

**USAAS 2024 CONVENTION  
FINAL POST-CONVENTION RULES REPORT**

**ITEMS APPROVED**

**ITEM 1:** New Collegiate Novice Awards Category

(Add new CO 3.2.4)

**CO 3.2.4 USAAS Collegiate Novice Awards: The following scoring system is used for the Technical Category D competition for the USAAS Collegiate Novice Awards at the U.S. Collegiate Championship. Routine scoring will follow CO 3.2.1.**

<b>Place</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Points</b>	<b>15</b>	<b>12</b>	<b>10</b>	<b>8</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

(Add new CO 5.2.4 and renumber following)

**CO 5.2.4 USAAS Collegiate Novice Awards: Using the USAAS Collegiate Novice Award Scoring System, student-athletes shall receive points based upon the rank order of finish in all routine entries counting toward the Overall Institution Award at the U.S. Collegiate Championship. Exhibition routine entries are excluded.**

**For the USAAS Collegiate Novice Awards Scoring System, see Rule CO 3.2.4. Only those student-athletes entered in the Technical Category D competition are eligible to be considered for the USAAS Collegiate Novice Awards.**

- 1. Only Technical Category D shall count for placement points. Exhibition Technical entries will be eligible but are excluded from points in that category.**
- 2. The top 10 student-athletes, regardless of U.S. Citizenship, shall receive USAAS Collegiate Novice Awards. The USAAS Collegiate Novice Awards shall be announced on the USAAS website within a week of completion of the U.S. Collegiate Championship.**

*Rationale: This is something for Novice swimmers (a term already used widely by coaches and athletes when referring to "new to the sport" collegiate athletes) to work towards and a specific recognition by USAAS signaling the importance of Novice swimmers to the Collegiate Program. It will not affect the overall institution awards and will not cost USAAS anything but will be meaningful to the athletes.*

Housekeeping (all other Collegiate awards state whether or not U.S. Citizenship is required, so to be consistent suggest the following two housekeeping changes)

**CO 5.2.4 Collegiate Outstanding Swimmer of the Year: To be awarded regardless of U.S. Citizenship and** based equally on athletics, academics and community service. Awarded following the U.S. Collegiate Championship by a vote of 1 coach from each institution and 1 Athletes Representative from each Region.

This award shall be administered by the U.S. Collegiate Championship Meet Manager.

**CO 5.2.5 USAAS Collegiate Academic Award:** A certificate of recognition shall be awarded to all student-athletes, **regardless of U.S. Citizenship**, who have a cumulative grade point average of 3.25 or higher (on a 4-point scale) and who participate in the U.S. Collegiate Championship. A certificate will be given to each student-athlete earning an award but only the names of the student-athletes who achieve a 4.0 GPA will be announced.

**ITEM 2:** Clarify Collegiate eligibility exception

**CO 1.3 Eligibility:** A program shall not permit a student-athlete to represent it in intercollegiate athletics competition unless the student-athlete meets all applicable eligibility requirements and USAAS has certified the student-athlete's eligibility. Each institution is expected to follow eligibility and amateurism regulations set forth in the Division I NCAA Manual - Bylaw 12 (Amateurism) and Bylaw 14 (Eligibility).

**Exception to Bylaw 12.8.3.2.1.1:** Student-Athletes representing the National Team of their Federation shall have a maximum of 3 years after their high school graduation date to enroll full-time in a collegiate institution. **Enrollment after the 3-year period shall be permitted and will result in the loss of eligible competitive seasons equivalent to the number of years beyond the 3-year grace period.**

*Rationale: Updating language to align with NCAA and how this rule has been interpreted in recent history.*

**ITEM 3:** Update for Collegiate Nationals now being on straight-to-finals model

**CP 7.1.2.4** For all remaining National Championships the **U.S.** Collegiate National Championship, medals shall be awarded to places 1-3 and ribbons shall be awarded to all remaining finalists **places 4-12.**

(add new CP 7.1.2.5)

**CP 7.1.2.5** **For all remaining National Championships and National Invitationals, medals shall be awarded to places 1-3 and ribbons shall be awarded to all remaining finalists.**

*Rationale: Updating for clarification now that Collegiate Nationals is straight to finals.*

Housekeeping if Item 3 is approved:

**CO 4.1.3 Placement in the most recent U.S. Collegiate Championship:**

1. Student-Athletes placing in Finals (places 1-12) **1-12 in each event** shall qualify for the next U.S. Collegiate Championship. A routine already qualified through this method shall be excluded from the Region's top 12 qualifiers.
2. The USAAS 50% rule shall apply.

