WORLD AQUATICS

COMPETITION REGULATIONS

In force as from 5 July 2023

Acrobatic Routine, Duets and Solo Preliminaries. For competitions involving both Technical and Free Routines, the draw for the event's Technical Routine shall first be held followed by the Free Routine Draw (Team Technical, Team Free Preliminary, Free Combination Preliminary, Acrobatic Routine Preliminary, Duet Technical, Duet Free Preliminary, Mixed Duet Technical, Mixed Duet Free Preliminary, Solo Technical, Solo Free Preliminary, Male Solo Technical and Male Solo Free Preliminary).

13.7.3 When a Federation draws start number one (1) in a Technical Routine or Free Routine Preliminary, Free Combination Preliminary or Acrobatic Routine Preliminary, or Direct Finals, this Member Federation shall be exempt from start number one (1) in all remaining Preliminary or direct final sessions in the family the Member Federation drew first in.(Example Solo family includes Technical and Free Routines for Female Solo and Male Solo).

13.8 After the Figures and/or Technical Routines and Free Routines Preliminaries and 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 / Acrobatic Routine, the twelve (12) best will compete in the respective Final.

13.8.1 The order of appearance in Finals will be divided into draw groups of 6 or 7 athletes. Those athletes who placed 1-6 or 1-7 per VII.13.8 shall draw for the last start numbers; those athletes who placed 7-12 or 8-14, shall draw for the first start numbers. If the number of athletes in Finals is not divisible equally, the first group to swim will be the smallest group.

13.9 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.

13.10 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.

13.11 Nose clips or plugs may be worn.

13.12 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.

13.13 In routines the swimwear must conform to I.7 and VII. 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. Swimsuits may however represent character or theme of the music they are swimming to. The swimsuits must not give the effect of excessive nudity inappropriate for the discipline. Artistic Swimming Suits must be dignified and appropriate for athletic competition.

14. TIME LIMITS FOR ROUTINES

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

14.1.1	**Technical Routine Female Solos:** **Technical Routine Male Solos:**	2 minutes 00 seconds
	Free Routine Female Solos: **Free Routine Male Solos:**	2 minutes 15 seconds
14.1.2	**Technical Routine Duets:**	2 minutes 20 seconds
	Free Routine Duets:	2 minutes 45 seconds
14.1.3	**Technical Routine Mixed Duets:**	2 minutes 20 seconds
	Free Routine Mixed Duets:	2 minutes 45 seconds
14.1.4	**Technical Routine Teams:**	2 minutes 50 seconds
	Free Routine Teams:	3 minutes 30 seconds
14.1.5	**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 Technical and Free Mixed Duets, Technical and Free Teams, and Free Combination and Acrobatic Routine and may not exceed 20 seconds for any Male and Female Solo and Female Duet Events

14.1.8 In routine events, when the routine starts in the water, the time allowance for the athletes to achieve a stationery starting position in the water shall not exceed 30 seconds for Technical and Free Mixed Duets, Technical and Free Teams, Free Combination and Acrobatic Routines and may not exceed 20 seconds for any Male and Female Solo and Female Duets Events.

14.1.9 Age Group time limits - see Artistic Swimming Age Group 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 VII. 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 managers 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 managers 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 Managers 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 organizing 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 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 Judges, Evaluators and Synchronisation Controllers 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 Judges' scores will be displayed on the score board after approval from the Referee. Judges' scores cannot be changed after being posted on the scoreboard.

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 VII.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 these Rules. 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 Free 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 Technical, Free and Acrobatic Routines one half (0.5) point penalty shall be deducted from the total score for each athlete less than eight (8) (see VII.13.2 and VII.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 (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 themself 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 Free Mixed Duet and World Aquatics Youth 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 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 an 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 Element.

18.7.2 The Difficulty Technical Controller (DTC) shall inform the Scorer 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 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 Solo, Duet, Mixed Duet and Team, and requirement #7 of Team in Appendix 2.

18.8 Penalties in Free Combination

18.8.1 A two (2) point penalty shall be deducted from the **Routine Score** for violations of each General Requirement #, 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 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.

18.10 Technical Controller (DTC/DATC/STC) Review Request

The World Aquatics Delegate/Commission shall appoint three (3) members which may include themselves for a Jury of Review to review a decision of the Technical Controllers (DTC/DATC/STC). To avoid either actual bias and prejudice or the appearance of bias, members appointed to the Jury of Review shall not be members of the Federation requesting the review. Persons who are biased and prejudice shall be disqualified from the Jury Panel Review. The Jury of Review shall be appointed as soon as the World Aquatics Delegate is informed of the request to review a decision taken by the Technical Controllers (DTC/DATC/STC).

Process:

The Team Leader must file a request for review of a routine for Technical Controller (DTC/DATC/STC) decisions to the World Aquatics Delegate within thirty (30) minutes after results publication.

All review requests must be submitted in writing on the World Aquatics Technical Controller Review Application Form by the responsible Team Leader.

The Review Panel will decide on the location and the review format of the routine.

The Team Leader/Coach/Athlete may be present for the review. If a video has to reviewed more than three (3) times the ruling will go in favour of the athlete. The Review Panel is required to respect the confidentiality of the appeal until the decision is made public, and to consult with only members of the Review Panel.

Decisions of the Review Panel may be announced verbally at the conclusion of the review. The Review Panel shall submit the decisions and reasoning to World Aquatics in writing which will be shared with the Federation. A record of the written decision will be stored at the World Aquatics office. The decision of the Jury of Review is final.

19. CALCULATION OF THE ROUTINE RESULTS

19.1 Calculation procedure for all routines:

EL1DD*Ex + EL2DD*Ex +...+ ELnDD*Ex - Sy errors penalty - other penalties
= Elements score

CH/MU score + P 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 Appendix III)
- CH/MU = Choreography and Musicality
- n results is the 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 VII.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 VII. 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 – Acrobatic Routine or 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 Acrobatic Routine– the results shall be the sum of each session.

20.3 In the case of ties (calculated to four (4) decimals) in Female Solo, Male Solo, Duet, Mixed Duet, Team, Free Combination and 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 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 VII.22.3 and VII.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 six (6) or seven (7) 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, 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 – one (1) timer and one (1) Referee

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 in collaboration with the World Aquatics Delegate or Commission and Evaluators shall have control of the event. 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:

- Draw for order of appearance in all sessions.
- Recording changes of athletes prior to each session.
- Checking the electronic scoring system.
- Checking the computer results.
- Ensure that an evaluators program is provided.
- Ensure Coaches cards have been uploaded for the Technical Controllers
- Ensure Judges have list of performance of Elements for each routine.
- Be in communication with the Announcer, Medical personel, Sound Center Manager, lifeguards and Assistant Referee.
- Receive Coaches Card changes and ensure distributed 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 list of performance of Elements for each routine.

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 LOC 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 VII.27.1-4. 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 Providing list of performance of Elements for each routine for Judges and Coach Cards.

24.1.5 Preparing a list of entries and judging forms.

24.1.6 Providing event information electronically to TASC, Officials, Coaches, media and VIPs.

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 a World Aquatics approved scoring system is used.

24.1.9 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.

24.1.10 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:

- The place of the event and the name of the pool
- The date and time of the competition when it is held
- Names of World Aquatics President, World Aquatics Staff, World Aquatics Delegate/Commission, World Aquatics Bureau Liaison
- List of Federations participating by event entries
- Event schedule
- Transportation schedule for athletes, officials and TASC. The schedule will be posted at the venue and in the lobby of the hotels
- Officials participating in the event
- 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.
- Temperature of water
- Gel station for athletes / Mirrors for athletes
- Stretch room for athletes
- Lockers for Judges
- Practice pool that mimics competition pool with platform
- Training schedules ensuring all athletes have equal conditions
- Transportation schedules for pick up and departure to airport
- Assistance with local visa/ covid requirements
- Link to live streaming and results
- Medical Services Information

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 VII.4) will be included in the program (VII.5) and stating whether Preliminaries and Finals will be held according to VII.7.1 and VII7.2.

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:

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

25.2.3 Male Age Groupings for Artistic Swimming are:

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

25.3 Age Group figure sessions

25.3.1 In the 12 & Under age category, each athlete in Female Solo, Male Solo, Duet, Mixed Duet, and 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 Free Combination may perform four (4) figures selected by the above-described procedure.

In the Youth category, each athlete in Female Solo, Male Solo, Duet, Mixed Duet, and 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 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 VII.8.3.

25.3.2 Figure lists:

The figure groups for 12 & 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 in12 & 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 VII.12.2).

25.4 In a Duet, or Team event of the 12 & Under and Youth age categories, all athletes must compete in their own Age Group and must swim the Figure groups assigned by the draw. (See VII.8.3 and VII.8.4)

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

25.5.1 12 & Under / Youth

Solo	2:00
Duet/Mixed Duet	2:30
Team	3:00
Free Combination	3:00

25.5.2 Junior Free Routines

Solo	2:15
Duet/Mixed Duet	2:45
Team	3:30
Acrobatic	3:00

25.5.3 Junior Technical Routines

Solo	2:00
Duets:	2:20
Team:	2:50

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

25.6 In the Youth 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 VII.27.1.1 can occupy the same area of the pool as that used for routine competition in VII.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 VII.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 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.*

27.1.5 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 ±1cm.

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 VII.27.3shall 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.

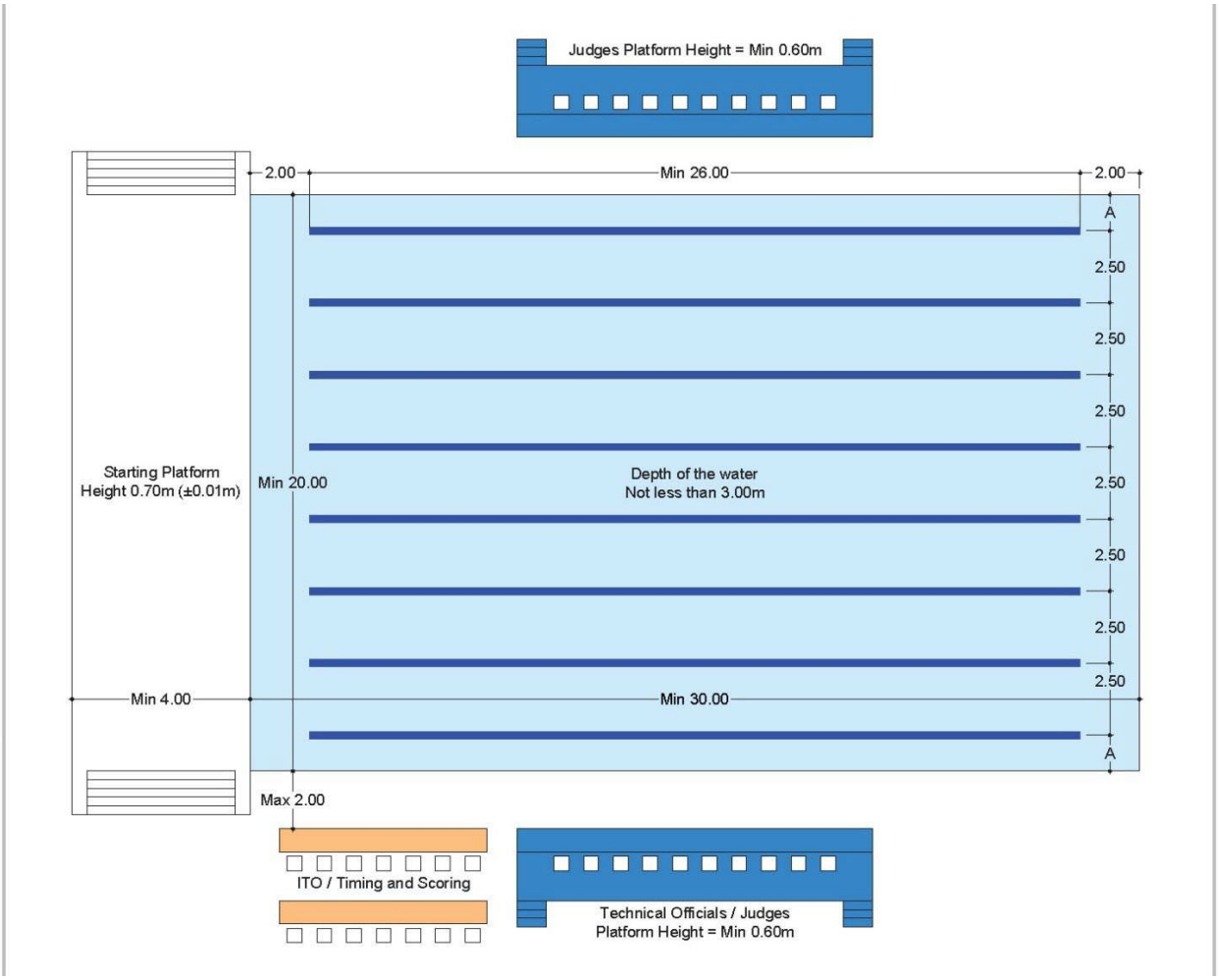
27.4.10 Tools and meters as needed for initial special hookups and emergency repairs.

