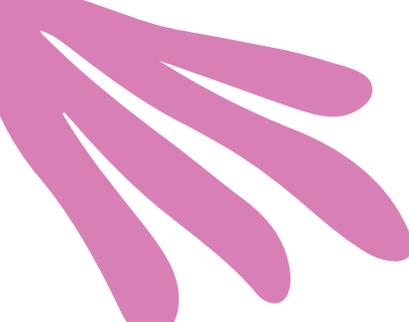


**INVITATION TO THE  
ARTISTIC SWIMMING  
LITTLE WAVES CUP**



**16TH - 17TH MAY 2026  
ST, PAUL'S BAY , MALTA**



**DEAR ARTISTIC SWIMMING FRIENDS,**

**ARTISTIC SWIMMING - SIRENS ASC WISHES TO INVITE YOU TO PARTICIPATE IN THE 3RD EDITION OF LITTLE WAVES CUP FROM THE 16TH - 17TH MAY 2026 IN MALTA ST. PAULS BAY.**

**BUILDING ON THE GREAT SUCCESS OF THE PREVIOUS TWO EDITIONS, THE ORGANISING COMMITTEE IS COMMITTED TO DELIVERING A WELL-RUN AND ENJOYABLE COMPETITION, ENSURING A POSITIVE EXPERIENCE FOR EVERYONE INVOLVED**

**WE LOOK FORWARD TO WELCOMING YOU TO MALTA AND HOPE THAT YOU WILL ENJOY YOUR VISIT TO OUR ISLAND.**

**BEST REGARDS,  
ARTISTIC SWIMMING TEAM - SIRENS ASC**





The Little Waves Cup is a celebration of the next generation of artistic swimmers and an opportunity for young athletes to showcase their talent, creativity, and teamwork in a fun and supportive environment. This event encourages participation, friendship, and a love for artistic swimming while promoting athletic development. Designed to inspire confidence and joy in the water, the Little Waves Cup offers an unforgettable experience for both swimmers, officials and spectators alike.



Dates: 16th – 17th May, 2026

Organiser: Sirens ASC - Artistic Swimming

Participants: Local Clubs, International Clubs and National Teams

Location: Sirens Sport Facility, St. Paul's Bay, Malta ([google maps](#))

Pool Size: 33x25m heated outdoor pool - 1.8m depth

Competition Manager: Hayley Camilleri

WA Contact Number: +356 99357488

Contact Email Address: [littlewavescup@gmail.com](mailto:littlewavescup@gmail.com)

## COMPETITION INFORMATION

Categories	Year
8 & Under	Born 2018 and younger
10 & Under	Born 2016 and younger
12 & Under	Born 2014 and younger

Events for Male & Female Athletes	
8 & Under	Figures, Free Solo, Free Duet/Mixed & Free Team
10 & Under	Figures, Free Solo, Free Duet/Mixed, Free Team, Combination
12 & Under	Figures, Free Solo, Free Duet/Mixed, Free Team & Combination

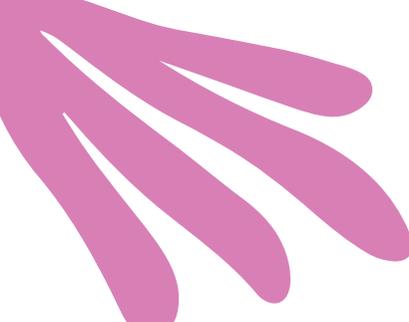
# COMPETITION RULES

The competition will follow a mix of Club, National, and World Aquatics rules.

- The 12U category will be held under World Aquatics rules.
- The 10U and 8U figures will follow Maltese National rules.
- The 10U & 8U routines will follow Local Club rules.

Interested clubs are kindly asked to email us ([littlewavescup@gmail.com](mailto:littlewavescup@gmail.com)) to confirm their participation. Once we receive your confirmation, we will send you the competition rules and all relevant documents.

<b>Results Calculation</b>	
8 & Under	100% Figures 100% Routine
10 & Under	100% Figures 100% Routine
12 & Under	100% Figures 100% Figures + 100% Routine



## AWARDS

Medals will be given to those ranked first, second and third in each event  
Participation medal and certificates will be given to each athlete.

