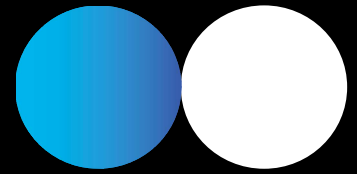




WORLD
AQUATICS



ARTISTIC SWIMMING

COMPETITION
REGULATIONS

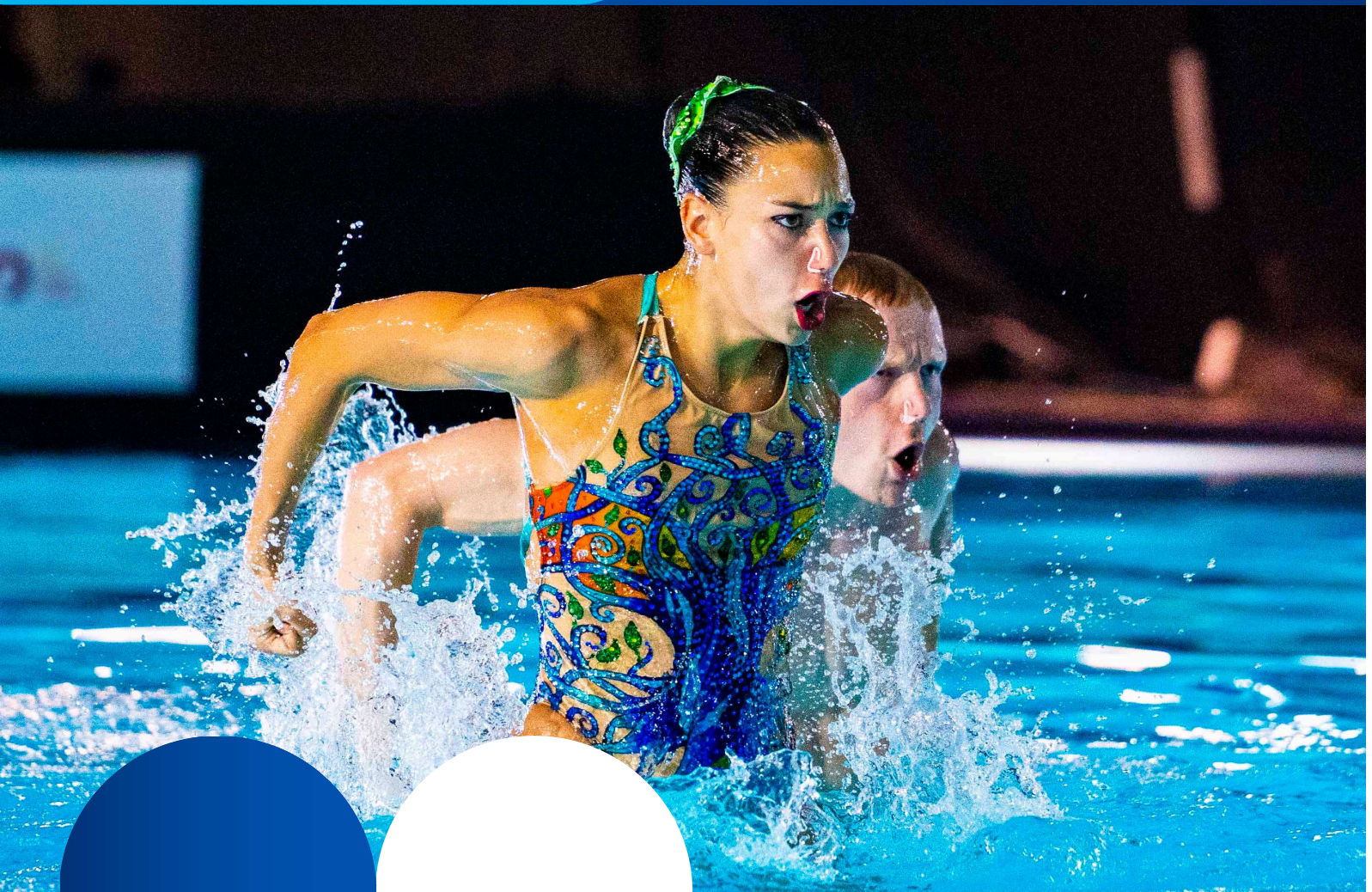




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PART SEVEN: ARTISTIC SWIMMING RULES

1 GENERAL

All international Artistic Swimming competitions shall be held under World Aquatics Competition Regulations.

2 COMPETITIONS

2.1 Events

The events of Artistic Swimming are Women Solo, Men Solo, Mixed Duet, Open Team, Open Free Combination and Open Acrobatic Routine.

2.2 World Aquatics Championships and Olympic Games Event

2.2.1 Olympic Games

Women

Duet Technical Routine, Duet Free Routine

Open

Team Technical Routine, Team Free Routine, Team Acrobatic Routine

2.2.2 World Aquatics Championships

2.2.2.1 Artistic Swimming - World Aquatics Championships

Women

Solo Technical Routine, Solo Free Routine, Duet Technical Routine, Duet Free Routine

Men

Solo Technical Routine, Solo Free Routine Open

Open

Team Technical Routine, Team Free Routine, Team Acrobatic Routine, Free Combination

Mixed

Mixed Duet Technical Routine, Mixed Duet Free Routine

2.3 World Aquatics Junior Artistic Swimming Championships

2.3.1 Sessions

The Sessions for World Aquatics Junior Artistic Swimming Championships will consist of:

Solo Technical, Solo Free, Duet Technical, Duet Free, Mixed Duet Technical, Mixed Duet Free, Team Technical, Team Free and Acrobatic.

2.3.2 Routines

Routines will have preliminary sessions in Technical and Free Routines. All sessions will hold preliminaries in each event and the twelve best routines in each event will move to finals.

2.3.3 All other rules and penalties that apply to World Aquatics Artistic Swimming Championships apply to World Aquatics Junior Artistic Swimming Championships unless otherwise stated.

3 ELIGIBILITY

Athletes in Artistic Swimming younger than fifteen (15) years of age (on December 31st on the year of the competition) shall not be permitted to compete at the Olympic Games, World Aquatics Championships and Artistic Swimming World Cup.



4 SESSIONS

4.1 Figures

Each athlete in Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform four (4) or two (2) figures, according to the age group category, as described in the Part Seven, Appendix 1 of these Regulations.

Each athlete in Open Free Combination may perform figures as described in Part Seven, Appendix 1 of these Regulations.

The Age Group Figures are selected by the Technical Artistic Swimming Committee (TASC) every four (4) years, subject to approval by the World Aquatics Bureau.

4.2 Technical Routine: Preliminaries / Finals

The Technical Team Routine has four (4) to eight (8) athletes (for the exceptions see Rule VII.6.2). In the Technical Routine each Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform the Technical Required Elements described in Appendix II of these Regulations, a predetermined number of Elements (Hybrids and Acrobatics), and a free choice of Transitions (see Appendix 3 of these Regulations).

The Technical Required Elements and the number of Elements for each event are selected by the TASC every four (4) years, subject to approval by the World Aquatics Bureau.

The Routines are choreographed to music.

4.3 Free Routine: Preliminaries / Finals

The Free Team Routine has four (4) to eight (8) athletes (for the exceptions see Rule VII.6.2). Each Free Women Solo, Men Solo, Women Duet, Mixed Duet, and Team Routine will consist of a predetermined number of Elements (Hybrids and Acrobatics) and a free choice of Transitions (see Appendix III of these regulations).

The number of Elements for each event will be selected by the TASC every four (4) years, subject to approval by the World Aquatics Bureau.

The routines are choreographed to music.

4.4 Free Combination: Preliminary / Final

The Free Combination has four (4) to ten (10) athletes who make a combination of routines.

The Open Free Combination has a predetermined number of Elements choreographed to music (see Part Seven, Appendix 3 of these Regulations).

4.5 Acrobatic Routine: Preliminary / Final

The Acrobatic Routine has four (4) to eight (8) athletes performing a predetermined number of Elements as described in Part Seven, Appendix 3 of these Regulations.

The Routines are choreographed to music.

5 PROGRAMS

5.1 For Olympic Games

The Olympic programme is confirmed by World Aquatics.

5.2 For World Championships

Technical Routine Preliminary, Technical Routine Final, Free Routine Preliminary, Acrobatic Routine Preliminary, Free Routine Finals and Acrobatic Routine Final. (Time limits as listed in Part Seven, Article 14).

5.3 For Artistic Swimming World Cup

Technical Routine Final, Free Routine Final and Acrobatic Routine Final (Time limits as listed in Part Seven, Article 14). The final order of sessions shall be determined by World Aquatics and the Organising Committee.).

5.4 For World Aquatics Junior Artistic Swimming Championships



Technical Routine Preliminary, Technical Routine Final, Free Routine Preliminary, Free Routine Final, Acrobatic Routine Preliminary and Acrobatic Routine Final. (Time limits as listed in Part Seven, Article 14). The final order of sessions shall be determined by World Aquatics and the Organising Committee.)

5.5 For World Aquatics Youth Artistic Swimming Championships

Figures and Free Routines in this order: Free Routine Preliminary, Free Combination Preliminary, Figures, Free Routine Final and Free Combination Final (Time limits as listed in ASAG 5). The final order of sessions shall be determined by World Aquatics and the Organising Committee.

5.6 For all other international competitions

The programme may be any combination of Part Seven, Article 4.1 – 4.3 so that the Free Routine is included. The Open Free Combination is for Youth and 12 & under. The Acrobatic Routine is for Senior and Junior.

6 ENTRIES

6.1 For World Aquatics competitions each country shall be entitled to enter one Women Solo Technical, one Women Solo Free, one Men Solo Technical, one Men Solo Free, one Women Duet Technical, one Women Duet Free, one Mixed Duet Technical, one Mixed Duet Free, one Open Technical Team, one Open Free Team and one Open Acrobatic Routine.

6.1.1 In World Aquatics Championships each country shall be entitled to enter one Women Solo Technical, one Women Solo Free, one Men Solo Technical, one Men Solo Free, one Women Duet Technical, one Women Duet Free, one Mixed Duet Technical, one Mixed Duet Free, one Open Technical Team, one Open Free Team and one Open Acrobatic Routine.

6.1.2 In World Aquatics Junior Championships each country shall be entitled to enter one Women Solo Technical, one Women Solo Free, one Men Solo Technical, one Men Solo Free, one Women Duet Technical, one Women Duet Free, one Mixed Duet Technical, one Mixed Duet Free, one Open Technical Team, one Open Free Team and one Open Acrobatic Routine.

6.1.3 In World Aquatics Youth Championships and World Aquatics competitions each country shall be entitled to enter one Women Solo, one Men Solo, one Women Duet, one Mixed Duet, one Open Team and one Open Free Combination (unless otherwise specified).

6.1.4 In the World Aquatics World Cups, more than one Women Solo, more than one Men Solo, more than one Women Duet, more than one Mixed Duet, more than one Open Team, and more than one Open Acrobatic Routine shall be allowed in accordance with these Regulations.

6.1.5 No changes to the entries will be accepted after the GMS sport entries deadline unless on medical grounds. A medical report must be sent to the World Aquatics Office and will be reviewed for approval by the World Aquatics Sports Medicine Committee. A 500.- USD fine will be applied for any non- medical changes after the deadline.

6.2 Open Team, Open Free Combination and Open Acrobatic Routines:

6.2.1 For Olympic Games, Team routines shall consist of eight (8) athletes. The total number of athletes entered by each Federation (unless otherwise specified) may not exceed nine (9) athletes one as reserve. The total number of athletes may include a maximum of two (2) male athletes.

6.2.2 For World Aquatics Championships and World Aquatics Junior Artistic Swimming Championships, Team routines shall consist of four (4) but no more than eight (8) athletes and a maximum of two (2) reserves. The total number of athletes may include a maximum of two (2) male athletes.

6.2.3 For World Aquatics Youth Artistic Swimming Championships, Team routines shall consist of at least four (4) but not more than eight (8) and Open Free Routine Combination shall consist of at least four (4) but not more than ten (10) athletes and a maximum of two (2) reserves. The total number of athletes may include a maximum of two (2) male athletes.

6.3 Sport Entries for each event entered and corresponding Music Information sheets must be submitted in the relevant system and/or platform at least fourteen (14) days prior to the start of the competition. After this date, changes in sport entries will only be accepted on medical grounds. Coach Cards of declared difficulty for each event entered must be submitted electronically by the deadline and method as stated in the information bulletin/summons.



During competition time, changes to Coach Cards are to be made by **18h local time the day prior to each session**. No changes are possible after this deadline.

- 6.3.1** The entry shall designate the names of the Women Solo competitor and the reserve, the names of the Men Solo competitor and the reserve, the names of the Women Duet competitors and maximum of one reserve, the names of the Mixed Duet competitors and maximum of two reserve, the names of Open Team competitors and maximum two reserves, the names of Open Free Combination competitors and maximum two reserves and/or the names of the Open Acrobatic Routine competitors and maximum two reserves.

For World Aquatics Championships: The names of the Women Technical Solo competitor and the reserve, the names of the Women Solo Free competitor and the reserve, the names of the Men Solo Technical competitor and the reserve, the names of the Men Solo Free competitor and the reserve, the names of the Women Duet Technical competitors and maximum one reserve, the names of the Women Duet Free competitors and maximum one reserve, the names of the Mixed Duet Technical competitors and maximum two reserves, the names of the Mixed Duet Free competitors and maximum two reserves, the names of the Open Team Technical competitors and maximum of two reserves, the names of the Open Team Free competitors and maximum of two reserves, and the names of the Open Acrobatic Routine competitors and maximum of two reserves.

For World Aquatics Artistic Swimming World Cup please see Part Seven, Article 6.1.4 and 6.3.1.

7 PRELIMINARIES AND FINALS

- 7.1** If there are more than twelve (12) entries in any Technical or Free Routine, Open Free Combination, or Open Acrobatic Routine, preliminaries shall be held. Only the twelve (12) best results shall be allowed in the official finals.
- 7.2** If there are less than thirteen (13) entries in any Technical and Free Routine, Open Free Combination, or Open Acrobatic Routine, preliminaries may be held.
- 7.3** This information must be included on the information bulletin (see Part Seven, Article 24.3.7).

8 FIGURE SESSIONS

- 8.1** Only one Figure session shall be held.
- 8.2** Athletes in competitions other than World Youth Championships, World Aquatics competitions and continental Championships may, by mutual consent, choose from the Age Group figures (see Part Seven, Appendix 1) for the level of ability of the athletes entered in the competition.

8.3 For the Figure session:

In the 12 and under-age category each competitor in Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform four (4) figures: the two (2) compulsory figures and one (1) group of two (2) figures drawn from the list as described in Appendix I of these rules. Each competitor in 12 and under Open Free Combination may perform four (4) figures selected by the above-described procedure.

In the Youth category each competitor in Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform a group of two (2) figures from the Section (A, B or C) of figures drawn from the list described in Part Seven, Appendix I of these Regulations..

Each competitor in Youth Free Combination may perform the two (2) figures selected by the above-described procedure.

- 8.3.1** Figure section and groups from the World Aquatics Figures 2022-2025 in Part Seven, Appendix I shall be drawn by the Referee/TASC.
- 8.3.2** The draws shall be made eighteen (18) to seventy-two (72) hours before the start of the Figure session.
- 8.3.3** The draw shall be public. Place and time shall be announced at least twenty-four (24) hours in advance. Draws can be done over a social media platform.
- 8.4** In the 12 and Under- category the order of appearance and the figures to be performed by each athlete shall be decided by lot. The Optional group shall be drawn first, then the order of appearance shall be drawn.



In the Youth category, the Figure section (A, B or C) shall be drawn first, then the order of appearance shall be drawn. The order of appearance draw list will be divided into two equal groups - 1 and 2 (if numbers are not equal, group 1 will have 1 extra athlete). Then one of the two figure groups of the drawn section will be assigned by lot to each athlete group (1 and 2). For example, if Section B is drawn, athlete group 1 may have group 4 drawn, and athlete group 2 may have group 3 drawn.

8.4.1 Each group will have a separate ranking. The two rankings will not be combined.

8.5 Swimwear for the figure session must be according to Part One, Article 7. It shall be black, and athletes shall wear white caps. Goggles and nose clips may be worn. Only small stud jewellery is permitted. Athletes must remove any dangling jewellery prior to the start of the event.

9 FIGURE PANELS

9.1 When qualified judges are available in sufficient numbers one (1), two (2) or four (4) panels of five (5) judges may officiate.

9.1.1 When one (1) panel of judges is used, all athletes shall perform the four (4) or two (2) figures (according to age category) one by one in the listed order.

9.1.2 When two (2) panels of judges are officiating, each panel shall judge one (1) or two (2) figures.

9.1.3 When four (4) panels of judges are officiating, each panel shall judge one (1) figure.

9.2 During the Figure session, the judges shall be placed in such elevated positions as to have a profile view of the athletes.

9.2.1 All figures and judging shall commence at a signal from the Referee or Assistant Referee.

9.2.2 On a signal from the Referee or Assistant Referee all judges shall simultaneously flash their score.

9.2.3 Judges scores may only be flashed on the score board or be sent to the computer after approval by the Referee or the appointed official.

10 JUDGEMENT OF FIGURES

10.1 The athlete can obtain points from 0 – 10 using 1/10th points.

Perfect	10	Satisfactory	5.9 – 5.0
Near perfect	9.9 – 9.5	Deficient	4.9 – 4.0
Excellent	9.4 – 9.0	Weak	3.9 – 3.0
Very Good	8.9 – 8.0	Very weak	2.9 – 2.0
Good	7.9 – 7.0	Hardly recognizable	1.9 – 0.1
Competent	6.9 – 6.0	Completely failed	0

10.2 All judgements are made from the standpoint of perfection considering design and control, with each transition of the figure having a numerical value (NVT) based on its difficulty.

10.3 If a judge by reason of illness or other unforeseen circumstances has made no award for any one figure, the average of the awards of the judges shall be computed and shall be considered as that of the missing award. This shall be calculated to the nearest 0.1 point.

11 PENALTIES IN FIGURE SESSION

11.1 If an athlete does not perform the announced figure, or if the figure does not have all the required elements or is performed other than according to the description, the Referee or Assistant Referee shall advise the judges and the athlete that the result of the figure will be a zero.



11.2 In Figure competition, if the award for the figure is a zero the Referee may review the official video together with two (2) World Aquatics Evaluators or World Aquatics Judges (ensuring that three different Federations are represented) a maximum of three (3) times. If a definite decision cannot be reached after three (3) reviews, it shall be awarded in the athlete's favour.

11.3 In a Figure competition for the 12 and Under-age category, if the athlete doesn't perform the correct figure, the athlete will be allowed to perform this figure again and a 1-point penalty will be applied. If the athlete fails again, then "O" will be applied.

12 CALCULATION OF THE FIGURE RESULT

12.1 The highest and the lowest awards are cancelled (one of each). The three (3) awards are added, the sum divided by three (3). The result is multiplied by the degree of difficulty to obtain the score for each of the four (4) or two (2) figures competed.

12.2 The sum of the four (4) or two (2) figures shall be divided by the total degree of difficulty of the figures competed and multiplied by 10, and then the penalties shall be deducted.

12.3 The figure result shall be:

12.3.1 For Solo the result shall be obtained according to Part Seven, Article 12.2.

12.3.2 For Duets– for each athlete the result shall be obtained according to VII.12.2. These results shall be added, and the total divided by two (2) to determine the average score (round off to the fourth decimal places) for the routine.

12.3.3 For Teams – for each athlete who competes in a Team routine the result shall be obtained according to Part Seven, Article 12.2. These results shall be added, and the total divided by the number of athletes in the Team to determine the average score (round off to the fourth decimal places) for the routine.