~~CO 5.1.4~~ In the U.S. Collegiate Championship, placement points for places 1-12 shall be determined by places from Finals.

**ITEM 4:** Technical Category placement for first year swimmers

**CO 2.2.1** Student-Athletes shall move into 1 of the 4 Technical Categories on the basis of their qualifying average Figure, Solo, Duet or Team Technical routine score from their most recent competitive season.

- If a Figure score is not available, then a Solo Technical routine score shall be used.
- If a Solo Technical routine score is not available, then a Duet Technical routine score shall be used.
- If a Duet Technical routine score is not available, then a Team Technical routine score shall be used.

The Student-Athlete Technical Affidavit shall provide the qualifying average score for placement in a Technical Category.

**Exception:** For International Student-Athlete exception, see Rule CO 1.3.11.

**Exception: All first-year Student-Athletes shall also submit a video performing the elements or figures from their intended technical category on the Student-Athlete Technical Affidavit form.**

- o **Videos will be reviewed and scored by a panel of judges selected by the Collegiate Committee and the scores returned to the Collegiate Technical Chair.**
- o **The Collegiate Committee shall approve first-year Student-Athlete category placement prior to entry into Technical Competition.**

**Exception: Student-Athletes with no prior competitive experience in Artistic swimming shall be exempt from the video submission requirement.**

1. Category A: 71.000 or higher or National Team student-athlete.

- For the purpose of this rule, a National Team student-athlete shall be any student-athlete who has competed for their home country's National Team within the last 2 calendar years.
- International Student-Athletes who have competed for their Federation's Junior or Senior National Teams within the last 2 calendar years and have achieved an average figure score below the Technical Category A minimum (71.000) may swim in the Technical Category of the corresponding average in the most recent year. In addition, a foreign National Team student-athlete who does not have available figure scores from the past 2 calendar years may only compete in Technical Category B after submitting a video to be reviewed by a panel of judges. This panel must approve the request by a majority vote prior to the athlete's entry into the Technical Category B.  
**request entry into the Technical Category of the**

**corresponding figure or element average from the most recent year by submitting the Student-Athlete Technical Affidavit Form and the video submission process. Refer to CO 2.2.1.**

2. Category B: 64.000 to 70.999.
3. Category C: 52.000 to 63.999.
4. Category D: 51.999 or lower.

*Rationale: Recommendation from Collegiate Technical Taskforce – goal is to streamline technical category placement for first year swimmers and ensure they are competing in the appropriate category.*

**Housekeeping if Item 4 is approved:**

**CO 2.2.2** Movement Between Technical Categories:

1. The student-athlete's average Technical score from the previous season shall be used to

determine the Technical Category (Figure or Technical Element routine) for the student-athlete's first season of Collegiate competition. **Refer to CO 2.2.1 for additional requirements for first-year student-athlete Technical Category selection.**

**2&3 remain the same**

**ITEM #5:** New procedures for Collegiate Technical routines A & B

**CO 2.3.1** Category A shall be a compulsory routine with 4 of the Team **Solo** Technical Required Elements A. This routine shall be used for all Collegiate competitions that year. Refer to Appendix L.

*Rationale: Recommendation from Collegiate Technical Taskforce – the goal is to challenge our most experienced athletes and differentiate technical category A from B.*

**CO 2.3.6** All student-athletes must enter 1 of the Technical Categories in each competition.

Institutions who provide false or misleading information are subject to having all entries in the Technical Category in question disqualified or allowed only as Exhibition. For Resolution of Protests, see Rule TR 3.

