Leg, Right Leg Flamingo, Left Leg Flamingo. Ending is optional. The combination must travel a minimum of one (1) meter.
- vi. 6: TWO (2) FORMS OF PROPULSION – Must include kick-pull-kick
- vii. 7: PATTERN CHANGE – that takes place ABOVE the surface of the water

5. Novice Duet/Trio Elements:

- a. Elements 1-5 are to be performed in the order listed. Element 6 may take place at any point in the routine. There are no restrictions as to what direction swimmers may face. Swimmers must face the same direction for elements 1-5. All elements must be performed in synchronization with all swimmers.
 - i. 1: FISHTAIL – A Front Pike Position is assumed. One leg is lifted to a Fishtail Position, ending optional.
 - ii. 2: SPLIT POSITION – A Split Position is assumed. Legs join to assume a Vertical Position at Ankle Height or Higher. A *Vertical Descent* is executed in Vertical Position.
 - iii. 2: BODY BOOST – A rapid, headfirst rise, with a maximum of the body above the surface (arms optional). A descent is executed until the swimmer(s) are completely submerged.
 - iv. 3: 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.
 - v. 4: TRAVELLING BALLET LEG COMBINATION – Beginning in a Back Layout Position to include at least three (3) of the following positions: Right Leg Sailboat, Left Leg Sailboat, Right Leg Ballet Leg, Left Leg Ballet Leg, Right Leg Flamingo, Left Leg Flamingo. Ending is optional. The combination must travel a minimum of one (1) meter.
 - vi. 6: TWO (2) FORMS OF PROPULSION – Must include Kick-Pull-Kick.

6. Novice Solo Elements:

- a. Elements 1-5 are to be performed in the order listed. Element 6 may take place at any point in the routine. There are no restrictions as to what direction swimmers may face. All elements must be performed in synchronization with all swimmers.
 - i. 1: FISHTAIL – A Front Pike Position is assumed. One leg is lifted to a Fishtail Position, ending optional.
 - ii. 2: SPLIT POSITION – A Split Position is assumed. Legs join to

assume a Vertical Position at Ankle Height or Higher. A *Vertical Descent* is executed in Vertical Position.

- iii. 2: BODY BOOST – A rapid, headfirst rise, with a maximum of the body above the surface (arms optional). A descent is executed until the swimmer(s) are completely submerged.
 - iv. 3: 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.
 - v. 4: TRAVELLING BALLET LEG COMBINATION – Beginning in a Back Layout Position to include at least three (3) of the following positions: Right Leg Sailboat, Left Leg Sailboat, Right Leg Ballet Leg, Left Leg Ballet Leg, Right Leg Flamingo, Left Leg Flamingo. Ending is optional. The combination must travel a minimum of one (1) meter.
 - vi. 6: TWO (2) FORMS OF PROPULSION – Must include Kick-Pull-Kick.
7. The Novice Required Elements will be reviewed every two (2) years, on the same year as the Summer Conference.
- a. The rules will be reviewed by an independent committee composed of five (5) representatives from universities across Canada. One (1) representative must be from a western university.
 - b. The elements were revised in the Summer of 2018.
 - c. The elements will be revised again in the Summer of 2020.