



## ASNZ COMPETITION RULES – 2024 - DRAFT

*These rules apply to ASNZ National Championships and North and South Island events (unless otherwise noted on the Information Bulletin for that event). These competitions are conducted according to World Aquatics' Rules for Competitive Level One – apart from specified changes. The Level Two Competition Rules relate to specific ASNZ events. NB: Schools will be run as a separate Virtual Event.*

### EVENTS

#### COMPETITIVE LEVEL ONE – AS PER WORLD AQUATICS' RULES

<b>10 &amp; Under</b> (same World Aquatics' Rules as 12 & Under)	These events are comprised of two sessions – results are combined: <ul style="list-style-type: none"> <li>• Solo Free Routine and 12 &amp; Under Figures</li> <li>• Duet Free Routine and 12 &amp; Under Figures</li> </ul>						
<b>11-12 Years</b> (same World Aquatics' Rules as 12 & Under)	These events are comprised of two sessions – results are combined: <ul style="list-style-type: none"> <li>• Solo Free Routine and 12 &amp; Under Figures</li> <li>• Duet Free Routine and 12 &amp; Under Figures</li> </ul>						
<b>12 &amp; Under</b>	These events are comprised of two sessions – results are combined: <ul style="list-style-type: none"> <li>• Team Free Routine and 12 &amp; Under Figures</li> </ul>						
<b>Youth (13-15 years)</b>	These events are comprised of two sessions – results are combined: <ul style="list-style-type: none"> <li>• Solo Free Routine and Youth Figures (see Appendix 4)*</li> <li>• Duet Free Routine and Youth Figures (see Appendix 4)*</li> <li>• Team Free Routine and Youth Figures (see Appendix 4)*</li> </ul>						
<b>Youth Combination Team (15 &amp; Under)</b>	This event is a stand-alone session for athletes aged 15 & under competing in 10 & Under, 12 & Under and Youth events						
<b>Junior (15-19 years)</b>	These events are stand-alone sessions: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Solo – Technical Routine</td> <td>Solo – Free Routine</td> </tr> <tr> <td>Duet – Technical Routine</td> <td>Duet – Free Routine</td> </tr> <tr> <td>Team – Technical Routine</td> <td>Team – Free Routine</td> </tr> </table>	Solo – Technical Routine	Solo – Free Routine	Duet – Technical Routine	Duet – Free Routine	Team – Technical Routine	Team – Free Routine
Solo – Technical Routine	Solo – Free Routine						
Duet – Technical Routine	Duet – Free Routine						
Team – Technical Routine	Team – Free Routine						
<b>Senior (15 years &amp; Over)</b>	These events are stand-alone sessions: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Solo – Technical Routine</td> <td>Solo – Free Routine</td> </tr> <tr> <td>Duet – Technical Routine</td> <td>Duet – Free Routine</td> </tr> <tr> <td>Team – Technical Routine</td> <td></td> </tr> </table>	Solo – Technical Routine	Solo – Free Routine	Duet – Technical Routine	Duet – Free Routine	Team – Technical Routine	
Solo – Technical Routine	Solo – Free Routine						
Duet – Technical Routine	Duet – Free Routine						
Team – Technical Routine							
<b>Open (all ages)</b>	These events are stand-alone sessions: <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Acrobatic Routine*</td> <td>Team – Free Routine</td> </tr> </table>	Acrobatic Routine*	Team – Free Routine				
Acrobatic Routine*	Team – Free Routine						

#### Competitive Level Two – ASNZ Specific Rules

<b>Dolphin</b>	These events are comprised of two sessions – results are combined: Free Combination and Dolphin Figures (see Appendix 1) NB: Dolphin Figures are split into two groups – both swimming the same figures - 12 & Under and 13-16 years. Dolphin Combination can include swimmers from both age groups								
<b>Aquanauts</b>	These events are comprised of two sessions – results are combined: <ul style="list-style-type: none"> <li>• Solo - Free Routine and specified 12 &amp; Under Figures (see Appendix 2)</li> <li>• Duet - Free Routine and specified 12 &amp; Under Figures (see Appendix 2)</li> </ul>								
<b>Aquarinas</b>	These events are comprised of two sessions – results are combined: <ul style="list-style-type: none"> <li>• Solo - Free Routine and specified Youth Figures (see Appendix 3)</li> <li>• Duet - Free Routine and specified Youth Figures (see Appendix 3)</li> </ul>								
<b>AquaCombo</b>	A stand-alone session and may include Aquanauts and Aquarinas swimmers only								
<b>NZ Masters (20 years &amp; Over)</b> NB: Different age group to WORLD AQUATICS	These events are stand-alone sessions: <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">Solo</td> <td style="width: 33%;">Free Routine</td> <td style="width: 33%;">Duet</td> <td>Free Routine</td> </tr> <tr> <td>Team</td> <td>Free Routine</td> <td></td> <td></td> </tr> </table>	Solo	Free Routine	Duet	Free Routine	Team	Free Routine		
Solo	Free Routine	Duet	Free Routine						
Team	Free Routine								