27.4.11 Systems for communication between officials and sound desk.

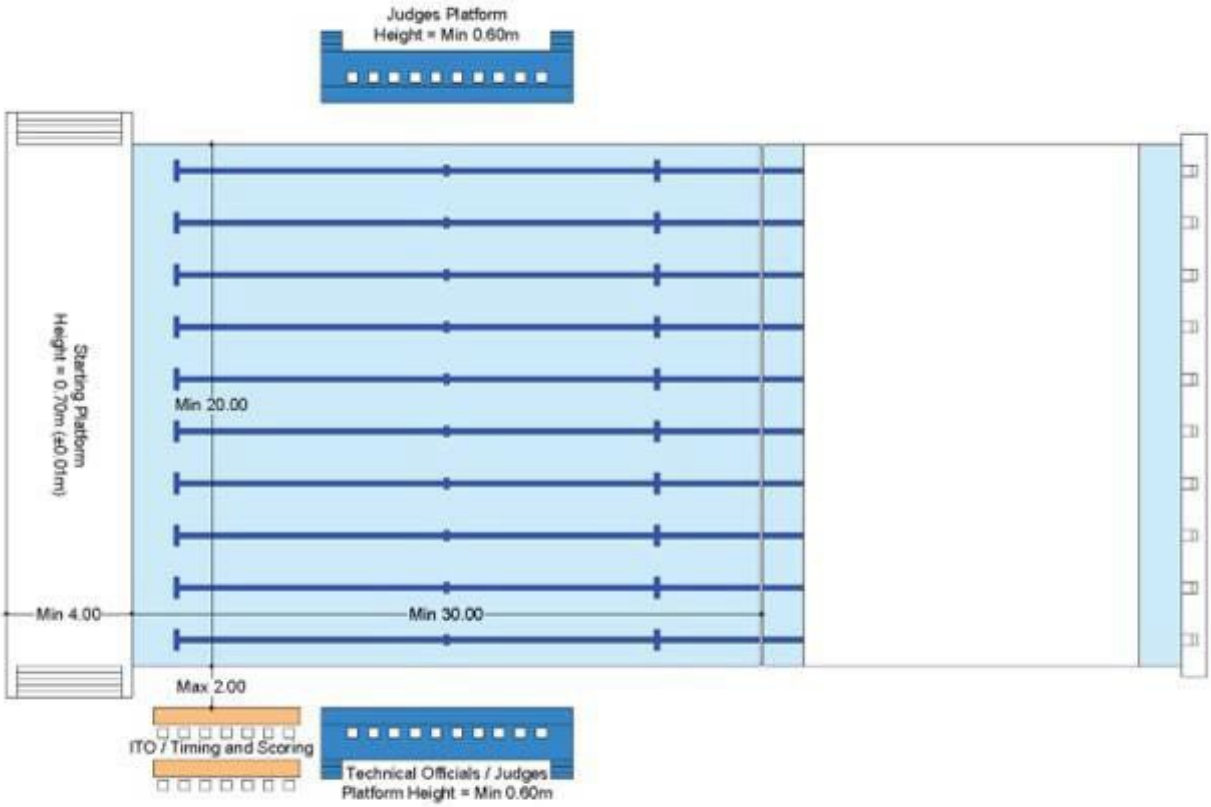
27.4.12 A system for monitoring and recording underwater sound continuously.

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 section I.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 mimumum 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,

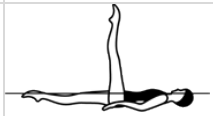
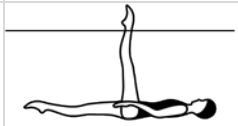
b) toes must be pointed, ankles must be extended,

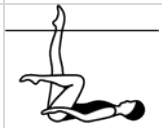
c) the legs, trunk and neck are fully extended unless otherwise specified and

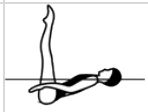
d) diagrams are a guide only. If there is a discrepancy between a diagram and a written description, the English written Body Position description prevails.

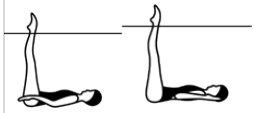
1 BACK LAYOUT POSITION	
Body extended with face, chest, thighs and feet at the surface of the water. Head (ears specifically), hips and ankles in horizontal alignment.	 

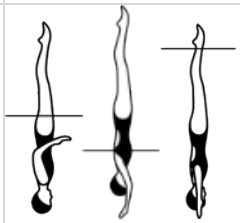
2 FRONT LAYOUT POSITION	
Body extended with head, upper back, buttocks and heels at the surface of the water. Unless otherwise specified, face may be in or out of the water.	 

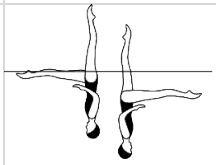
3 BALLET LEG POSITION	
a) Surface Body in **Back Layout Position**. One leg extended perpendicular to the surface of the water	
b) Submerged Head, trunk and horizontal leg parallel to the surface of the water. One leg perpendicular to the surface with the water level between the knee and the ankle.	

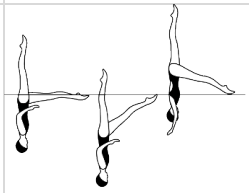
4 FLAMINGO POSITION	
a) Surface One leg extended perpendicular to the surface of the water. The other leg bent with the mid-calf opposite the vertical leg. Foot, shin and knee at and parallel to the surface of the water. Face at the surface of the water.	
b) Submerged Trunk, head, shin and foot of the 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.	

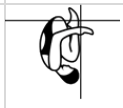
5 BALLET LEG DOUBLE POSITION	
a) Surface Legs together and extended perpendicular to the surface of the water. Head in line with the trunk. Face at the surface of the water.	

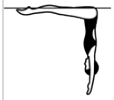
b) Submerged Trunk and head parallel to the surface of the water. 90° angle between the trunk and the extended legs. Water level between knees and ankles of the extended legs.	

6 VERTICAL POSITION	
Body extended perpendicular to the surface of the water; legs together, head downward. Head (ears specifically), hips and ankles in line	

7 CRANE POSITION – this position is currently not performed in any World Aquatics figure.	
Body extended in Vertical Position with one leg extended forward at a 90° angle to the body	

8 FISHTAIL POSITION	
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.	

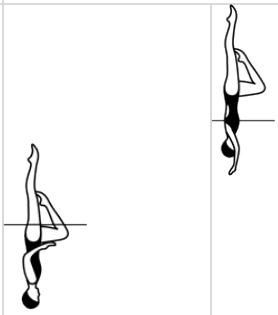
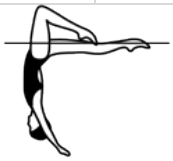
9 TUCK POSITION		
Body as compact as possible, with the back rounded and the legs together. Heels close to buttocks. Head close to knees		

10 FRONT PIKE POSITION		
Body bent at hips to form a 90° angle. Legs extended and together. Trunk extended with the back straight and head in line.		

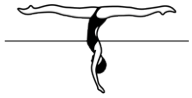
11 BACK PIKE POSITION		
Body bent at hips to form an acute angle of 45° or less. Legs extended and together. Trunk extended with the back straight and head in line.		

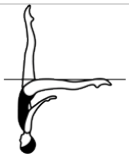
13 SURFACE ARCH POSITION	
Lower back arched with hips, shoulders and head on a vertical line. Legs together and at the surface of the water.	

14 BENT KNEE POSITIONS	
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.	
a) Bent Knee Front Layout Position 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.	

b) Bent Knee Back Layout Position Body extended in **Back Layout Position**. The thigh of the bent leg is perpendicular to the surface of the water.	
c) Bent Knee Vertical Position Body extended in **Vertical Position** with the thigh of the bent leg parallel to the surface of the water.	
d) Bent Knee Surface Arch Position 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	

15 TUB POSITION	
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.	

16 SPLIT POSITION	
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.	
a) Surface Split Position Legs are dry at the surface of the water.	
b) Airborne Split Position Legs are above the surface of the water	

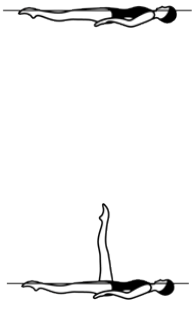
17 KNIGHT POSITION	
Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. Other leg extended backward with the leg at the surface of the water and as close to horizontal as possible.	

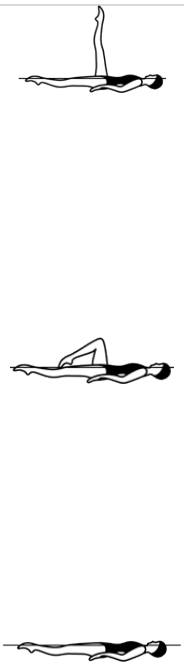
18 KNIGHT VARIANT POSITION	
Lower back arched, with hips, shoulders and head on a vertical line. One leg vertical. The other leg is behind the body with the knee bent at an angle of 90° or less. The thigh and shin of the bent leg are parallel to the surface of the water.	

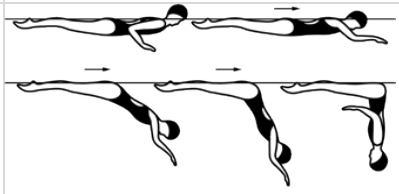
19 SIDE FISHTAIL POSITION	
Body extended in **Vertical Position** with one leg extended sideways with the foot at the surface of the water regardless of the height of the hips	

29.1.2 Basic Movements (BM)

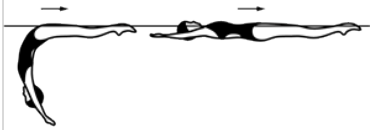
1 TO ASSUME A BALLET LEG / A BALLET LEG IS ASSUMED	
Begin in a **Back Layout Position**. One leg remains at the surface of the water throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The bent leg is straightened without movement of the thigh to assume a **Ballet Leg Position**.	

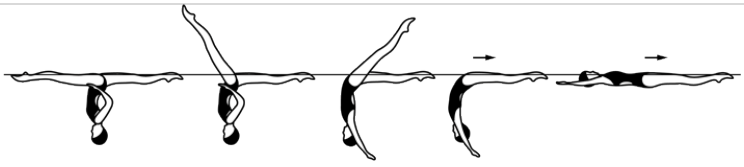
1B TO ASSUME A STRAIGHT BALLET LEG / A STRAIGHT BALLET LEG IS ASSUMED	
From a **Back Layout Position** one leg is raised straight to a **Ballet Leg Position**.	

2 TO LOWER A BALLET LEG /THE BALLET LEG IS LOWERED	
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.	

3 TO ASSUME A FRONT PIKE POSITION / A FRONT PIKE POSITION IS ASSUMED	
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	

4 TO ASSUME A SUBMERGED BALLET LEG DOUBLE POSITION FROM A FRONT PIKE POSITION/A SUBMERGED BALLET LEG DOUBLE POSITION IS ASSUMED	
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**.	

