



## ARTISTIC SWIMMING NEW ZEALAND - 2025 COMPETITION RULES

The following rules apply to the ASNZ National, North Island, and South Island Championships (unless otherwise noted in the Information Bulletin for that event).

- Competitive Level One - These events are conducted according to World Aquatics' Rules – apart from specified changes.
- Competitive Level Two - these are specific ASNZ events and the rules are detailed below.

### COMPETITIVE LEVEL ONE - as per World Aquatic Rules

<b>10 &amp; Under (same World Aquatics' Rules as 12 &amp; Under)</b>	These events are comprised of two sessions – results are combined: <ul style="list-style-type: none"> <li>• Solo Free Routine and 10 &amp; Under Figures</li> <li>• Duet Free Routine and 10 &amp; Under Figures</li> <li>• Mixed Duet Free Routine and 10 &amp; Under Figures</li> </ul>
<b>11-12 Years (same World Aquatics' Rules as 12 &amp; Under)</b>	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> <li>• Mixed Duet Free Routine and 12 &amp; Under Figures</li> </ul>
<b>12 &amp; Under</b>	This event is comprised of two sessions – results are combined: <ul style="list-style-type: none"> <li>• Team Free Routine and 10/12 &amp; Under Figures (note the Figures Draw will be the same for 10 &amp; Under 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>• Mixed 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: <ul style="list-style-type: none"> <li>• Solo – Technical Routine</li> <li>• Duet – Technical Routine</li> <li>• Mixed Duet - Technical Routine</li> <li>• Team – Technical Routine</li> </ul> Solo – Free Routine Duet – Free Routine Mixed Duet - Free Routine Team – Free Routine
<b>Senior (15 years &amp; Over)</b>	These events are stand-alone sessions: <ul style="list-style-type: none"> <li>• Solo – Technical Routine</li> <li>• Duet – Technical Routine</li> <li>• Mixed Duet - Technical Routine</li> </ul> Solo – Free Routine Duet – Free Routine Mixed Duet - Free Routine
<b>Open (All levels - see notes for ages)</b>	These events are stand-alone sessions: <ul style="list-style-type: none"> <li>• Team - Technical Routine</li> <li>• Acrobatic Team Routine</li> </ul> Team – Free Routine
<b>Masters (20+ years)</b>	These events are stand-alone sessions: <ul style="list-style-type: none"> <li>• Solo - Free Routine</li> <li>• Duet - Free Routine</li> <li>• Team - Free Routine</li> </ul>

## COMPETITIVE LEVEL TWO - ASNZ Specific Rules

<b>Dolphins</b>	<p>These events are comprised of two sessions – results are combined:</p> <ul style="list-style-type: none"> <li>• Free Combination Team Routine</li> <li>• Dolphin Figures (see Appendix 1)</li> </ul> <p>NB: Dolphin Figures are split into three groups – all swimming the same figures - 10 &amp; Under, 11-12 and 13-16 years. Dolphin Combination can include athletes from all age groups</p>
<b>Aquanauts</b>	<p>These events are comprised of two sessions – results are combined:</p> <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>	<p>These events are comprised of two sessions – results are combined:</p> <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>	<p>This is a stand-alone session and may include Aquanauts and Aquarinas athletes only</p>
<b>AquaMasters</b>	<p>These events are stand-alone sessions:</p> <ul style="list-style-type: none"> <li>• Solo Free Routine (12 &amp; Under Rules)</li> <li>• Duet Free Routine (12 &amp; Under Rules)</li> <li>• Combination Free Routine (Youth Combo Rules)</li> </ul>