**Exception: For Student-Athletes whose previous season scores qualify entry into the Technical Category A, entry is optional.**

*Rationale: Recommendation from Collegiate Technical Taskforce – the goal is to allow flexibility for the most experienced athletes who may be competing in multiple events to opt out of technical competition if they qualify to do so, and this also provides a means for Technical Category A athletes to “age out” as there are no higher-level categories for them to build up to.*

**CO 3.1.1 Technical Competition:** Scores shall be computed according to USAAS Rules.

**1. Participation:**

- Each student-athlete shall swim the Technical competition.

**Exception: For student-athletes whose previous season scores qualify entry into the Technical Category A, entry is optional.**

Each student-athlete in the Technical competition shall be eligible for awards regardless if the institution has declared the Technical competition for Overall Institution Awards. See Rule CO 5.1.1.

**2. Institution Averaging:**

- The average of the student-athlete's Technical **B, C, and D** scores from each institution shall determine which place the institution receives in each declared Technical Category for Overall institution Awards.
- **For Technical Category A, only the top student-athlete score from each declared institution shall determine which place the institution receives for Overall institution Awards.**

*Rationale: Update based on making A technical optional for swimmers who qualify. To prevent coaches dissuading athletes from competing in A in order to boost their average, we are proposing a change to the institutional calculation of this event.*

**Housekeeping if Item #5 is approved.**

**CO 5.2.2 USAAS Collegiate All-America Team Awards:** Using the USAAS Collegiate All-

America Team Scoring System, student-athletes shall receive points based upon the rank order of finish in all routine entries counting toward the Overall Institution Award at the U.S. Collegiate Championship. Exhibition routine entries are excluded. For the USAAS Collegiate All-America Team Scoring System, see Rule CO 3.2.2. Only those student-athletes **whose previous season scores qualify entry** entered in the Technical Category A competition are eligible to be considered for the USAAS Collegiate All-America Team Awards.

1. Only Technical Category A shall count for placement points. Exhibition Technical entries **or student-athletes whose previous season scores qualified for placement into Technical Category A but did not compete in Technical Category A** will be eligible but are excluded from points in that category.

**2&3 remain the same**

**CO 5.2.3 USAAS All-Collegiate Awards:** Using the USAAS All-Collegiate Scoring System,

student-athletes shall receive points based upon rank order of finish in all routine entries counting toward the Overall Institution Award at the U.S. Collegiate Championship. Exhibition routine entries are excluded. For the USAAS All-Collegiate Scoring System, see Rule CO 3.2.3.

1. Only Technical Categories A and B shall count for placement points. Exhibition Technical entries **or student-athletes whose previous season scores qualified for placement into Technical Category A but did not compete in Technical Category A** will be eligible **but** are excluded **from points in that category.**

**2&3 remain the same**

**(APPENDIX L)**

**3.03 Collegiate Technical Category A and B:**

- A. For Collegiate Technical Category A, a compulsory routine with 4 Team **Solo** Technical Required Elements shall be determined by the High

Performance Director, the Collegiate Chair, and the Collegiate Technical Chair. **Collegiate Committee. For Collegiate Technical Category B, a compulsory routine with 4 Team Technical Required Elements shall be determined by the Collegiate Committee.**

