



## 2024 Tech Talk Updates & Information for the 2024 Season

The following information summarizes rule changes for the 2024 season. This summary is not complete and does not replace the rules that will be updated in the 2024 rulebook and posted on USA Artistic Swimming's website in the coming weeks. Questions about information in this document may be sent to the Vice-President of Competitive Programs, [Rebecca Phillips](#)

**IMPORTANT:** Updates to this document will be added monthly. Those updates are noted below:

- No updates as of November 2023 have been added.

### Document Key

- Item 1: Useful Links
- Item 2: Gender Inclusion
- Item 3: Acrobatic Competitor Numbers
- Item 4: Novice Changes (*updated 11.16.23*)
- Item 5: Intermediate Changes
- Item 6: Youth Combo Age Changes
- Item 7: 12U Routine Requirements
- Item 8: Additional changes from USAAS Convention
- Item 9: Collegiate Trio
- End of Document – Q&A



## 2024 Tech Talk Updates & Information for the 2024 Season

### 1. Useful Links

This tech talk is an overview of the changes to the technical rules. This year has many more changes than almost any quad. To find more details about the technical rules and education resources, here are some links that may be useful.

This tech talk is an overview of changes to the technical rules as voted on at the 2023 Convention. Please refer to the following links for information about competition.

- [AQUA Rules](#)
- [USAAS Rulebook](#) (will be update soon)
- Link to last year's info: [USA Artistic Swimming | New Rules and Scoring Resources](#)
- [Newly approved AQUA Acrobatic Codes](#)

### 2. Gender Inclusion

Definitions were included for all solo and duet events. Duet and Solo categories will consist of the following.

- [USAAS Gender Inclusion Policy](#)
- Solo: Girl/Women, Boy/Men, Gender Inclusive
- Duet: Girl/Women (both athletes), Boy/Men (both athletes, Mixed Duet (one athlete girl/women, one athlete boy/men), Gender inclusive (one or more athlete who does not identify as a girl/women or boy/man)
- All other events have no gender restrictions.

### 3. Acrobatic Competitor Numbers

- National events an acrobatic routine consists of 4-8 athletes.
- JO exception an acrobatic routine consists of 4-10 athletes.
- ¼ point penalty per athlete for routines with less than 8 athletes.



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### 4. Novice Changes

Novice Routines may include 1 optional hybrid. This will be judged under artistic impression. No coaches' cards will be submitted for Novice routines.

#### Figures:

- Bent Knee, Alternate
- Dolphin
- Blossom
- Kipnus (*updated 11.16.23*)

#### Routine Elements

- Somersault Back
- Bent Knee Alternate
- No arm Boost
- Blossom
- Kipnus

### 5. Intermediate Changes

#### Compulsory Figures:

- Ballet Leg, Single
- Barracuda

#### Selection Group 1

- Walkover, Front
- Kip, Bent Knee

#### Selection Group 2

- Tower
- Walkover, Back

#### Routine Elements

- Tower
- Boost with one arm
- Ballet leg, Single
- Kip, Bent Knee
- Barracuda

Zeros will be implemented for elements not performed correctly.



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### 6. Youth Combo Age Changes

Competitors who are 12 years of age and younger who have passed level 4, may participate in the Free combination events at the U.S. Youth Championships.

### 7. 12U Routine Changes

In 12u routines, Rotation (R) movements in levels 5-9 shall be counted only two times (2X) per hybrid, always taking the highest values, This restriction is in addition to all AQUA hybrid restrictions.

### 8. Additional Changes from USAAS Convention

National 12u invite: All Athletes must pass Levels 1,2,3 to participate in the 12 and U National Invitational

For JO Championships the DD of the acrobatic movement should not exceeded 2.65 but there shall be no minimum Degree of Difficulty.

### 9. Collegiate Trio

Revised appendix L for Collegiate trios: Collegiate trios will consist of 6 hybrids and 3 acrobatics.

## Q&A Section

This section is added to help others know answers to questions that we have received.

- I. 16/19-20 Combo is still an event for JO.
- II. Potential more changes/clarifications coming from AQUA. Any changes that happen will be evaluated for impact on athletes/coaches and decisions will be made depending on timing of the change announcements.
- III. Coaches card checker available for all coaches to check for common errors. This has been developed by Chris Leahy: <https://check-cards.web.app/>
- IV. AWD invitational that had been held with JOs for the last couple of years will be held in conjunction with JR/SR.
- V. For JR/SR nationals. If a swimmer is only swimming Acro they will need level 5 if they are ages 13-19/20 (JR ages). They will need level 6 if they are ages 20plus.