## THE LITTLE WAVES CUP

We will take the highest score achieved by each club in every event and sum these scores to produce each club's final total. The club with the highest overall total will be declared the winner.

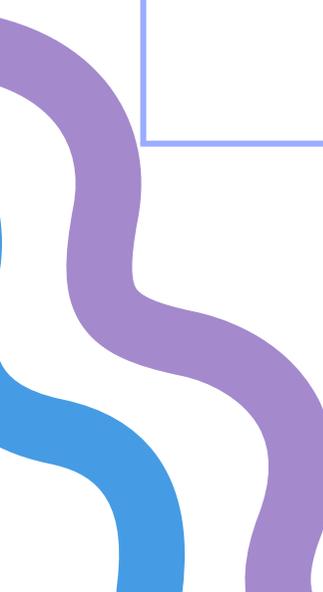
## DRAW

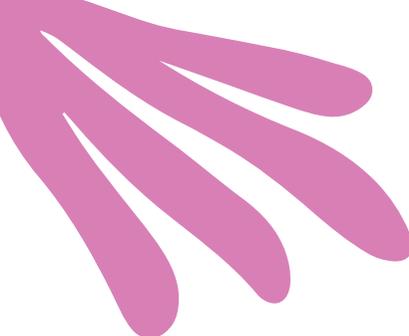
There will be **no draw for age group figures** in this competition. The figures will be set and announced beforehand to allow athletes to prepare in advance and feel more comfortable during the event.

## ENTRY FEES

The entry fee of €45 applies only to competitors who choose not to stay at the official competition hotel. Competitors staying at the official hotel are exempt from this fee

Entry Fee	Comments
€45	Per Competitor





## MUSIC

Music should be sent as an **attachment or via WeTransfer** to the following email address. The files must be saved as **.mp3** and are to be labelled as indicated below:

Email: [littlewavescup@gmail.com](mailto:littlewavescup@gmail.com)

File Name: AgeGroup\_Event\_Club\_Name-Name.mp3

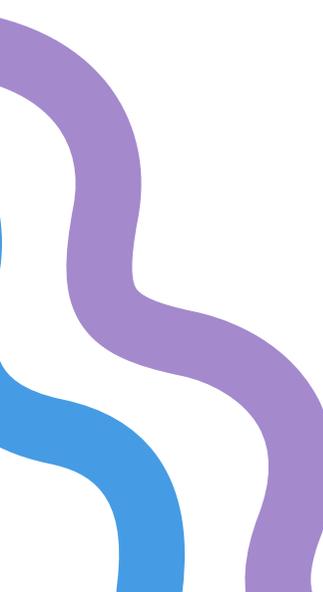
For the **solo event**, please include the full name of the swimmer.

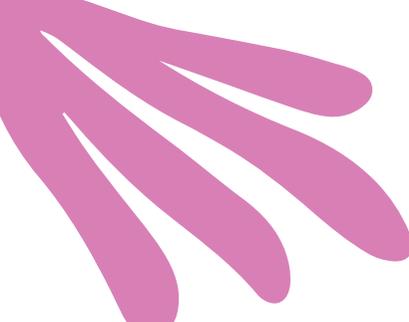
For the **duet event**, please include the 2 surnames without the reserve.

For the **team or combination** event, please include the name of the club or federation without the swimmer's names.

## JUDGING

Each club or federation must provide 1 judge or technical controller for every 6 athletes, clubs not adhering to this ratio may be fined a minimum of €50. Any clubs attending without a judge shall be subjected to a €200 fine.