A1-A8 remain the same

## (APPENDIX L)

### COLLEGIATE TECHNICAL CATEGORY A ELEMENTS

<b>COMPULSORY ROUTINE ELEMENTS (1:30)</b> Technical Required Elements # 1-4 must be performed in the order listed. See Article 3, Section 3.03.
<b>1. Thrust Continuous Spin 720°</b> From a Submerged <b>Back Pike Position</b> , with the legs perpendicular to the surface, a Thrust Continuous Spin 720° (2 rotations) is executed. [DD 2.7]
<b>2. Combined Spin 1080° - Continuous Spin 1080°</b> From a <b>Vertical Position</b> , a Combined Spin 1080° is executed (3 rotations + 3 rotations). Continuing in the same direction and without a pause, a Continuous Spin 1080° (3 rotations) is executed. [DD 3.0]
<b>3. Swordfish Straight Leg - Knight</b> From a <b>Front Layout Position</b> , the back arches as one leg is lifted in a 180° arc over the surface to a <b>Split Position</b> . A hip rotation of 180° is executed as the front leg is rapidly raised to assume a <b>Fishtail Position</b> . 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 <b>Knight Position</b> , and with continuous motion and continuing in the same direction, an additional 180° rotation is executed. The vertical leg is lowered to a <b>Surface Arch Position</b> and with continuous motion an Arch to Back Layout Finish Action is executed. [DD 3.2]
<b>4. Fishtail Half Twist - Continuous Spin 720°</b> From a <b>Front Pike Position</b> , a rotation of 360° is executed as one leg is lifted to a <b>Fishtail Position</b> . 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 <b>Vertical Position</b> . Continuing in the same direction, a Continuous Spin 720° (2 rotations) is executed. [DD 2.9]

**ITEM #10:** Proposal to change ineligibility for Junior Olympic participation.

**CP 3.5.3 Ineligibility:** The following competitors shall be ineligible for Junior Olympic participation **based on participation on a National Team and on the final results of the** most recent U.S. National and U.S. Junior Championships. (See CP 3.1.1).

- **Exception: For the exclusions below to apply to the U.S. National Championship and the U.S. Junior Championship, the Solo and Duet events shall have 18 or more entries at the most recent Championships.**
- **Note: Competitors ineligible in Solo or Duet events (Technical or Free) according to CP 3.5.3.1 and 3.5.3.2 are eligible for all other events at the U.S. Junior Olympic Championships.**

**CP 3.5.3.1 For Life:**

1. **Junior National Team and Senior National Team** (Foreign or U.S.):  
All members are ineligible in all events.

2. **U.S. National Championship:**  
Solo - top 6 (Technical and/or Free).  
Duet - top 6 (Technical and/or Free).

3. **Foreign Competitors:** See Rule FC.

**CP 3.5.3.2 For the next 2 U.S. Junior Olympic Championships:**

1. **U.S. Junior Championship (held in the current year):**  
Solo - top 6 (Technical and/or Free).  
Duet - top 6 (Technical and/or Free)

**ITEM #11:** Additional awards for national championships

**CP 7.1.2** Routine Awards:

**CP 7.1.2.1** For all National Championships, standard USAAS Championship medals shall be awarded.

**CP 7.1.2.2** For the U.S. National, U.S. Senior Open, U.S. Junior and U.S. Junior Open Championships, medals shall be awarded to places 1-3 **and ribbons shall be awarded to places 4-8** in each Final Technical and Final Free routine events. Medals shall be given to reserves who swim either the Preliminary or Final Technical routine or Preliminary or Final Free routine.

**CP 7.1.2.3** For the U.S. Youth Championships, medals shall be awarded to places 1-3 **and ribbons shall be awarded to places 4-8** in each Final event (Figures + Free routine). Medals shall be given to reserves who swim either the Preliminary or Final Free routine.

**CP 7.1.2.4** For all remaining National Championships, medals shall be awarded to places 1-3 and ribbons shall be awarded to all remaining finalists.

**Exception:** For U.S. Masters Championship exception, see Rule MS 6.2.

*Rationale: To give well-deserved recognition to top Senior, Junior and Youth athletes at their national championships*

**ITEM #14:** Clarification regarding modification of Coach Cards

**CP 5.5.2.1. The timing and method for modifying** Coach Cards/Element Cards can only be modified between preliminaries and finals ~~within 4 hours of the publication of the preliminary results. In the case of Direct Finals, the Coach Card/Element Card may be changed within 4 hours of the publication of the results of the Technical, Free or Acrobatic Routine results.~~ **shall be stated in the Meet Announcement.**

*Rationale: A set time (such as within 4 hours...) does not work for all of our meets due to the large variations in number of entries and schedule of events. Therefore, it is more prudent to note the timing and method for each specific meet in the corresponding Meet Announcement.*

**Housekeeping if Item #4 is approved:**

**OD 5.2** Timing Procedures and Timers: The Organizing Committee and Sound Center Manager may time routines in 2 different ways. It will **shall** be clearly stated ~~on~~ **in** the Meet Announcement which method will be used in that competition. For Routine Competition Penalties, see Rule OD 4.6.2.