12.3.4 If an athlete after the preliminaries in Duet or Team is not able to compete in the Figures session (due to illness or injury), in Duet the figure score of the reserve is used to determine the total score for the Duet: In Team, the higher figure score of the two (2) reserves is used to determine the total score for the Team routine.

13 ROUTINE SESSIONS

13.1 A Mixed Duet shall consist of one Woman and one Man.

13.2 An Open Team shall consist of at least four (4) but not more than eight (8) athletes (for the exceptions, see Part Seven, Article 6.2). The number of Team athletes may not change between Preliminary and Finals or Technical and Free Routines. The total number of athletes may include a maximum of 2 male athletes.

13.3 An Open Free Combination shall consist of at least four (4) but not more than ten (10) athletes. The total number of athletes may include a maximum of 2 male athletes.

13.4 An Open Acrobatic Routine shall consist of four (4) but no more than eight (8) athletes. The total number of competitors may include a maximum of 2 male athletes.

13.5 In an Open Free Combination and an Open Acrobatic Routines the number of athletes may not change between Preliminary and Finals.

13.6 In Women Duet, Mixed Duet, Open Team, Open Free Combination and Open Acrobatic Routine events, athletes who are listed on the entry according to Part Seven, Article 6.3.1 may be interchanged before routine sessions.

13.6.1 Any changes of the names of the athletes from the most recent entry lists must be handed to the Referee in writing at least two (2) hours prior to the published start time of routine number one. This time must be published in the official competition schedule. Changes after this can only be made in case of sudden illness or accident of an athlete and if the reserve is ready to compete without delaying the competition. The final decision in such a situation shall be made by the Referee.

13.6.2 If the lack of the reserve reduces the Open Team, Open Free Combination or Open Acrobatic Routine size to less than that defined in Part Seven, Article 4.4, 4.5, 6.2, 13.2, 13.3 or 13.4, the Team shall be disqualified.

13.6.3 Failure to notify the substitution and / or scratching according to Part Seven, Article 13.6.1 shall result in disqualification of the routine.



13.7 Draw Procedure for Technical Routines, Free Routine Preliminaries, Open Free Combination Preliminaries or Open Acrobatic Routine Preliminaries (WCH and OG)

All routine events shall be entered according to the World Ranking. The draws will be divided into two parts: competitors with a current World Ranking and those without a World Ranking.

Draw Process for Non-Ranked Athletes for preliminaries

The non-ranked athletes will be randomly drawn into start order. These groups will compete first in the competition in the drawn order.

Draw Process for World Ranked Athletes for preliminaries

Athletes with World Rankings will compete in the draw following the non-ranked athletes, in reverse order of ranking with the highest ranked athlete competing last, followed by the next ranked athlete, etc. In cases of ties in the World Rankings, there will be a separate draw between tied athletes to decide the order of the main draw.

Example: 30 entries in World Aquatics Championship Technical Duet – 18 ranked duets and 12 non-ranked duets. Draw Procedure: non-ranked duets will draw for start order 1-12 based on a random draw; ranked duets will compete in reverse order 13-30 based on world rank order.

The rankings are created by adding the raw scores for each National Federation for each event in the preceding World Cup or World Championships.

13.7.1 The draw shall be manual if no World Aquatics sanctioned electronic draw system is available. The draw shall take place at least eighteen (18) hours before the first part of the competition and shall be public. Place and time shall be announced at least twenty-four (24) hours in advance.

13.7.2 The order of the draw shall be Teams, Free Combination, Acrobatic Routine, Duets, and Solos Preliminaries. For competitions involving both Technical and Free Routines, the draw for the event's Technical Routine shall be held first followed by the Free Routine Draw (Open Team Technical, Open Team Free Preliminary, Open Free Combination Preliminary, Open Acrobatic Routine Preliminary, Women Duet Technical, Women Duet Free Preliminary, Mixed Duet Technical, Mixed Duet Free Preliminary, Women Solo Technical, Women Solo Free Preliminary, Men Solo Technical and Men Solo Free Preliminary).

13.7.3 When a Federation draws start number one (1) in a Technical Routine or Free Routine Preliminary, Open Free Combination Preliminary or Open Acrobatic Routine Preliminary, or Direct Finals, this Federation shall be exempted from start number one (1) in all remaining preliminary or direct final sessions in the family the federation drew first in. (example Solo, Duet, Teams)

13.8 After the Figures and/or Technical Routines and Free Routines Preliminaries and Open Free Combination/Acrobatic Routine Preliminaries the first twelve (12) by total score shall compete in the Finals.

If the number of participants in preliminaries is higher than 35, the first fourteen (14) by total score shall compete in the Finals.

Exception: In World Aquatics (Senior) Championships: after each Technical / Free Routine / Open Acrobatic Routine, the twelve (12) best will compete in the respective Final.

13.8.1 The order of appearance in Finals will be: the top 12 finalists from the preliminaries will swim in reverse order. Example: number 12 swims first, number 11 swims 2nd, etc. In cases of ties in the Preliminaries, there will be a separate draw between tied competitors to decide the order of the main draw. 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.

13.9 The use of accessory equipment, goggles or additional clothing is not permitted unless required by medical reasons. In the event that the Referee observes or is informed by Assistant Referee that the athlete(s) does not conform, the athlete will not be permitted to compete until in conformance.

13.9.1 Nose clips or plugs may be worn.

13.9.2 For safety reasons only small stud jewelry is permitted. Athletes must remove any dangling jewelry, or dangling items from headpieces or swimwear prior to the start of the event.



13.9.3 In routines the swimwear must conform to I. Part One, Article 7 and Part Seven, Articles 13.9.-13.13. In the event that the Referee thinks the athlete(s) swimwear does not conform, the athlete will not be permitted to compete until in conformance. Swimwear may however represent character or theme of the music they are swimming to. The swimwear must not give the effect of excessive nudity inappropriate for the sport. Artistic Swimming swimwear must be dignified and appropriate for athletic competition.

14 TIME LIMITS FOR ROUTINES

14.1 Time limits for Technical Routines, Free Routines and Open Acrobatic Routines including ten (10) seconds for deck movement:

14.1.1	Women Solo Technical Routine :	2 minutes 00 seconds
	Men Solo Technical Routine :	2 minutes 00 seconds
	Women Solo Free Routine	2 minutes 15 seconds
	Men Solo Free Routine :	2 minutes 15 seconds
14.1.2	Women Duet Technical Routine:	2 minutes 20 seconds
	Women Duet Free Routine:	2 minutes 45 seconds
14.1.3	Mixed Duets Technical Routine:	2 minutes 20 seconds
	Mixed Duets Free Routine:	2 minutes 45 seconds
14.1.4	Open Teams Technical Routine:	2 minutes 50 seconds
	Open Teams Free Routine:	3 minutes 30 seconds
14.1.5	Open Acrobatic Routine:	3 minutes 00 seconds

14.1.6 There shall be an allowance of five (5) seconds less or plus the allotted time for all routines.

14.1.7 In all routine events, the walk-on of the athletes from the designated starting point to the achievement of a stationary position(s) may not exceed 30 seconds for Mixed Duet Technical and Free, Open Team Technical and Open Free Combination and Open Acrobatic Routine, and may not exceed 20 seconds for any Solo and Duet Events.

14.1.8 In routine events, when the routine starts in the water, the time allowance for the athletes to achieve a stationary starting position in the water shall not exceed 30 seconds for Mixed Duet Technical and Free Open Team Technical and Open Free Combination and Open Acrobatic Routine and 20 seconds for any Solo and Duet Events.

14.1.9 Age Group time limits - see Artistic Swimming Age Group rule 5.

14.2 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 athlete moves past the designated starting point and ends when the last athlete assumes a starting position. Timing of the deck movements shall begin with the accompaniment and end as the last athlete leaves the deck.

14.3 The accompaniment shall begin upon a signal from the Referee or appointed official. After the signal the athlete(s) must perform the routine without interruption (see Part Seven, Article 18.2). Routines may start on the deck or in the water, but they must finish in the water.

14.4 The Timer shall check the overall time of the deck movements and the walk- on. If the time limit is exceeded for the deck movements, walk-on or there is a deviation from the routine time limit allowance (see VII.14.1) the Timer or Sound Center Manager shall advise the Referee, or the appointed official designated by the Referee.

14.5 All Athletes shall provide music in accordance with the quality requirements of each Organising Committee as stated in the bulletin. Organisers may request new music should it not meet the standards required. Team Leaders will provide on the registration form the exact running time of the music, not swimming time, which shall be signed off on at the Team Leaders meeting for each routine. The official time will be reviewed by the Sound Center Manager's electronic running time. The Sound Center Manager will notify the Referee of any music that does not comply with AS timing rules.



- 14.6** If there is no official training with music, the organizer must provide the athlete or Team Leader the opportunity to hear their music in the competition venue prior to the start of the event.

15 MUSIC ACCOMPANIMENTS

- 15.1** The Sound Center Manager shall be responsible for the securing and properly presenting the accompaniment for each routine.
- 15.2** For World Aquatics competitions, a decibel (sound level) meter shall be used to monitor the sound level and ensure that no person is exposed to average sound levels exceeding 90 decibels (rms) or momentary peak sound levels exceeding 100 decibels.
- 15.3** Team Leaders are responsible for submitting their music electronically via the Internet to the Sound Center Manager according to the instructions in the bulletin at least 14 days prior to the start of practice sessions. Each submission shall be labelled as to event, name of the athletes and national Federation.
- The Organising Committee must supply a World Aquatics approved music system in the competition pool and have a second sound system in the practice pool.

16 ROUTINE PANELS

- 16.1** Two (2) panels of five (5) judges must officiate in all routines: one for Elements and one for Artistic Impression.
- Two (2) groups of three (3) Technical Controllers must officiate in all routines: one group to check the number, order of performance and predeclared difficulty of the Free Elements (Hybrids and Acrobatics), and the performance and predeclared order of Technical Required Elements (technical routines), and one group to register the number and type of synchronisation errors observed.
- 16.1.1** There will be one (1) Difficulty Coordinator who will oversee the Difficulty Panel, one (1) Difficulty Technical Controller (DTC) and two (2) Difficulty Assistant Technical Controllers (DATC). The purpose of the role is to verify all of the Technical Required Elements (technical routines), and the Free Elements (Hybrids and Acrobatics) performed in real time as they occur in a routine. They are also responsible for the identification of any "technical errors", which are differences in what is declared on the Coach Card to what is performed in the water OR an error in a Technical Required Element (technical routines). The Difficulty Technical Controller will have communication to the Referee.
- 16.1.2** There will be three (3) Synchronisation Technical Controllers (STC) who will record the number of synchronisation errors (unequal actions) they observe during the performance of a routine. They will be seated on deck with a clear view of the pool.
- 16.2** During routine sessions the officials shall be placed in elevated positions on opposite sides of the pool.
- 16.3** At the completion of each routine the Judges submit their scores.
- 16.4** If one or more Judges by reason of illness or other unforeseen circumstances has made no award for a routine, the average of the awards of the other judges shall be computed and shall be considered as the award. This shall be calculated to the nearest 0.25 point.
- 16.4.1** If an unexpected situation happens during a session and one or more Judges cannot give an award for a routine, the Referee can disrupt the session and performance. After the settlement of a matter and safe confirmation, the Referee shall resume the session and allow the athlete to swim again.
- 16.5** The Referee approves the display of the unofficial scores on the scoreboard. Judges' scores cannot be changed after being posted on the scoreboard. Scores are only official once the Referee has signed them at the end of every session.
- 16.6** For all Routines, official(s) will be appointed by the Referee & World Aquatics Delegate/Commission to monitor the use of the bottom of the pool.

17 JUDGEMENT OF ROUTINES

- 17.1** In Routines, the athlete can obtain points from 0 – 10 using 0.25 points



Perfect	10
Near perfect	9.75 - 9.5
Excellent	9.25 - 9.0
Very Good	8.75 - 8.0
Good	7.75 - 7.0
Competent	6.75 - 6.0
Satisfactory	5.75 - 5.0
Deficient	4.75 - 4.0
Weak	3.75 - 3.0
Very weak	2.75 - 2.0
Hardly recognizable	1.75 - 0.25
Completely failed	0

17.2 In all Routines each Judge shall award scores from 0-10 points each (see Part Seven, Article 17.1).

Elements panel judges shall award one (1) score for the execution of each Element (Free and Technical Required).

Artistic Impression panel judges shall award three (3) scores, one (1) score for choreography and musicality, one (1) score for performance and one (1) score for transitions.

Difficulty Technical Controllers check the predeclared difficulty on the submitted Coach Card. Difficulty values can be found in Appendixes VI and VII and Coach Card format in Appendix VIII of Part Seven. World Aquatics reserves the right to adjust the components assigned to each category as required.

17.2.1 First panel – ELEMENTS

In **EXECUTION** consider: the level of excellence in performing highly specialized skills. Execution of all routine Elements: Technical Required Elements and Elements (Hybrids and Acrobatics).

17.2.2 Second panel – ARTISTIC IMPRESSION

In **CHOREOGRAPHY** and **MUSICALITY** consider the creative skill of composing a routine that combines artistic and technical elements. The design and weaving together of variety, creativity, and innovation of all movements including elements and transitions. The pool coverage. Expressing the mood of the music, use of the music's structure and the movements and synchronisation with the music.

In **PERFORMANCE** consider the manner in which the athlete(s) present(s) the routine to the viewers including the walk-on and deck movements. The use of body language to express physical and emotional power, confidence, and total command of the performance.

In **TRANSITIONS** consider the artistry and mastery of varied and purposeful movements, propulsions and strokes that link routine elements.

18 DEDUCTION, PENALTIES AND OTHER MATTERS IN ROUTINES

18.1 In Open Team Technical, Open Team Free and Open Acrobatic Routines one half (0.5) point penalty shall be deducted from the total score for each athlete less than eight (8) (see Part Seven, Article 13.2 and Article 13.4).

18.2 If one (or more) athlete(s) stops swimming or makes clear support use of the pool wall before the routine is completed, the routine will be disqualified. The Referee shall assess if the cessation is caused by circumstances beyond the control of the athlete(s). The Referee may allow the routine to be re-swum during the session.

18.3 Penalties in Free Routine, Technical Routine, Free Combination and Acrobatic Routine

All Free Elements (Hybrids and Acrobatics) have a calculated **Base Mark** (Part Seven, Appendix VI and VII) that is the minimum Degree of Difficulty that will be applied if one (1) or more components of the element is not performed or is not in conformance to what is declared in the Coach Card. In the case of detected error(s) of declared calculation of the Base Mark, the DTC will recalculate.



A one (1) point penalty shall be deducted from the **routine** score if:

- 18.3.1** The time limit of ten (10) seconds for deck movements is exceeded.
- 18.3.2** There is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with VII.14.1 and ASAG 5.
- 18.3.3** If the time limit of 20/30 seconds for the deck walk-on is exceeded.
- 18.3.4** A two (2) point penalty shall be deducted from the routine score if:
- 18.3.5** An athlete has made deliberate use of the bottom of the pool during a routine to propel themselves or to assist another athlete. No penalty will be applied when the contact with the bottom of the pool results from the swimmer's self-protection from injuries by impact.
- 18.3.6** A routine is interrupted by an athlete during the deck movements and a new start is allowed.
- 18.4** In all routines, a two (2)-point penalty shall be deducted from the **Elements** score for each element exceeding the predetermined number assigned to the particular event and category.
- 18.5** In Mixed Duet Free and World Aquatics Youth Open Team events a half (0.5) point penalty shall be deducted from the Artistic Impression score for each of the additional required movements in Appendix III not performed (Two (2) surface connected movements with travel in Mixed Duet; one (1) Thrust (T1-T9) and one (1) Spin descending 720° with one or two legs (R3) in Youth Open Team).
- 18.6** For all routines, the sum of all synchronisation errors (unequal actions) observed by the Synchronisation Technical Controllers (STC), (each factored by its assigned value) will be deducted from the **Elements Score**.

Types of Synchronisation errors and penalty values:

Small:	0.1 points
Obvious:	0.5 points
Major:	3.0 points

The description of small, obvious, and major synchronisation errors (unequal actions) is detailed in the World Aquatics Artistic Swimming Manual for Routines. Maximum deduction can reduce the Elements score to zero, but not to a negative Elements score.

18.7 Penalties and other matters in Technical Routines

- 18.7.1** In a Technical Routine, if one (1) or more athletes omit all or part of a Technical Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers shall make note that the declared movement was not correct. If the video review confirms (review performed by three neutral parties) a zero (0) will be assigned as the Degree of Difficulty for this particular Technical Required Element.
- 18.7.2** The Difficulty Technical Controller (DTC) shall inform the Referee to submit a zero (0) for each Technical Required Element #1 to #5 swum out of the order declared on the Coach Card (each violation of General Requirement #4 in Part Seven, Appendix 2).
- 18.7.3** A half-point (0.5) penalty shall be deducted from the **Elements Score** for **each violation of** General Requirements #6 in Appendix 2.
- 18.7.4** A two (2) point penalty shall be deducted from the **Elements Score** for each violation of Routine Requirement # 6 of Routine Requirement #6 of Women Duet, Mixed Duet and Open Team, and Requirement #7 of Open Team in Part Seven, Appendix 2.

18.8 Penalties in Open Free Combination

- 18.8.1** A two (2) point penalty shall be deducted from the **Routine Score** for violations of each General Requirement #2, 3, 4, 5 and 6 in Appendix 5.
- 18.8.2** A two (2) point penalty shall be deducted from the **Elements Score** for each violation of the Technical Required Elements #1 and #2 in the Appendix 5.

18.9 Penalties in Open Acrobatic Routine

- 18.9.1** A two (2) point penalty shall be deducted from the **Routine Score** for each violation of General Requirement #3 in Appendix 4.



- 18.9.2** A two (2) point penalty shall be deducted from the **Elements Score** for each Required Acrobatic not performed or not conforming to the Acrobatics groups specified in Appendix 4.

19 CALCULATION OF THE ROUTINE RESULTS

19.1 Calculation procedure for all routines:

$EL1DD*Ex + EL2DD*Ex + \dots + ELnDD*Ex - Sy \text{ errors penalty} - \text{other penalties}$

= Elements score

CH/MU score + EP score + Tr - other penalties

= Artistic Impression score

Elements score + Artistic Impression score - other penalties

= Routine score

The score for each element is calculated as follows: the highest and the lowest awards for each score are cancelled (one high, one low). The three (3) remaining awards are added, and the sum divided by three (3). The result is multiplied by its correspondent DD.

For each of the three (3) Artistic Impression scores the highest and the lowest awards for each score are cancelled (one high, one low). The three (3) remaining awards are added.

- EL = Element (either required or free)
- DD = Sum of values of each element component and bonuses + Base Mark for Free Elements (all in Hybrid Difficulty Table); assigned DD for Technical Required Elements #1 to #5
- Ex = Execution score
- n = Total number of Elements in an event (see Part Seven, Appendix 3)
- CH/MU = Choreography and Musicality
- EP = Performance
- Tr = Transitions

World Aquatics will manage all final DD values. Factoring can be applied. World Aquatics reserves the right to adjust if required.

- 19.2** The Routine Score shall be the sum of the Elements score and Artistic Impression scores less any penalty deductions in Part Seven, Article 18.

20 FINAL RESULT

- 20.1** The final Figure result shall be that of the athletes who actually swam the Free Routine. For exceptions see rule Part Seven, Article 12.3.4.

- 20.2** The final result is determined by adding the final score of each performed session; if both Preliminary and Final Routine sessions are held, the Routine score from the Final session shall replace that of the Preliminary session to determine the Final result.