## **GENERAL**

**AGES:** As at December 31<sup>st</sup> in the year of competition.

**REGISTRATION:** Swimmers must be affiliated as “Competitive” with ASNZ.

**MALE ENTRIES:** ASNZ encourages the participation of male athletes. They may enter the Solo events, and may be part of a Duet, Team or Free Combination in either Competitive Level One or Two routines. There will be no separate events for men until we have sufficient numbers.

**STAR LEVELS:** New Zealand swimmers must have achieved the following NZ KiwiStar Awards:

10 & Under	KiwiStar 4
12 & Under	KiwiStar 4
Youth (13-15)	KiwiStar 6
Junior	KiwiStar 8
Senior	KiwiStar 10
Open	KiwiStar 6
Dolphin	KiwiStar 3
Aquanauts	KiwiStar 4
Aquarinas	KiwiStar 5
Masters	KiwiStar 5

<b>ALL EVENTS</b>	Please note all events will be judged the same way as all other World Aquatics Age Group routines from 2024 i.e. with Coaches’ Cards, Difficulty and Synchronisation Technical Controllers.
<b>ATHLETE NUMBERS IN TEAMS, COMBOS AND ACROBATIC ROUTINES</b>	<ul style="list-style-type: none"> <li>• Under the World Aquatics rules the athlete numbers required are: <ul style="list-style-type: none"> <li>○ Combination Teams – 4 to 10</li> <li>○ Acrobatics – 4 to 8</li> <li>○ Teams – 4 to 8</li> </ul> </li> <li>• Under World Aquatics Rule AS18.1 there is a penalty of 0.5 for each swimmer under the maximum number for each event as specified above – with the exception of Combination Team where the penalty will only be applied for swimmers less than 8.</li> </ul>
<b>SWIM-UP RULES</b>	<ul style="list-style-type: none"> <li>• Athletes may swim up in the World Aquatics year of their Age Group as follows: <ul style="list-style-type: none"> <li>• 10-year-olds may swim up to 11-12 Years – but may not swim the same routines or Figures in each category</li> <li>• 12-year-olds may swim up to Youth</li> <li>• 14-year-olds may swim up to Junior</li> </ul> </li> <li>• The athlete/s must also swim the Figures of the Age Group they are swimming up to (if relevant).</li> </ul>
<b>AQUANAUTS</b>	<p><u>Eligibility:</u></p> <ul style="list-style-type: none"> <li>• Swimmers may be of any age. The Figures Group for this event does not relate to the age of the swimmers.</li> </ul> <p>Swimmers who have <u>not</u> competed in Aquarinas, Youth, Junior or Senior events at the National Championships or been in a National Squad.NB: All Aquanaut routines will follow the same rules as 12 &amp; Under for Solo and Duet routines.</p>
<b>AQUARINAS</b>	<p><u>Eligibility:</u></p> <ul style="list-style-type: none"> <li>• Swimmers may be of any age. The Figures Group for this event does not relate to the age of the swimmers.</li> <li>• Swimmers who have previously competed in Age Group, Junior or Senior Events, or who are competing for the first time.</li> <li>• An athlete is not permitted to enter this event in the same year they are a member of a New Zealand Squad or if they are competing in Aquanauts.</li> </ul> <p>NB: All Aquarinas routines will follow the same rules as Youth for Solo and Duet routines.</p>