## COACH CARD

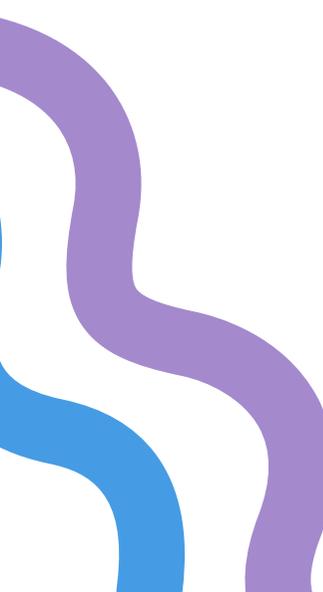
Coach cards shall be uploaded using a link which will be made available closer to the competition date. This is to be completed by no later than the **10th of May 2026 at 23:59 CET**. The link will be live 14 days prior to the closing date (27th of April 2026).

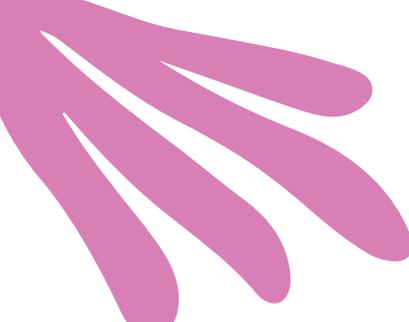
Once uploaded you will receive a confirmation email which will include your uploaded coach card, together with an option to edit submission. Changes/edits are allowed up until the closing date mentioned above. Should you wish to make changes, kindly do not submit a new coach card, please edit the originally uploaded card. **No changes in the coach cards will be accepted following the closing time (10.05.2026 at 23:59 CET).**

## ADDITIONAL INFORMATION

Additional training time prior to the competition can be arranged upon request through the organising committee.

A closing ceremony and celebration will take place at the conclusion of the event. Further details will be communicated closer to the competition date.



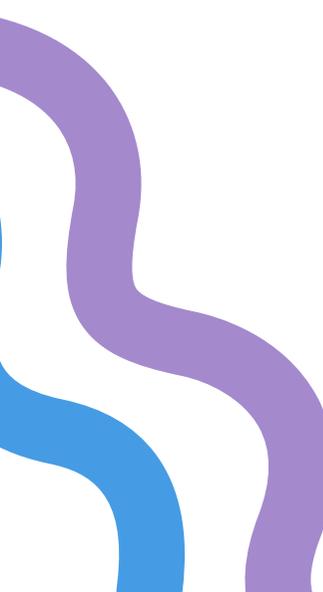


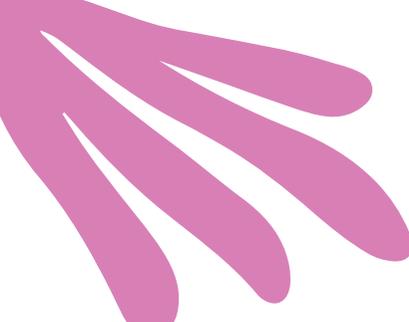
## **ACCOMMODATION**

The Official Hotel for this Competition is within a short walk from the Sirens Sports Facilities.

The Organising Committee will provide transport for those staying at the Official Hotel from the Malta International Airport to the Official Hotel and vice-versa.

Should clubs wish to make use of the official accommodation provided, please send an email to the Sirens ASC Artistic Swimming Team at [littlewavescup@gmail.com](mailto:littlewavescup@gmail.com) for more information on prices and booking.





## TRANSPORTATION

The Organising Committee will provide transport for those staying at the Official Hotel from the Malta International Airport to the Official Hotel and vice-versa. The Official Hotel is a short walk from the pool.

## PRELIMINARY ENTRY FORM

Please submit your preliminary entry form by completing the below google form.

<https://forms.gle/HFwJDQJaTX53Eycs7>

**By no later than 26th March 2026**

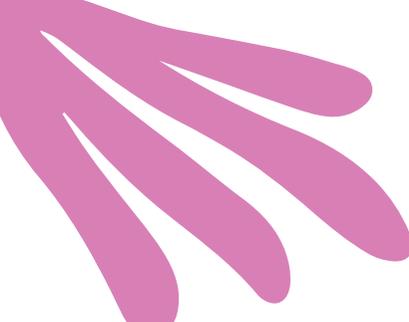
## FINAL ENTRY FORM

You will receive a confirmation e-mail with a link for the final entry, coach cards and music submission.