- 20.2.1** In events that include one (1) session – Open Acrobatic Routine or Open Free Combination, Free Routine, Technical Routine or Figures - the result shall be the score of that session.

- 20.2.2** In events that include two (2) sessions – Figures and Free Routine or Technical Routine and Free Routine – the results shall be the sum of each session.

- 20.2.3** In events that include three (3) sessions – Technical Routine, Free Routine and Open Acrobatic Routine– the results shall be the sum of each session.

- 20.3** In the case of ties (calculated to four (4) decimals) in Women Solo, Men Solo, Women Duet, Mixed Duet, Open Team, Open Free Combination and Open Acrobatic Routine, the following shall apply.

If a decision has to be made to go to Finals or draws, to be qualified, or to be promoted/ demoted, the following procedure will be used:



For all routines:

The highest Elements score shall decide. If there is still a tie, the highest Choreography and Musicality score in the Artistic Impression panel determines the position.

If there is still a tie, the highest verified total declared degree of difficulty in the Elements panel will decide.

For events with combined results (Technical, Free and Open Acrobatic Routines) Example: Olympic Games, the following procedure will be used:

- The higher Free Routine score of the final result shall decide.
- If there is still a tie, the Elements score of the Free Routine determines the position.
- If there is still a tie, the highest Choreography and Musicality score in the Artistic Impression panel of the Free Routine determines the position.
- If there is still a tie, the highest Elements score from the Technical Routine shall decide.

21 OFFICIALS AND DUTIES

21.1 Officials shall be recommended by World Aquatics. The evaluations of the Judges, their overall world ranking, bias scores, and participation in World Aquatics events in the past two (2) seasons will be considered. Continental representation will be considered, in selecting Judges, however the best Judges will be placed on Final events. These selections shall be final except for emergency situations (see Part Seven, Article 22.3 and 22.4).

21.2 The required officials shall be:

21.2.1 A Referee

21.2.2 One Assistant Referee for each panel of Judges in figures competitions.

21.2.3 For World Aquatics events and Olympic Games one (1) Difficulty Technical Controller (DTC) and two assistant (2) Technical Controllers (DATC) are required.

21.2.4 For World Aquatics events and Olympic Games three (3) Synchronisation Technical Controllers (STC) are required.

21.2.5 Each Figure panel shall consist of five (5) Judges. In Routines two (2) panels of five (5) Judges shall be used. At World Aquatics competitions and Olympic Games, Judges shall be chosen from the World Aquatics lists of Judges, and Technical Controllers shall be selected from the list of World Aquatics Technical Controller experts.

21.2.6 For each Figure panel – a Panel Referee, a Panel Marshall and two (2) to three (3) scorers.

21.2.7 For routines – three (3) timers

21.2.8 A World Aquatics approved Sound Center Manager

21.2.9 A World Aquatics approved Announcer

21.2.10 A World Aquatics approved Under Water Camera Operator.

21.2.11 A World Aquatics approved Video Replay System for Technical Controllers

21.2.12 Two (2) appointed World Aquatics Evaluators. shall be selected from the trained group of World Aquatics Evaluators.

21.2.13 Other officials as deemed necessary.

22 REFEREE

22.1 The Referee work in collaboration with the World Aquatics Delegate or Commission and Evaluators. The Referee shall enforce the decisions of the group. Referees will take attendance and provide the judges with logistic information for the session (for example if there is break or if there are any scratches). The Evaluators will lead all Judge panel discussions and Judge debriefs.

The Referee shall be responsible for:

- 1) Draw for order of appearance in all sessions.



- 2) Recording changes of athletes prior to each session.
- 3) Checking the electronic scoring system.
- 4) Checking the computer results.
- 5) Ensure that an Evaluators program is provided.
- 6) Ensure Coach Cards have been uploaded for the Technical Controllers
- 7) Ensure Judges have Routine DD sheet for each event.
- 8) Be in communication with the Announcer, Medical personel, Sound Center Manager, lifeguards and Assistant Referee.
- 9) Receive Coach Card changes and ensure distribution to Scorer, Technical Controllers, Announcer, media and broadcast.

22.2 The Referee shall be responsible for the running of the deck and flow of the event. Rules will be enforced by the Referee after collaboration with the World Aquatics Delegate/Commission. The Evaluators may be consulted as necessary. The Referee in collaboration with the World Aquatics Delegate/Commission are responsible for questions and decisions of the events relating to the conduct of the event.

22.3 The Referee shall ensure that all the necessary officials are in their respective positions to conduct the session. They ensure the officials have their assignments for each routine and are provided with a programme sheet for each competitor.

22.4 The Referee may appoint reserve Judges for any persons who are absent, incapable of acting or found to be inefficient or biased after consultation with the World Aquatics Commission/Delegate.

22.5 In emergencies, the Referee is authorized to assign a reserve Judge.

22.6 Referees ensure that the athletes are ready and signal for the start of the accompaniment. They shall approve the penalties resulting from any infraction to the rules. The Referee and World Aquatics Delegate/Commission shall approve the results before announcements.

22.7 The Referee may intervene in the event at any stage to ensure that the World Aquatics regulations are observed and shall adjudicate all protests in collaboration with the World Aquatics Delegate/Commission related to the session in progress.

22.8 The Referee shall recommend disqualification of any athlete for any violation of the rules that they personally observe by reporting the offender to the World Aquatics Delegate/Commission.

22.9 The Referee must attend the Team Leaders meeting and ensure logistics for the event are in place.

22.10 The Referee runs the draws at the Team Leaders' meetings. Draws will commence after all media information sheets have been submitted to the OC on each routine.

22.11 The Referee ensures World Aquatics has set up chat groups with the coaches group at the Team Leaders meeting and officials' groups at the Judges meeting.

23 OTHER OFFICIALS

23.1 Other official(s) shall carry out duties assigned by the Referee.

24 DUTIES OF ORGANIZER

24.1 The Member Federation holding the competition is responsible for:

24.1.1 Pool specifications and related regulations listed in rules Part Seven, Articles 27.1 to 27.4. Changes to requirements must be approved by World Aquatics.

24.1.2 Providing suitable sound equipment approved by World Aquatics.

24.1.3 Providing four (4) underwater speakers for competition pool and four (4) underwater speakers for the practice pool.

24.1.4 Produce program sheets for each routine for Judges and Coach Cards for Technical Controllers.

24.1.5 Preparing a list of entries and judging forms.



- 24.1.6** Providing event information electronically to TASC, Officials, Coaches and media.
- 24.1.7** Providing the Judges for Figure sessions with a means of signalling scores. When automatic Officiating Equipment is used, each Judge shall be provided with flash cards in case of technical failure.
- 24.1.8** Ensuring that practice periods prior to the start, shall apply at all World Aquatics competitions.
- 24.1.9** Ensuring a World Aquatics approved scoring system is used.
- 24.1.10** Ensuring that electronic marks and display/scoreboard is be used for World Aquatics events. The results display information score board must show placing in previous program (Preliminaries or Technical Routine) and current placing in current program (Finals or Free Routine) and an overall current placement.
- 24.1.11** Ensuring that video records of all sessions and underwater video is available if required for all routines to enable checking the use of the bottom of the pool.
- 24.2** The information bulletins for all Artistic Swimming competitions must include the following information:
- 1) The place of the event and the name of the pool
 - 2) The date and time of the competition when it is held
 - 3) Names of World Aquatics President, World Aquatics Staff, World Aquatics Delegate/Commission, World Aquatics Bureau Liaison
 - 4) List of Federations participating by event entries
 - 5) Event schedule
 - 6) Transportation schedule for athletes, officials and TASC. The schedule will be posted at the venue and in the lobby of the hotels
 - 7) Officials participating in the event
 - 8) Pool dimensions with specific reference to the depth of the water, the water level below deck, position of diving boards, ladders, etc. A cross section drawing of the pool is desirable, and diagrams of the pools for figure session and routine sessions. In case the pool specifications are not according to Facilities Rules 10, diagrams and cross section drawing are obligatory and must be sent with the meet invitation.
 - 9) Temperature of water
 - 10) Gel station for athletes / Mirrors for athletes
 - 11) Stretch room for athletes
 - 12) Lockers for Judges
 - 13) Practice pool that mimics competition pool with platform
 - 14) Training schedules ensuring all athletes have equal conditions prior to start of event
 - 15) Transportation schedules for pick up and departure to airport
 - 16) Assistance with local visa/ covid requirements
 - 17) Link to live streaming and results
 - 18) Medical Services Information
 - 19) Organize Gala Water Show
- 24.3** **Other duties:**
- 24.3.1** Markings of bottom and sides of the pool.
- 24.3.2** Position of audience with reference to the pool and designated VIP seating area.
- 24.3.3** Type of lighting
- 24.3.4** Open space for entrance and exit, to include designated starting point for walk-ons.
- 24.3.5** Types of sound equipment available.
- 24.3.6** Alternative facilities, if required.
- 24.3.7** Schedule of events, indicating which sessions (per Part Seven, Article 4) will be included in the program (Part Seven, Article 5) and stating whether Preliminaries and Finals will be held according to Part Seven, Article 7.1 and 7.2.
- 24.3.8** Ensure Gala water show is included at the end of the competition. Participating athletes must perform a new routine of no less than 1:00 minute and no longer than 1:30 minute in duration. Costumes, make up props and lighting are welcome. Gala Show program must be approved by World Aquatics.



25 AGE GROUP RULES

25.1 General

World Aquatics Rules of competition will apply in all Age Group competitions.

25.2 Age Categories

25.2.1 All Age Group athletes remain qualified from 1st January to the following 31st December at the age they are at the close of day (23:59) on 31st December of the year of the competition.

25.2.2 Age Groupings for Artistic Swimming are:

- 10) 12 and under
- 11) Youth (13 - 15 years of age)
- 12) Junior (15-19 years of age)
- 13) Senior 15 +above

25.2.3 Men Age Groupings for Artistic Swimming are:

- 14) 12 and under
- 15) Youth (13 – 16 years of age)
- 16) Junior (15 - 20 years of age)
- 17) Senior 15 + above

25.3 Age Group figure sessions

25.3.1 In the 12 and Under age category, each athlete in Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform four (4) figures: the two (2) compulsory figures and one (1) group of two (2) figures drawn from the list described in the Appendix I of these rules. Each athlete in Open Free Combination may perform four (4) figures selected by the above-described procedure.

In the Youth category, each athlete in Women Solo, Men Solo, Women Duet, Mixed Duet, and Open Team must perform a group of two (2) figures from the set of four (4) figures drawn from the list described in Appendix 5 of these rules. Each athlete in Open Free Combination may perform the two (2) figures selected by the above-described procedure.

A group or set of two (2) groups of Figures from the World Aquatics Figures 2022-2025 in Appendix I shall be drawn by the Organising Committee according to Part Seven, Article 8.3.

25.3.2 Figure lists:

The Figure groups for 12 and under and the 3 sets of 2 groups of figures with 2 figures in each group with identical DD for Youth age groups are listed in Appendix I of these World Aquatics Artistic Swimming Rules. Participating Federations/Clubs may also by mutual consent choose from other Age Group for the level of ability of the athletes entered in the competition.

25.3.3 For each athlete in 12 and under and Youth age groups the final result of the figures session will be divided by the total degree of difficulty of the Figures performed and multiplied by 10 (see Part Seven, Article 12.2).

25.4 In a Women Duet, Mixed Duet or Open Team event of the 12 and under and Youth age categories, all competitors must compete in their own Age Group and must swim the Figure groups assigned by the draw (See Part Seven, Articles 8.3 and 8.4).

25.5 The time limits for different age groups, including ten (10) seconds of deck movements, shall be:

25.5.1 12 and Under / Youth

Category	Time limit
Solo	2:00 minutes
Women Duet/Mixed Duet	2:30 minutes
Open Team	3:00 minutes
Open Free Combination	3:00 minutes

25.5.2 Junior



Category	Time limit
Solo	2:15 minutes
Women Duet/Mixed Duet	2:45 minutes
Open Team	3:30 minutes
Open Acrobatic Routine	3:00 minutes

There shall be an allowance of five (5) seconds less or plus the allotted time limit.

- 25.6** In the Youth Open Team event, the two (2) required movements in any of the six (6) Free Hybrids from Appendix III can be either part of a hybrid or constitute a hybrid itself. In both case, these movements have to be clearly identified in the Coach Card. Entries will be accepted only under this premise.

26 SWIMWEAR AND WEARABLES

Swimwear for men in Artistic Swimming shall not extend above the navel nor below the upper thigh.

27 ARTISTIC SWIMMING FACILITIES AND EQUIPMENT

27.1 Artistic Swimming Facilities

27.1.1 Figure Section

The areas for figure competition in Part Seven, Article 27.1.1 can occupy the same area of the pool as that used for routine competition in Part Seven, Article 27.1.2 approved by TASC.

27.1.2 Routine Section

For the routine section of the competition a minimum area of 15 metres by 25 metres is required, within an area of which 12 metres by 12 metres must have a minimum depth of 3.0 metres. The depth of the remaining area shall be 2.0 metres minimum.

27.1.3 Depth

The pool depth shall be as detailed in Part Seven, Article 27.1.2.

Where the water depth is more than 2.0 metres, the depth at the pool wall may be 2.0 metres and then sloped down to reach the general depth at 1.2 metres maximum from the pool wall.

27.1.4 Lane markings

If there are no lane markings as described in Part Two, Article 16.2.15, the floor of the pool must be marked with contrasting lines in one direction, following the length of the pool as detailed in: *Artistic Swimming Diagram Annex 1*.

27.1.5 Water Conditions

27.1.5.1 The water must be of sufficient clarity for the bottom of the pool to be visible.

27.1.5.2 The water temperature shall not be less than 27° Centigrade.

27.1.6 Lighting

The minimum light intensity at the level of 1 metre above the water surface shall not be less than 600 lux.

Sources of natural and artificial illumination shall be provided with controls to prevent glare for judges platforms and the starting platform.

27.1.7 Starting Platform

Starting platform is recommended 0.7 metres in height but not less than 0.5 metres.

The surface of the platform should be covered in a slip-resistant material suggest a quick drying water proof carpet.

27.2 Artistic Swimming Facilities for Olympic Games and World Aquatics Championships

**27.2.1 General requirement**

The Field of Play for Artistic Swimming in Olympic Games and World Aquatics Championships as detailed in: *Artistic Swimming Diagrams, Annex AS1 and AS 2*

27.2.2 Routine Section

For the routine section of competition at Olympic Games and World Aquatics Championships a minimum area of 30.0 metres by 20.0 metres is required.

27.2.3 Depth

The depth of the water shall be consistently not less than 3.00 metres.

27.2.4 Lane markings

If there are no lane markings as described in III.16.2.15, the floor of the pool must be marked with contrasting lines in one direction, following the length of the pool as detailed in: Artistic Swimming Diagram, Annex 1.

27.2.5 Water Conditions

27.2.5.1 The water must be of sufficient clarity for the bottom of the pool to be visible.

27.2.5.2 The water temperature shall not be less than 27° Centigrade.

27.2.6 Lighting

The light intensity at the level of 1 metre above the water surface shall not be less than 1500lux.

Sources of natural and artificial illumination shall be provided with controls to prevent glare for judges platforms and the starting platform.

27.2.7 Starting Platform

Starting platform shall be 0.7 metres in height with a tolerance of ± 1 cm.

The surface of the platform should be covered in a slip-resistant material suggest a quick drying water proof carpet. *See Artistic Swimming Diagrams, Annexes 1 and 2.*

27.2.8 Judges Platform

The Judges Platform must have tables and chairs and be of a minimum height of 0.6 metres. *The platforms should be no more than 2 metres from the edge of the pool.*

See Artistic Swimming Diagrams, Annex 1 and AS2.

27.2.9 Practice warm up pool

Practice warm up pool shall have a minimum area of 25 metres by 25metres or 30metres by 20 metres with a depth of 3 metres.

A sound reproduction system meeting the requirements set in Part Seven, Article 27.3 shall be available.

27.2.10 Dry Land Training

A Dry land training stretch area must be provided for the athletes with mats.

27.3 Automatic Officiating Equipment for Artistic Swimming

The minimum installation consists of:

27.3.1 same number of score recorder units as judges (figure: 5 up to 28; routine 5 up to 15)

27.3.2 the results may only be transferred after confirmation by the referee or appointed official.

27.3.3 result unit (computer) with result recording and backup system. Only World Aquatics approved programmes and systems are allowed.

27.3.4 print out system for all recorded information, start lists and result lists;

27.3.5 A judge's evaluation system based on the recorded results (FR 5.3.3). The World Aquatics TASC approved evaluation programme is required.



27.3.6 scoreboard control unit with a scoreboard; of a minimum of 10 lines containing 32 digits (or scoreboard as described in Artistic Swimming Facilities Rules. The scoreboard must be able to display all recorded information and the running time;

27.3.7 for each judge flash cards in case of failure of the electronic system.

27.3.8 **Timing System**

An automated timing system with 3 independent timers timing walk-on time, deck movement time and overall time. The timers should be placed close to the result secretariat.

27.3.9 **Under water review system**

Underwater camera is required with mounting and harness to the wall or bottom depending on the type The system must have video server or a computer control centre with data storage with the capacity for immediate slow motion replay. A monitor for the TASC to perform immediate reviews must be available.

27.3.10 **Routine and Figure review system**

2 to 4 cameras in defined positions with mounting and harness video server or computer control centre and data storage with the capacity for slow motion instant replay must be available.

27.4 **Sound Equipment and Presentation Standards for Artistic Swimming**

The sound equipment should include, at minimum:

27.4.1 **Amplifier-mixer system**

Mixer should have at least 16 inputs and 6 outputs (LR (Left-Right channels) PA, LR Speaker system on the field of competition, 2 outputs Spare/or for Broadcasting). Amplifiers should be suitable for used speakers.

27.4.2 **A sound reproduction system**

27.4.2.1 High quality microphones and microphone stations for announcements and ceremonies.

27.4.2.2 High quality air speakers (AS) of size, number and placement to obtain uniform clear sound to the field of competition area. And should be able to produce 105 dB SPL (sound pressure level) A without distortion. The maximum SPL shall not exceed 125 dB SPL A. Speakers frequency response should be at least 40Hz-16kHz.

27.4.2.3 High quality air speakers (AS) of size, number and placement to obtain uniform clear sound to the start podium of competition area. And should be able to produce 105 dB SPL A without distortion. The maximum SPL shall not exceed 125 dB SPL A. Speakers frequency response should be at least 40Hz-16kHz.

27.4.2.4 All air speaker (AS) in the field of competition should be «passive» (without built-in amplifier) to avoid risk of electrical shock.

27.4.2.5 UWS (Under Water Speaker) for clear and uniform underwater sound above. UWS should be able to produce 98dB A without distortion. The maximum SPL shall not exceed 110 dB SPL A. UWS frequency response should be at least 200Hz-10kHz. Isolation and impedance matching transformer systems for the UW speakers.

27.4.2.6 DSP (Digital Sound Processor) to make amplitude frequency characteristic and delay corrections in between AS and UWS. DSP should have at least 2 inputs and independent 6 outputs (or 3 Stereo independent outputs). Each output should have HPF (High Pass Filter), LPF (Low Pass Filter), GEQ (Graphic equalizer) and/or Parametric equalizer, compressor/limiter, Delay (minimum 5 seconds).

27.4.3 PA (Public Address) System (Sound reproducing system for spectators)

27.4.3.1 The sound system shall be capable to cover spectators seats at least with 110 dB A with deviations in overall direct sound levels across the spectator seating area not exceeding +/- 3 dB A. The maximum SPL shall not exceed 125 dB SPL A.