<b>NZ MASTERS</b>	<p>Masters Routines are stand-alone free routines for athletes aged 20 and over – with athletes competing in separate events. NB: World Aquatics Masters’ Rules do not apply.</p> <p>NB: All Masters routines will follow the same rules as Youth for Solo, Duet and Team routines</p>
<b>10 &amp; UNDER FIGURES AND EVENTS</b>	<ul style="list-style-type: none"> <li>• The 10 &amp; Under Figures draw will swim the same Figures as the 11-12 Years, based on the World Aquatics 12 &amp; Under Figures</li> <li>• Ribbons and Medals will be awarded for the 10 &amp; Under category.</li> <li>• 10 &amp; Under athletes may swim up to the 11-12 Category for Duet and 12 &amp; Under Teams – taking their 10 &amp; Under Figures results with them.</li> </ul>
<b>DOLPHIN FIGURES</b>	<ul style="list-style-type: none"> <li>• Dolphin Figures will be split in two age groups: 12 &amp; Under &amp; 13-16 years.</li> <li>• Two Figures will remain the same and two Figures will change each year – so if athletes stay in the Dolphin category for longer than one year they learn new skills the next year. See Appendix 1 for Dolphin Figures.</li> <li>• Athletes competing in Dolphin Figures may <u>only</u> compete in this Figures session.</li> </ul> <p><u>After placing first, second or third in Dolphin Figures at Nationals, a swimmer is no longer eligible to compete in this session again.</u></p>
<b>YOUTH (13-15) FIGURES</b>	<ul style="list-style-type: none"> <li>• The new World Aquatics Rules have 12 different Figures in this category, with athletes competing in 2 Figures only in events – with the whole field not necessarily competing in the same Figures.</li> <li>• ASNZ has amended these rules and will run these in the same way as 12 &amp; Under Figures in the World Aquatics rulebook i.e. 8 Figures will be identified to compete in, and from this four Figures will be drawn 72 hours prior to the start of Nationals that athletes will compete in. Note there are no compulsory Figures.</li> <li>• See Appendix 4 for details.</li> </ul>
<b>SOLOS</b>	<p>Clubs may only enter a <u>maximum</u> of three solos per club per event for Age Group/World Aquatics events, and two solos per club per event for Aquanauts, Aquarinas and Masters. <b>Please note in 2025 this will drop to two solos per club for all events.</b></p>
<b>ALL FREE COMBINATIONS (Dolphin Combo, AquaCombo and Youth Combo)</b>	<ul style="list-style-type: none"> <li>• Please note from 2024 all Combination Teams will be judged under the new World Aquatics judging system with a Coach Card.</li> <li>• One athlete may swim ONE Free Combination – either Dolphin Free Combination, AquaCombo or Youth Combination. The same athlete may not be listed as a reserve for a second Free Combination in the same event.</li> <li>• The only exceptions are athletes who swim as the “competitive” swimmers in a Dolphin Free Combination or AquaCombo. They may also swim in one other Combination Team.</li> </ul>
<b>DOLPHIN FREE COMBINATION</b>	<ul style="list-style-type: none"> <li>• <u>Eligibility:</u> <ul style="list-style-type: none"> <li>○ For swimmers not competing in Aquanauts, Aquarinas, Age Group, Junior, Senior or Open Events with the exception of <u>two</u> team members who may be Aquanauts, Aquarinas or 10 &amp; Under and 11-12 Year Age Group swimmers but may not be National Squad members.</li> <li>○ Dolphin Free Combination swimmers must be aged 16 and under – including the two “non-Dolphin” team members specified in the first bullet point above.</li> </ul> </li> <li>• <u>Required elements and times can be found in Appendix 5.</u></li> <li>• The “non-Dolphin” athletes are not permitted to swim the solo/duet parts.</li> <li>• Please note, <u>this is a combined event</u> – Figures are included in the final score for all but the “non-Dolphin” team members.</li> <li>• <b>Please note – the intention in 2025 is to reduce the “non-Dolphin” swimmer to only one.</b></li> </ul>