5 ARCH TO BACK LAYOUT POSITION	
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.	

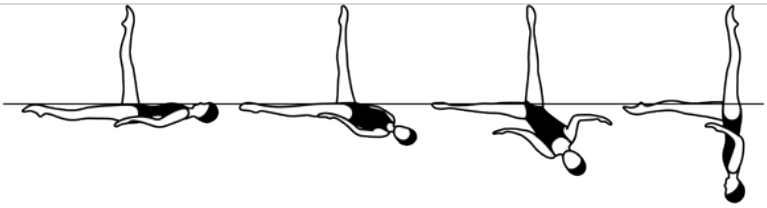
6 WALKOUTS	
These movements start in a **Split Position** unless otherwise specified in the figure description. The hips remain stationary as one leg is lifted in an arc over the surface of the water to meet the opposite leg.	
a) Walkout Front The front leg is lifted in a 180° arc over the surface of the water to meet the opposite leg in a **Surface Arch Position** and with continuous movement an *Arch to Back Layout Finish Action* is executed.	
	

b) Walkout Back

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.

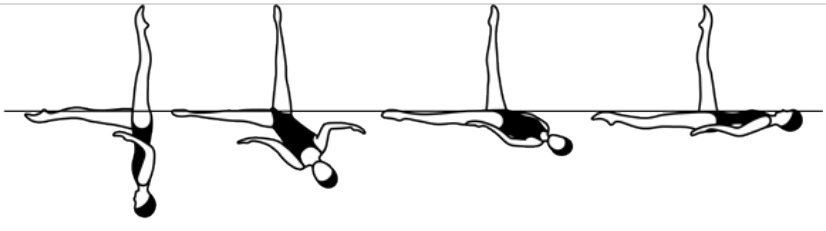
7 CATALINA ROTATION

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, *Catalina Rotation* starts from a **Ballet Leg Position.**



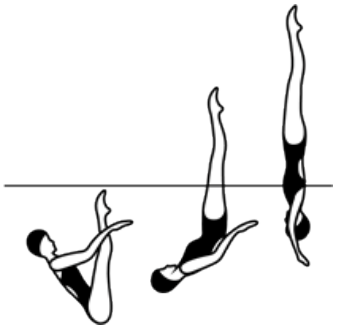
8 CATALINA REVERSE ROTATION

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

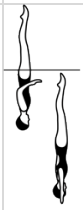
Deviation allowances for the Thrust action are unique and allow for the legs to be up to an additional 15 degrees off the vertical line.

Deductions are as follows :

	Angle Deviation	Deduction Amount
Small Deviation	0 – 30 degrees	0.2
Medium Deviation	31 – 44 degrees	0.5
Large Deviation	45 degrees or more	1.0

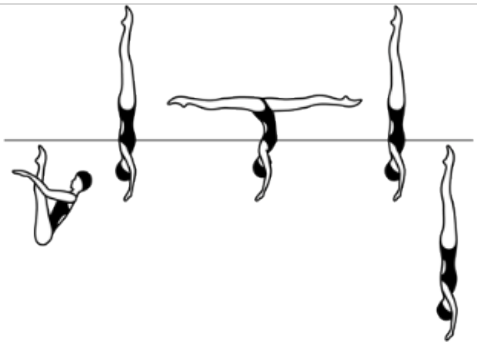
10 VERTICAL DESCENT

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



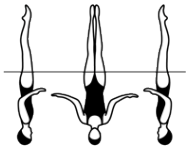
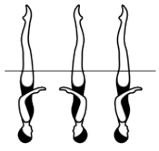
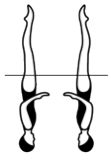
11 ROCKET SPLIT

A *Thrust* 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 *Vertical Descent*. The *Vertical Descent* is executed at the same tempo as the *Thrust*.



12 TWISTS

A *Twist* 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 *Twist* is completed with a *Vertical Descent*.

a) *Half Twist*:	*b) Full Twist*:	**c) A** *Twirl*:
a *Twist* of 180°	a *Twist* of 360°	a rapid *Twist* of 180°
		

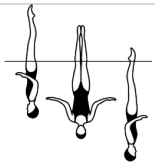
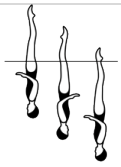
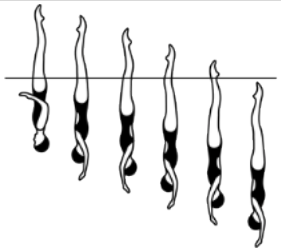
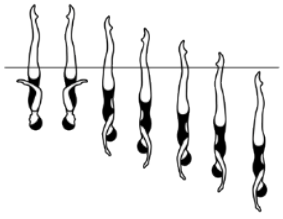
Twist Allowance

The acceptable allowance for *Twist* rotations (*Half Twist*, *Full Twist* and *Twirl*) is up to ¼ less than/more than the required rotation.

13 SPINS

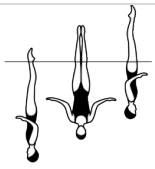
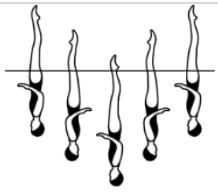
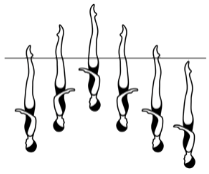
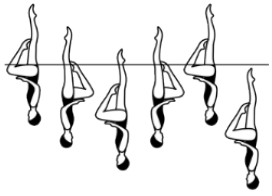
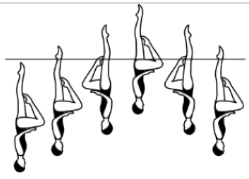
A *Spin* is a rotation in a **Vertical Position**. The body remains on its longitudinal axis throughout the rotation. Unless otherwise specified *Spins* are executed in uniform motion and are completed with a *Vertical Descent* executed at the same tempo as the *Spin*.

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.)

An *ascending Spin* begins with the water level at the ankles unless otherwise specified. A vertical upward *Spin* is executed until a water level is established between the knees and hips. An *ascending Spin* is finished with a *Vertical Descent*.

h) Spin Up 180°: an ascending Spin with a rotation of 180°	
i) Spin Up 360°: an ascending Spin with a rotation of 360°.	
j) *Combined Spin*: a *descending Spin* of at least 360° followed without a pause by an equal *ascending Spin* in the same direction. The *ascending Spin* reaches the same height where the *descending Spin* started.	
k) *Reverse Combined Spin*: an *ascending Spin* of at least 360° followed without a pause by an equal *descending Spin* in the same direction.	
l) *Bent Knee Combined Spin*: a *descending Spin* in a Bent Knee Vertical Position of at least 360° followed without a pause by an equal *ascending Spin* in the same direction in a Bent Knee Vertical Position. The *ascending Spin* reaches the same height where the *descending Spin* started.	
m) *Reverse Bent Knee Combined Spin*: an *ascending Spin* in a Bent Knee Vertical Position of at least 360° followed without a pause by an equal *descending Spin* in the same direction in a Bent Knee Vertical Position.	

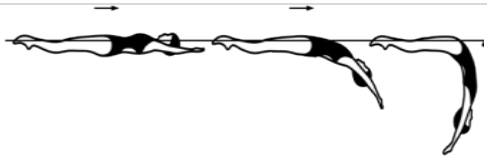
Spin Allowance

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

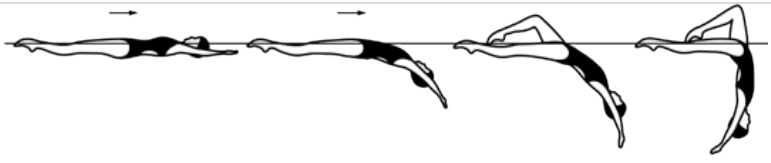
14. TO ASSUME A SURFACE ARCH POSITION / A SURFACE ARCH POSITION IS ASSUMED

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



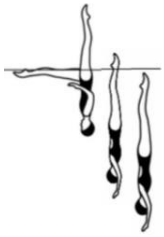
16 ARIANA ROTATION

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

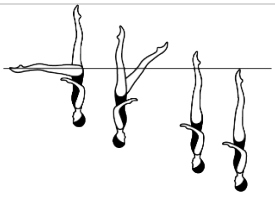
17 HELICOPTER ROTATION

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

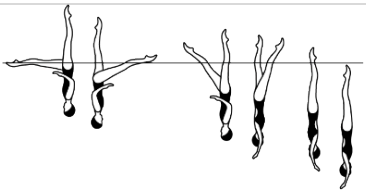
***a) Spinning 180°*:**
A descending Spin with a rotation of 180° completed with a Vertical Descent.



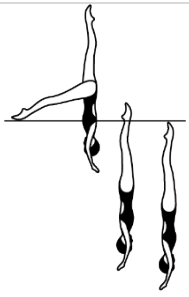
***b) Spinning 360°*:**
A descending Spin with a rotation of 360° completed with a Vertical Descent.



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.



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.



18 FOUETTÉ ROTATION	
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.	

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:

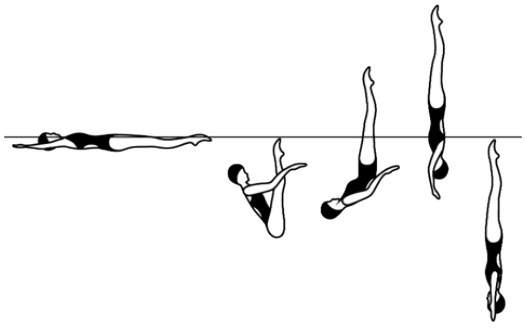
106 Straight Ballet leg DD 1.6

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

29.1.3.1.1 Group 1

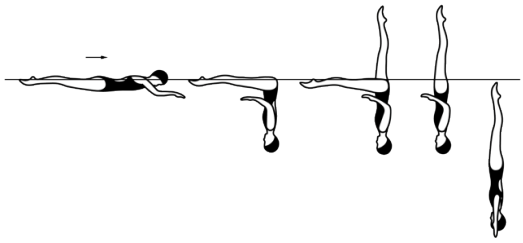
359 Front Ariana DD 2.2

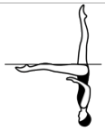
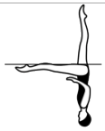
From a Front Layout Position a *Front Pike Position is assumed*. One leg is lifted in a 180° arc over the surface of the water to a Split Position. Maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed. A *Walkout Front* is executed.

						**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.

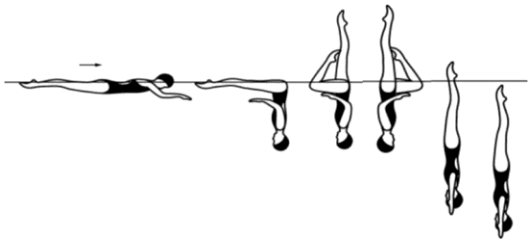


					**Total**
NVT=	6.0	14.5	20.5	14.0	55
PV =	1.09	2.64	3.73	2.55	10

29.1.3.1.2 Group 2

363 Water Drop DD 1.8

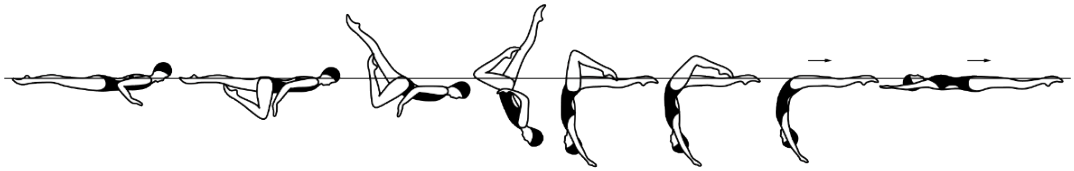
From a **Front Layout Position** a *Front Pike Position is assumed*. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. A *180° Spin* is executed in the same direction as the bent leg is extended to a **Vertical Position** and completed as the ankles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