27.4.3.2 STI PA (speech transmission index for PA systems) should be in 0,5-1,0 STI.

27.4.3.3 The PA system shall provide enough headroom to compensate for the atmospheric loss of high frequencies.

27.4.3.4 The PA system should have a minimal impact to the field of competition to avoid sound delay problems.

27.4.4 Sound volume (decibel) meter for monitoring music sound levels both above and under water.

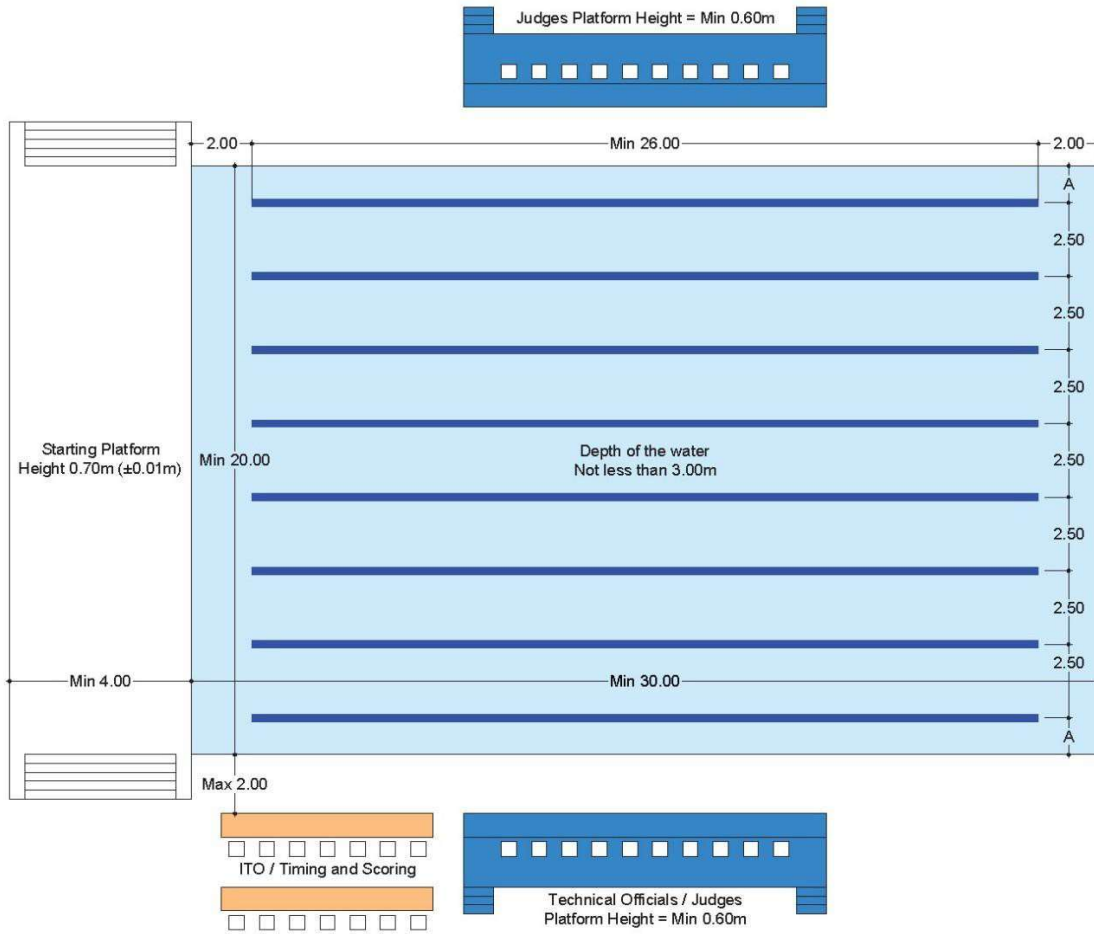


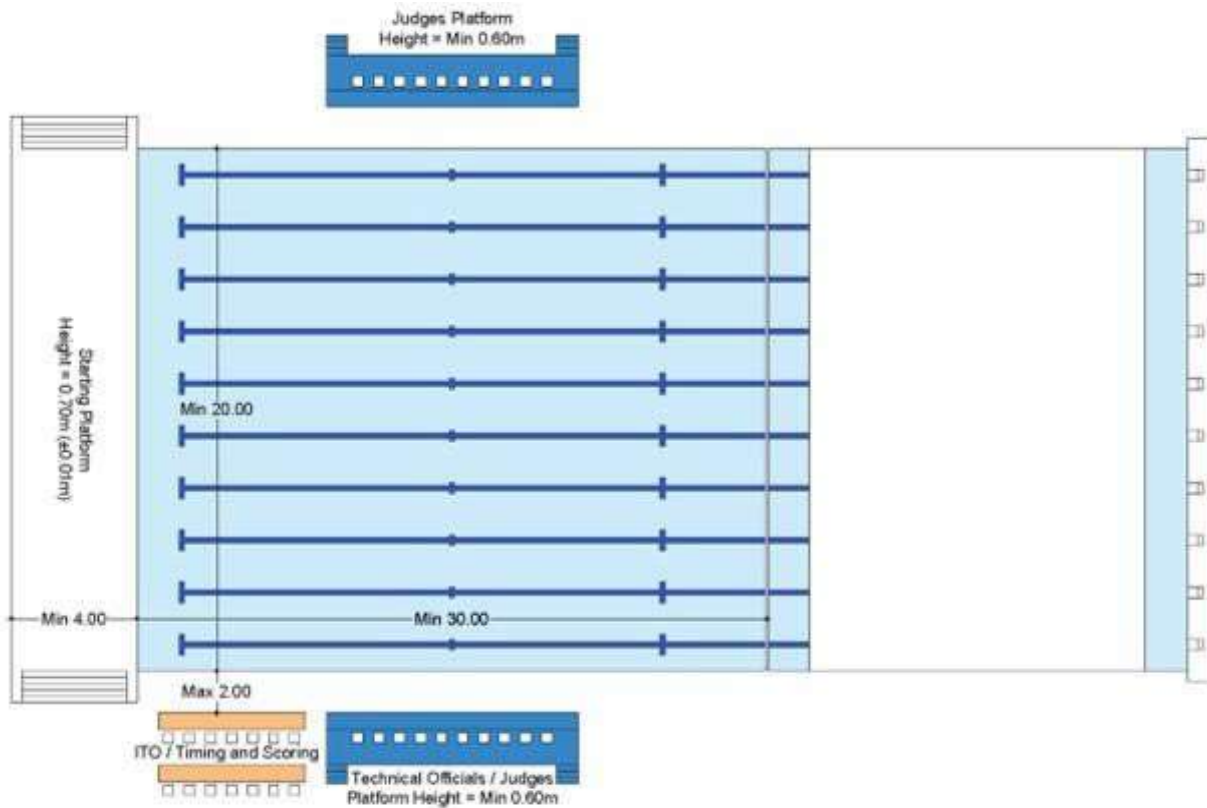
- 27.4.5** Patch cords for interconnecting equipment properly, speaker extension lines adequate for placing speakers for optimal sound distribution.
- 27.4.6** Fusing systems as needed to protect speakers and other equipment.
- 27.4.7** Grounding lines to ensure safe grounding of all equipment.
- 27.4.8** Safety materials to minimize potential of injury to person or equipment from stepping on or tripping over electrical or speaker lines.
- 27.4.9** A stopwatch.
- 27.4.10** Tools and meters as needed for initial special hookups and emergency repairs.
- 27.4.11** Systems for communication between officials and sound desk.
- 27.4.12** A system for monitoring and recording underwater sound continuously.



27.5 Annexes

Annex 1 - Diagram – Artistic Swimming Field of Play for Olympic Games and World Aquatics Championships




Annex 2 - Diagram – Artistic Swimming Field of Play for Olympic Games and World Aquatics Championships

28 MEDICAL AND SAFETY SPECIFIC REQUIREMENT FOR ARTISTIC SWIMMING

The Medical Requirements are described in the Part One, Article 9.2. However, each sport has unique components.

28.1 Location of the FoP First Aid Treatment Area

FoP First Aid Treatment Area should be positioned near the starting platform and athletes exit.

28.2 Water Rescue and Lifeguards

During Competition, three (3) lifeguards are required. One (1) lifeguard shall be positioned next to the coach of the competing swimmer(s) to react immediately in an emergency. Two (2) lifeguards should be positioned on different sides of the pool to cover the whole competition area.

At the warm-up pool, a minimum of at least two (2) lifeguards are required.



29 APPENDICES

APPENDIX 1 – World Aquatics Basic Position, Basic Movement and Figures

APPENDIX 2 – Technical Routines

APPENDIX 3 – Set Number of Elements for Routines

APPENDIX 4 – Required Elements for Acrobatic Routines

APPENDIX 5 – Required Elements for the Free Combination

APPENDIX 6 – Acrobatics Catalogue

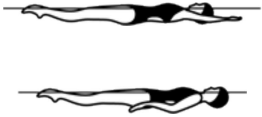
APPENDIX 7 – Coach Card Template

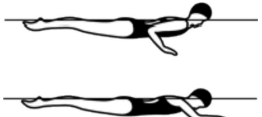
29.1 Appendix 1 World Aquatics Basic Position, Basic Movement and Figures

29.1.1 Basic Body Position (BP)


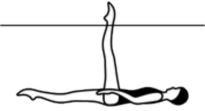



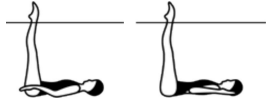
In all basic body positions:

- a) arm positions are optional,
- b) toes must be pointed, ankles must be extended,
- c) the legs, trunk and neck are fully extended unless otherwise specified and
- d) diagrams are a guide only. If there is a discrepancy between a diagram and a written description, the English written Body Position description prevails.

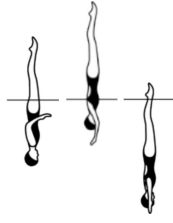
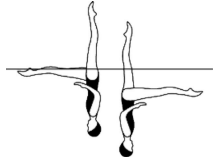
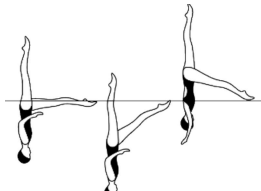




1	BACK LAYOUT POSITION
Body extended with face, chest, thighs and feet at the surface of the water. Head (ears specifically), hips and ankles in horizontal alignment.	

2	FRONT LAYOUT POSITION
Body extended with head, upper back, buttocks and heels at the surface of the water. Unless otherwise specified, face may be in or out of the water.	



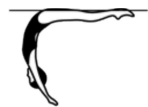







3 BALLET LEG POSITION	
a) Surface Body in Back Layout Position . One leg extended perpendicular to the surface of the water	
b) Submerged Head, trunk and horizontal leg parallel to the surface of the water. One leg perpendicular to the surface with the water level between the knee and the ankle.	
4 FLAMINGO POSITION	
a) Surface One leg extended perpendicular to the surface of the water. The other leg bent with the mid-calf opposite the vertical leg. Foot, shin and knee at and parallel to the surface of the water. Face at the surface of the water.	
b) Submerged Trunk, head, shin and foot of the bent leg parallel to the surface of the water. 90° angle between the trunk and extended leg. Water level between knee and ankle of the extended leg.	
5 BALLET LEG DOUBLE POSITION	
a) Surface Legs together and extended perpendicular to the surface of the water. Head in line with the trunk. Face at the surface of the water.	
b) Submerged Trunk and head parallel to the surface of the water. 90° angle between the trunk and the extended legs. Water level between knees and ankles of the extended legs.	




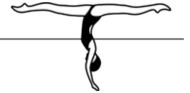
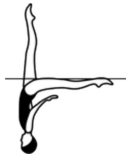



6 VERTICAL POSITION		
<p>Body extended perpendicular to the surface of the water; legs together, head downward. Head (ears specifically), hips and ankles in line</p>		
7 CRANE POSITION – this position is currently not performed in any World Aquatics figure.		
<p>Body extended in Vertical Position with one leg extended forward at a 90° angle to the body</p>		
8 FISHTAIL POSITION		
<p>Body extended in Vertical Position with one leg extended forward. The foot of the forward leg is at the surface of the water regardless of the height of the hips.</p>		
9 TUCK POSITION		
<p>Body as compact as possible, with the back rounded and the legs together. Heels close to buttocks. Head close to knees</p>		
10 FRONT PIKE POSITION		
<p>Body bent at hips to form a 90° angle. Legs extended and together. Trunk extended with the back straight and head in line.</p>		

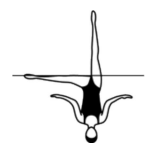


11 BACK PIKE POSITION		
<p>Body bent at hips to form an acute angle of 45° or less. Legs extended and together. Trunk extended with the back straight and head in line.</p>		
13 SURFACE ARCH POSITION		
<p>Lower back arched with hips, shoulders and head on a vertical line. Legs together and at the surface of the water.</p>		
14 BENT KNEE POSITIONS		
<p>Body in Front Layout, Back Layout, Vertical, or Arched Positions. One leg bent, with the toe of the bent leg in contact with the inside of the extended leg at the knee or higher.</p>		
<p>a) Bent Knee Front Layout Position</p> <p>Body extended in Front Layout Position with the thigh of the bent leg perpendicular to the surface of the water. Unless otherwise specified face may be in or out of the water.</p>		
<p>b) Bent Knee Back Layout Position</p> <p>Body extended in Back Layout Position. The thigh of the bent leg is perpendicular to the surface of the water.</p>		
<p>c) Bent Knee Vertical Position</p> <p>Body extended in Vertical Position with the thigh of the bent leg parallel to the surface of the water.</p>		
<p>d) Bent Knee Surface Arch Position</p> <p>Lower back arched with hips, shoulders and head on a vertical line. The thigh of the bent leg is perpendicular to the surface of the water</p>		

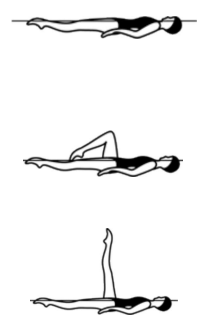


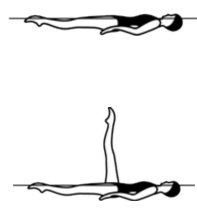
15 TUB POSITION	
<p>Legs bent and together, feet and shins at and parallel to the surface of the water with thighs perpendicular. Head in line with trunk. Face at the surface of the water.</p>	
16 SPLIT POSITION	
<p>Legs evenly split forward and back. The legs are parallel to the surface of the water. Lower back arched, with hips, shoulders and head on a vertical line. 180° angle between the extended legs (flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.</p>	
<p>a) Surface Split Position</p> <p>Legs are dry at the surface of the water.</p>	
<p>b) Airborne Split Position</p> <p>Legs are above the surface of the water</p>	
17 KNIGHT POSITION	
<p>Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. Other leg extended backward with the leg at the surface of the water and as close to horizontal as possible.</p>	
18 KNIGHT VARIANT POSITION	
<p>Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. The other leg is behind the body with the knee bent at an angle of 90° or less. The thigh and shin of the bent leg are parallel to the surface of the water.</p>	



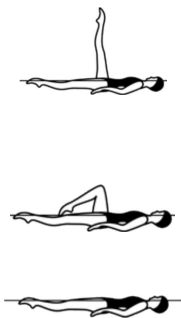
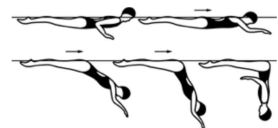


<p>19 SIDE FISHTAIL POSITION</p>	
<p>Body extended in Vertical Position with one leg extended sideways with the foot at the surface of the water regardless of the height of the hips</p>	

29.1.2 Basic Movements (BM)


<p>1 TO ASSUME A BALLETT LEG / A BALLETT LEG IS ASSUMED</p>	
<p>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.</p>	

<p>1B TO ASSUME A STRAIGHT BALLETT LEG / A STRAIGHT BALLETT LEG IS ASSUMED</p>	
<p>From a Back Layout Position one leg is raised straight to a Ballet Leg Position.</p>	

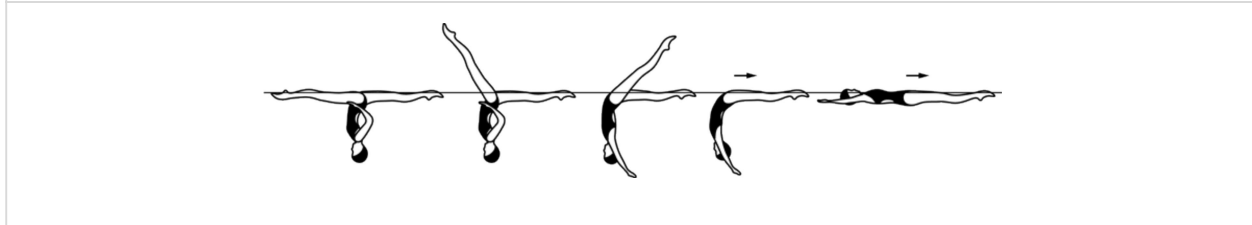


<p>2 TO LOWER A BALLET LEG /THE BALLET LEG IS LOWERED</p>	
<p>From a Ballet Leg Position the ballet leg is bent without movement of the thigh to a Bent Knee Back Layout Position. The toe moves along the inside of the extended leg until a Back Layout Position is assumed.</p>	
<p>3 TO ASSUME A FRONT PIKE POSITION / A FRONT PIKE POSITION IS ASSUMED</p>	
<p>From a Front Layout Position with the face in the water the trunk moves downward to assume a Front Pike Position. The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action</p>	
<p>4 TO ASSUME A SUBMERGED BALLET LEG DOUBLE POSITION FROM A FRONT PIKE POSITION/A SUBMERGED BALLET LEG DOUBLE POSITION IS ASSUMED</p>	
<p>While maintaining a Front Pike Position the body somersaults forward around a lateral axis as the buttocks, legs and feet move downward. The hips replace the head to assume a Submerged Ballet Leg Double Position.</p>	
<p>5 ARCH TO BACK LAYOUT POSITION</p>	
<p>From a Surface Arch Position the hips, chest and face surface sequentially at the same point with foot first movement to a Back Layout Position until the head occupies the position of the hips at the beginning of this action.</p>	

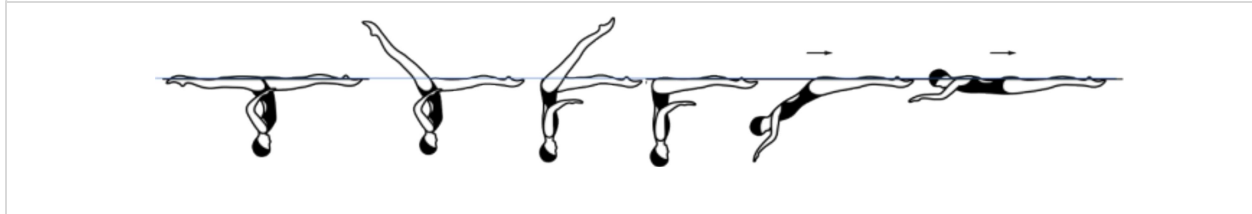


6 WALKOUTS	
<p>These movements start in a Split Position unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface of the water to meet the opposite leg.</p>	

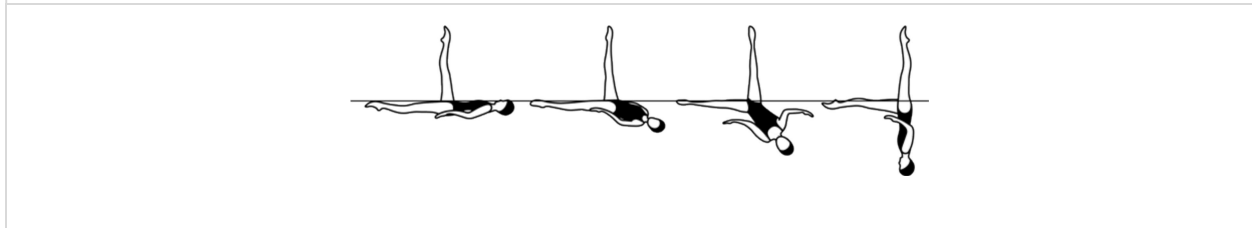
a) Walkout Front	
<p>The front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a Surface Arch Position and with continuous movement an <i>Arch to Back Layout Finish Action</i> is executed.</p>	



b) Walkout Back	
<p>The back leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a Front Pike Position and with continuous movement the body straightens to a Front Layout Position. The head surfaces at the position occupied by the hips at the beginning of this action.</p>	

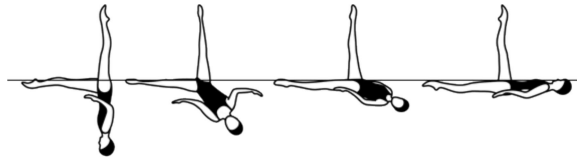


7 CATALINA ROTATION	
<p>From a Ballet Leg Position a rotation of the body is initiated. The head, shoulders and trunk begin the rotation at the surface of the water while descending without lateral movement to a Fishtail Position. The vertical leg remains perpendicular to the surface of the water while the foot of the horizontal leg remains at the surface of the water throughout the rotation. Unless otherwise specified, <i>Catalina Rotation</i> starts from a Ballet Leg Position.</p>	




8 CATALINA REVERSE ROTATION

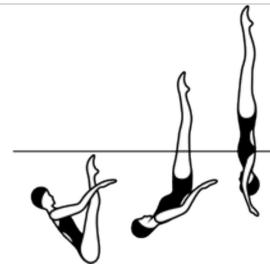
From a **Fishtail Position** the hips rotate as the trunk rises without lateral movement to assume a **Ballet Leg Position**. The vertical leg remains perpendicular to the surface of the water while the foot of the horizontal leg remains at the surface of the water throughout the rotation.