<b>AQUACOMBO</b>	<ul style="list-style-type: none"> <li>• <u>Eligibility:</u> <ul style="list-style-type: none"> <li>○ May include Aquanauts and Aquarinas swimmers (but no Dolphins).</li> <li>○ <u>One</u> team member may be a Level One swimmer from the 10 &amp; Under, 11-12 Years or Youth age group category but may not be National Squad members.</li> </ul> </li> <li>• The AquaCombo follows the same rules as the Youth Combination Team.</li> <li>• Required elements and time can be found in Appendix 5.</li> <li>• The Level One swimmer is not permitted to swim the solo or duet parts.</li> <li>• Please note this is a stand-alone routine i.e. no Figures apply</li> </ul>
<b>YOUTH FREE COMBINATION TEAM</b>	<ul style="list-style-type: none"> <li>• <u>Eligibility</u> - may only include 10 &amp; Under, 11-12 Years and Youth athletes</li> <li>• This is a stand-alone routine i.e. no Figures apply</li> <li>• Athletes bring the KiwiStar level from their age group into this i.e. a 12 &amp; Under athlete only needs to have KiwiStar 4 while a Youth athlete needs to have KiwiStar 6.</li> </ul>
<b>OPEN ACROBATICS AND OPEN FREE TEAM ROUTINE</b>	<ul style="list-style-type: none"> <li>• <u>Eligibility</u> – may include any Competitive Level 1 and 2 athletes (but no Dolphins)</li> <li>• These routines follow the World Aquatics rules for Senior Acrobatics and Free Team routines.</li> <li>• Acrobatics and Free Team routines should be 4-8 athletes</li> <li>• Completing the Acrobatics routine with less than 8 swimmers may be difficult due to the nature of the Acrobatics. If you have less than 8 swimmers you may be better to focus on Open Free Team instead.</li> <li>• Please note these are stand-alone routines i.e. no Figures apply.</li> </ul>
<b>MIXED CLUB DUET AND TEAM ROUTINES</b>	<ul style="list-style-type: none"> <li>• It is possible to enter Mixed Club routines with approval from ASNZ. This will be particularly relevant for Auckland and Christchurch-based clubs.</li> <li>• A Mixed Club routine is when athletes are affiliated to different clubs but train together for the purposes of a Duet or Team to allow athletes greater opportunities e.g. a Duet may have one athlete from one Club and one from another, or a Team may have 2 from one Club and 6 from another.</li> <li>• Mixed Club Routines will be announced and put in the programme with the names of both Clubs in alphabetic order e.g. Auckland Mermaids/Waitemata.</li> </ul>
<b>SAME ROUTINE COMPETING IN DIFFERENT CATEGORIES</b>	<ul style="list-style-type: none"> <li>• While World Aquatics rules allow this, in order to create time efficiencies and promote athlete wellbeing, the same routine may not be swum by the <u>same athletes</u> in different categories.</li> <li>• However, if clubs wish to enter the same routine in different categories but swum by different athletes (even if there is only one athlete different) this is permissible.</li> </ul>
<b>MULTIPLE EVENT ENTRIES</b>	<p>With the Swim-Up Rule and the overlap of Age Groups, particularly 13-14-15, Junior and Senior, there is the possibility for any one athlete to enter many events. Clubs are asked to be aware of athlete welfare to ensure they are not over-stretched, and to be aware that event scheduling may mean there is not much break between routines for athletes in this situation.</p>
<b>SQUAD ATHLETES AND TRIALLISTS</b>	<ul style="list-style-type: none"> <li>• Existing Koru/Fern Squad athletes intending to continue in Squads are required to swim a Tech routine of some kind e.g. Solo, Duet or Team, to maintain and develop their tech element skills.</li> <li>• Athletes who are intending to trial for the Fern Squad <u>must</u> compete in a Tech routine at Nationals.</li> <li>• Athletes who are intending to trial for the Koru Squad <u>should</u> compete in a Tech routine where possible at Nationals.</li> <li>• Athletes who are intending to trial for the Pikopiko Squad <u>should</u> compete in Aquarinas Figures or 13/14/15 Figures where possible at Nationals.</li> </ul>
<b>TIME LIMITS</b>	<p>Time Limits are covered in Appendix 5.</p>
<b>PENALTIES</b>	<p>The list of penalties are included in Appendix 6 for all figures and routines</p>