**This Form is to be submitted to**

**By no later than 26th April 2026**





# TENTATIVE COMPETITION SCHEDULE

**16<sup>TH</sup> MAY**

Figures

Opening Ceremony

Free Duet 8u,10u,12u

Free Mixed Duet 8u,10u,12u

Free Team 10u & 12u



**17<sup>TH</sup> MAY**

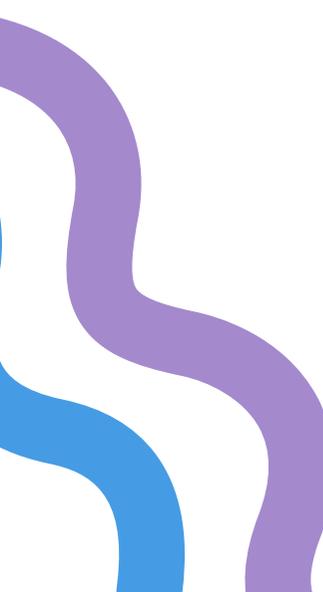
Women & Men's Solo 8u,10u &12u

Free Team 8u

Free Combination 10u & 12u

Awards Ceremony

 Closing Party & Celebration 



# IMPORTANT INFORMATION

Important Dates	
<b>Preliminary Entry Form</b>	26.03.2026
<b>Hotel Reservation</b>	01.04.2026
<b>Final Entry Form &amp; Music</b>	26.04.2026
<b>Coach Cards</b>	10.05.2026

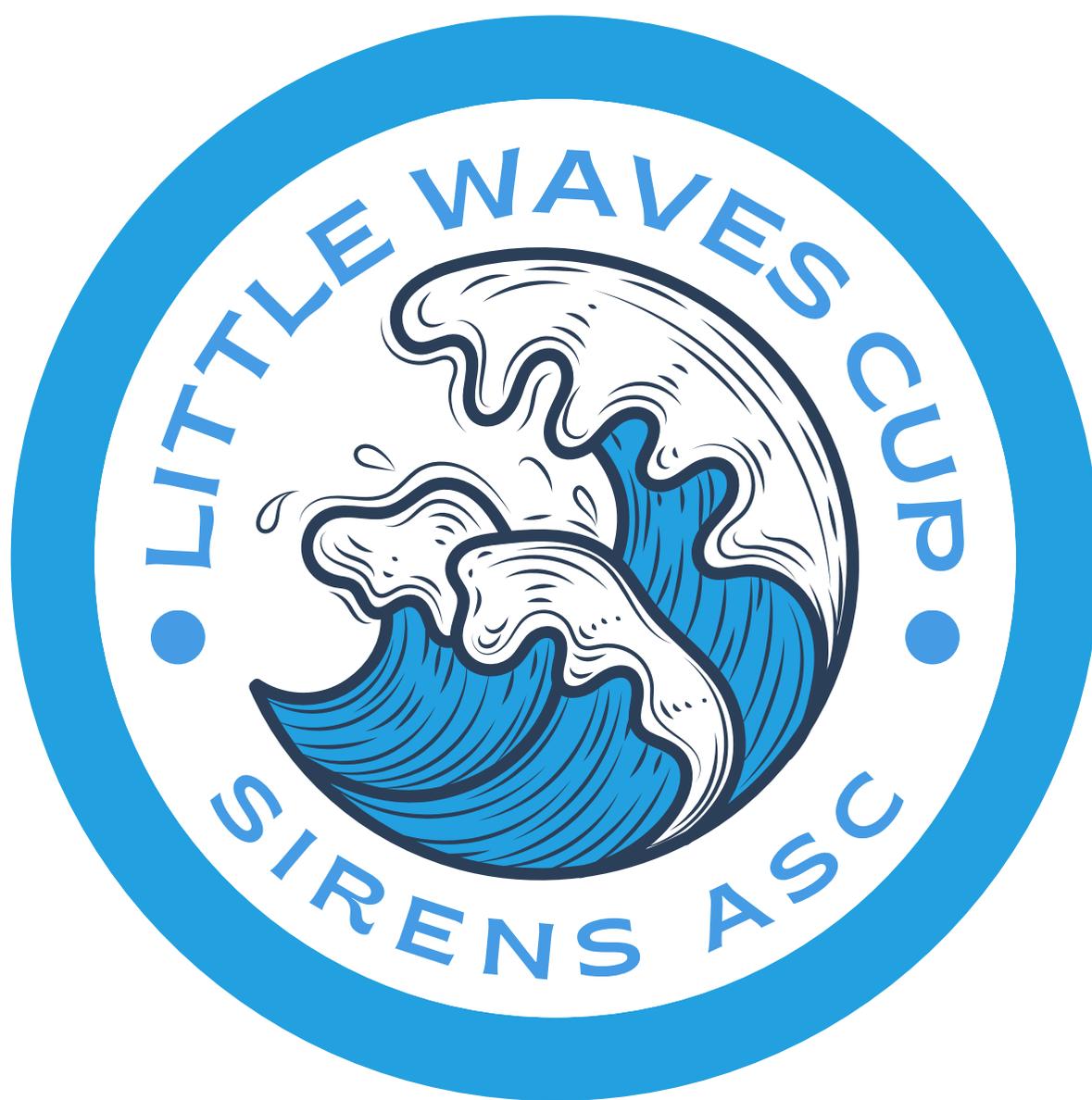
Contact Details	
<b>Referee - Hannah Preca Trapani</b>	+356 7979 9117
<b>Competition Manager - Hayley Camilleri</b>	+356 99357488
<b>Assistant Competition Manager - Gail Gauci</b>	+356 99959933