9 THRUST

From a Submerged Back Pike Position with the legs perpendicular to the surface of the water a vertical upward movement of the legs and hips is rapidly executed as the body unrolls to assume a Vertical Position. Maximum height desirable.

THRUST ALLOWANCE

Deviation allowances for the Thrust action are unique and allow for the legs to be up to an additional 15 degrees off the vertical line.

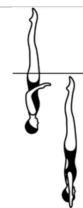


Deductions are as follows:

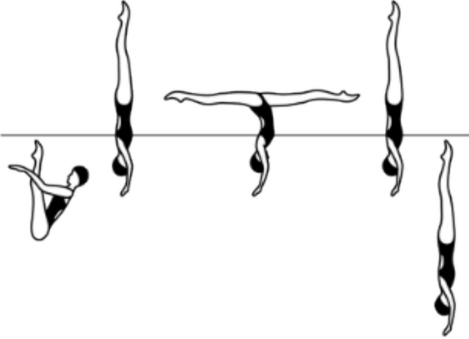
	Angle Deviation	Deduction Amount	
Small Deviation	0 – 15 degrees	0.2	
Medium Deviation	16 – 30 degrees	0.5	
Large Deviation	31 degrees or more	1.0	

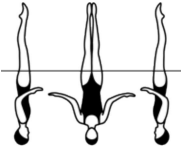
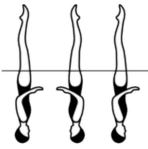
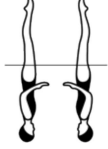
10 VERTICAL DESCENT

Maintaining a **Vertical Position** the body descends along its longitudinal axis until the toes are submerged.





11	ROCKET SPLIT
<p>A <i>Thrust</i> is executed to a Vertical Position. Maintaining maximum height the legs are split simultaneously and rapidly to assume an Airborne Split Position and rejoin to a Vertical Position, followed by a <i>Vertical Descent</i>. The <i>Vertical Descent</i> is executed at the same tempo as the <i>Thrust</i>.</p>	
	

12 TWISTS		
<p>A <i>Twist</i> is a rotation at a sustained height. The body remains on its longitudinal axis throughout the rotation. Unless otherwise specified when performed in a Vertical Position a <i>Twist</i> is completed with a <i>Vertical Descent</i>.</p>		
<p>a) Half Twist: a <i>Twist</i> of 180°</p>	<p>b) Full Twist: a <i>Twist</i> of 360°</p>	<p>c) A Twirl: a rapid <i>Twist</i> of 180°</p>
		
<p><u>Twist Allowance</u></p> <p>The acceptable allowance for <i>Twist</i> rotations (<i>Half Twist</i>, <i>Full Twist</i> and <i>Twirl</i>) is up to ¼ less than/more than the required rotation.</p>		

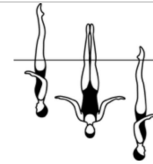

13 SPINS

A *Spin* is a rotation in a **Vertical Position**. The body remains on its longitudinal axis throughout the rotation. Unless otherwise specified *Spins* are executed in uniform motion and are completed with a *Vertical Descent* executed at the same tempo as the *Spin*.

A *descending Spin* must start at the height of the vertical and be completed as the ankle(s) reach(es) the surface of the water. Unless otherwise specified a *descending Spin* is completed with a *Vertical Descent* which is executed at the same tempo as the *Spin*.

d) 180° Spin/Spinning 180°:

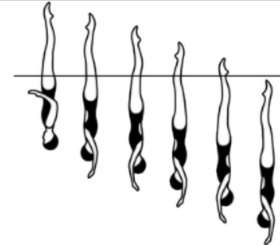
a descending Spin with a rotation of 180°


e) 360° Spin/Spinning 360°:

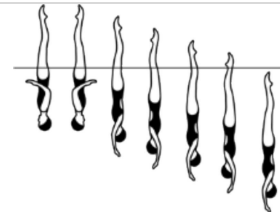
a descending Spin with a rotation of 360°.


f) Continuous Spin:

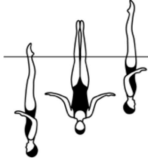
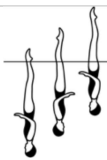
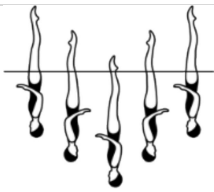
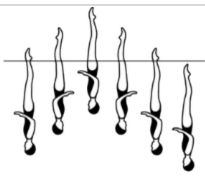
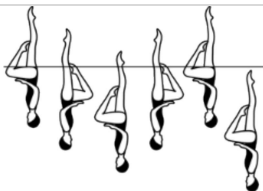
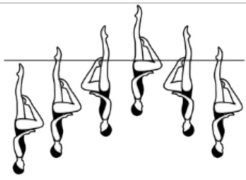
a descending Spin with a rapid rotation of:
720° (2), 1080° (3), or 1440° (4) which is completed as the ankles reach the surface of the water and continues through submergence.
Continuous Spin 720° shown →


g) Twist Spin:

a Half Twist is executed and without a pause is followed by a Continuous Spin of 720° (2) performed in the same direction as the *Half Twist*.





13 SPINS (cont.)	
<p>An <i>ascending Spin</i> begins with the water level at the ankles unless otherwise specified. A vertical upward <i>Spin</i> is executed until a water level is established between the knees and hips. An <i>ascending Spin</i> is finished with a <i>Vertical Descent</i>.</p>	
<p>h) Spin Up 180°: an ascending Spin with a rotation of 180°</p>	
<p>i) Spin Up 360°: an ascending Spin with a rotation of 360°.</p>	
<p>j) Combined Spin: a <i>descending Spin</i> of at least 360° followed without a pause by an equal <i>ascending Spin</i> in the same direction. The <i>ascending Spin</i> reaches the same height where the <i>descending Spin</i> started.</p>	
<p>k) Reverse Combined Spin: an <i>ascending Spin</i> of at least 360° followed without a pause by an equal <i>descending Spin</i> in the same direction.</p>	
<p>l) Bent Knee Combined Spin: a <i>descending Spin</i> in a Bent Knee Vertical Position of at least 360° followed without a pause by an equal <i>ascending Spin</i> in the same direction in a Bent Knee Vertical Position. The <i>ascending Spin</i> reaches the same height where the <i>descending Spin</i> started.</p>	
<p>m) Reverse Bent Knee Combined Spin: an <i>ascending Spin</i> in a Bent Knee Vertical Position of at least 360° followed without a pause by an equal <i>descending Spin</i> in the same direction in a Bent Knee Vertical Position.</p>	

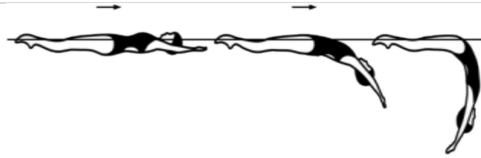

Spin Allowance

The acceptable allowance for a *Continuous Spin* is up to 180° less than/more than the required rotation.

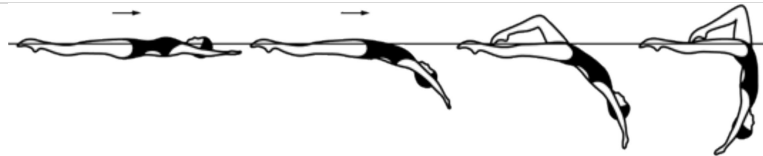
The acceptable allowance for other *Spins* (*180° Spin, 360° Spin, 720° Spin, Twist Spin, Spin Up 180°, Spin Up 360°*) is up to ¼ less than/more than the required rotation

14. TO ASSUME A SURFACE ARCH POSITION / A SURFACE ARCH POSITION IS ASSUMED

From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Surface Arch Position** with the hips occupying the position of the head at the beginning of this action


15 TO ASSUME A BENT KNEE SURFACE ARCH POSITION / A BENT KNEE SURFACE ARCH POSITION IS ASSUMED

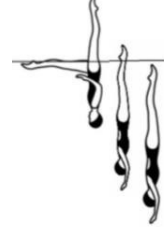
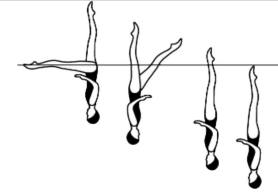
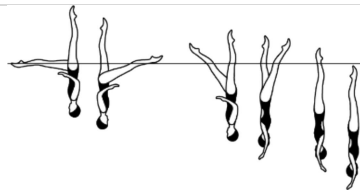
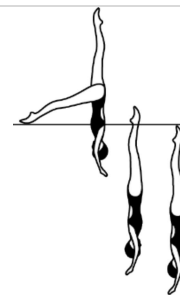
From a **Back Layout Position** with the head leading, the head, hips and feet move along the surface of the water. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Bent Knee Surface Arch Position** with the hips occupying the position of the head at the beginning of this action



16 ARIANA ROTATION

From a **Split Position** maintaining the relative position of the legs to the surface of the water the hips rotate 180°.





17 HELICOPTER ROTATION	
<p>From a Fishtail Position the horizontal leg is lifted while closing into the vertical leg to assume a Vertical Position during a descending rotation and is completed as the ankles reach the surface of the water</p>	
<p>a) Spinning 180°: A descending Spin with a rotation of 180° completed with a Vertical Descent.</p>	
<p>b) Spinning 360°: A descending Spin with a rotation of 360° completed with a Vertical Descent.</p>	
<p>c) Continuous Spin 720°: A descending Spin with a rapid rotation of: 720° (2), completed as the ankles reach the surface of the water and continues through submergence.</p>	
<p>d) Rapid Airborne Spinning 180°: From an airborne Fishtail Position the horizontal leg is rapidly lifted while closing into the vertical leg to Vertical Position during a rapid descending Spin with a rotation of 180° and is completed as the ankles reach the surface of the water followed by a rapid Vertical Descent.</p>	

18 FOUETTÉ ROTATION	
<p>From a Fishtail Position with the horizontal leg leading toward the vertical leg a rapid 180° rotation is executed as the front leg bends to assume a Bent Knee Vertical Position. The bent leg rapidly extends to a Fishtail Position.</p>	
	






29.1.3 12 and under Figures

Group & Figure #	Figure Name	DD
Compulsory		
106	Straight Ballet Leg	1.6
301	Barracuda	1.8
Optional Groups		
Group 1		
359	Front Ariana	2.2
348	Tower	1.9
Group 2		
363	Water Drop	1.8
401	Swordfish	2.1
Group 3		
311	Kip	1.6
227d	Swanita Spinning 180°	1.9

29.1.3.1 Compulsory:
106 – Straight Ballet leg / DD-1.6

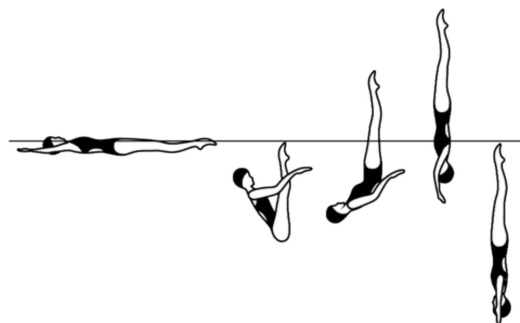
A straight *Ballet Leg* is Assumed. The *Ballet Leg* is lowered.







				Total
NVT=	18.5	11.0	10.5	40
PV =	4.63	2.75	2.63	10

301 – Barracuda / DD - 1.8

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 of the water. A Thrust is executed to a **Vertical Position**. A Vertical Descent is executed at the same tempo as the Thrust.











				Total
NVT=	7.0	31.0	13.0	51
PV =	1.37	6.08	2.55	10

29.1.3.2 Optional Groups
29.1.3.2.1 Group 1
359 – Front Ariana / DD - 2.2

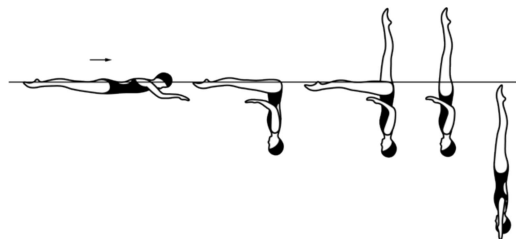
From a Front Layout Position a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface of the water to a Split Position. Maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed. A *Walkout Front* is executed.








						Total
NVT=	6.0	20.0	17.0	23.0	7.0	73
PV =	0.82	2.74	2.33	3.15	0.96	10

348 – Tower / DD - 1.9

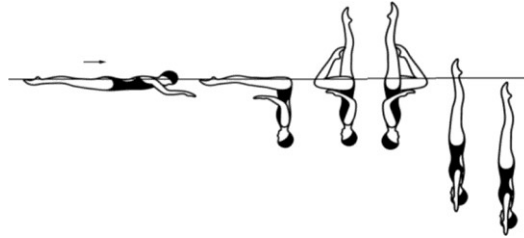
From a **Front Layout Position** a Front Pike Position is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A Vertical Descent is executed.









					Total
NVT=	6.0	14.5	20.5	14.0	55
PV =	1.09	2.64	3.73	2.55	10


29.1.3.2.2 Group 2
363 – Water Drop / DD - 1.8

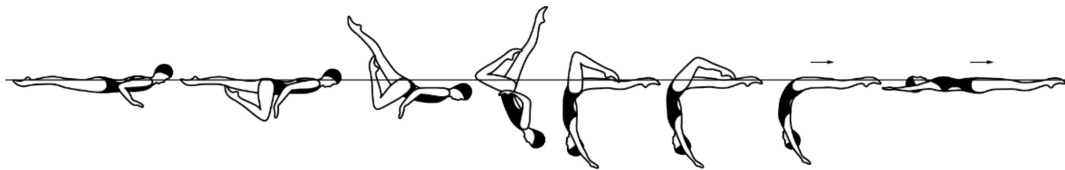
From a **Front Layout Position** a *Front Pike Position* is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. A *180° Spin* is executed in the same direction as the bent leg is extended to a **Vertical Position** and completed as the ankles reach the surface of the water. A *Vertical Descent* is executed.








						Total
NVT=	6.0	15.0	15.0	13.0	0	49
PV =	1.22	3.06	3.06	2.65	0	10

401 – Swordfish / DD - 2.1

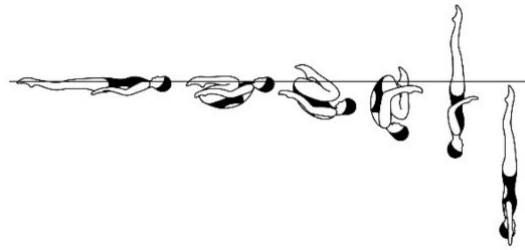
From a **Front Layout Position** a **Bent Knee Front Layout Position** is assumed. The back arches more as the extended leg is lifted in a 180° arc over the surface of the water to assume a **Bent Knee Surface Arch Position**. The bent leg is straightened to assume a **Surface Arch Position**. With continuous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








					Total
NVT=	4.0	47.0	11.5	7.0	69.5
PV =	0.58	6.76	1.65	1.01	10


29.1.3.2.3 Group 3
311 – Kip / DD - 1.6

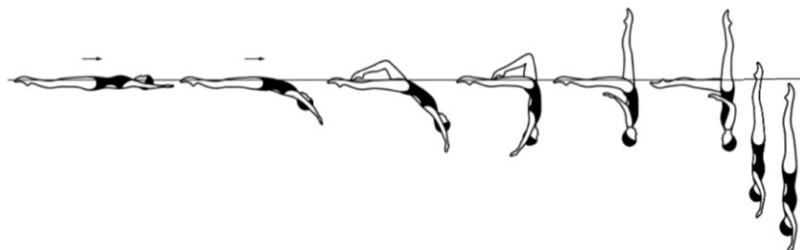
From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk 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 shins. A *Vertical Descent* is executed.









					Total
NVT=	3.0	2.0	23.0	14.0	42
PV =	0.71	0.48	5.48	3.33	10

227d – Swanita Spinning 180° / DD - 1.9

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.



						Total
NVT=	17.5	14.0	14.0	12.5	0	58
PV =	3.02	2.41	2.41	2.16	0	10



29.1.4 Youth Figures / 13-15 Figures

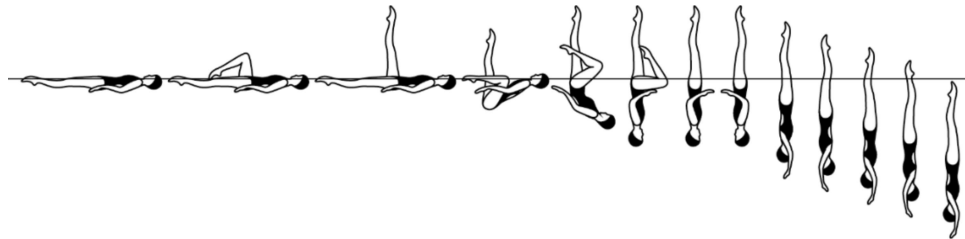
Group & Figure #	Figure Name	DD
Section A		
Group 1		
140g	Flamingo Bent Knee, Twist Spin	2.9
437	Cyclone, Open 180°	2.6
Group 2		
308h	Barracuda Airborne Split Spin Up 180°	2.9
407	Swordfish Straight Leg Ariana Rotation	2.6
Section B		
Group 3		
356f	Whip Continuous Spin 720°	3.0
441	Saturn	2.5
Group 4		
352	Venus	3.0
240i	Albatross Spin up 360°	2.5
Section C		
Group 5		
144	Rio Straight Leg	3.1
421	Walkover Back Closing 360°	2.4
Group 6		
440d	Ipanema Spinning 180°	3.1
311j	Kip Combined Spin	2.4









29.1.4.1 Section A

29.1.4.1.1 Group 1

140g – Flamingo Bent Knee, Twist Spin / DD - 2.9

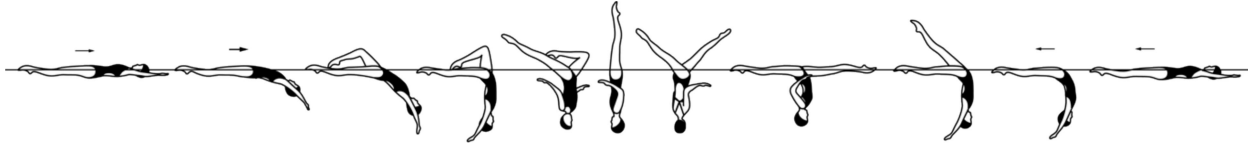
A *Ballet Leg* is assumed. The shin of the horizontal leg is drawn along the surface of the water to assume a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent leg is extended to a **Vertical Position**. A Twist Spin is executed.