## GENERAL RULES AND CLARIFICATIONS

<b>AGES</b>	<p>As of December 31st in the year of competition.</p>
<b>REGISTRATION</b>	<p>New Zealand athletes must be affiliated as:</p> <ul style="list-style-type: none"> <li>• Regional if only competing in North or South Island Championships</li> <li>• Competitive if competing at Nationals</li> </ul>
<b>CODE OF CONDUCT</b>	<p>All people involved in the competition (athletes, team managers, judges, officials, coaches, and Meet personnel) will be required to complete an ASNZ Code of Conduct form.</p>
<b>MALE ENTRIES</b>	<p>ASNZ encourages the participation of male athletes.</p> <ul style="list-style-type: none"> <li>• They may enter the Solo events and may be part of Team or Free Combination in either Competitive Level One or Two routines.</li> <li>• In Competitive Level One they may compete in a Mixed Duet, and in Level Two be part of the Duet.</li> <li>• Two males may swim together in Level One or Two Duets.</li> </ul>
<b>GENDER DIVERSE ATHLETES</b>	<p>ASNZ is currently working with World Aquatics to clarify their rules with respect to gender-diverse athletes. Please contact ASNZ if you wish to clarify which event your athlete wishes to enter.</p>
<b>SCHOOL ENTRIES</b>	<ul style="list-style-type: none"> <li>• Some athletes may only get recognition at their Schools for Regional and National results if they represent their School.</li> <li>• For this reason, athletes for whom this is important should also register their School's name on the entry form.</li> <li>• Results will note both the Club and the School.</li> <li>• All school entries will receive a badge</li> </ul>

<b>UNIVERSITY ENTRIES</b>	Athletes who are at University may also note the name of their University or Tertiary Institution.																																
<b>SOLOS</b>	Clubs may only enter a <b>maximum of two solos per Club</b> in each Solo event																																
<b>SWIM-UP RULES</b>	<p>Athletes may swim up in the World Aquatics year of their Age Group as follows:</p> <ul style="list-style-type: none"> <li>• 10-year-olds may swim up to 11-12 Years – but may <u>not</u> 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> <p>The athlete/s must also swim the Figures of the Age Group they are swimming up to (if relevant).</p> <p>NB: Please note the rules below on swimming the same routine in different age groups.</p>																																
<b>SAME ROUTINE COMPETING IN DIFFERENT CATEGORIES</b>	<p>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. Please note "the same routine" means materially the same i.e. the same music or over 50% of choreography/Coach Card is the same.</p> <p>However, if clubs wish to enter the same routine in different categories <u>but swum by different athletes</u> (even if there is only one athlete different) this is permissible.</p>																																
<b>KIWISTARS</b>	<p>For New Zealand athletes only the KiwiStars requirements are:</p> <table border="1"> <thead> <tr> <th colspan="2">Competitive Level One</th> <th colspan="2">Competitive Level 2</th> </tr> </thead> <tbody> <tr> <td><b>10 &amp; Under</b></td> <td>KiwiStar 4</td> <td><b>Dolphin</b></td> <td>KiwiStar 3</td> </tr> <tr> <td><b>12 &amp; Under</b></td> <td>Kiwi Star 4</td> <td><b>Aquanauts</b></td> <td>KiwiStar 4</td> </tr> <tr> <td><b>Youth</b></td> <td>Kiwi Star 6</td> <td><b>Aquarinas</b></td> <td>KiwiStar 5</td> </tr> <tr> <td><b>Junior</b></td> <td>KiwiStar 8</td> <td><b>AquaMasters</b></td> <td>KiwiStar 3</td> </tr> <tr> <td><b>Senior</b></td> <td>KiwiStar 10</td> <td></td> <td></td> </tr> <tr> <td><b>Open</b></td> <td>KiwiStar 6</td> <td></td> <td></td> </tr> <tr> <td><b>Masters</b></td> <td>KiwiStar 5</td> <td></td> <td></td> </tr> </tbody> </table>	Competitive Level One		Competitive Level 2		<b>10 &amp; Under</b>	KiwiStar 4	<b>Dolphin</b>	KiwiStar 3	<b>12 &amp; Under</b>	Kiwi Star 4	<b>Aquanauts</b>	KiwiStar 4	<b>Youth</b>	Kiwi Star 6	<b>Aquarinas</b>	KiwiStar 5	<b>Junior</b>	KiwiStar 8	<b>AquaMasters</b>	KiwiStar 3	<b>Senior</b>	KiwiStar 10			<b>Open</b>	KiwiStar 6			<b>Masters</b>	KiwiStar 5		
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<b>ATHLETE NUMBERS IN TEAMS, COMBOS, AND ACROBATIC ROUTINES</b>	<p>Under World Aquatics' rules, the athlete numbers required are:</p> <ul style="list-style-type: none"> <li>• Combination Teams – 4 to 10</li> <li>• Acrobatics Teams – 4 to 8</li> <li>• Teams – 4 to 8</li> </ul> <p>There is a penalty of 0.5 for each swimmer less than the maximum number for each Team as specified above – with the exception of Combination Team where the penalty will only be applied for athletes less than 8.</p>																																
<b>DOLPHINS</b>	<p><u>Eligibility:</u></p> <ul style="list-style-type: none"> <li>• athletes may be aged up to and including 16 years old</li> <li>• After athletes have placed 1st/2nd/3rd in 11-12 or 13-16 Dolphin Figures at Nationals, a swimmer is no longer eligible to compete in Dolphins again and must progress on to other categories.</li> <li>• athletes can only compete in Dolphins for two years in total - though they may swim in Dolphin Combination Team as the non-competitive athletes.</li> </ul>																																