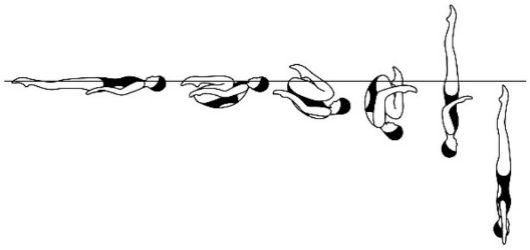


					**Total**
NVT=	4.0	47.0	11.5	7.0	69.5
PV =	0.58	6.76	1.65	1.01	10

29.1.3.1.3 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

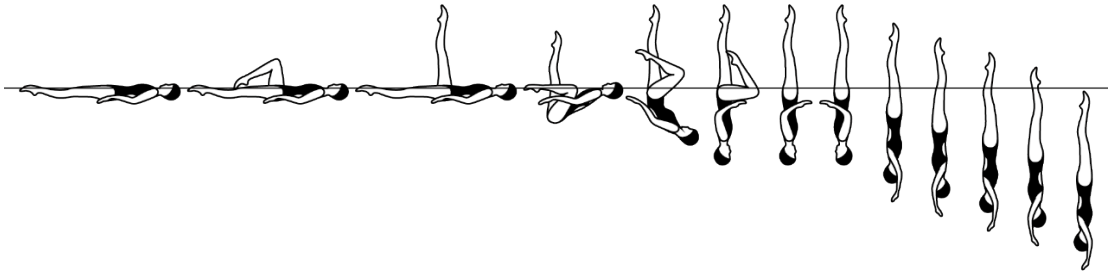
29.1.4.1 Section A

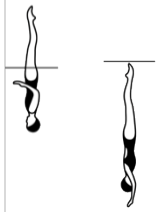
29.1.4.1.1 Group 1

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

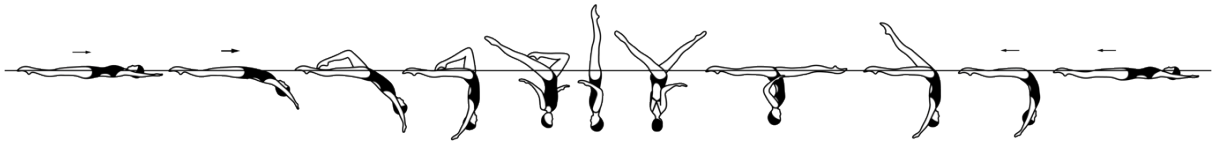
vertical position the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent leg is extended to a **Vertical Position**. A *Twist Spin* is executed.



							**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.

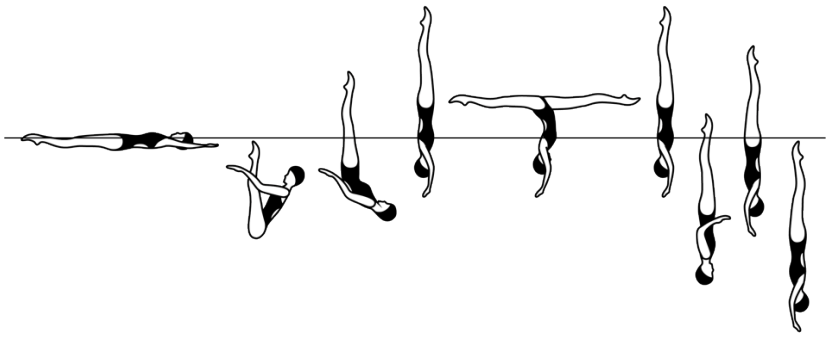


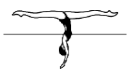
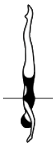
						**Total**
NVT=	17.5	29.0	20.0	23.0	7.0	96.5
PV =	1.81	3.01	2.07	2.38	0.73	10

29.1.4.1.2 Group 2

308h Barracuda Airborne Split, Spin Up 180° DD 2.9

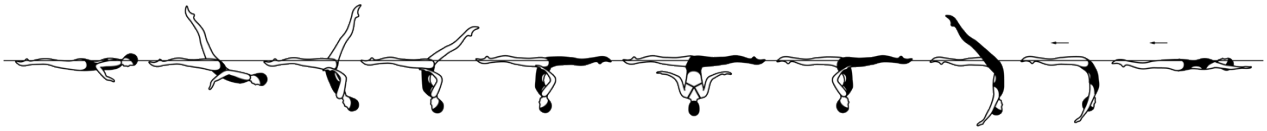
From a **Back Layout Position** the legs are raised to a vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. All remaining movements are performed rapidly. A *Rocket Split* is executed. A *Vertical Descent* is executed and is completed as the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



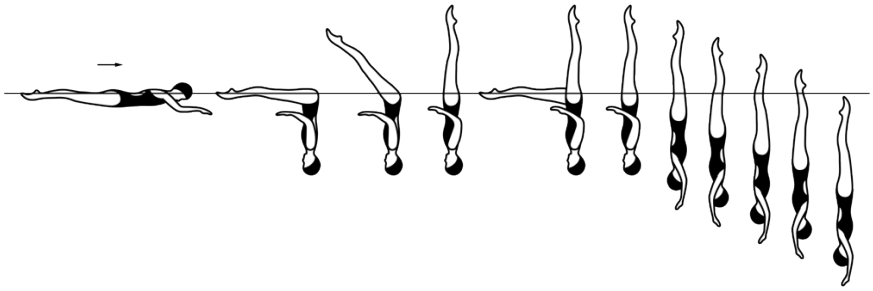
					**Total**
NVT=	48.0	17.0	23.0	7.0	95
PV =	5.05	1.79	2.42	0.74	10

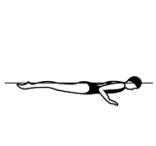
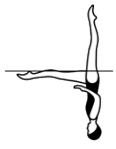
29.1.4.2 Section B

29.1.4.2.1 Group 3

356f Whip Continuous Spin 720° DD 3.0

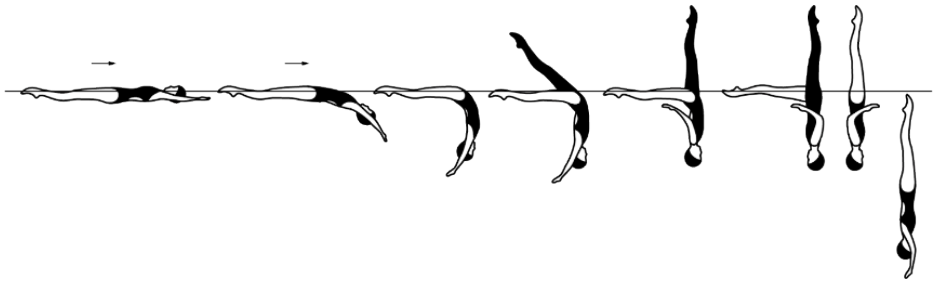
From a **Front Layout Position** *a Front Pike Position is assumed*. The legs are lifted to a **Vertical Position.** All remaining movements are performed rapidly. One leg is lowered to a **Fishtail Position** and without a pause is lifted to a **Vertical Position.** Without a pause a *Continuous Spin 720°* is executed.

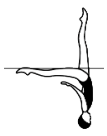
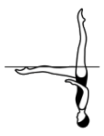


							**Total**
NVT=	6.0	33.0	22.5	20.5	34.0	0	116
PV =	0.52	2.84	1.94	1.77	2.93	0	10

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.

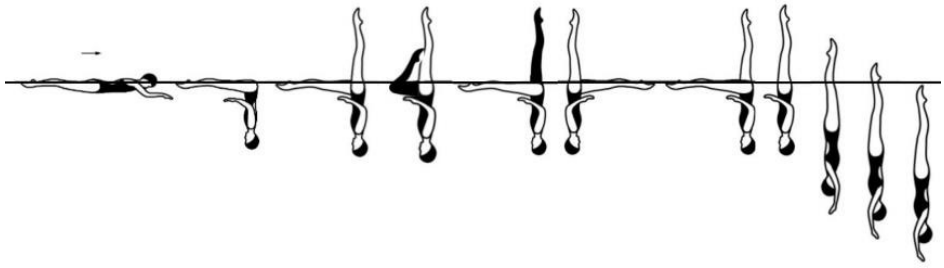


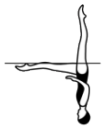
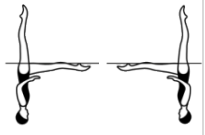
						**Total**
NVT=	12.0	23.5	14.0	23.5	14.0	87
PV =	1.38	2.70	1.61	2.70	1.61	10

28.1.4.2.2 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.

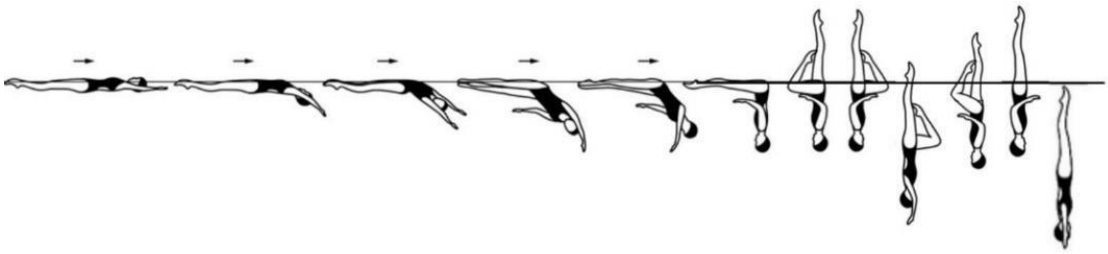


									**Total**
NVT=	6.0	12.5	12.5	18.5	24.0	20.5	23.0	0	117
PV =	0.51	1.07	1.07	1.58	2.05	1.75	1.97	0	10

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.



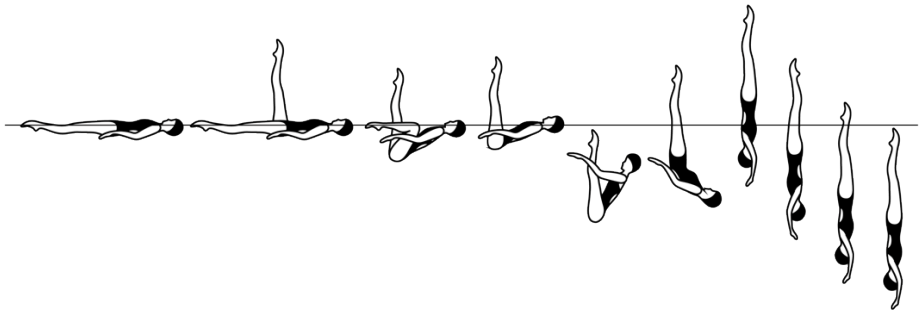
							Total
NVT=	15.0	15.0	15.0	10.0	18.5	14.0	87.5
PV =	1.71	1.71	1.71	1.14	2.11	1.60	10

29.1.4.3 Section C

29.1.4.3.1 Group 5

144 Rio Straight Leg DD 3.1

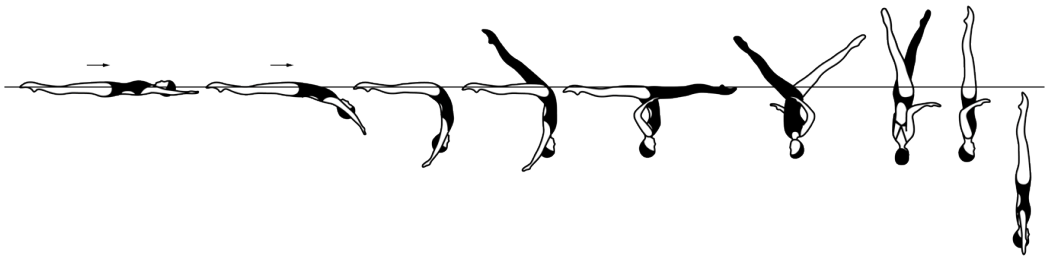
A Straight Ballet Leg is assumed. The knee, shin and toes of the horizontal leg are drawn along the surface of the water to assume a **Surface Flamingo Position**. The bent leg is straightened to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with 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.