<b>INTERNATIONAL ENTRIES</b>	<ul style="list-style-type: none"> <li>• ASNZ welcome international entries in all National Championships events only.</li> <li>• International entries cannot hold NZ titles – they will be awarded specific international medals/ribbons if they place in an event.</li> <li>• We welcome and encourage international entries who wish to bring their own judge/s. Ideally they would bring 1 judge for every 6 swimmers</li> <li>• International teams of less than 6 athletes do not have to do this.</li> <li>• If this is difficult for international entries, please talk to the Meet Manager who may be able to find you a NZ judge instead – this would require an additional fee to cover their travel/accommodation of NZ\$500.</li> </ul>
<b>JUDGES</b>	<ul style="list-style-type: none"> <li>• Each NZ Club entering swimmers at the National Championships must send one judge for each 6 swimmers entered in the competition.</li> <li>• Technical Controllers and Referees who are appointed to the Meet, will be included in the 1:6 ratio for the Club from which they are affiliated, unless ASNZ or the Meet funds all their costs for the competition.</li> <li>• Judges must be fully available to judge at the whole event – or a club can provide two judges if they wish to share their allocations across the event (but this will be counted for 1 judge in total for the Club’s judge commitment).</li> <li>• If judges do not fulfil their commitments at the event (except for sickness), clubs will be invoiced \$100 for each day that commitment is not met.</li> <li>• Coaches involved in day to day club coaching cannot be one of the allocated judges unless prior approval has been granted by ASNZ (for example, we understand that small clubs may have difficulty in growing sufficient judges). However, coaches may be included in Figures judging panels if they are not judging their own club athletes.</li> <li>• Judges who coach occasionally are permitted to judge, but must declare conflicts for those athletes they have coached.</li> <li>• Clubs are expected to train and develop their own judges to meet this requirement. ASNZ runs regular judge education programmes at North Islands, South Islands and Nationals to help with this.</li> <li>• Please note, if a club is unable to meet this requirement, they should contact the Meet Manager who can assist with matching them with appropriate judges. They will need to meet those judges’ costs to attend.</li> <li>• NB: Clubs participating for the first time are exempt from this requirement in their first year of competition.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• To be eligible to hold a National title for Solo or Duet events, athletes must hold New Zealand citizenship or have been granted permanent residency in New Zealand or have been a resident in New Zealand for at least two years. Teams or Combos may have up to 2 athletes who do not meet this requirement and still be eligible to hold a National title.</li> <li>• Where an international competitor places in an event, they will receive a medal/ribbon for that placing, but the next NZ competitor will also receive the same placing medal/ribbon.</li> <li>• Medals will be presented for each routine event.</li> <li>• Ribbons will be awarded for the Figures events.</li> <li>• All Dolphins will receive a participation pin or ribbon</li> <li>• Reserves are permitted (for Duets and Teams) and will be awarded applicable medals.</li> <li>• No reserves are permitted for solos.</li> </ul>



## Appendix 1 – DOLPHIN FIGURES

<b>Compulsory</b>	Figure No. 302	Blossom	DD 1.4
	Figure No. 310	Somersault Back Tuck	DD 1.1
<b>Optional Group 1</b>	Figure No. 303	Somersault Back Pike	DD 1.5
	Figure No. 344	Neptunus	DD 1.6
<b>Optional Group 2</b>	Figure No. 323	Somersault Front Pike	DD 1.4
	Figure No. 361	Prawn	DD 1.5


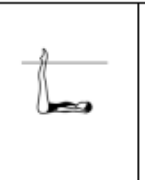

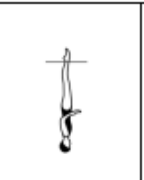

2024	Figure No. 302	Blossom	DD 1.4
	Figure No. 310	Somersault Back Tuck	DD 1.1
	Figure No. 303	Somersault Back Pike	DD 1.5
	Figure No. 344	Neptunus	DD 1.6

2025	Figure No. 302	Blossom	DD 1.4
	Figure No. 310	Somersault Back Tuck	DD 1.1
	Figure No. 323	Somersault Front Pike	DD 1.4
	Figure No. 361	Prawn	DD 1.5

**Figure – 302 BLOSSOM**

**DIFFICULTY – 1.4**





From a **Back Layout Position** the trunk is lowered as the hips are bent to assume a **Submerged Ballet Leg Double Position**. The feet separate along the surface of the water as the hips rise and the body assumes a **Split Position**. The legs join to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.

					Total
NVT=	10.0	11.0	5.0	5.0	31
PV =	3.23	3.55	1.61	1.61	10

**Figure – 310 SOMERSAULT BACK TUCK**

**DIFFICULTY – 1.1**





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 as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.

				Total
NVT=	3.0	5.0	3.0	11
PV =	2.73	4.55	2.73	10

**Figure – 303 SOMERSAULT BACK PIKE**

**DIFFICULTY – 1.4**







From a **Back Layout Position** with the trunk remaining parallel and close to the surface of the water, the legs are raised rapidly to assume a **Back Pike Position**. Without a pause the body somersaults backwards around a lateral axis until the feet and head simultaneously reach the surface of the water. A **Back Layout Position** is assumed.