<b>AQUANAUTS</b>	<p>Aquanaut routines will follow the same rules as 12 &amp; Under for Solo and Duet.</p> <p><u>Eligibility:</u></p> <ul style="list-style-type: none"> <li>athletes may be of any age. The Figures Group for this event does not relate to the age of the athletes.</li> <li>athletes must have not competed in Aquarinas, Youth, Junior or Senior events at the National Championships, or been in a National Squad</li> </ul>
<b>AQUARINAS</b>	<p>Aquarinas routines will follow the same rules as Youth for Solo and Duet.</p> <p><u>Eligibility:</u></p> <ul style="list-style-type: none"> <li>athletes may be of any age. The Figures Group for this event does not relate to the age of the athletes.</li> <li>athletes 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>
<b>MASTERS</b>	<p>While World Aquatics' Masters rules have different age groups - because our fields are small, all athletes will compete in one combined age group under the World Aquatics rules.</p> <p><u>Eligibility:</u> For athletes aged 20 and over</p>
<b>AQUAMASTERS</b>	<p>This is a new category for ASNZ and is designed for older athletes who are new to synchro. For this reason, the AquaMasters Solo and Duet routines follow the same rules as 12 &amp; Under.</p> <p><u>Eligibility:</u> For athletes aged 20 and over who have not competed for two years or more in any other category</p>
<b>DOLPHIN FIGURES</b>	<ul style="list-style-type: none"> <li>Dolphin Figures will be split into three age groups: 10 &amp; Under, 11-12 years &amp; 13-16 years with ribbons awarded for all age groups separately.</li> <li>Two Figures will remain the same and two Figures will change each year – See Appendix 1 for Dolphin Figures.</li> </ul>
<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>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. two Figures sections will be identified for each year (See Appendix 4). From these two sections, one (4 figures will be randomly drawn 72 hours prior to the start of the competition.</li> <li>See Appendix 4 for details</li> </ul>
<b>ALL FREE COMBINATIONS (Dolphin Combo, AquaCombo, Youth Combo and Masters Combo)</b>	<ul style="list-style-type: none"> <li>One athlete may swim ONE Free Combination – either Dolphin Free Combination, AquaCombo, Youth Combination or AquaMasters Combination Team. 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" swimmer in a Dolphin Free Combination, AquaCombo, or AquaMasters Combo. They may also swim in one other Combination Team.</li> </ul>
<b>DOLPHIN FREE COMBINATION</b>	<ul style="list-style-type: none"> <li>For athletes not competing in Aquanauts, Aquarinas, Age Group, Junior, Senior or Open Events with the exception of <u>one team member</u> who may be Aquanauts, Aquarinas or 10 &amp; Under and 11-12 Year Age Group athletes but may not be a National Squad member.</li> <li>Dolphin Free Combination athletes must be aged 16 and under – including</li> </ul>