Should you have any questions please do not hesitate to contact us on [littlewavescup@gmail.com](mailto:littlewavescup@gmail.com)

We look forward to welcoming you to Malta!

# 8 & UNDER ROUTINE

SIRENS ASC CLUB REGULATIONS



ST.PAULS BAY, MALTA  
16TH - 17TH MAY 2026

# 8 & UNDER ROUTINE RULES

Event	Time	Element
<b>Solo</b>	01:00	2 Hybrids
<b>Duet / Mixed Duet</b>	01:30 (+/- 5 sec)	2 Hybrids 1 Acrobatic 1 Sucon (MD)
<b>Team</b>	02:00 (+/- 5 sec)	2 Hybrids 1 Acrobatic

- Coach Card
  - Coach card must be presented for each program
  - A penalty of 8 Points applies to the final score for each missing compulsory element
  - One code from R, F, A and C must be used in the routines.
    - Connection only in Duet/Team.
- Hybrid Definition for 8-under category
  - Only for age group 8 and under: A hybrid is defined as having a combination of three or more movements performed with lower limbs with intentional Apnea (head down under hips level). Horizontal movements along the surface with 1-2 lower limb actions that have consequential Apnea (rolling over, kicking, etc.) are considered transitional movements.
- Synchronisation Errors
  - Only majors errors will be taken in consideration.

# 8 & UNDER FIGURES

AQUATIC ASSOCIATION OF MALTA REGULATIONS



ST. PAULS BAY, MALTA  
16TH - 17TH MAY 2026

Group & Figure Number	Figure Name	DD
<b>Compulsory</b>		
MT05	Back Layout Bent Knee	1.2
MT06	Back Layout Back Pike	1.0
<b>Optional Groups:</b>		
<b>Group 1</b>		
MT07	Kip Down	1.1
MT08	Ariana Rotation	1.2

**1- MT05 Back layout Bent Knee**

1.2

From a **Back Layout Position**, one leg is bent to a **Bent Knee Leg Position**. The *bent knee is lowered*.



			Total:
NVT =	10.5	10.5	21
PV =	5	5	10

**2 - MT06 Back layout Back Pike**

1.0

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.



		Total:
NVT =	7.0	7
PV =	10	10

**4- MT08 Ariana Rotation**

1.2

An **inverted split position** is *assumed*. An **Ariana Rotation** is executed.