				Total
NVT=	14.0	13.0	5.0	32
PV =	4.38	4.06	1.56	10

**Figure – 344 NEPTUNUS**

**DIFFICULTY – 1.6**






From a **Front Layout Position** a **Front Pike Position** is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. The bent leg is extended to meet the vertical leg while descending and assuming a **Vertical Position** at ankle level. A **Vertical Descent** is executed.

						Total
NVT=	6.0	14.5	12.5	9.0	0	42
PV =	1.43	3.45	2.98	2.14	0	10

**Figure – 323 SOMERSAULT FRONT PIKE**

**DIFFICULTY – 1.4**






From a **Front Layout Position** a **Front Pike Position** is assumed. With continuous motion the body somersaults around a lateral axis so that the hips replace the head at each quarter point of the revolution until the head and buttocks return to the surface of the water. As the legs are raised to the surface of the water to assume a **Front Layout Position**, the head, back and buttocks travel along the surface of the water until the hips occupy the same position as the head at the beginning of this action.

					Total
NVT=	6.0	8.0	8.0	6.0	28
PV =	2.14	2.86	2.86	2.14	10

**Figure – 361 PRAWN**

**DIFFICULTY – 1.5**

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**. The legs are joined to assume a **Vertical Position** at ankle level. A **Vertical Descent** is executed.

					Total
NVT=	6.0	20.0	5.0	5.0	36
PV =	1.67	5.56	1.39	1.39	10

**Appendix 2 – AQUANAUTS FIGURES (12 & Under compulsory figures plus pre-selected figures as below)**

<b>Compulsory</b>	Figure No. 106	Straight Ballet Leg	DD 1.6
	Figure No. 301	Barracuda	DD 1.8
<b>Optional Group 1</b>	Figure No. 359	Front Ariana	DD 2.2
	Figure No. 348	Tower	DD 1.9
<b>Optional Group 2</b>	Figure No. 363	Water Drop	DD 1.8
	Figure No. 401	Swordfish	DD 2.1
<b>Optional Group 3</b>	Figure No. 311	Kip	DD 1.6
	Figure No. 227d	Swanita Spinning 180	DD 1.9

2024	Figure No. 106	Straight Ballet Leg	DD 1.6
	Figure No. 301	Barracuda	DD 1.8
	Figure No. 363	Water Drop	DD 1.8
	Figure No. 401	Swordfish	DD 2.1

2025	Figure No. 106	Straight Ballet Leg	DD 1.6
	Figure No. 301	Barracuda	DD 1.8
	Figure No. 311	Kip	DD 1.6
	Figure No. 227d	Swanita Spinning 180	DD 1.9

**Appendix 3 – AQUARINAS FIGURES (Pre-selected Youth figures as below)**

2024	Figure No. 140g	Flamingo Bent Knee, Twist Spin	DD 2.9
	Figure No. 437	Cyclone Open 180	DD 2.6
	Figure No. 308h	Barracuda Airborne Split Spin Up 180	DD 2.9
	Figure No. 407	Swordfish Straight Leg Ariana Rotation	DD 2.6

2025	Figure No. 356f	Whip Continuous Spin 720	DD 3.0
	Figure No. 441	Saturn	DD 2.5
	Figure No. 352	Venus	DD 3.0
	Figure No. 240i	Albatross Spin Up 360	DD 2.5



**Appendix 4 – YOUTH (13-15 FIGURES) – four Figures will be selected at random from the groups specified – 72 hours prior to the start of the competition. Note there are no longer any compulsory Figures in the Youth category.**

2024 - Sections B and C	Figure No. 356f	Whip Continuous Spin 720	DD 3.0
	Figure No. 441	Saturn	DD 2.5
	Figure No. 352	Venus	DD 3.0
	Figure No. 240i	Albatross Spin Up 360	DD 2.5
	Figure No. 144	Rio Straight Leg	DD 3.1
	Figure No. 421	Walkover Back Closing 360	DD 2.4
	Figure No. 440d	Ipanema Spinning 180	DD 3.1
	Figure No. 311j	Kip Combined Spin	DD 2.4