	<p>the non-Dolphin Team member specified in the first bullet point above.</p> <ul style="list-style-type: none"> <li>• Required elements and times can be found in Appendix 5.</li> <li>• The "non-Dolphin" athlete is not permitted to swim the solo/duet parts.</li> <li>• Please note, this is a combined event – Figures are included in the final score for all but the "non-Dolphin" team members.</li> </ul>
<b>AQUACOMBO</b>	<ul style="list-style-type: none"> <li>• May include Aquanauts and Aquarinas athletes (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 a National Squad member.</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>• May 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>AQUAMASTERS COMBINATION TEAM</b>	<ul style="list-style-type: none"> <li>• This may include Masters and AquaMasters athletes.</li> <li>• <u>One</u> team member may be from any other category but may not be a National Squad member.</li> <li>• The AquaMastersCombo follows the same rules as the 12 &amp; Under Combination Team (with the exception of KiwiStar Requirements).</li> <li>• Required elements and time can be found in Appendix 5.</li> <li>• The non-Masters athlete 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>OPEN ACROBATICS, TECH AND FREE TEAM ROUTINE</b>	<ul style="list-style-type: none"> <li>• May include Competitive Level 1 and 2 athletes - except Dolphins. For clarity, this includes Masters and AquaMasters athletes.</li> <li>• The only exception is the Acrobatics Team which is limited to athletes aged 15 and over as per World Aquatics rules.</li> <li>• These routines follow the World Aquatics rules for Open Acrobatics and Free Team routines.</li> <li>• Completing the Acrobatics routine with less than 8 athletes may be difficult due to the nature of the Acrobatics. If you have less than 8 athletes 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>MULTIPLE EVENT ENTRIES</b>	<p>With the Swim-Up Rule and the overlap of Age Groups, particularly Youth, 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 TRIALISTS</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 must compete in a Tech routine at Nationals.</li> </ul>

	<ul style="list-style-type: none"> <li>• Athletes who intend to trial for the Koru Squad should compete in a Tech routine where possible at Nationals.</li> <li>• Athletes who intend to trial for the Pikopiko Squad should compete in Aquarinas Figures or 13/14/15 Figures where possible at Nationals.</li> </ul>
<b>MAJOR SYNCHRONISATION ERRORS</b>	In the interest of speeding up the event, major synchronisation errors will not be included for Dolphins and Aquanauts, as these require reviewing by the STCs and referee. Small and Obvious synchronisation errors still apply.
<b>TIME LIMITS</b>	Time Limits are covered in Appendix 5.
<b>PENALTIES</b>	The list of penalties is included in Appendix 6 for all figures and routines
<b>INTERNATIONAL ENTRIES</b>	<ul style="list-style-type: none"> <li>• ASNZ welcomes 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 athletes</li> <li>• International teams of less than 6 athletes do not have to do this.</li> <li>• If it is difficult for international entries to bring their own judge, 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 approximately NZ\$500.</li> </ul>
<b>JUDGES</b>	<ul style="list-style-type: none"> <li>• Each NZ Club entering athletes at the National Championships must send one official for every 6 athletes entered in the competition, and one of these must be a TC.</li> <li>• Judges should be aged 16 and over.</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 <u>unless</u> 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 fulfill 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 coaching at competitions cannot be named as a judge or TC as they must be fully available to attend all official commitments and meetings..</li> <li>• However, coaches may be included in Figures judging panels if additional judges are required. In this case, they will not judge their own athletes and cannot be included in the 1:6 ratio.</li> <li>• If a coach elects to be fully committed as a Judge or TC, they must declare conflicts for those athletes they have coached and must not (as mentioned above) be coaching these athletes at the event.</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>• Clubs participating for the first time are exempt from this requirement in their first year of competition.</li> <li>• All judge's conflicts of interest will be shared openly at the Manager's Meeting.</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</li> </ul>

	<p>requirement and still be eligible to hold a National title.</p> <ul style="list-style-type: none"> <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>
<b>RESULTS AND PRIZEGIVING</b>	<ul style="list-style-type: none"> <li>• Prizegivings will occur throughout the event as decided by the Meet Manager and dependent on event timing.</li> <li>• Results will be communicated via WhatsApp</li> </ul>
<b>APPEALS</b>	Clarification will be given at the Manager's Meeting about the process and timing of any appeals. Appeals must be submitted by the Team Manager <u>ONLY</u> . No direct communication is permitted between Coaches, Athletes, Parents and Officials.
<b>FEEDBACK</b>	Feedback will be given by TCs to Coaches in an organised manner at each event with respect to Base Marks, and from Officials to Coaches with respect to Penalties. The way this will be done will be outlined at the Manager's Meeting for each event. No direct communication is permitted outside these meetings between Officials and Coaches.
<b>VIDEO RECORDINGS</b>	Videos are recorded for the purposes of reviews and appeals by Officials only and will not be made available to the public or Teams..