**CP 5.5.3.1** Music Requirements: The Organizing Committee and Sound Center Manager will determine the method to be used to submit music and it will **shall** be clearly stated ~~on~~ **in** the Meet Announcement.

**ITEM #15:** Allow Technical Controllers from foreign federations attend our National championships.

**RULE III: Foreign Competitors**

**FC 1.2 Judge Numbers:**

**FC 1.2.1** For all U.S. National Championships, each Federation or Foreign Club entered may send

a maximum of 2 World Aquatics/PAQ Judges **and/or a maximum of 1**

**Technical Controller** to the

Championship. Judges must be on the current [World Aquatics](#) and/or [PAQ List\(s\) of Artistic](#)

[Swimming Officials](#) and must have passed the most recent World Aquatics Artistic Swimming

Judges Certification School test and the World Aquatics online annual exam.

**Technical**

**Controllers must be on the current World Aquatics and/or PAQ List(s) of Technical Controllers.**

*Rationale: To be consistent in allowing Foreign Federations to send a Technical Controller to our National Championships similar to the provisions for the allowance of trained judges to attend. Requires the TCs to be on the certified list from AQUA or PAQ.*

**ITEM #16:** Apnea Bonus

**OD 4.6** Application of **Bonuses and** Penalties:

(add new OD 4.6.2.3 and OD 4.6.2.3.1)

**OD 4.6.2.3 Bonuses in Technical Routines, Free Routines, Acrobatic Routines and Free Combinations:**

**OD 4.6.2.3.1 An apnea bonus shall be applied to the routine score when the routine meets the Free**

**Hybrid Apnea Maximums. Refer to Appendix L.**

(renumber the remaining)

## APPENDIX L

### ARTICLE 1, GENERAL REQUIREMENTS FOR ALL ROUTINES

(Add new 1.07)

#### 1.07 Bonuses: Refer to USAAS Rule OD 4.6.2.3.1.

(renumber the remaining)

Housekeeping of Item #16 is approved

1. **Move the entire Article 3 of Appendix Y to Appendix L.**
2. **Add new table for 16-19/20 Free Combination Routine with Free Hybrid Apnea Maximum and Factors Applied to Scoring to match the Junior Team Free event.**

*Rationale: Need to include for scoring procedures in our rulebook the bonus for complying with the Free Hybrid Apnea Maximum in a routine, and also need to establish what the Apnea Bonus is for the 16-19(20) Free Combination Routine.*

## FAILED ITEMS

**ITEM #6:** Align Novice and Intermediate Technical Required Elements with the AQUA Difficulty table to create a stepping-stone from Novice to Intermediate to 12&U/Youth/Jr/Sr.

## APPENDIX L

### NOVICE FREE ROUTINES WITH TECHNICAL REQUIRED ELEMENTS NOVICE

#### SOLO / DUET / TRIO AND TEAM (1:30)

Technical Required Elements # 1-5 must be performed in the order listed.  
Requirement # 7 placement is optional.

1. — Figure # 310 Somersault, Back Tuck. [DD 1.1]

**Fishtail, join, sink - from a surface front pike position, one leg is lifted to assume a Fishtail position. As the 2<sup>nd</sup> leg is lifted to assume a vertical position, the body descends until submergence. [Need DD - 1.5??]**

2. — Figure # 100 Bent Knee, Alternate. [DD 1.1]

**Figure #101 Ballet Leg, Single. [DD 1.6]**

3. — No-Arm Boost - a rapid, head-first rise, with a maximum amount of the body above the surface of the water. The No-Arm Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The No-Arm Boost is completed upon total submergence. [DD 1.0]