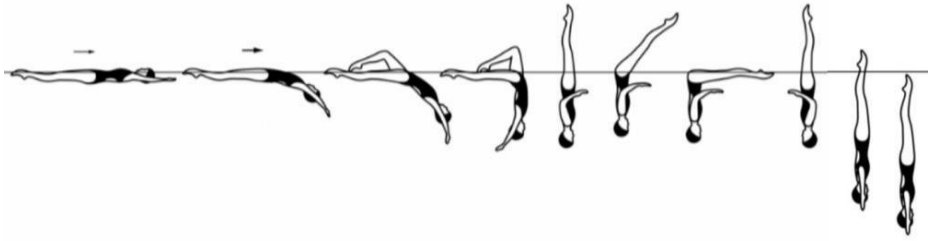


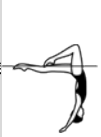
					**Total**
NVT=	12.0	29.0	27.0	14.0	82
PV =	1.46	3.54	3.29	1.71	10

29.1.4.3.2 Group 6

440d Ipanema Spinning 180° DD 3.1

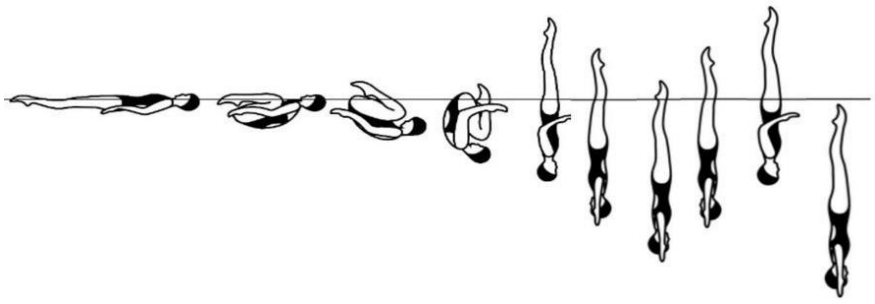
From a **Back Layout Position** *a Bent Knee Surface Arch Position is assumed.* The horizontal leg is lifted to vertical as the bent leg is straightened to assume a **Vertical Position.** The legs are lowered to a **Front Pike Position.** A rapid 180° rotation is executed as the legs are lifted to a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

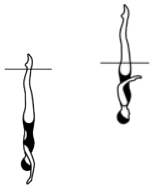


							**Total**
NVT=	17.5	21.0	33.0	33.0	16.0	0	120.5
PV =	1.42	1.70	2.67	2.67	1.54	0	10

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.

1. 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.

2. 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.

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

4. 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.

5. 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.

6. 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.

7. 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.

8. Time limits – refer to VII.14

Recommendation for all Technical Routines:

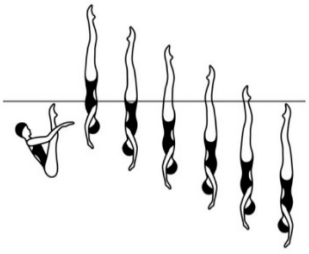
It is strongly recommended for clarity of judgment that Required Elements #1 - #5 are separated by other content.

29.2.2 Solo Required Elements

Element 1

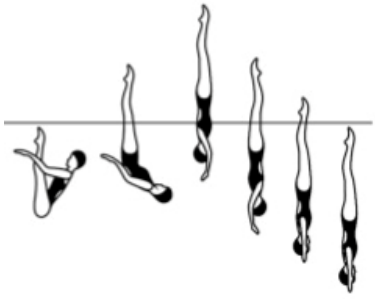
1A - Thrust Continuous Spin 720° DD – 2.7

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

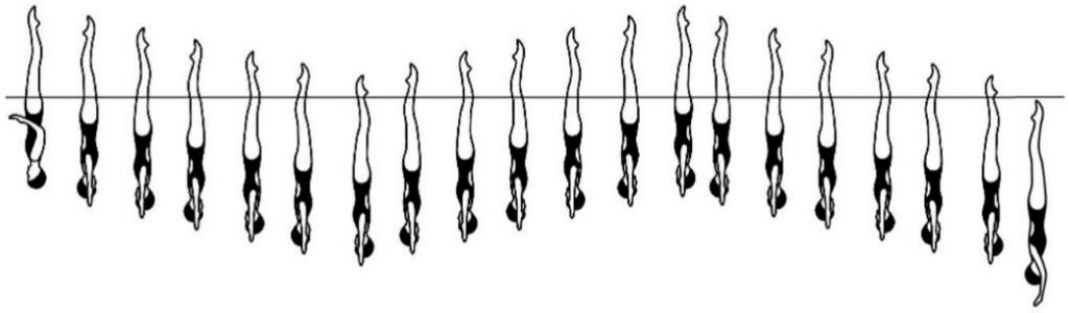
From a **Submerged Back Pike Position,** with the legs perpendicular to the surface, a *Thrust Spinning 360°* (1 rotation) is executed**.**



Element 2

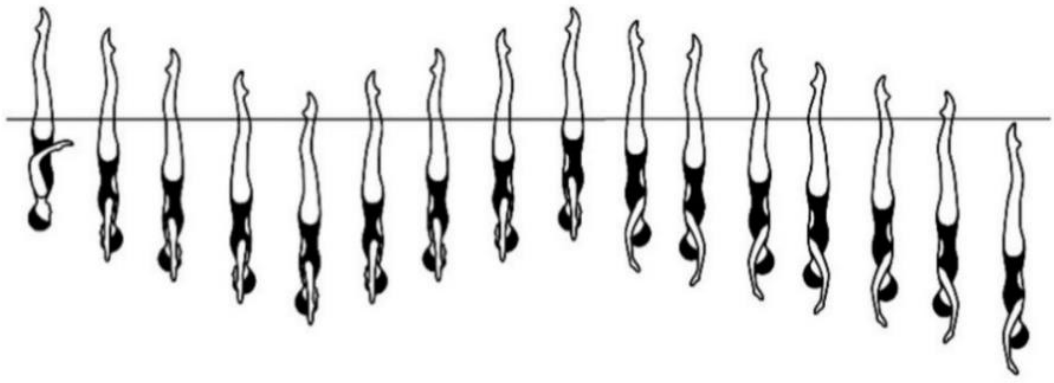
2A – Combined Spin 1080° – Continuous Spin 1080° DD - 3.0

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

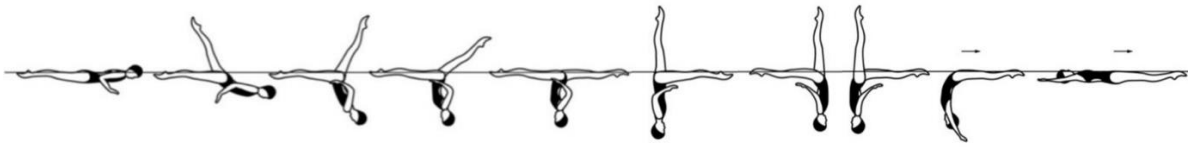
From a **Vertical Position** a *Combined Spin of 720°* is executed (2 rotations + 2 rotations). Continuing in the same direction and without a pause a *Continuous Spin 1080°* (3 rotations) is executed.



Element 3

3 - Swordfish Straight Leg – Knight DD-3.2

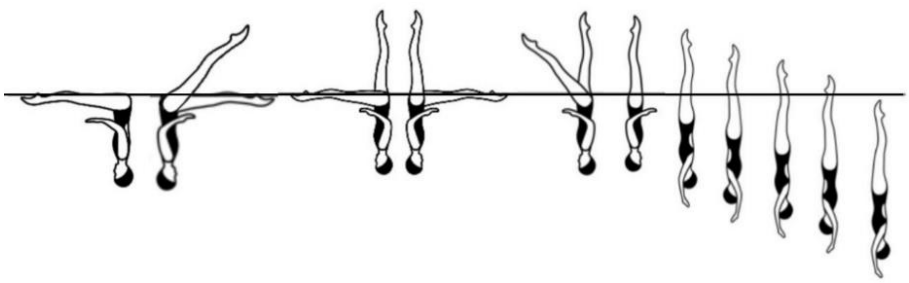
From a **Front Layout Position,** the back arches as one leg is lifted in a 180° arc over the surface to a **Split Position**. A hip rotation of 180° is executed as the front leg is rapidly raised to assume a **Fishtail Position**. Maintaining the vertical alignment of the body and with accelerating 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

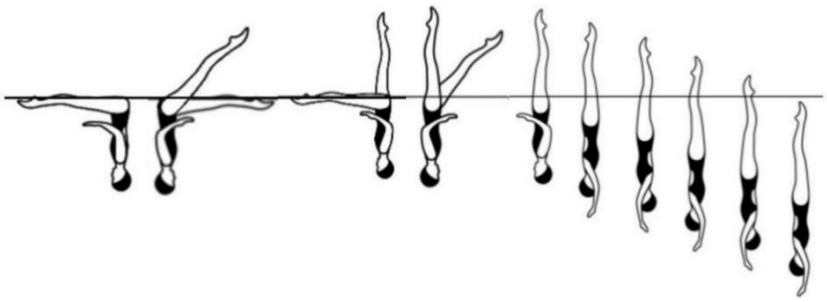
4A – Fishtail Half Twist - Continuous Spin 720° DD – 2.9

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**

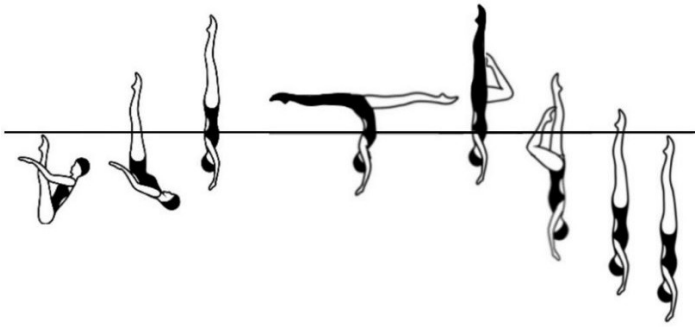
From a **Front Pike Position**, a rotation of 360° is executed as one leg is lifted to a **Fishtail Position**. Continuing in the same direction another rotation of 360° is executed, as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a *Continuous Spin of 720°*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



Element 5

5A – Rocket Split Bent Knee Joining 360° **DD - 2.4**

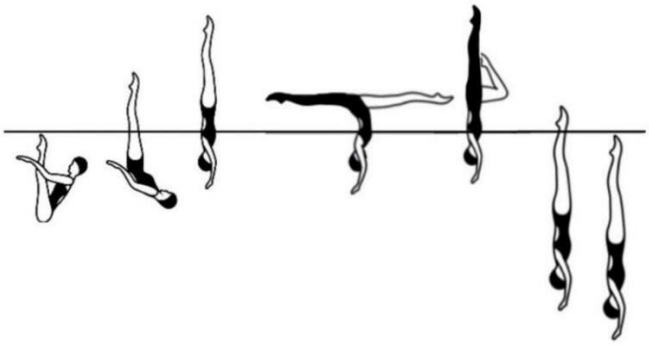
From a **Submerged Back Pike Position,** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position**. Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. The back leg is rapidly lifted to vertical and



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

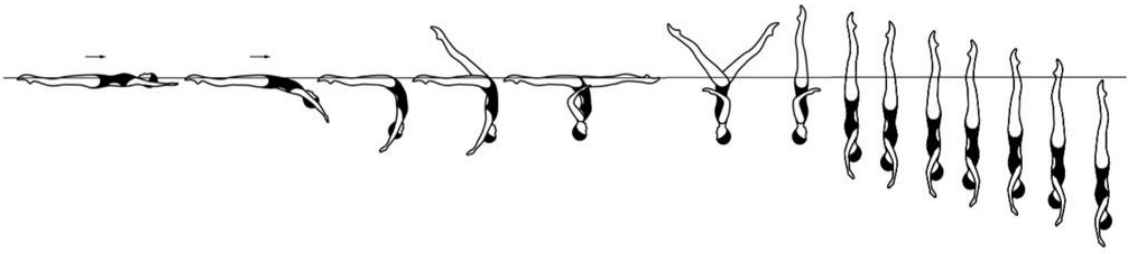
6 - Two (2) additional hybrids must be performed. These may be placed anywhere in the routine.