		Total:
NVT =	20	20
PV =	10	10

**Group 1**

**3- MT07 Kip Down**

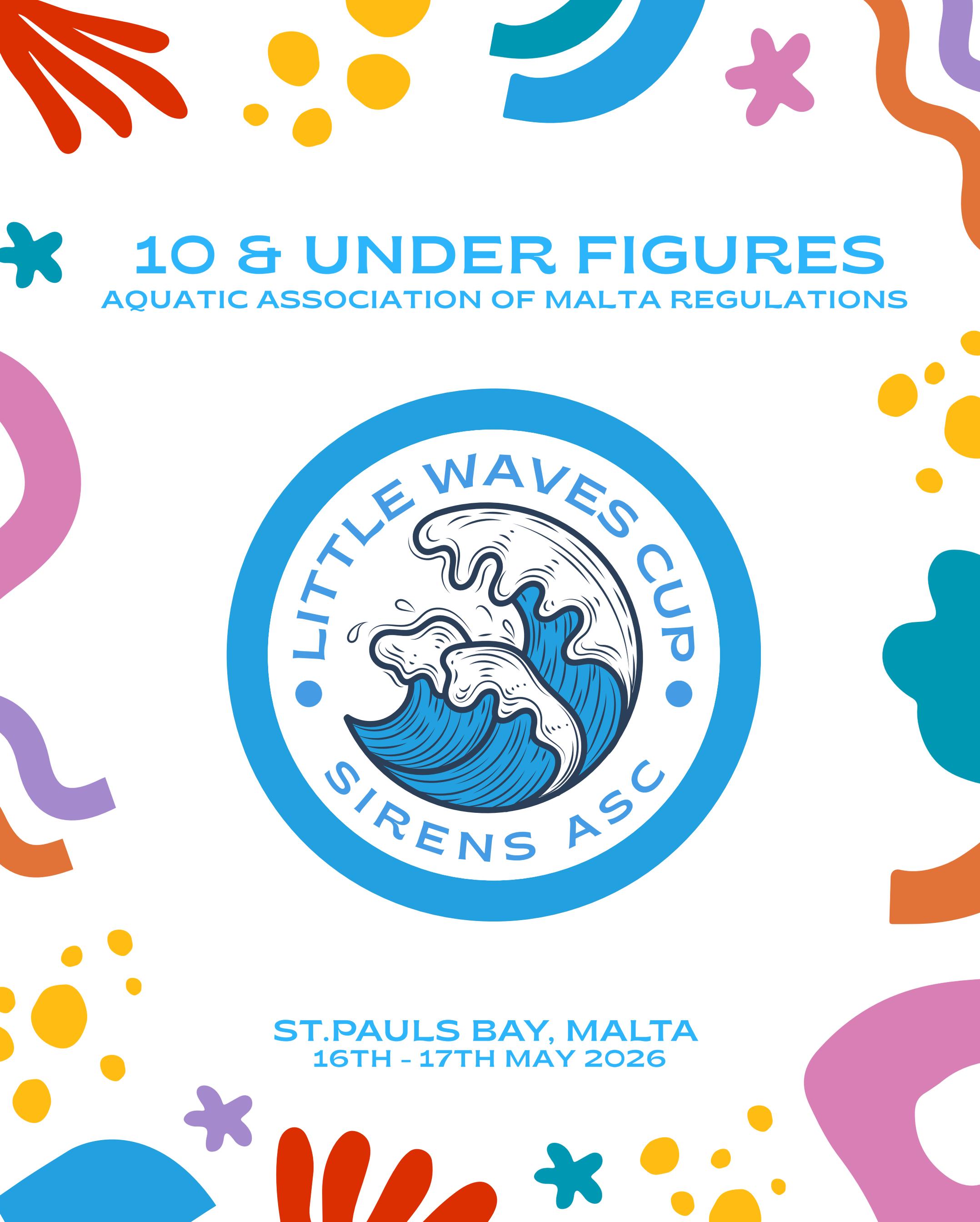
1.1

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 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 **Hanging Vertical Position** (at the ankle level) 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	2.0	2.5	5.0	12.5
PV =	2.4	1.6	2	4	10