**Figure # 361 Prawn. [DD 1.5]**

4. — Figure # 302 Blossom. [DD 1.4] <b>Swirl figure - From a front pike position, a 180 swirl is executed as the legs are bent to assume a tabletop position. One leg is lifted to assume a bent knee vertical position followed by a vertical descent maintaining the vertical bent knee position. [Need DD]</b>
5. — Figure # 316 Kipnus. [DD 1.4] <b>Figure #306 Barracuda, Bent Knee [DD 1.8]</b>
6. Technical Required Elements # 1-5 must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during the Technical Required Elements. See Article 3, Section 3.01.
7. One Free Hybrid (optional). Placement within the routine is optional.
8. Acrobatic Movements are not permitted.

### INTERMEDIATE FREE ROUTINES WITH TECHNICAL REQUIRED ELEMENTS

<b>INTERMEDIATE SOLO (1:45), DUET / TRIO (2:05) AND TEAM (2:35)</b>	
Technical Required Elements # 1-5 must be performed in the order listed. Requirements # 7-9 placement is optional.	
1. — Figure # 348 Tower. [DD 1.9]	
<b>1A. From a front pike position, one leg is lifted to assume a Fishtail position. While the fishtail vertical leg is held for a minimum of 3 seconds, the horizontal leg is bent to assume a vertical bent knee position. The bent leg is extended to assume a Fishtail position. The horizontal leg is lifted to assume a vertical position. A vertical descent is executed. [Need DD 2.??]</b>	<b>1B. Figure #348 Tower - WITH a 3 second hold after the first leg is lifted to Fishtail position. Failure to hold the Fishtail for 3 seconds will result in a Base Mark. [DD 1.9]</b>
2. — Boost - a rapid, head-first rise, with a maximum amount of the body above the surface of the water. One arm must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence. [DD 1.3]	
<b>2A. Figure # 106 Ballet Leg, Straight. [DD 1.6]</b>	<b>2B. Figure # 101 Ballet Leg, Single. [DD 1.6]</b>
3. — Figure # 101 Ballet Leg, Single. [DD 1.6]	
<b>3A. Figure # ??? Ariana, Front. [Need DD 2.0?]</b>	<b>3B. Figure # 360 Walkover, Front. [DD 1.9]</b>
4. — Figure # 318 Kip, Bent Knee. [DD 1.8]	

<p><b>4A. From a front pike position, a porpoise lift is executed. Immediately following the lift to vertical, a 180 twirl is executed, followed by a vertical descent. [Need DD]</b></p>	<p><b>4B. From a front pike position, both legs are lifted simultaneously to assume a vertical bent knee position. Immediately following the lift, a 180 twirl is executed in the vertical bent knee position, followed by a vertical descent in the vertical bent knee position. [Need DD]</b></p>
<p>5. — Figure # 301 Barracuda. [DD 1.8]</p>	
<p><b>5A. T4 Thrust: Thrust with one leg followed by rotation of Spin 720 or Twirl 180 - OR Thrust with two legs with flexibility [DD 2.1]</b></p>	<p><b>5B. Figure # 301 Barracuda. [DD 1.9]</b></p>
<p>6. Technical Required Elements # 1-5 must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during the Technical Required Elements. See Article 3, Section 3.02.</p>	
<p>7. Solo - maximum of 1 x Free Hybrid required. Placement within the routine is optional.</p>	
<p>8. Duet, Trio - maximum of 2 x Free Hybrids OR 1 x Free Hybrid and 1 x Pair Acrobatic* required. Placement within the routine is optional. *See Article 1, Section 1.04.</p>	
<p>9. Team - maximum of 2 x Free Hybrids OR 1 x Free Hybrid and 1 x Acrobatic Movement* (with safety limit**) required. Placement within the routine is optional. *See Article 1, Section 1.03.</p>	

**OD 4.6.2.7.3 Two Point Penalty:** If 1 or more competitor(s) omits all or part of a Technical Required Element or performs an incorrect action in a Technical Required Element, the Difficulty Technical Controllers (“DTC”) shall make a note that the declared movement was not performed and shall inform the Event Referee. If the video review confirms the error (review performed by the Event Referee and 2 unaffiliated individuals, if possible), a 2 point penalty shall be deducted from the Elements score.