29.2.3 Duet Required Elements

Element 1

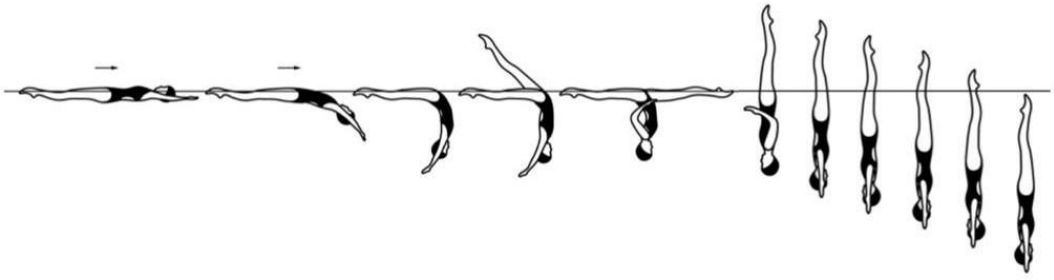
1A – Walkover Back Closing 360° – Continuous Spin 1080° DD – 3.0

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**.**



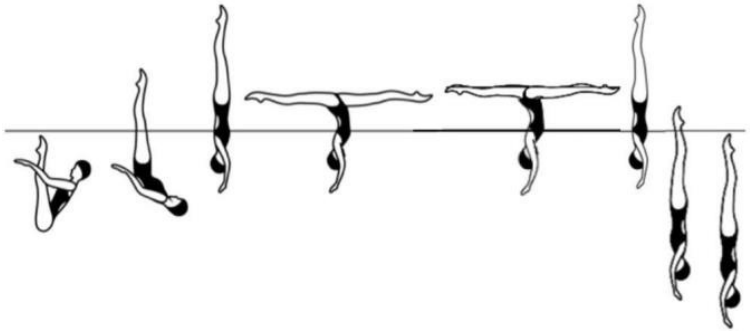
1B – Walkover Back Closing 180° – Continuous Spin 720° DD – 2.5

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

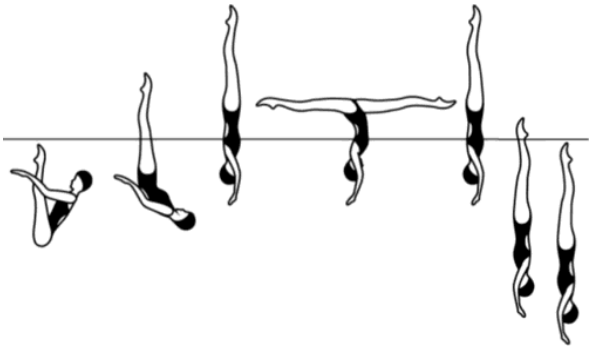
2A – Rocket Split Alternating Legs – Spinning 180° DD - 2.8



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

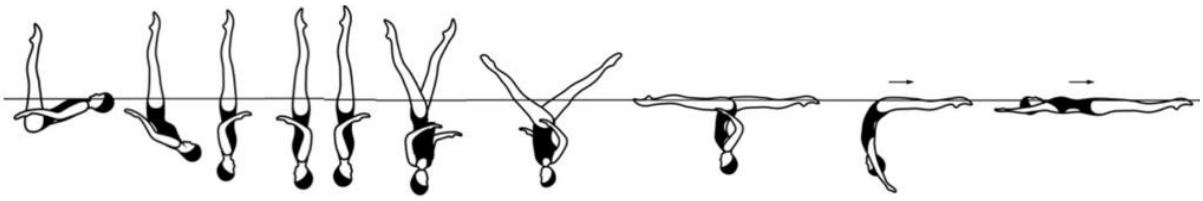
From a **Submerged Back Pike Position**, with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position.** Maintaining maximum height, the legs are split rapidly to assume *an* **Airborne Split Position.** The legs rapidly re-join to **Vertical Position.** A rapid *180° Spin*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



Element 3

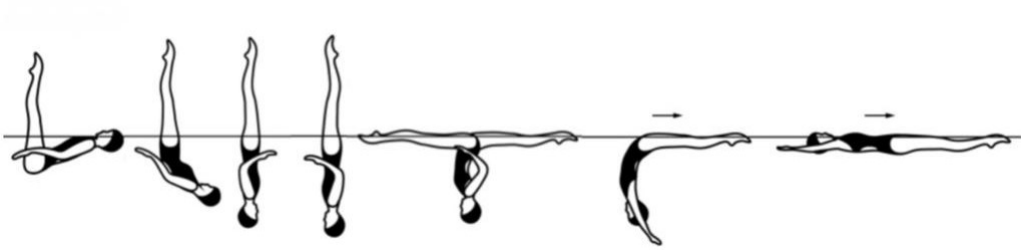
3A- Flamingo Full Twist Hybrid DD – 2.9

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

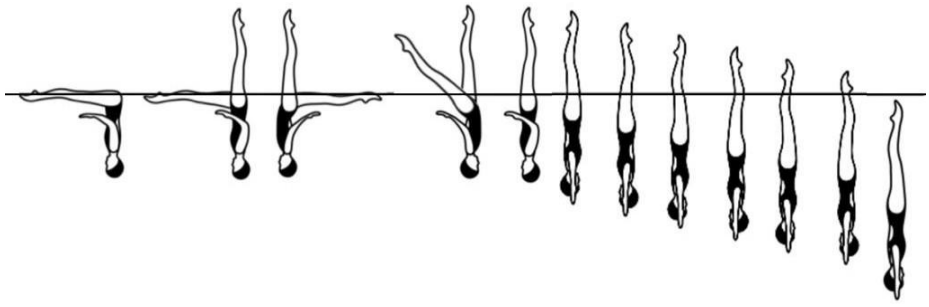
From a **Surface Ballet Leg Double Position,** maintaining the vertical position of the legs, the hips are lifted as the trunk is unrolled to a **Vertical Position.** A *Half Twist* is executed. Without a pause the legs open symmetrically to a **Split Position**. A *Walkout Front* is executed**.**



Element 4

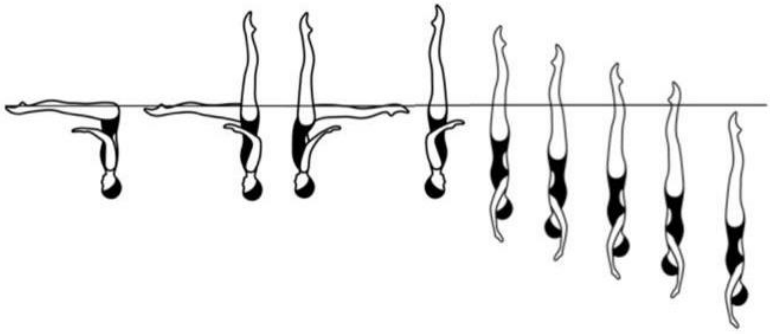
4A - Fishtail – Knight - Continuous Spin 1080° DD - 3.2

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

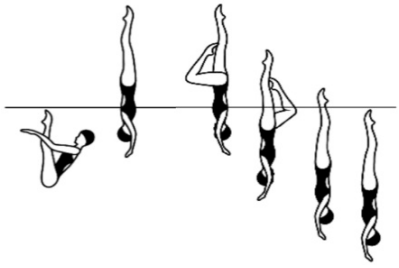
From a **Front Pike Position** one leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° to assume a **Knight Position**. A rapid *Half Twist* is executed as the horizontal leg is lifted to a **Vertical Position**. Continuing in the same direction a *Continuous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



Element 5

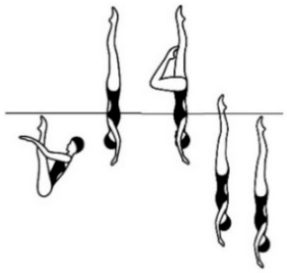
5A – Thrust Bent Knee Twirl Spin 360° DD – 2.3

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.

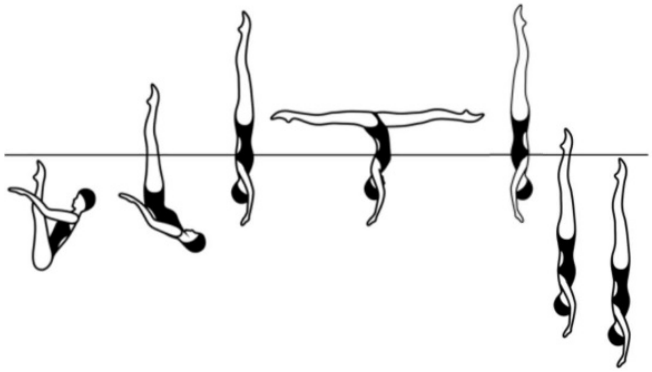
29.2.4 Mixed Duet Required Elements

Element 1

1A – Rocket Split Twirl Spin 180° DD – 2.7

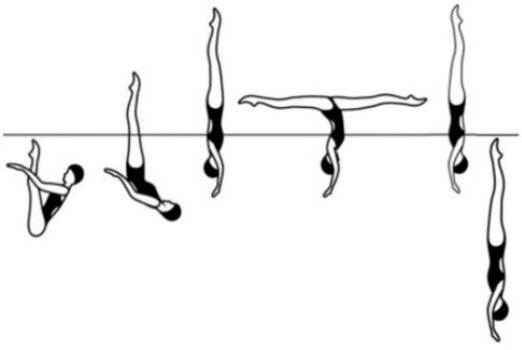
From a **Submerged Back Pike Position,** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position.** Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position**. A *Twirl* is executed, as the legs symmetrically close to **a Vertical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

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



1B – Rocket Split Twirl DD – 2.5

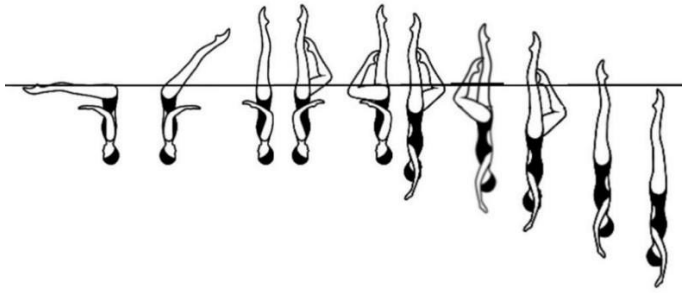
From a **Submerged Back Pike Position,** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position.** Maintaining maximum height, the legs are split rapidly to assume an **Airborne Split Position.** A *Twirl* is executed, as the legs symmetrically close to a **Vertical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



Element 2

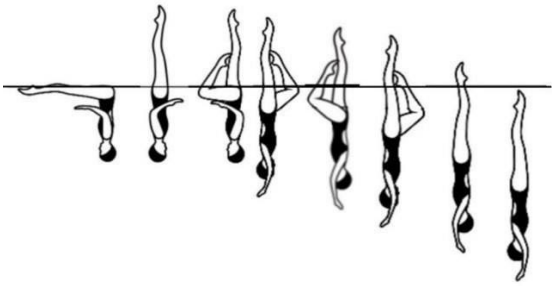
2A - Front Pike – Vertical 360° Rotation - Full Twist to Bent Knee - Continuous Spin 720° DD 2.4 From a **Front Pike Position,** the legs are lifted to **Vertical Position** as a rotation of 360° is executed. Continuing in the same direction a *Full Twist* is executed as one leg is lowered to a **Bent 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

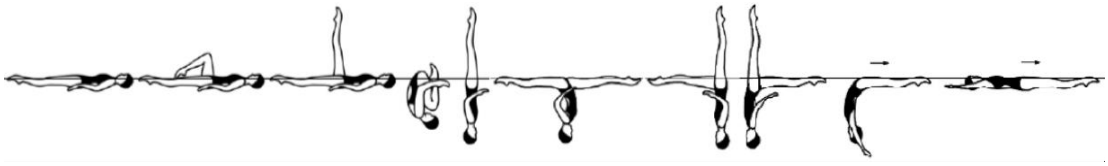
From a **Front Pike Position,** the legs are lifted to **Vertical Position** as a rotation of 180° is executed**.** Continuing in the same direction a *Half Twist* is executed as one leg is lowered to a **Bent Knee Vertical Position**. Continuing in the same direction a *Continuous Spin 720°* (2 rotations) 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