2025 - Sections A and C	Figure No. 140g	Flamingo Bent Knee, Twist Spin	DD 2.9
	Figure No. 437	Cyclone Open 180	DD 2.6
	Figure No. 308h	Barracuda Airborne Split Spin Up 180	DD 2.9
	Figure No. 407	Swordfish Straight Leg Ariana Rotation	DD 2.6
	Figure No. 144	Rio Straight Leg	DD 3.1
	Figure No. 421	Walkover Back Closing 360	DD 2.4
	Figure No. 440d	Ipanema Spinning 180	DD 3.1
	Figure No. 311j	Kip Combined Spin	DD 2.4

## APPENDIX 5 – REQUIRED ROUTINE ELEMENTS FOR COMPETITIVE LEVEL 2 ROUTINES

<b>Aquanaut</b>	<b>Time (+/- 5 sec)</b>	<b>Total Required Elements</b>	<b>Summary</b>
Solo Free	2:00	5	Total of 5 Free Hybrids
Duet Free	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic
<b>Aquarina</b>	<b>Time (+/- 5 sec)</b>	<b>Total Required Elements</b>	<b>Summary</b>
Solo Free	2:00	6	Total of 6 Free Hybrids
Duet Free	2:30	7	Total of 6 Free Hybrids and 1 Pair Acrobatic
Aqua Combo (Aquanaut and Aquarina)	3:00	8	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)
<b>Dolphin</b>	<b>Time (+/- 5 sec)</b>	<b>Total Required Elements</b>	<b>Summary</b>
Dolphin Combo	3:00	7	2 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.”

**\*\*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 FINA Acrobatics Catalogue.

**Walk-ons for all routines** will be consistent with the new World Aquatics rules i.e. 20 seconds for Solos and Duets, 30 seconds for Teams, Combination Teams or Acrobatics.

**Music allowance for all routines** will be consistent with the new World Aquatics rules i.e. 5 seconds less or plus the allotted time of the routine.

## APPENDIX 6 – LIST OF PENALTIES

Rule Number	Penalty Amount	For	Penalty Reason	Deducted	Event
AS18.1	0.5	Technical, Free, Acrobatic, Combination Teams	Per team member less than 8 (even though Combination Teams can have 10 penalties are only applied if less than 8)	From total score	All
AS18.3.1	1	All Routines	Time limit of 10 seconds for deck work exceed	From Routine Score	All
AS18.3.2	1	All Routines	Deviation from specified routine time limit (+- 5 secs)	From Routine Score	All
AS18.3.3	1	All Routines	Time limit for deck walk ons is exceeded	From Routine Score	All
AS18.3.4	2	All Routines	Competitor makes deliberate use of bottom of pool (read full rule)	From Routine Score	All
AS18.3.5	2	All Routines	Routine interrupted by competitor during deck and new start allowed	From Routine Score	All
AS18.4	2	All Routines	Per element exceeding the set number in Appendix III	From Elements Score	All
AS18.5	0.5	Free Mixed Duet, Youth Team	Per additional required element in Appendix III not performed (read full rule)	From Artistic Impression Score	All
AS18.7.1		Technical Routines	Zero DD for any TRE not correctly performed (read full rule)		All
AS18.7.2		Technical Routines	Zero DD for each TRE swam out of order (read full rule)		All
AS18.7.3	0.5	Technical Routines	Per violation of general requirement 6 Appendix II (elements to be performed simultaneously and in same direction) (read full rule)	From Elements Score	All
AS18.7.4	2	Technical Routines	Per violation of routine requirements 6 and 7 Appendix II (cadence action, acro action all team members, maximum 1 circle pattern) (read full rule)	From Elements Score	All
AS18.8.1	2	Free Combination	Per violation general requirements 2 - 6 Appendix V (read full rule)	From Routine Score	All
AS18.8.2	2	Free Combination	Per violation TRE 1 & 2 Appendix V (read full rule)	From Elements Score	All
AS18.9.1	2	Acrobatic	Per violation general requirement 3 Appendix IV (read full rule)	From Routine Score	Junior/Senior
AS18.9.2	2	Acrobatic	Per violation each required acrobatic not performed (read full rule)	From Elements Score	Junior/Senior
AS11.1		Figures	Zero for any figure incorrectly performed		Youth
AS 11.3	1	Figures	If competitor does not complete correct figure, they can swim again and 1 pt penalty applied. If incorrect again they receive zero	From total figure score	10 & Under, 11-12, Dolphin, Aquanaut, Aquarina