Exception: In **Novice and Intermediate** Free Routines with Technical Required Elements, a zero **Base Mark (0.5 DD)** will be assigned as the Degree of Difficulty for this particular Technical Required Element.

*Rationale: Aligning the Novice and Intermediate Technical Required Elements with the Difficulty Table will help prepare athletes for routines that will be choreographed with more difficult moves at the higher levels. This will not only help the athletes, but also the coaches and technical controllers as they work their way up to the higher levels. In addition, adding two options for intermediate elements, similar to the Jr/Sr A and B options, will allow the more advanced/capable intermediates to learn more difficult skills without having to separate into two different groups for*

awards, etc. The coach will decide which element they would like to put into the routine (A or B) and declare it on the coach card just like Jr/Sr.

**Element 1: Airborne Weight Category**

**Novice** - AW1 - front pike to Fishtail

**Intermediate B** - AW1 (with required 3 second hold), AW1 - front pike to Fishtail, 3 second hold in fishtail position, vertical descent from fishtail join to VP

**Intermediate A** - AW1, AW4, AW1 - Same as B with added bent knee/fishtail during the 3 second hold.

**Element 2: Ballet Leg Category** - because ballet legs are such an important basic skill in our sport

**Novice** - Ballet leg, single

**Intermediate B** - Ballet leg, single

**Intermediate A** - Ballet leg, straight

**Element 3: Flexibility Category**

**Novice** - F1 - rapid split by one leg from any position (pike)

**Intermediate B** - F1, F2 - rapid split by one leg from any position (pike), walkout front

**Intermediate A** - F1, F3, F2 - rapid split by one leg from any position (pike), Ariana rotation, walkout front

**Element 4: Rotation Category**

**Novice** - R1 - 180 swirl

**Intermediate B** - R2 - 180 twirl with 1 leg

**Intermediate A** - R3 - 180 twirl with 2 legs

**Element 5: Thrust Category**

**Novice** - T2 - thrust with one leg (specifically did not want to do T1, as teaching beginners to crash out of a thrust would be instilling a bad habit from the beginning).

**Intermediate B** - T3 - thrust and vertical descent

**Intermediate A** - T4 - thrust with flexibility

*\*Removed eggbeater boost element as these moves currently judged under artistic impression.*

*For OD 4.6.2.7.3, the rationale is that a Base Mark is more in line with the free routine scoring system, and for novice and intermediate, in some cases, the judges score may be lower than 2.0. So rather than wiping out the entire score with a two point penalty, the Base Mark (0.5) still allows the judges scores to be multiplied by the 0.5 DD.*

**ITEM #12:** Eliminate Figure Competition from AWD Program

**AD 2            COMPETITION REGULATIONS**

**AD 2.1** Competitions shall consist of ~~Figures and~~ **Free routines with Technical Required Elements and Free/Technical** routines for the physical and cognitive categories, respectively. All competitors shall perform ~~Figures~~. See Rule CP 3.1.1.

**AD 2.2** Competitions for competitors with physical or cognitive disabilities are based on ~~Tier level only~~. **AWD Novice, AWD Intermediate, and AWD JO levels.**

**AD 2.2.1** Competitors from different disability categories may compete together in Duet, Trio and Team routines. Routines that include both competitors with a cognitive disability and competitors with a physical disability shall compete in the physical disability category.

**AD 2.3** The coach is responsible for declaring the competitor's physical or cognitive category and the ~~Tier~~ level on the Official Club Entry Form.

**AD 2.3.1** In order to determine the ~~Tier~~ level for a Duet, Mixed Duet, Trio and/or Team, the ~~Tier~~ levels shall be averaged, and if necessary, rounded up to the next highest ~~Tier~~ **level**.