## 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

2025 DOLPHIN FIGURES		
Compulsory	Figure No. 302	Blossom
Compulsory	Figure No. 310	Somersault Back Tuck
Group 2	Figure No. 323	Somersault Front Pike
Group 2	Figure No. 361	Prawn

**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

**2025 AQUANAUT FIGURES**

Compulsory	Figure No. 106	Straight Ballet Leg
Compulsory	Figure No. 301	Barracuda
Group 3	Figure No. 311	Kip
Group 3	Figure No. 227d	Swanita Spinning 180

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

**2025 AQUARINAS FIGURES**

Pre-Selected Youth	Figure No. 356f	Whip Continuous Spin 720
Pre-Selected Youth	Figure No. 441	Saturn
Pre-Selected Youth	Figure No. 352	Venus
Pre-Selected Youth	Figure No. 240i	Albatross Spin Up 360

**Appendix 4 – YOUTH (13-15 FIGURES) – Section A or Section C will be drawn at random 72 hours prior to the event.**



## 2025 YOUTH FIGURES GROUPS - Sections A and C

Section A, Group 1	Figure No. 307e	Flying Fish Spinning 360
Section A, Group 1	Figure No. 437	Cyclone, Open 180
Section A, Group 2	Figure No. 308h	Barracuda Airborne Split Spin Up 180
Section A, Group 2	Figure No. 407	Swordfish Straight Leg Ariana Rotation

Section C, Group 5	Figure No. 140	Flamingo Bent Knee Combined Spin 360 + 360
Section C, Group 5	Figure No. 421	Walkover Back Closing 360
Section C, Group 6	Figure No. 440d	Ipanema Spinning 180
Section C, Group 6	Figure No. 154f	London Continuous Spin 720

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

Dolphin	Time (+/- 5 sec)	Total Required Elements	Summary
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)
Aquanaut and AquaMasters	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Free	2:00	4	Total of 4 Free Hybrids
Duet Free	2:30	5	Total of 4 Free Hybrids and 1 Pair Acrobatic
Aquarina	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
Aqua Combo (Aquanaut and Aquarina)	3:00	9	4 Team non-repeating Acrobatics* (with safety limits**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 2 x Team Hybrids (min of 4 athletes required), 1 x Team Choreography Hybrid with no DD (min of 4 athletes)

Masters	Time (+/- 5 sec)	Total Required Elements	Summary
AquaMasters Combo	3:00	9	4 Team non-repeating Acrobatics* (with safety limits**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 2 x Team Hybrids (min of 4 athletes required), 1 x Team Choreography Hybrid with no DD (min of 4 athletes)

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

**\*\*Acrobatic Safety Limit:** See below from the World Aquatics' Acrobatics Catalogue.

	Acro DD	Plus Base Mark	Total DD (MAX)
<b>Youth - Group A</b>	<b>2.2</b>	<b>0.5</b>	<b>2.7</b>
<b>Youth - Group B</b>	<b>2.3</b>	<b>0.5</b>	<b>2.8</b>
<b>Youth - Group C</b>	<b>2.3</b>	<b>0.5</b>	<b>2.8</b>
<b>Youth - Group P</b>	<b>2.5</b>	<b>0.5</b>	<b>3.0</b>
<b>12U - Group A</b>	<b>2.0</b>	<b>0.5</b>	<b>2.5</b>
<b>12U - Group B</b>	<b>2.1</b>	<b>0.5</b>	<b>2.6</b>
<b>12U - Group C</b>	<b>2.1</b>	<b>0.5</b>	<b>2.6</b>
<b>12U - Group P</b>	<b>2.3</b>	<b>0.5</b>	<b>2.8</b>

**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.

**APPENDIX 6 – LIST OF PENALTIES- Please note this is a condensed table of the key penalties. Please refer to the World Aquatics rules for more detail. Further general requirements are highlighted below the table to draw your attention to this.**