								Total
NVT=	10.5	11.0	7.5	20.0	16.5	48.0		113.5
PV =	0.93	0.97	0.66	1.76	1.45	4.23		10


437 – Cyclone, Open 180° / DD - 2.6

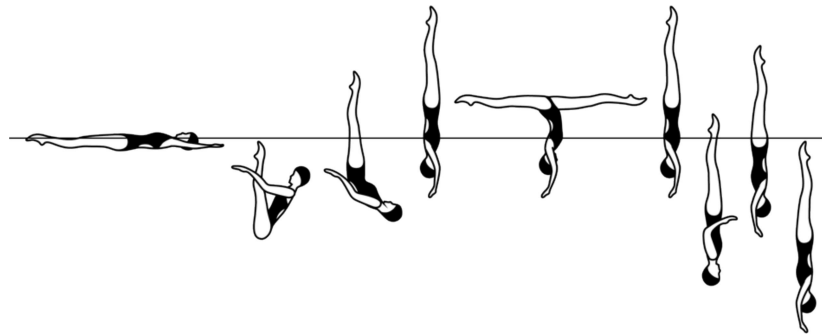
From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The legs are simultaneously lifted to a **Vertical Position** as a *Twirl* is executed. Continuing in the same direction the legs are opened symmetrically to a **Split Position** as a 180° rotation is executed. A *Walkout Front* is executed.











						Total
NVT=	17.5	29.0	20.0	23.0	7.0	96.5
PV =	1.81	3.01	2.07	2.38	0.73	10

29.1.4.1.2 Group 2
308h – Barracuda Airborne Split, Spin Up 180° / DD - 2.9

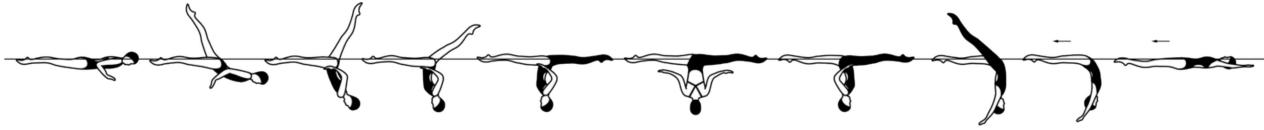
From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. All remaining movements are performed rapidly. A *Rocket Split* is executed. A *Vertical Descent* is executed and is completed as the ankles reach the surface of the water. A *Spin Up 180°* is executed. A *Vertical Descent* is executed.







								Total
NVT=	7.0	31.0	17.0	13.0	13.0	20.0	13.0	114
PV =	0.61	2.72	1.49	1.14	1.14	1.75	1.14	10


407 – Swordfish Straight Leg Ariana Rotation / DD - 2.6

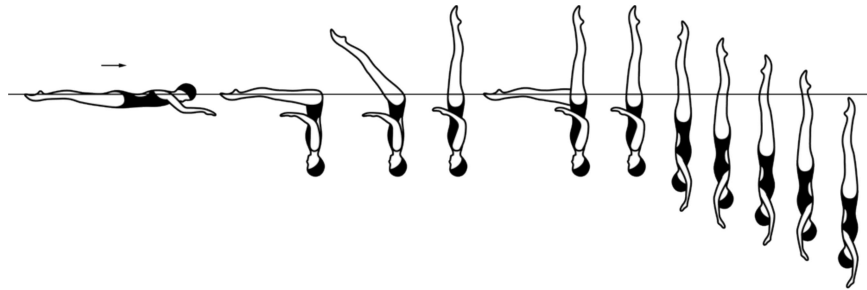
From a **Front Layout Position** the back arches as one leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water an *Ariana Rotation* is performed. A *Walkout Front* is executed.




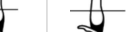




					Total
NVT=	48.0	17.0	23.0	7.0	95
PV =	5.05	1.79	2.42	0.74	10

29.1.4.2 Section B
29.1.4.2.1 Group 3
356f - Whip Continuous Spin 720° DD - 3.0

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 *Continuous Spin 720°* is executed.

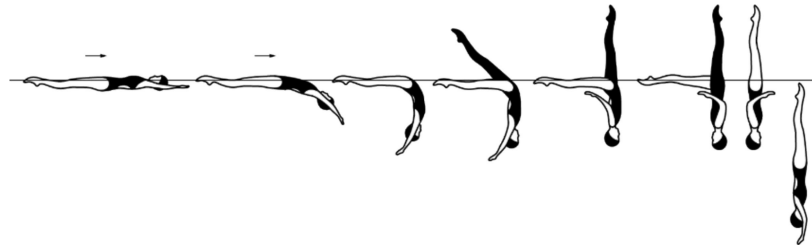




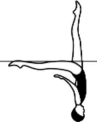
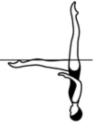
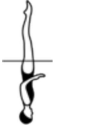

							Total
NVT=	6.0	33.0	22.5	20.5	34.0	0	116
PV =	0.52	2.84	1.94	1.77	2.93	0	10



441 – Saturn / DD - 2.5

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.

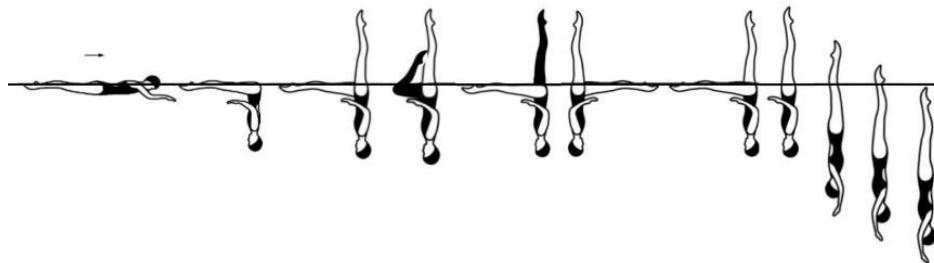





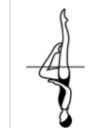


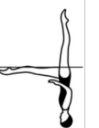
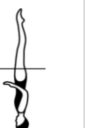



						Total
NVT=	12.0	23.5	14.0	23.5	14.0	87
PV =	1.38	2.70	1.61	2.70	1.61	10

29.1.4.2.2 Group 4

352 – Venus / DD - 3.0

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**. A rotation of 360° is executed in the **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position**. A *360° Spin* is executed.

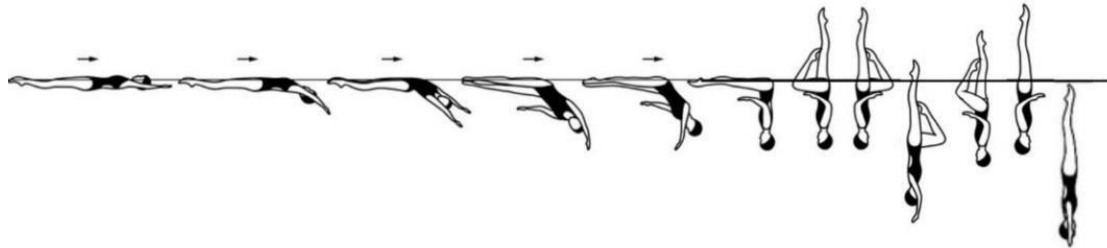









											Total
NVT=	6.0	12.5	12.5	18.5	24.0	20.5	23.0	0	117		
PV =	0.51	1.07	1.07	1.58	2.05	1.75	1.97	0	10		



240i – Albatross Spin Up 360° / DD - 2.5

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.



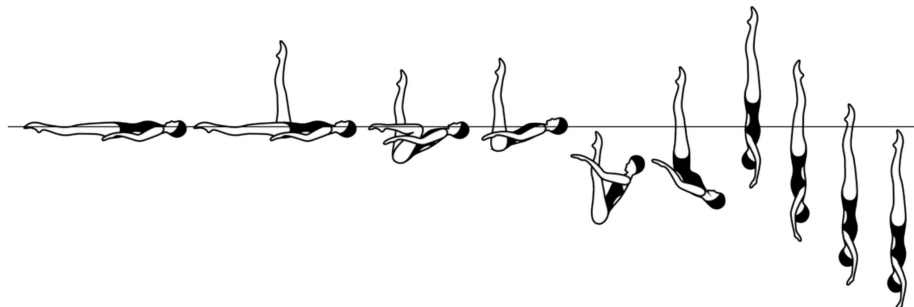
							Total
NVT=	15.0	15.0	15.0	10.0	18.5	14.0	87.5
PV =	1.71	1.71	1.71	1.14	2.11	1.60	10

29.1.4.3 Section C









29.1.4.3.1 Group 5

144 – Rio Straight Leg / DD - 3.1

A **Straight Ballet Leg** is assumed. The knee, shin and toes of the horizontal leg are drawn along the surface of the water to assume a **Surface Flamingo Position**. The bent leg is straightened to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface of the water. A **Thrust** is executed to a **Vertical Position**. A Spinning 360° is executed at the same tempo as the **Thrust**.

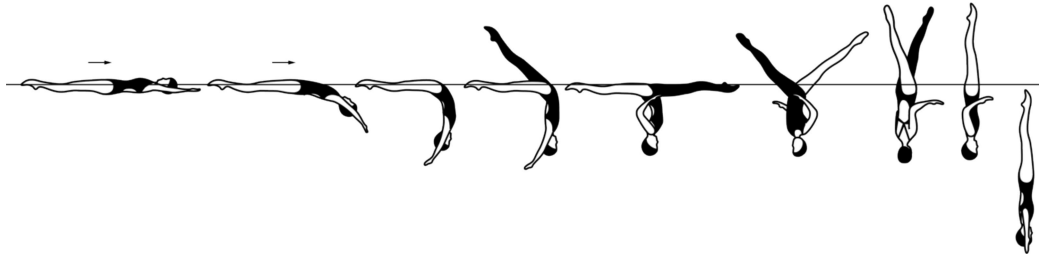









								Total
NVT=	18.5	7.5	13.0	12.0	31.0	39.0	0	121
PV =	1.53	0.62	1.07	0.99	2.56	3.22	0	10

421 – Walkover Back Closing 360° / DD 2.4

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.

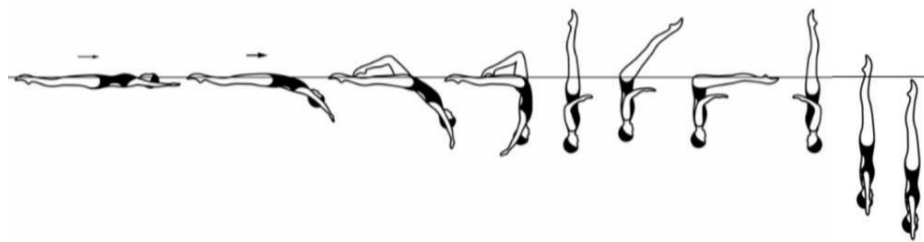


					Total
NVT=	12.0	29.0	27.0	14.0	82
PV =	1.46	3.54	3.29	1.71	10






29.1.4.3.2 Group 6

440d – Ipanema Spinning 180° / DD - 3.1

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The horizontal leg is lifted to vertical as the bent leg is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs are lifted to a **Vertical Position**. Continuing in the same direction a rapid 180° *Spin* is executed.

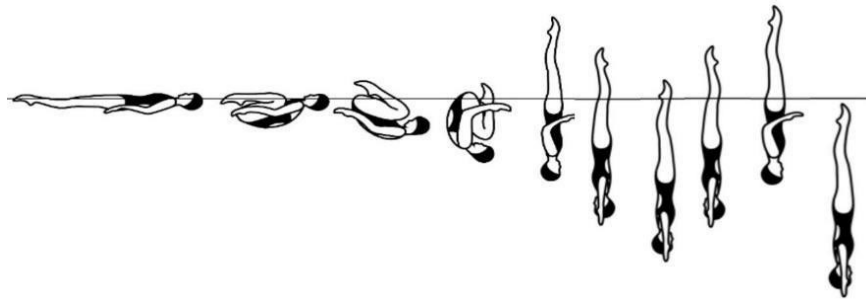











							Total
NVT=	17.5	21.0	33.0	33.0	16.0	0	120.5
PV=	1.42	1.70	2.67	2.67	1.54	0	10

311j – Kip Combined Spin (360° + 360°) / DD - 2.4

From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact and a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. 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 rapid *Combined Spin* (360° + 360°) is executed followed by a rapid *Vertical Descent*.



							Total
NVT=	3.0	2.0	23.0	40.0	14.0		82
PV=	0.37	0.24	2.80	4.88	1.71		10

29.2 Appendix 2 Technical Routines
29.2.1 General Requirements

In Olympic Games, Olympic Games Qualifier, Artistic Swimming World Cup, World Aquatics Artistic Swimming Championships and World Aquatics Junior Artistic Swimming Championships and other World Aquatics competitions as designated, Required Elements are used.

Unless otherwise specified in the description:

All required elements must be executed according to the requirements described in the World Aquatics AS Manual for Judges, Coaches and Referees.

If 1 or more competitors omits all or part of an element or performs an incorrect action in an element, refer to 2022-2025 World Aquatics Competition Regulations for penalties regarding incorrect or omitted actions.

Required Elements #1 - #5 can be performed in any order.



Required Elements #1 - #5 - 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. This form must be submitted prior to the Competition/Event.

Additional hybrids and the degrees of difficulty for each hybrid selected, and the order to be performed, must be declared and submitted on the Coach Card for the Technical Routine. This form must be submitted prior to the Competition/Event.

With the exception of Deck Work, Entry, Hybrid Connected action (Mixed Duet), Acrobatic movement (Team), Pair Acrobatics (Duet and Mixed Duet), Cadence action (Team) and Circle Pattern (Team), Required and Free Elements and Transitions are to be performed simultaneously and facing same direction by all duet or team members.

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

Time limits – refer to VII.14

Recommendation for all Technical Routines:

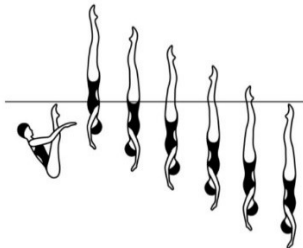
It is strongly recommended for clarity of judgment that Required Elements #1 - #5 are separated by other content.

29.2.2 Solo Required Elements

Element 1

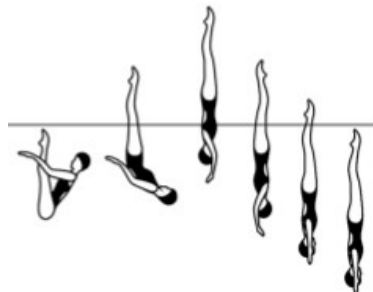
1A – Thrust Continuous Spin 720° / DD - 2.7

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust Continuous Spin* 720° (2 rotations) is executed.



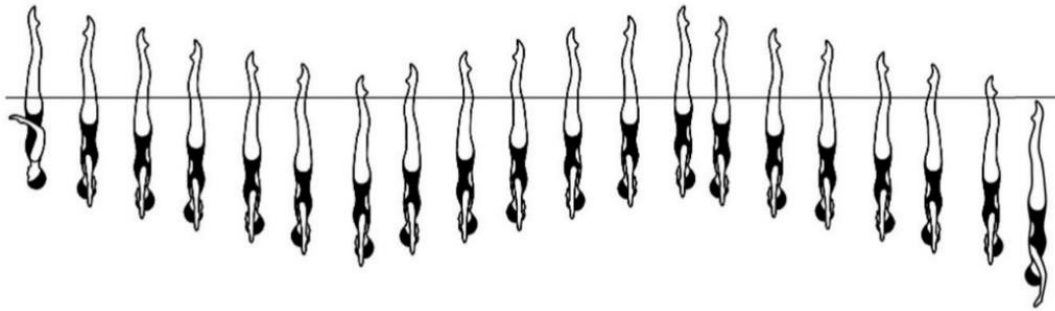
1B – Thrust Spinning 360° / DD - 2.1

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust Spinning* 360° (1 rotation) is executed.

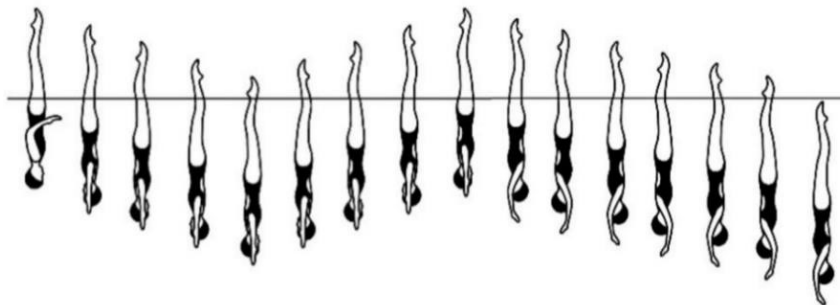



Element 2
2A – Combined Spin 1080° – Continuous Spin 1080° / DD - 3.0

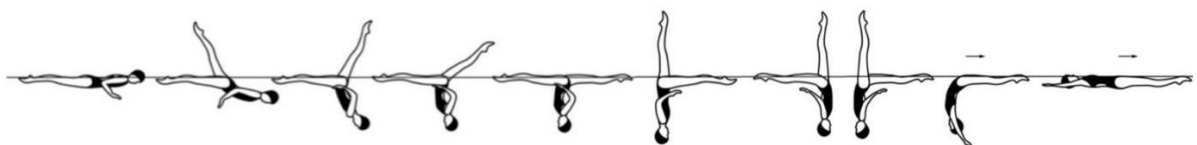
From a **Vertical Position** a *Combined Spin of 1080°* is executed (3 rotations + 3 rotations). Continuing in the same direction and without a pause a *Continuous Spin 1080°* (3 rotations) is executed.


2B – Combined Spin 720° – Continuous Spin 1080° / DD - 2.7

From a **Vertical Position** a *Combined Spin of 720°* is executed (2 rotations + 2 rotations). Continuing in the same direction and without a pause a *Continuous Spin 1080°* (3 rotations) is executed.

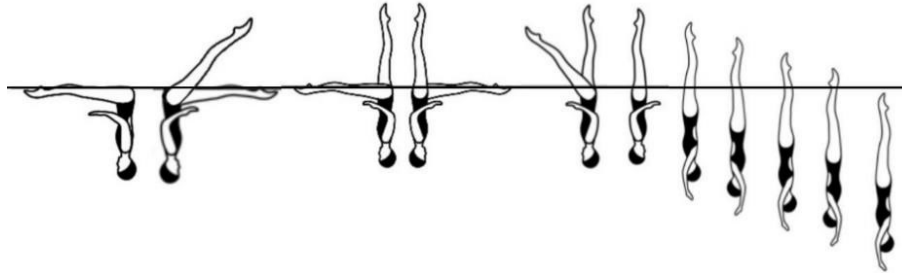

Element 3
3 – Swordfish Straight Leg – Knight / DD - 3.2

From a **Front Layout Position**, the back arches as one leg is lifted in a 180° arc over the surface to a **Split Position**. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a **Fishtail Position**. Maintaining the vertical alignment of the body and with accelerating speed, the foot of the horizontal leg is moved in a horizontal arc of 180° at the surface to a **Knight Position** and with continuous motion and continuing in the same direction an additional 180° rotation is executed. The vertical leg is lowered to a **Surface Arch Position** and with continuous motion an Arch to *Back Layout Finish Action* is executed.