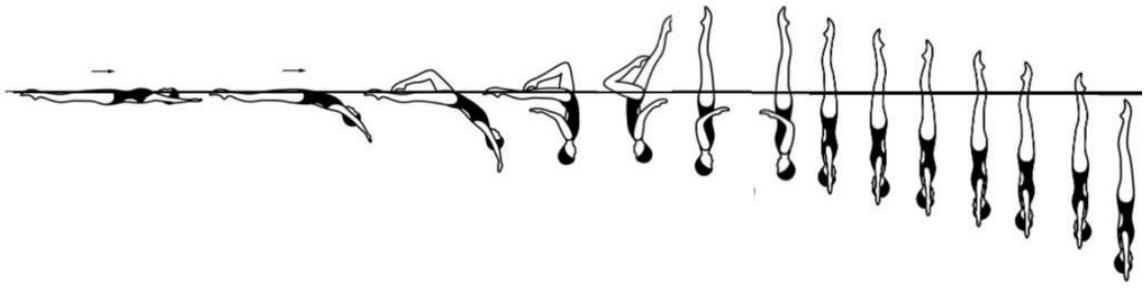
A *Ballet Leg is assumed* followed by a partial Somersault Back Tuck as both legs are drawn into a **Tuck Position**, until the shins are perpendicular to the surface. The trunk unrolls rapidly as the legs are rapidly straightened to assume a **Vertical Position** midway between the former vertical line 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

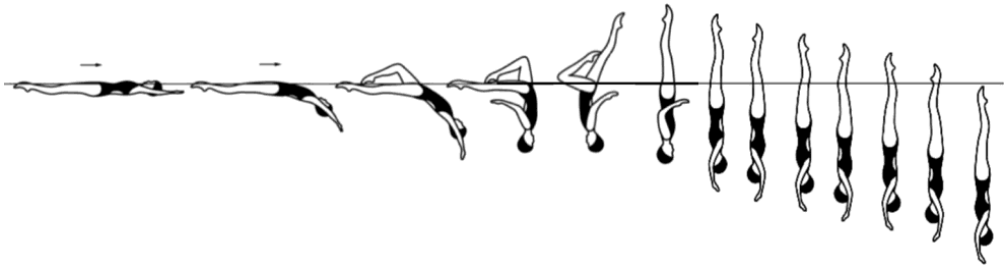
4A - Nova Hybrid – Half Twist – Continuous Spin 1080° DD – 3.0

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.



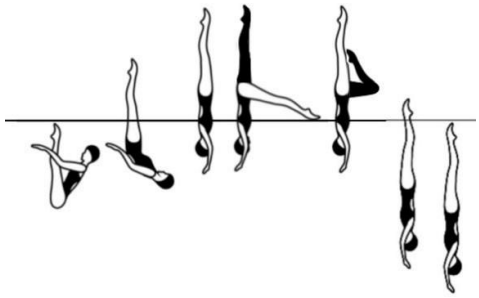
Fishtail Hybrid Airborne Position

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

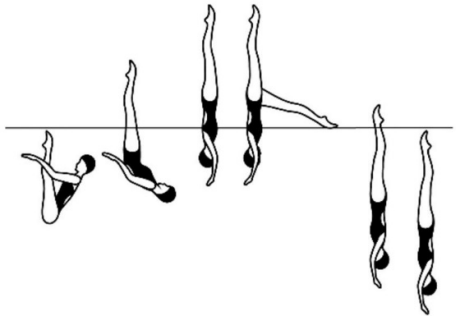
5A -Thrust Fishtail Hybrid Bent Knee to Vertical Spinning 180° DD – 2.4

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

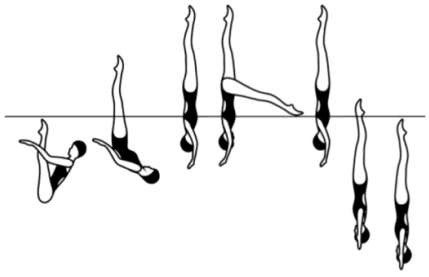
6 - Two (2) additional hybrids, one of which must include a hybrid connection, and one (1) Pair Acrobatics must be performed. These may be placed anywhere in the routine.

29.2.5 Mixed Duet Required Elements

Element 1

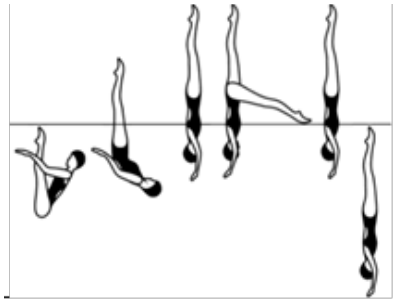
1A – Flying Fish Hybrid Spinning 180° DD – 2.5

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

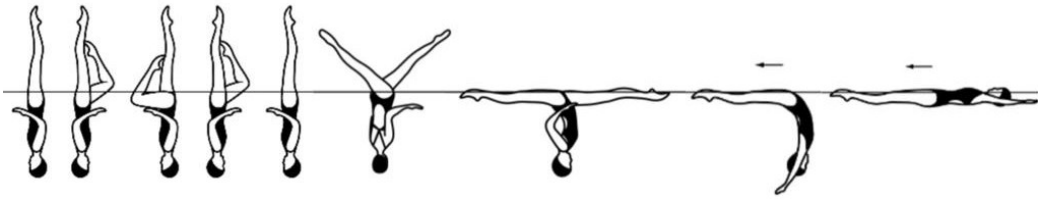
From a **Submerged Back Pike Position** with the legs perpendicular to the surface, a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to an airborne **Fishtail Position.** Without a pause the horizontal leg is rapidly lifted to a **Vertical Position**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



Element 2

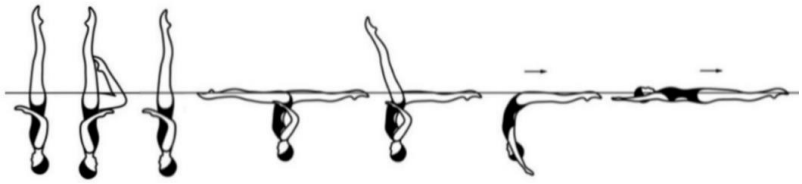
2A - Vertical - Full Twist to Bent Knee - Full Twist to Vertical – Open 180° - Walkout DD - 2.6

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**.**



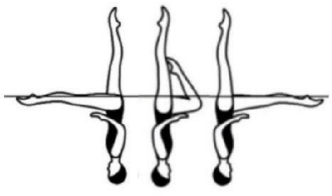
2B - Vertical - Half Twist to Bent Knee - Half Twist to Vertical – Split – Walkout DD - 2.3

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**

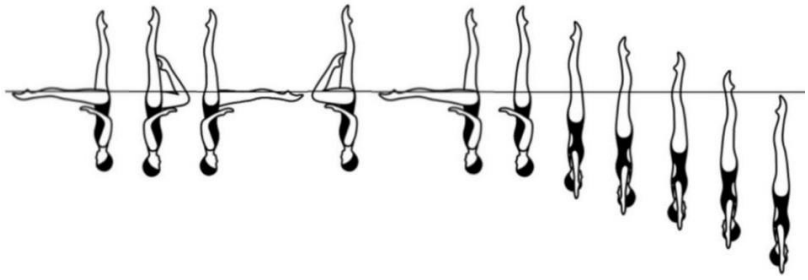
From a **Fishtail Position,** with the horizontal leg leading toward the vertical leg, a rapid 180° rotation is executed as the front leg bends to assume a **Bent Knee Vertical Position**. The bent leg rapidly extends to a **Fishtail Position.**



Element 3

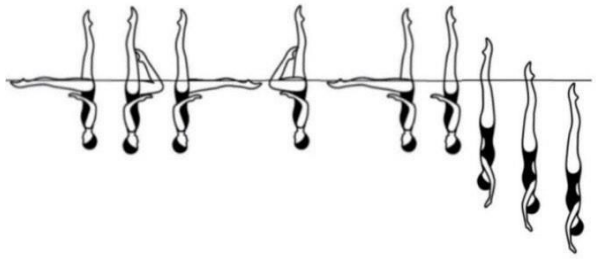
3A – Two Fouetté Rotations – Vertical – Continuous Spin 720° DD – 2.6

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

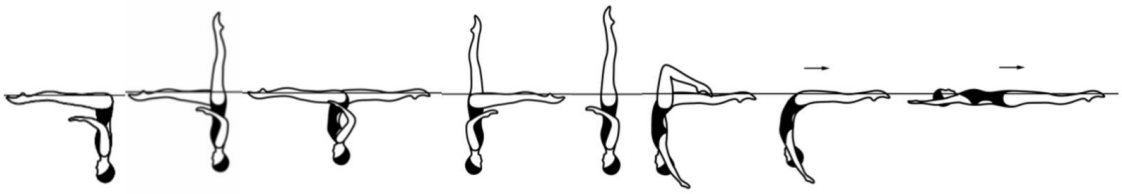
From a **Fishtail Position,** 2 *Fouetté* rotations (180°+180°) are executed. The horizontal leg is rapidly lifted to a **Vertical Position**. Continuing in the same direction, a rapid *Spinning 360°* (1 rotation) is executed.



Element 4

4 - Butterfly Hybrid DD – 2.9

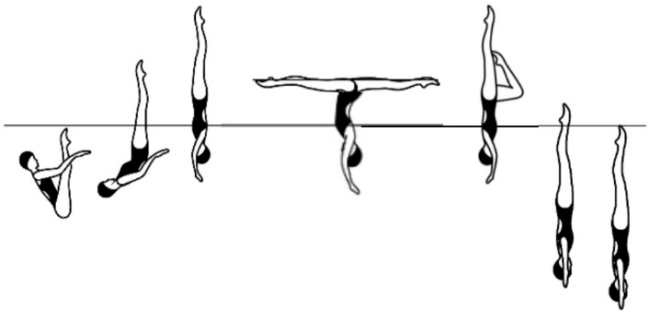
The Butterfly Hybrid is to be performed rapidly. From a **Front Pike Position,** one leg is lifted to a **Fishtail Position.** The horizontal leg is lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position.** Without a pause a hip rotation of 180° is executed as the front 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

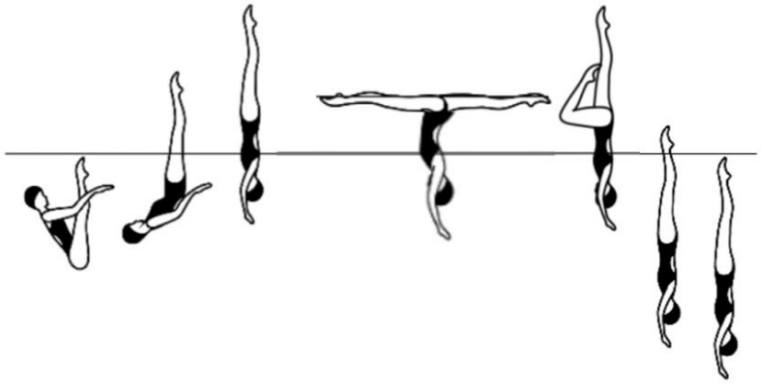
5A-Rocket Split Bent Knee Twirl Hybrid DD – 2.4

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)

***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

1) Time Limits as in VII.14.1

2) Required Element #1 may be performed in any order

3) 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

1. 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

1) Time Limits: VIII.25.5

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

3) All subsequent parts must start in the water

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

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

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

29.5.2 Required Elements

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

2. 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:	❑ **PRELIMS** ❑ **FINALS**			
	❑ Solo Tech	❑ Male Solo Tech	❑ Duet Tech	❑ Mixed Duet Tech
	❑ Solo Free	❑ Male Solo Free	❑ Duet Free	❑ Mixed Duet Free
	❑ Team Tech	❑ Team Free	❑ Acrobatic	❑ 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: _____

PART EIGHT: MASTERS RULES

1. GENERAL

The Masters program shall promote fitness, friendship, understanding and competition through Swimming, Diving, Artistic Swimming, Water Polo and Open Water Swimming among competitors with a minimum age of 25 years. (Note: exception in VIII.6.1.3).