Rule Number	Penalty Amount	For	Penalty Reason	Deducted from	Event
AS 18.1	0.5	Tech Teams, Free Teams, Acrobatic Routines, Combination Teams	Per team members less than 8	Total Score	All
AS 18.3.1	1	All Routines	Time limit of 10 seconds for deck work exceeded	Routine Score	All
AS 18.3.2	1	All Routines	Deviation from specified routine time limit (+/- 5 seconds)	Routine Score	All
AS 18.3.3	1	All Routines	Time limit for walk ons is exceeded (see Appendix 5)	Routine Score	All
AS	2	All Routines	Competitor makes deliberate use of the	Routine	All

18.3.5			bottom of the pool (read full rule)	Score	
AS 18.3.6	2	All Routines	Routine interrupted by competitor during deck work and a new start is allowed by the referee	Routine Score	All
AS 18.4	2	All Routines	Per element exceeding the set number in Appendix 3	Elements Score	All
AS 18.5	0.5	Free Mixed Duets, Youth Team	Per additional required element in Appendix 3 not performed (read full rule)	Artistic Impression Score	All
AS 18.7.1		Technical Routines	Zero DD for any TRE not correctly performed (read full rule)		All
AS 18.7.2		Technical Routines	Zero for each TRE performed out of the order declared on the Coach Card		All
AS 18.7.3	0.5	Technical Routines	For each violation of General Requirement #6 (see Appendix 7)	Elements Score	All
AS 18.7.4	2	Technical Routines	For each required additional free hybrid missing (see World Aquatics rules)	Elements Score	Tech Duet, Tech Mixed Duet, Open Tech Team
AS 18.7.4	2	Technical Routines	For violation of Team Technical Routine Additional Requirement #7 (see Appendix 7)	Elements Score	Open Tech Team (Senior Tech?)
18.8.1	2	Free Combination	For each violation of Free Combo General Routine Requirements 2-6 (see Appendix 7)	Routine Score	All
18.8.2	2	Free Combination	For each violation of the Free Combo Required Elements (see World Aquatics Rules)	Elements Score	All
18.9.2	2	Acrobatic Routine	For each Required Acrobatic not performed or not conforming to the Acrobatics rules specified (see Appendix 7)	Elements Score	All
AS 11.1		Figures	Any figure incorrectly performed is awarded a zero		Youth
AS 11.3	1		If a competitor does not perform the correct figure, the panel referee will allow them a re-swim and a 1 point penalty will be applied. If an incorrect figure is performed again, it will be awarded a zero	Total Figure Score	10&U, 11-12, Dolphin, Aquanaut, Aquarina

### General Requirements

1. Unless otherwise specified, all required elements must be executed according to the World Aquatics AS Manual for Judges, Coaches and Referees

2. If 1 or more competitors omit all or part of an elements or performs an incorrect action in an element, penalties will apply
3. Technical Required Elements can be performed in any order
4. Technical Required elements, the degree of difficulty for each element, and the order of performance must be declared on the coach card
5. Additional hybrids in Technical Routines and the degree of difficulty for each must be declared on the coach card
6. For Teams and Women's Duets: TREs, Free Hybrids, and Transitions must be performed simultaneously and facing the same direction by all duet or team members. Exceptions are allowed for Deck Work, Entry into the water, getting in and out of the circle (team), and acrobatics
7. For Mixed Duets: TREs must be performed simultaneously and facing the same direction. This does not apply to Deckwork, Entry into the water, Free Hybrids, Transitions, or Pair Acrobatics.
8. Additional movements can be added immediately before and after (breath to breath) TREs. These movements will not add any extra difficulty nor be considered as additional hybrids
9. Time limits apply
10. It is strongly recommended that TREs are separated by other content

#### **Team Technical Routine Additional Requirements**

6. Two additional hybrids, one of which must include a cadence action
7. One acrobatic movement must be performed by all team members. The DD must not exceed 3.0 (incl. BM)

#### **Free Combination General Requirements**

1. Time limits apply
2. The start may be on the deck, in the water, or a combination of both
3. All subsequent parts must start in the water
4. A new part must begin in very close proximity to the previous part
5. The routine must portray a theme, which is declared on the coach card
6. The coach card must show all required elements in the chosen order of performance

#### **Acrobatic Routine Acrobatic Requirements**

- A minimum of 1 acrobatic from each group (A, B, C, P) must be performed
- A maximum of 2 acrobatics from each group (A, B, C, P) may be performed
- Acrobatics must not be repeated. See the most recent Acrobatic Catalogue for further details on definitions