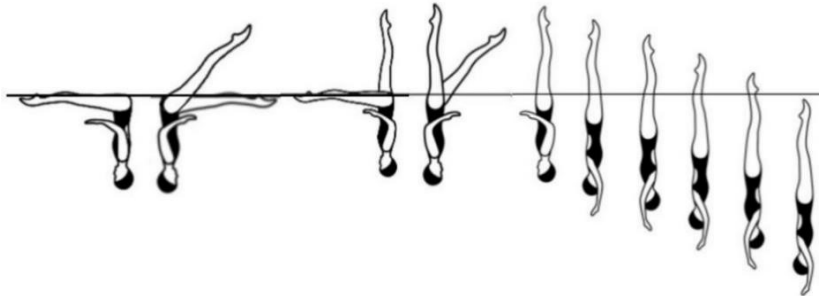



Element 4
4A – Fishtail Half Twist – Continuous Spin 720° / DD – 2.9

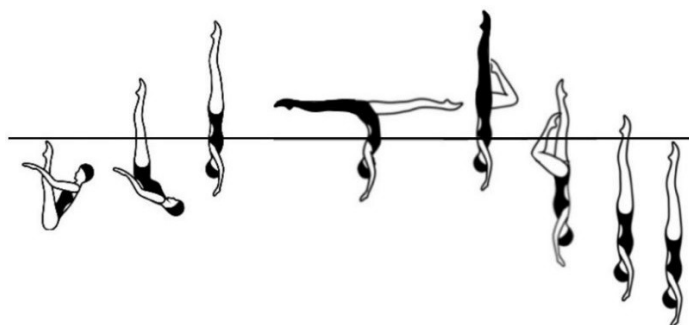
From a **Front Pike Position**, a rotation of 360° is executed as one leg is lifted to a **Fishtail Position**. Continuing in the same direction a *Half Twist* in a **Fishtail Position** is executed. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction, a *Continuous Spin of 720°* (2 rotations) is executed.


4B – Fishtail – Continuous Spin 720° / DD – 2.6

From a **Front Pike Position**, a rotation of 360° is executed as one leg is lifted to a **Fishtail Position**. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 720°* (2 rotations) is executed.


Element 5
5A – Rocket Split Bent Knee Joining 360° / DD – 2.4

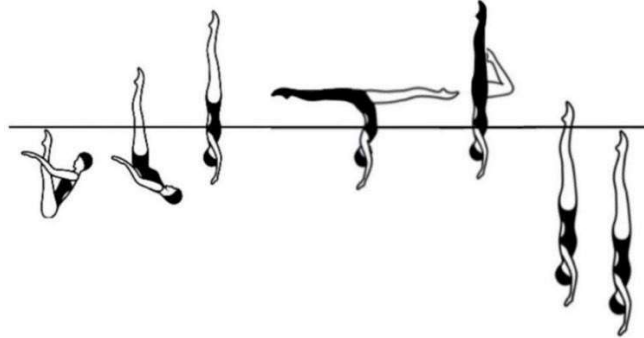
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. The back leg is rapidly lifted to vertical and the front leg bends to assume a **Bent Knee Vertical Position**. A rapid *360° Spin* is executed as the bent knee is extended to a **Vertical Position** completed as the ankles reach the surface of the water followed by a *Vertical Descent* at the same tempo as the *Thrust*.





5B – Rocket Split Bent Knee / DD - 2.1

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. The back leg is rapidly lifted to vertical and the forward leg bends to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed with the bent knee extended to a **Vertical Position** completed as the ankles reach the surface of the water, followed by a *Vertical Descent* at the same tempo as the *Thrust*.



Solo Technical Routine Additional Requirements

6 – Two (2) additional hybrids must be performed. These may be placed anywhere in the routine.

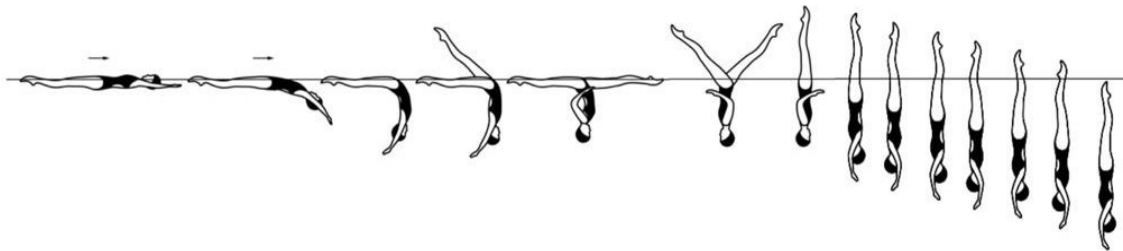
29.2.3

Duet Required Elements

Element 1

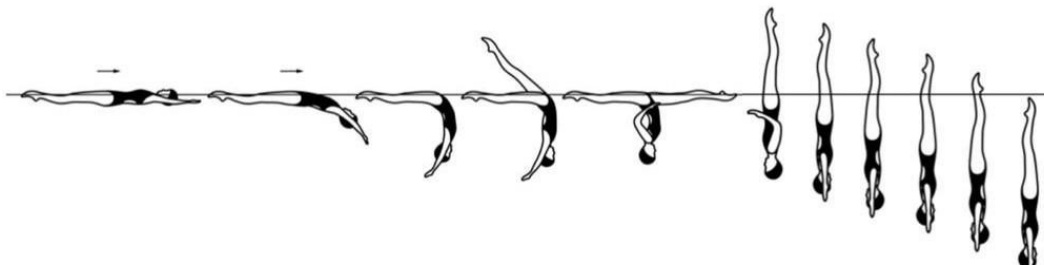
1A – Walkover Back Closing 360° – Continuous Spin 1080° / DD - 3.0

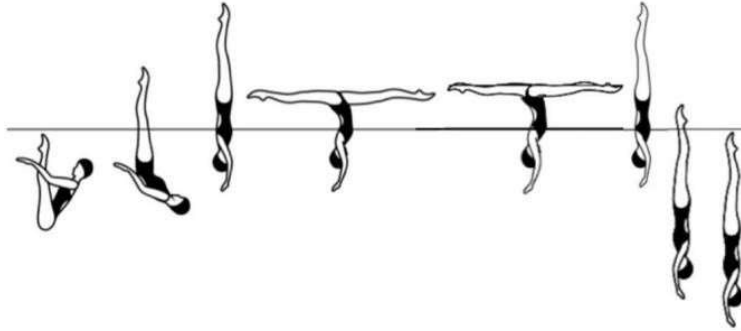
From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A rotation of 360° is executed, as the legs symmetrically close to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 1080°* (3 rotations) is executed.



1B – Walkover Back Closing 180° – Continuous Spin 720° / DD - 2.5

From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A rotation of 180° is executed, as the legs symmetrically close to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 720°* (2 rotations) is executed.

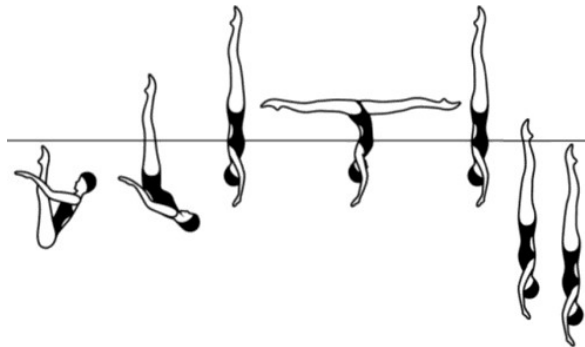



Element 2
2A – Rocket Split Alternating Legs – Spinning 180° / DD - 2.8


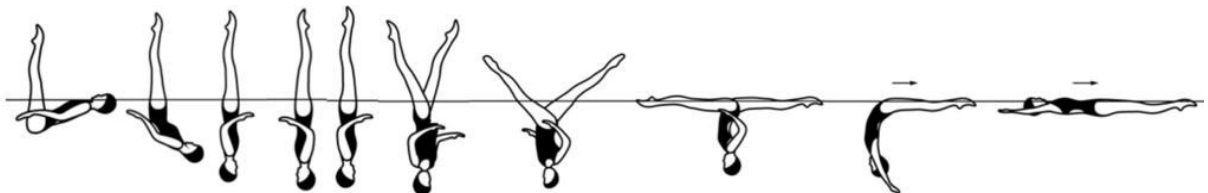
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume two alternating **Airborne Split Positions**. The legs rapidly re-join to a **Vertical Position**. A rapid *180° Spin* is executed.

2B – Rocket Split – Spinning 180° / DD - 2.4

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. The legs rapidly re-join to **Vertical Position**. A rapid *180° Spin* is executed.

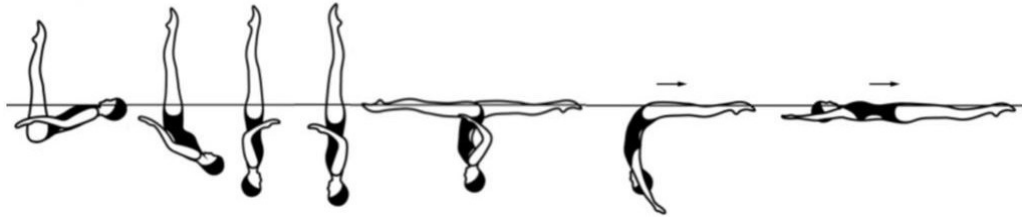

Element 3
3A – Flamingo Full Twist Hybrid / DD - 2.9

From a **Surface Ballet Leg Double Position**, maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a **Vertical Position**. A *Full Twist* is executed. Continuing in the same direction and without a pause an additional rotation of *180°* is executed as the legs are symmetrically opened to assume a **Split Position**. A *Walkout Front* is executed.

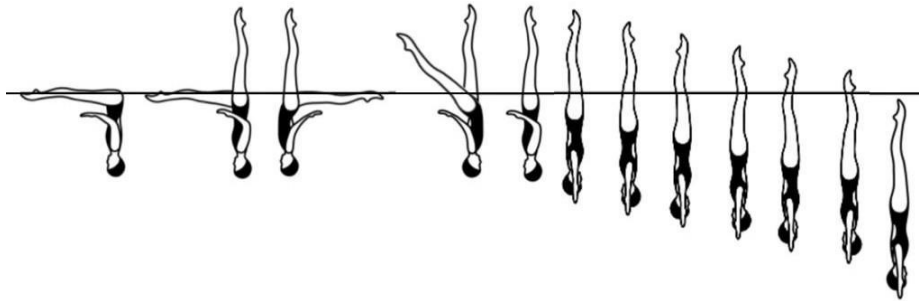



3B – Flamingo Half Twist Hybrid / DD - 2.6

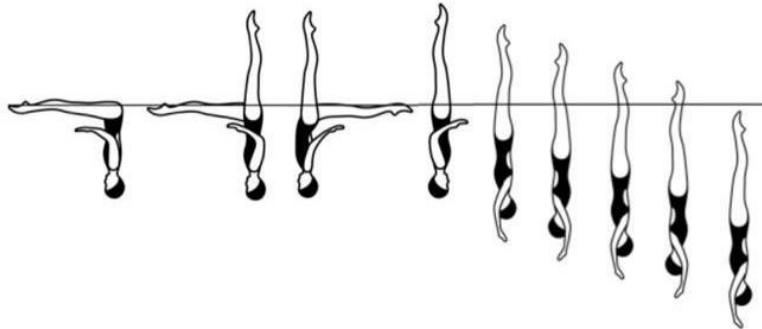
From a **Surface Ballet Leg Double Position**, maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a **Vertical Position**. A *Half Twist* is executed. Without a pause the legs open symmetrically to a **Split Position**. A *Walkout Front* is executed.


Element 4
4A – Fishtail – Knight – Continuous Spin 1080° / DD - 3.2

A - From a **Front Pike Position** one leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° to assume a **Knight Position**. A rapid *Full Twist* is executed as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a *Continuous Spin 1080° (3 rotations)* is executed.

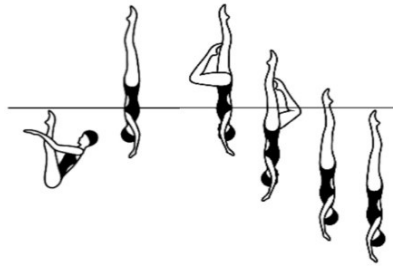

4B – Fishtail – Knight – Continuous Spin 720° / DD - 2.7

From a **Front Pike Position** one leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° to assume a **Knight Position**. A rapid *Half Twist* is executed as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a *Continuous Spin 720° (2 rotations)* is executed.

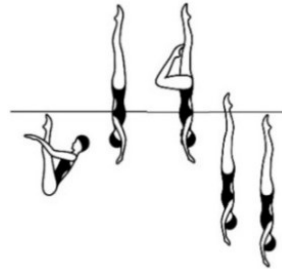



Element 5
5A – Thrust Bent Knee Twirl Spin 360° / DD - 2.3

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. One leg is lowered to a **Bent Knee Vertical Position** as a *Twirl* is executed. Continuing in the same direction and without a pause a rapid *360° Spin* is executed as the bent knee is extended to join the vertical leg in a **Vertical Position** completed as the ankles reach the surface of the water, followed by a *Vertical Descent* at the same tempo as the *Thrust*.


5B – Thrust – Bent Knee Twirl / DD 2.1

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. One leg is lowered to a **Bent Knee Vertical Position** as a *Twirl* is executed. Without a pause a *Vertical Descent* is executed as the bent knee is extended to join the vertical leg in a **Vertical Position** completed as the ankles reach the surface of the water, followed by a *Vertical Descent* at the same tempo as the *Thrust*.


DUET Technical Routine Additional Requirements.

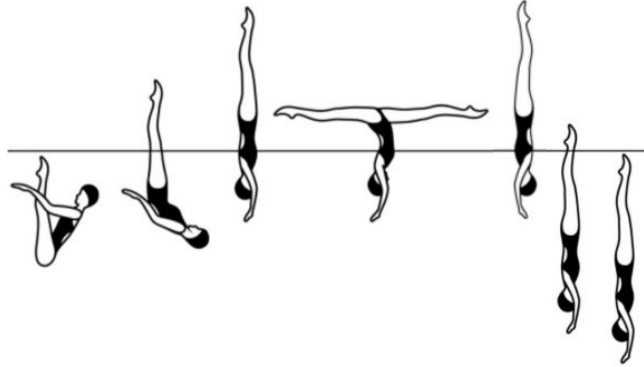
6 – Two (2) additional hybrids and one (1) Pair Acrobatics must be performed. These may be placed anywhere in the routine.

29.2.4 Mixed Duet Required Elements
Element 1
1A – Rocket Split Twirl Spin 180° / DD – 2.7

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. A *Twirl* is executed, as the legs symmetrically close to a **Vertical Position**.

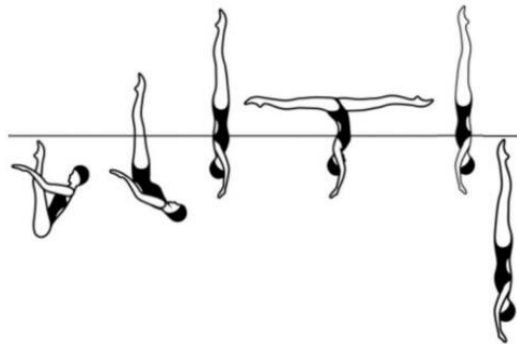


Continuing in the same direction a rapid *180° Spin* is executed.



1B – Rocket Split Twirl / DD - 2.5

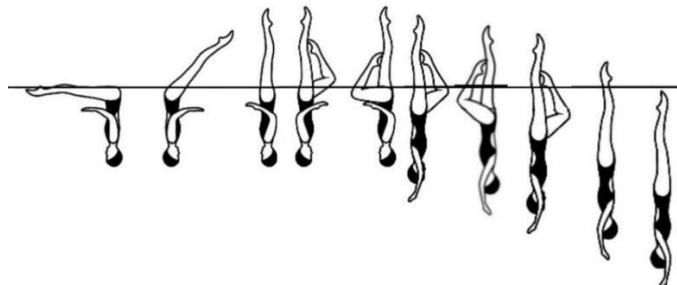
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. A *Twirl* is executed, as the legs symmetrically close to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



Element 2

2A – Front Pike – Vertical 360° Rotation – Full Twist to Bent Knee – Continuous Spin 720° / DD 2.4

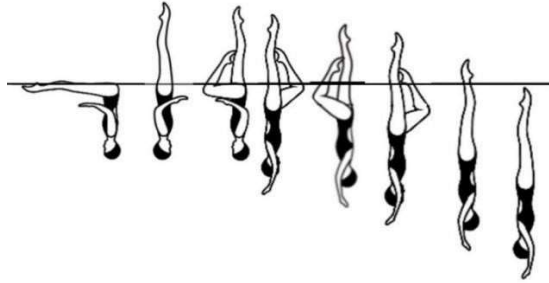
From a **Front Pike Position**, the legs are lifted to **Vertical Position** as a rotation of 360° is executed. Continuing in the same direction a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction a *Continuous Spin 720°* (2 rotations) is executed as the bent knee is extended to join the vertical leg to a **Vertical Position** completed as the ankles reach the surface of the water and continues through submergence.



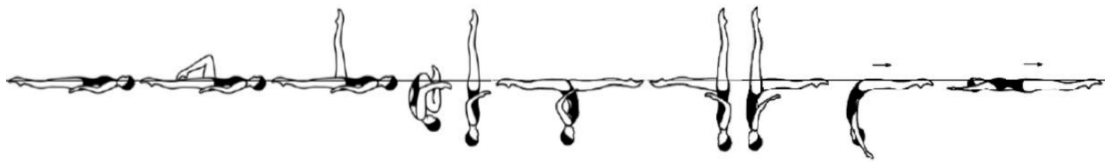
2B – Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee – Continuous Spin 720° / DD 2.2



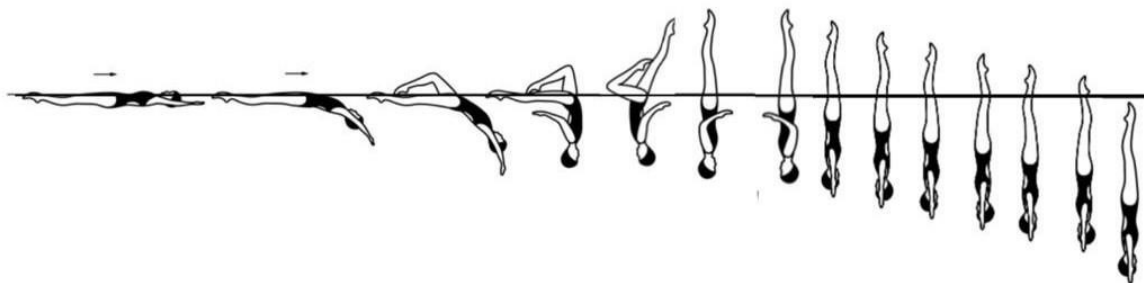
From a **Front Pike Position**, the legs are lifted to **Vertical Position** as a rotation of 180° is executed. Continuing in the same direction a *Half Twist* is executed as one leg is lowered to a Bent Knee **Vertical Position**. Continuing in the same direction a *Continuous Spin 720°* (2 rotations) is executed as the bent knee is extended to join the vertical leg to a **Vertical Position** completed as the ankles reach the surface of the water and continues through submergence.