The Technical Rules for the different disciplines (SW, OW, DV, WP and AS) in the Competition Regulations shall be followed with exceptions mentioned in this Masters part of the Competition Regulations.

2. MASTERS GENERAL RULES

2.1 The Members shall register Masters Competitors in a special category for each of the five recognised disciplines. A competitor who registers for Masters in any discipline will still retain his/her unrestricted right to compete in other competitions.

2.2 Except for specific exceptions in the World Aquatics Rules and regulations all other World Aquatics Rules and Regulations shall apply to Masters Competitions.

2.3 Individual entries shall only be accepted from persons representing clubs. No swimmer or team may be designated as representing a country or Federation.

2.4 Age shall be determined as of December 31 of the year of competition.

2.5 Masters Competitors must be aware of the need of being well prepared and medically fit before entering into Masters Competitions. They shall assume full responsibility for the risks included in competing in such competitions. In consideration of their entry, they must agree to waive and release World Aquatics, the Organising National Federation and the Organising Committee from any kind of liability for accidents, which may cause death, injury or property loss. Entry Forms containing a warning of the risks, an Accident Waiver and Release of Liability must be signed by each Masters competitor.

3. MASTERS SWIMMING RULES

The Swimming Rules in Part II of these Competition Regulation apply to Masters with the following exceptions:

3.1 Age Groups

3.1.1 Individual Events:

25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75 – 79, 80 – 84, 85 – 89, 90 – 94 … (five year age groups as high as is necessary).

3.1.2 Relays:

For all purposes pertaining to Masters meet competition, the actual attained age of the competitor shall be determined as of December 31st of the year of competition.

3.2 Events

The following events may be conducted for each age group.

3.2.1 Short course (25 m)

50, 100, 200, 400, 800, 1500m –**Freestyle**

50, 100, 200m – **Backstroke**

50, 100, 200m – **Breaststroke**

50, 100, 200m – **Butterfly**

100, 200, 400m – **Individual Medley**

4 x 50m – **Freestyle Relay**

4 x 50m – **Medley Relay**

4 x 50m – **Mixed Freestyle Relay (2 women and 2 men)**

4 x 50m – **Mixed Medley Relay (2 women and 2 men)**

4 x 100m – **Freestyle Relay**

4 x 100m – **Medley Relay**

4 x 100m – **Mixed Freestyle Relay (2 women and 2 men)**

4 x 100m – **Mixed Medley Relay (2 women and 2 men)**

4 x 200m – **Freestyle Relay**

4 x 200m – **Mixed Freestyle Relay (2 women and 2 men)**

3.2.2 Long course (50 m)

50, 100, 200, 400, 800, 1500m – **Freestyle**

50, 100, 200m – **Backstroke**

50, 100, 200m – **Breaststroke**

50, 100, 200m – **Butterfly**

200, 400m **Individual – Medley**

4 x 50m – **Freestyle Relay**

4 x 50m – **Medley Relay**

4 x 50m – **Mixed Freestyle Relay (2 women and 2 men**)

4 x 50m – **Mixed Medley Relay (2 women and 2 men)**

4 x 100m – **Freestyle Relay**

4 x 100m – **Medley Relay**

4 x 100m – **Mixed Freestyle Relay (2 women and 2 men)**

4 x 100m – **Mixed Medley Relay (2 women and 2 men)**

4 x 200m – **Freestyle Relay**

4 x 200m – **Mixed Freestyle Relay (2 women and 2 men)**

3.3 Masters Swimming Technical Rules

3.3.1 Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.

3.3.2 When using the forward start, the referee's whistle shall indicate that the swimmers may take their positions with at least one foot at the front of the starting platform or pool deck, or in the water with one hand having contact with the starting wall.

3.3.3 All Masters events shall be conducted on a timed final basis.

3.3.4 Swimmers may be allowed to remain in their lane while other swimmers are competing until directed by the referee to exit the pool.

3.3.5 The Organising Committee may arrange 400 metre, 800 metre and 1500 metre Freestyle to be swum two (2) swimmers of the same sex in a lane. Separate timing will be required for each swimmer.

3.3.6 The Warm Up must be supervised.

3.3.7 A breaststroke kicking movement is permitted for butterfly. Only one breaststroke kick is permitted per arm pull except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.

3.3.8 Swimmers who had to be disqualified must be listed with coded reason for disqualification in the results list.

3.4 Relays

3.4.1 Relays shall consist of four swimmers each registered with the same club. No swimmer is allowed to represent more than one club.

3.4.2 The order of swimmers by gender is optional in mixed relays.

3.5 Records

3.5.1 Masters World Records for all events listed in VIII.3.2 for both sexes in each age group shall be recognised and maintained in 1/100 second time (2 decimal places) and according to the provisions listed on the application form. World Records will be accepted only when times are recorded by Automatic Officiating Equipment, or Semi- Automatic Officiating Equipment in case of Automatic Officiating Equipment system malfunction.

3.5.2 Applications for Masters World Records must be made on the World Aquatics official forms by the individual in question within 60 days from the end of the event.

3.5.3 World Records can only be established in a Masters meet:

a) formally sanctioned by a World Aquatics Member Federation; and

b) organised for on behalf of a club or an organisation, which is a member of this World Aquatics Member Federation or recognised by World Aquatics; and

c) conducted under the rules of World Aquatics (and specially those relevant to Masters Swimming); and

d) in which only swimmers registered in a club member of a World Aquatics Member Federation participated.

3.5.4 The first swimmer in mixed relays may apply for a Masters World Record.

3.6 Masters Swimming World Records Application Instructions

3.6.1 General

World Records for Masters are recognized by World Aquatics in both Long Course (50 metre pools only) and Short Course (25 metre pool only). Performance must be registered at a Masters meet as per Rule VIII.3.5.3.

3.6.2 Events and Age Groups

3.6.2.1 Individual Events - for Men and Women

Freestyle – 50m, 100m, 200m, 400m, 800m and 1500m; Backstroke, Breaststroke and Butterfly – 50m, 100m and 200m; Individual Medley – 100m (Short Course only), 200m and 400m.

3.6.2.1.1 Age Groups

25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75 – 79, 80 – 84, 85 – 89, 90 – 94, 95 – 99, 100 – 104, ... (five year age groups as high as is necessary).

3.6.2.2 Relay Events - for Men, Women and Mixed (2 men and 2 women)

4x50m Freestyle, 4x50m Medley, 4x100m Freestyle, 4x100m Medley, 4x200m Freestyle

Relay Age Groups are calculated from the total age of team members (in whole years) 100 – 119 years, 120 to 159 years, 160 – 199 years, 200 to 239 years, 240 – 279 years, 280 to 319 years, 320 – 359 years, 360 to 399 years, ...(forty year increments as high as is necessary).

3.6.3 Eligibility

All applicants must be financial members of a Federation affiliated with World Aquatics. Relay teams must be made up of four swimmers each properly registered with a single club. Swimmers may swim for only one club at any particular meet.

3.6.4 Timing

- Only electronic timing will be accepted. OR
- Semi-Automatic Timing in the case of where the Automatic Timing system malfuntioned
- Meet timing record or photocopy is to be attached to the application form.

3.6.5 Age Determining Date

For all purposes pertaining to Masters World Records and Masters World Championship meets, the actual attained age of the competitor as of 31 December of the year of the meet shall determine their age group for that competition and any record set during that competition.

3.6.6 Applications

Applications for records should be placed on World Aquatics Masters Swimming World Record Application Forms by the Meet Director and submitted within sixty (60) days of the event. The application is to be endorsed by either the Chief Timekeeper or the Referee of the meet. The National Federation is to verify the details of the applicant and ensure that all documentation is complete including:

a. Certification of pool length;

b. Proof of date of birth;

c. Timing record.

The application should be forwarded to the World Aquatics Office located at:

Chemin de Bellevue 24a / 24b
1005 Lausanne Switzerland
Email: masters@worldaquatics.com

World Aquatics will decide whether to approve the record application. The World Aquatics Office will inform the National Federation of the results of each application. If after publication an error is detected, the swimmers have the right to appeal for a correction within 6 months of the publication date.

3.6.6.1 Detailed Instructions

Point 1 If the Record Application is for an Individual Event, then enter that Event Name from the above list item # 2.1. If it is for a Relay Event then enter that Event Name from the above list item # 2.2. Circle either Men, Women or Mixed.

Point 2 Enter the Official Time in minutes, seconds and 1/100th of second without rounding.

Point 3 If the Record Application is for an Individual Event then enter the Age Group from the above list item 2.1. If for a Relay Event then enter the Age Group from the above list item 2.2.

Point 4 Identify the Course Type as either Short Course 25 metres or Long Course 50 metres.

Point 5 Enter the Pool Name, City, Country and Date of the Official Sanctioned Masters Meet.

Point 6 A copy of the pool length confirmation must either be attached with this application or already on file with the World Aquatics Masters Recorder. A one-time measurement is required unless there are changes to the pool that might cause the pool measurements to change. Then the pool length must be confirmed again. Where a moveable bulkhead is used, it is not necessary for an additional course measurements confirmation of the lane where the time was achieved.

Point 7 If an Individual Event then list the swimmer's first name then last name, circle M for Men or W for Women, enter age (see item 5 above) and the full date of birth including the name of the month.

Point 8 If this record is for a Relay then list each member of the relay in the order they swam. List the swimmer's first name then last name, circle M for Men or W for Women, enter age (see item 5 above) and the full date of birth including the name of the month.

Point 9 A copy of each swimmer's birth certificate or passport must either be attached with this application or already on file with the World Aquatics Masters Recorder. A marriage certificate is not required.

Point 10 Enter the Club name of the individual swimmer or relay team and the Federation that this club is affiliated with.

Point 11 Enter the Official Time from the Primary Automatic Officiating Equipment. The time is entered in minutes, seconds and 1/100th second without rounding.

Point 12 If the primary Automatic Officiating Equipment malfunctions then enter the times from the Backup Semi-Automatic Officiating equipment. The times are entered in minutes, seconds, 1/100th second without rounding.

Point 13 A printed copy from the Automatic Officiating Equipment is required. The printout must show the details including all backup times from the specific heat where the record occurred. Meet results with splits are not acceptable.

Point 14 Enter the Name and Title of the Certifying Official. A signature and date is required.

Point 15 The National Masters Recorder for the Federation where the swimmer(s) is affiliated must enter the Name and Federation. A signature and date is required.

3.7 Appendix - Ruling for Masters Top Ten tabulations.

Results that are valid for the World Aquatics Masters Top Ten results can only be established in a Masters meet:

a) formally sanctioned by a World Aquatics Member federation and,

b) organised for or on behalf of a club or an organisation, which is a member of this World Aquatics Member Federation or recognised by World Aquatics and

c) conducted under the rules of World Aquatics (and specially those relevant to Masters Swimming) and

d) in which only swimmers registered in a club member of a World Aquatics Member Federation participated.

4. MASTERS OPEN WATER SWIMMING RULES

Masters Open Water Swimming shall be defined as any event for which the distance is greater than 1500 metres and where entry is restricted to Master swimmers.

The Open Water Swimming Rules in Part IV of these Competitions Regulations shall apply to Masters Open Water Swimming with the following exceptions.

4.1 Masters Open Water Swimming events will be up to 5 km.

4.2 Age Groups for Open Water Swimming are the same as for Masters Swimming Individual Events (IX.3.1)

4.3 The water temperature shall be measured within 30 minutes before start of race and must be a minimum of 18°C and maximum of 31°C. The water temperature shall be certified by the Safety Officer as measured in as near to the middle of the course as possible at a depth of 40 cm.

4.4 It shall be compulsory for all swimmers to wear highly visible coloured swim caps.

4.5 At all Masters Open Water events the safety of the competition shall be of paramount importance.

5. MASTERS DIVING RULES

The Diving Rules in Part V of these Competitions Regulations shall apply to Masters Diving with the following exceptions.

5.1 Age Groups and Events

5.1.1 Springboard Diving – Men and Women (1 metre and 3 metre)

Age Groupe (Years)	Total Number of	Dives required
	MEN	WOMEN
25 – 29	7	6
30 – 34	7	6
35 – 39	7	6
40 – 44	7	6