# 10 & UNDER FIGURES

AQUATIC ASSOCIATION OF MALTA REGULATIONS



ST.PAULS BAY, MALTA  
16TH - 17TH MAY 2026



Group & Figure Number	Figure Name	DD
<b>Compulsory</b>		
101	Ballet Leg Single	1.6
301	Barracuda	1.8
<b>Optional Groups:</b>		
<b>Group 1</b>		
MT01	Surface Arch Bent Knee Position (BP 14d)	1.5
344	Neptunus	1.6

**Compulsory**

**1- 101 Ballet Leg Single**

1.6

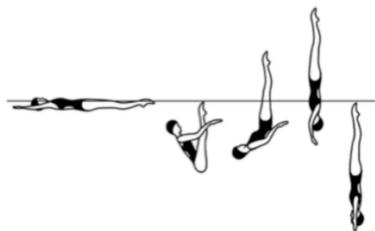
Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The knee is straightened, without movement of the thigh, to assume a **Ballet Leg Position**. From a **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.

					Total
NVT	10.5	11.0	11.0	10.5	43
PV	2.44	2.56	2.56	2.44	

**2- 301 Barracuda**

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. A *Thrust* is executed to **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

**Optional Groups**

**Group 1:**

**3- MT01 Surface Arch Bent Knee Position (BP 14d)**

1.5

Back layout to surface arch bent knee, returning to back layout position.

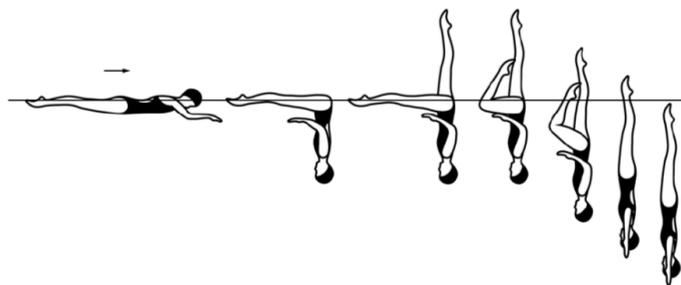


			Total:
NVT=	17.5	17.5	35
PV=	5	5	10

**4 - Neptunus**

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**. A vertical descent is executed as the bent knee is extended to meet the vertical leg as the ankles submerged.



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



# 10 & UNDER ROUTINE

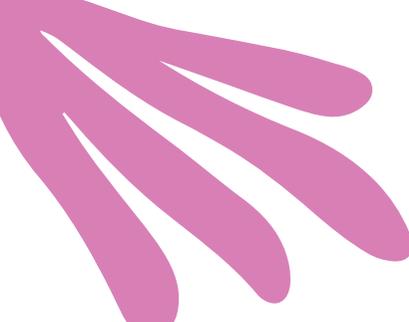
SIRENS ASC CLUB REGULATIONS



ST. PAULS BAY, MALTA  
16TH - 17TH MAY 2026

# 10 & UNDER ROUTINE RULES

Event	Time	Element
<b>Solo</b>	01:30	3 Hybrids
<b>Duet / Mixed Duet</b>	02:00 (+/- 5 sec)	3 Hybrids 1 Acrobatic 2 Sucon (MD)
<b>Team</b>	02:30 (+/- 5 sec)	3 Hybrids 2 Acrobatic
<b>Combination</b>	02:30 (+/- 5 sec)	1 Team Choreo Hybrid (No DD) 1 Team Hybrid 1 Duet Hybrid 1 Solo Hybrid 2 Acrobatic



# 10 & UNDER ROUTINE RULES

- Coach Card
  - Coach card must be presented for each program
  - A penalty of 8 Points applies to the final score for each missing compulsory element
  - One code from R, F, A and C must be used in the routines.
    - Connection only in Duet/Team/Combination.
- Hybrid Definition for 10-under category
  - Only for age group 10 and under: A hybrid is defined as having a combination of three or more movements performed with lower limbs with intentional Apnea (head down under hips level). Horizontal movements along the surface with 1-2 lower limb actions that have consequential Apnea (rolling over, kicking, etc.) are considered transitional movements.
- Synchronisation Errors
  - Only Majors & Obvious errors will be taken in consideration.