Element 3
3 – London Hybrid / DD 3.3

A Ballet Leg is assumed followed by a partial Somersault Back Tuck as both legs are drawn into a **Tuck Position**, until the shins are perpendicular to the surface. The trunk unrolls rapidly as the legs are rapidly 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. The legs are symmetrically lowered to a **Split Position**, and without a pause a rapid hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° to assume a **Knight Position**. The vertical leg is lowered to assume a **Surface Arch Position**, and with continuous motion an *Arch to Back Layout Finish Action* is executed.

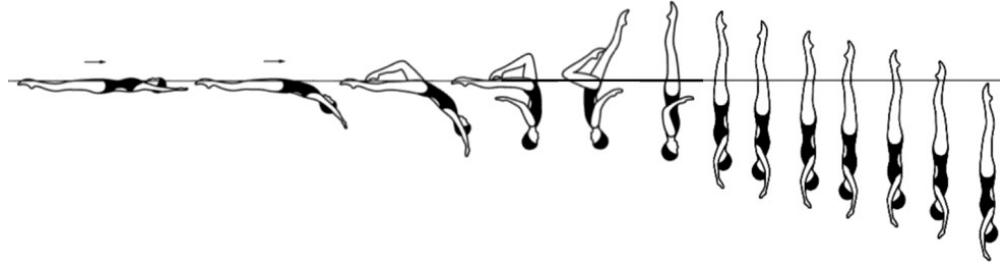
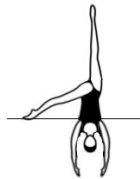

Element 4
4A – Nova Hybrid – Half Twist – Continuous Spin 1080° / DD – 3.0

From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The legs are lifted and join simultaneously to a **Vertical Position**, as a *Full Twist* is executed. Continuing in the same direction and without a pause a *Half Twist* is executed. Continuing in the same direction and without a pause a *Continuous Spin 1080°* (3 rotations) is executed.




4B – Nova Hybrid – Continuous Spin 1080° / DD - 2.6

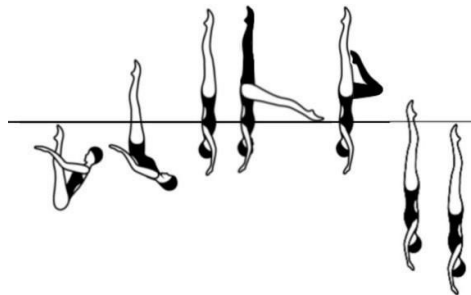
From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The legs are lifted and join simultaneously to a **Vertical Position**, as a *Full Twist* is executed. Continuing in the same direction and without a pause a *Continuous Spin 1080°* (3 rotations) is executed.


Fishtail Hybrid Airborne Position


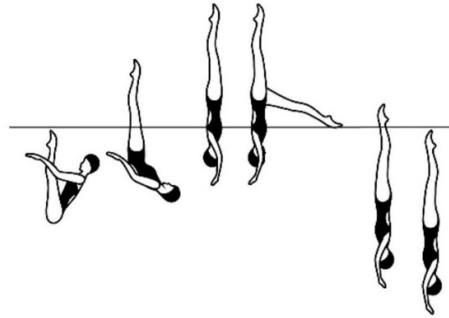
One leg is rapidly lowered to an airborne position midway between a **Side Fishtail Position** and a **Fishtail Position** with the foot of the lowered leg touching the surface of the water. Body is extended in a **Vertical Position** and hip joints must be on a horizontal line.

Element 5
5A – Thrust Fishtail Hybrid Bent Knee to Vertical Spinning 180° / DD - 2.4

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. With no loss of height, one leg is rapidly lowered to an airborne position midway between a **Side Fishtail Position** and a **Fishtail Position** with the foot of the lowered leg touching the surface of the water. The horizontal leg is rapidly lifted as the vertical leg is rapidly lowered to assume a **Bent Knee Vertical Position**. A rapid *180° Spin* is executed, as the bent knee is extended to join the vertical leg in a **Vertical Position** completed as the ankles reach the surface of the water followed by a *Vertical Descent*.


5B – Thrust Fishtail Helicopter Spinning 180° / DD - 2.1

From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. A rapid *Helicopter Rotation Spinning 180°* is executed with the horizontal leg lifted to a **Vertical Position** during the rotation and is completed as the ankles reach the surface of the water followed by a *Vertical Descent*.



Mixed Duet - Technical Routine Additional Requirements

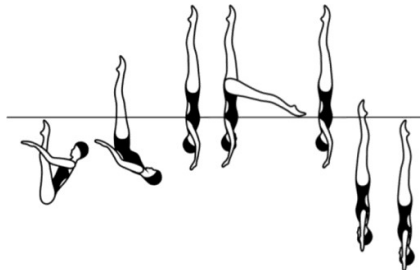
6 – Two (2) additional hybrids, one of which must include a hybrid connection, and one (1) Pair Acrobatics must be performed. These may be placed anywhere in the routine.

Mixed Duet Required Elements

Element 1

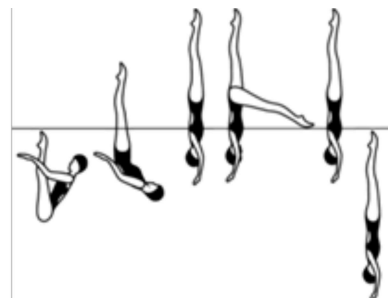
1A – Flying Fish Hybrid Spinning 180° / DD - 2.5

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause the horizontal leg is rapidly lifted to a **Vertical Position**, followed by a rapid *180° Spin*.



1B – Flying Fish Hybrid / DD - 2.3

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position**. Without a pause the horizontal leg is rapidly lifted to a **Vertical Position** followed by a *Vertical Descent*.

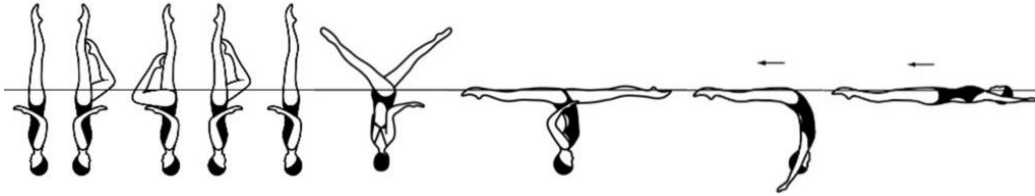


Element 2

2A – Vertical – Full Twist to Bent Knee – Full Twist to Vertical – Open 180° – Walkout / DD - 2.6



Starting in a **Vertical Position**, a *Full Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction another *Full Twist* is executed, as the bent knee is extended to a **Vertical Position**. Continuing in the same direction a *Half Twist* is executed as the legs are symmetrically lowered to a **Split Position**. A *Walkout Front* is executed.



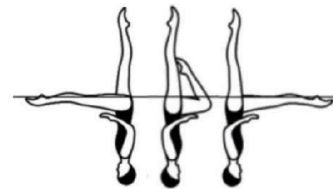
2B – Vertical – Half Twist to Bent Knee – Half Twist to Vertical – Split – Walkout / DD - 2.3

Starting in a **Vertical Position**, a *Half Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction another *Half Twist* is executed, as the bent knee is extended to a **Vertical Position**. The legs are symmetrically lowered to a **Split Position**. A *Walkout Front* is executed.



Fouetté Rotation - New movement

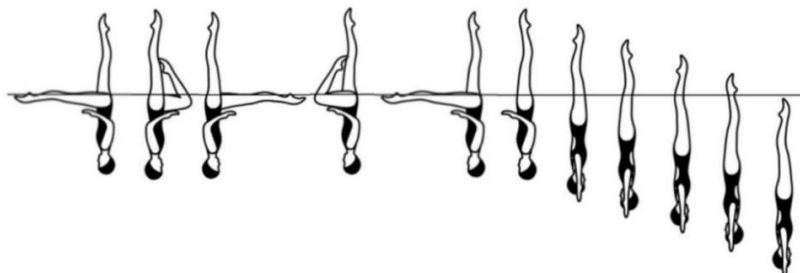
From a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a **Bent Knee Vertical Position**. The bent leg rapidly extends to a **Fishtail Position**.



Element 3

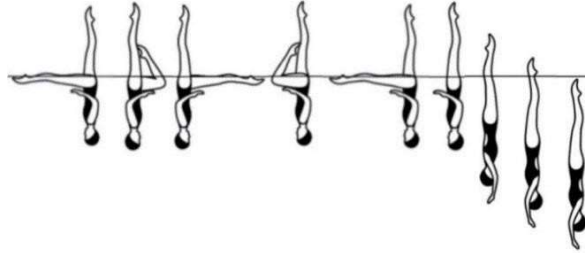
3A – Two Fouetté Rotations – Vertical – Continuous Spin 720° / DD – 2.6

From a **Fishtail Position**, 2 *Fouetté rotations* (180°+180°) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 720°* (2 rotations) is executed.

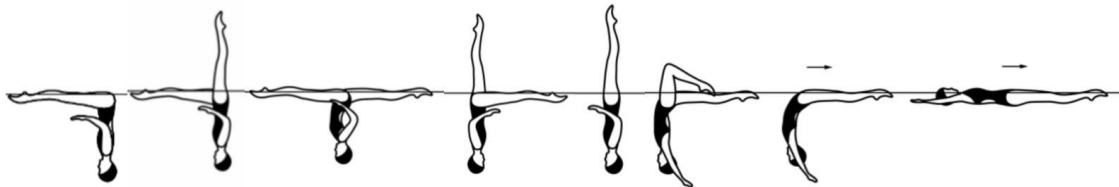



3B – Two Fouetté Rotations – Vertical – Spinning 360° / DD - 2.3

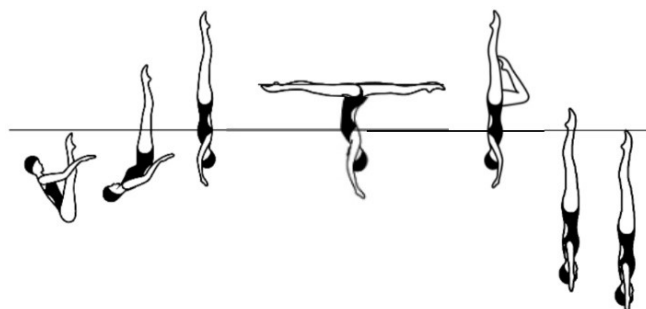
From a **Fishtail Position**, 2 *Fouetté rotations* (180°+180°) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction, a rapid *Spinning 360°* (1 rotation) is executed.


Element 4
4 – Butterfly Hybrid / DD - 2.9

The Butterfly Hybrid is to be performed rapidly. From a **Front Pike Position**, one leg is lifted to a **Fishtail Position**. The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**. Without a pause a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. Continuing in the same direction a 180° rotation is executed as the horizontal leg is lifted to a **Vertical Position**. The legs are lowered simultaneously to a **Bent Knee Surface Arch Position**. (Note: The **Bent Knee Surface Arch Position** can be assumed by using either leg). The bent knee is straightened to a **Surface Arch Position** and with continuous motion an *Arch to Back Layout Finish Action* is executed.

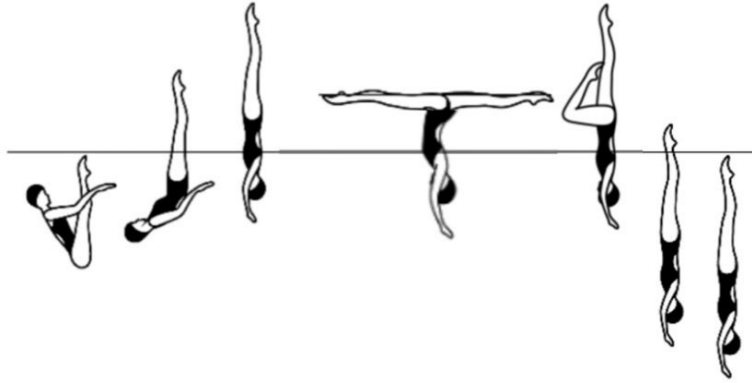

Element 5
5A – Rocket Split Bent Knee Twirl Hybrid / DD - 2.4

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a Thrust is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**, followed by a rapid rotation of 180° to assume an airborne **Bent Knee Vertical Position** with the front leg bent. A rapid *Vertical Descent* is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a *Vertical Descent*.




5B – Rocket Split Bent Knee Hybrid / DD - 2.1

From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a Thrust is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position** followed by the front leg rapidly bending and the back leg rapidly lifting to a vertical to assume an airborne **Bent Knee Vertical Position**. A *Vertical Descent* is executed as the bent knee is extended to join the vertical leg completed as the ankles reach the surface of the water followed by a *Vertical Descent*.


Team Technical Routine Additional Requirements

Three (3) additional hybrids, one of which must include a Cadence action, and one (1) acrobatic movement must be performed by all team members. These may be placed anywhere in the routine. The DD for the acrobatic movement **must not be less than 2.0 nor exceed 2.65** (in the Appendix VII)

Cadence Action: Identical movement(s) performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.

Acrobatic movements: A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions, and are mostly achieved with assistance from other swimmer(s). An acrobatic movement is considered when it starts and ends once all team members are **in** the water.

A routine may contain a maximum of one circle pattern.

The direction of propulsion may vary as long as all swimmers are facing the same direction.

Variations in propulsion and direction facing are permitted only during underwater pattern changes, underwater actions, and making and finishing a circle.


29.3 Appendix 3 - Set Numbers of Elements for Routines
(Revised 25.10.2022)

Senior/Junior	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Tech	2:00	7	Total of 5 Technical Required Elements and 2 Free Hybrids
Solo Free	2:15	7	Total of 7 Free Hybrids
Duet Tech	2:20	8	Total of 5 Technical Required Elements, 2 Free Hybrids and 1 Pair Acrobatic
Duet Free	2:45	9	Total of 7 Free Hybrids, and 2 Pair Acrobatics
Mixed Duet Tech	2:20	8	Total of 5 Technical Required Elements, 2 Free Hybrids (one which must include a hybrid connection), and 1 Pair Acrobatic
Mixed Duet Free	2:45	9	Total of 6 Free Hybrids (one which must include a hybrid connection) and 3 Pair Acrobatics (one Lift, one Throw/Jump and one free choice) PLUS Additional Required movement for Free Mixed Duet: Two (2) connected surface movements with travel
Team Tech	2:50	9	Total of 5 Technical Required Elements and 3 Free Hybrids (one which must include Cadence action), and 1 Required Team Acrobatic*
Team Free	3:30	11	Total of 7 Free Hybrids and 4 Free Team Acrobatics*
Acrobatic Routine	3:00	7	7 Team Acrobatics* (1 of each group = 4 + 3 of free group choice) + transitions are free but no difficulty awarded + hybrids are free but no difficulty awarded



Youth (13-15)	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Free	2:00	6	Total of 6 Free Hybrids
Duet Free	2:30	7	Total of 6 Free Hybrids and 1 Pair Acrobatic
Mixed Duet Free	2:30	7	Total of 5 Free Hybrids (one which must include a hybrid connection) and 2 Pair Acrobatics PLUS Additional Required movement for Free Mixed Duet: Two (2) connected surface movements with travel
Team Free	3:00	9	Total of 6 Free Hybrids and 3 Team Acrobatics* (with safety limit**) PLUS required components in any of the 6 Free Hybrids, both performed fully synchronised: One (1) Thrust (T1-T9) One (1) Spin descending 720o with one or two legs (R3)
Youth Combo	3:00	9	4 Team Acrobatics* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes required)

12U	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Free	2:00	5	Total of 5 Free Hybrids
Duet Free	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic
Mixed Duet Free	2:30	6	Total of 5 Free Hybrids (one which must include a hybrid connection) and 1 Pair Acrobatic PLUS Additional Required movement for Free Mixed Duet: Two (2) connected surface movements with travel
Team Free	3:00	9	Total of 6 Free Hybrids and 3 Team Acrobatics* (with safety limit**)
12U Combo	3:00	8	3 Team Acrobatics* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes required)

A basemark will be applied for violations of Appendix 3 (safety limits and violations in acrobatics and pair acrobatics).

***Team Acrobatic definition as per the Acrobatic Catalogue (page 2):** "A team acrobatic movement is considered as an Element, starting from 4 swimmers and more (for example: 3 base swimmers + 1 featured swimmer; or 2 base swimmers + 1 support-swimmer who pushes 1 featured-swimmer) Must start and finish in the water! All other actions are considered as pair acrobatics or pair assist actions."

****12U/Youth Acrobatic Safety Limit:** Acrobatic Elements cannot have a DD higher than the following: for Group A: 2.65, for Group B: 2.6, for Group C: 2.45, and for group P 2.5. Please refer to the World Aquatics Acrobatics Catalogue.

**29.4 Appendix 4 – Required Elements for Acrobatic Routine****29.4.1 General Requirements**

Time Limits as in VII.14.1

Required Element #1 may be performed in any order

As in all routines, the Coach Card must show the Technical Required Elements in the selected order of performance according to Appendix VIII.28.3

29.4.2 Acrobatic Required Technical Elements

Seven (7) acrobatic movements: one from each acrobatic group (A, B, C, P), and three (3) more of free choice (selected from any group).

Acrobatic movement: is a general term for jumps, throws, lifts, stacks, platforms, etc., which is performed as spectacular gymnastic feats and/or risky actions and is mostly achieved with assistance by another swimmer(s).

29.5 Appendix 5 – Required Elements for the Free Combination**29.5.1 General Requirements**

Time Limits: as per Part Seven, Article 25.5

Start may be on the deck or in the water, or a combination of both.

All subsequent parts must start in the water

A new part begins in very close proximity to the previous part

As in all routines, the Coach Card must show the Technical Required Elements, and the Free Elements in the selected order of performance

The Routine must portray a Theme, which must be declared on the Coach Card.

29.5.2 Required Elements

At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have all competitors.

The Free Combination must have four (4) acrobatic movements for Youth and three (3) acrobatic movements for 12 and under. Acrobatic Elements cannot have a DD higher than the following: for Group A: 2.65, for Group B: 2.6, for Group C: 2.45, and for group P 2.5. Please refer to the World Aquatics Acrobatics Catalogue.

DD values subject to adjustment by World Aquatics as required.

29.6 Difficulty Guide

The Difficulty Guide Can be found on the World Aquatics Website besides the Competition Regulations.

29.7 Appendix 6 Acrobatics Catalogue

The Acrobatics Catalogue Can be found on the World Aquatics Website besides the Competition Regulations.



29.8 Appendix 7 Coach Card Template

WORLD AQUATICS

COACHES CARD
in force as from 1 January 2023

Please fill in with type or write in capital letters!

FINA Member Federation:	
Competition:	
Event:	<input type="checkbox"/> PRELIMS <input type="checkbox"/> FINALS
	<input type="checkbox"/> Solo Tech <input type="checkbox"/> Male Solo Tech <input type="checkbox"/> Duet Tech <input type="checkbox"/> Mixed Duet Tech
	<input type="checkbox"/> Solo Free <input type="checkbox"/> Male Solo Free <input type="checkbox"/> Duet Free <input type="checkbox"/> Mixed Duet Free
	<input type="checkbox"/> Team Tech <input type="checkbox"/> Team Free <input type="checkbox"/> Acrobatic <input type="checkbox"/> Combo
Theme:	
Name of competitor(s):	

ELEMENTS IN ORDER OF PERFORMANCE

TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	DD	TC

FINA Member Federation: _____
Date: _____ Signature: _____