**AD 2.4** ~~Competitors participating in the physical and cognitive categories will be exempt from TR 4.2, allowing a coach to instruct the competitor during the Figure and Free routine competitions.~~

*Rationale: This will give all teams the opportunity to have an AWD program within their teams. Conjoining the AWD with the novice and intermediate categories, AWD athletes can learn the technical abilities of these swimmers. For advanced AWD swimmers, coaches are able to choose whether they would like to enter their swimmer into a Free routine or a Technical routine. Swimmers will have to execute elements in technical routines. For free routines swimmers would have to execute 4 hybrids/legs. Teams are going to be able to train the AWD swimmers based on their level, which group they will train with and which competitions they will attend.*

**Housekeeping if Item #? is approved.**

Eliminate the following rules and renumber all accordingly

**~~AD 3 FIGURE COMPETITION~~**

~~**AD 3.1** The Figure Tiers for both physical and cognitive disability categories are listed in Figure Rule II.E.~~

**~~AD 5 APPLICATION OF PENALTIES~~**

~~**AD 5.1 Figure Competition:** Penalties shall not apply.~~

**~~AD 6 JUDGING AND SCORING~~**

~~**AD 6.2** The routine figure average shall be computed using the figure score of the competitors who actually swam in the routine.~~

~~**AD 6.3** The average Figure score shall be added to the Free routine score to determine the Final score for placement in the category.~~

**ITEM #13:** New levels and times for AWD Routine competition

## AD 4 ROUTINE COMPETITION

### AD 4.1 Free Routines:

**AD 4.1.1** The competition shall consist of Solo, Duet, Trio, and Team, **and Combo** events in each competition.

**AD 4.1.2** Maximum time requirements for routines shall be as follows:

<b>Tier Level</b>	<b>Solo</b>	<b>Duet/Trio</b>	<b>Team</b>	<b>Combo</b>
Tier 1 <b>AWD</b> <b>Novice</b>	1:00 <b>1:30</b>	1:00 <b>1:30</b>	1:00 <b>1:30</b>	<b>1:30</b>
Tier 2 <b>AWD</b> <b>Intermediate</b>	1:00 <b>1:45</b>	1:00 <b>2:00</b>	1:00 <b>2:15</b>	<b>2:15</b>
Tier 3 <b>AWD</b> <b>JO Free</b>	1:45 <b>2:15</b>	2:15 <b>2:30</b>	2:30 <b>3:00</b>	<b>3:00</b>
Tier 4 <b>AWD</b> <b>JO Tech</b>	2:00 <b>2:00</b>	2:30 <b>2:15</b>	3:00 <b>2:45</b>	<b>N/A</b>

## **TABLED ITEMS**

**ITEM #7:** Increase limit in 12&Under routines to 3 Rotation Level 5-9 actions per hybrid

The Rules Committee has tabled this item pending the final announcement of Aqua changes being adopted, and will submit directly to the USAAS Board of Directors for a vote.

## APPENDIX L

### 12 & UNDER ROUTINE REQUIREMENTS - SET NUMBER OF ELEMENTS

Hybrid Safety Limits: In all 12 & under routines, Rotation (R ) movements in Levels 5-9 shall be counted only **3 times (3x) per hybrid**, ~~2 times (2x) per hybrid~~, as declared on the Coach Card/Element Card. This restriction is in addition to all stated AQUA hybrid restrictions. A Base Mark will be applied for violations to the Hybrid Safety Limits for Rotation (R ) movements.

*Rationale: Competition & Innovation Committee believes that increasing rotations in levels 5-9*

*to three per hybrid instead of two will help athletes develop more rotation techniques varieties,*

*but will not limit current variety of combinations AWs and Fs that age group is currently using to*

*maximize the DD per hybrid. Additionally, the number will align with that of the "three per*

technique" restriction which applies to other age groups.

**ITEM #8 A&B:** Choose between A & B proposal options for Youth Figures competition

A motion was made, seconded and approved to accept Option 8A, in concept, and reject

Option 8B. The proposal has been referred back to a Rules Subcommittee established

for discussion of how to effectively implement Option 8A by a deadline that allows the

USAAS Board of Directors to put the new rule in place no later than December 31, 2024.

**OPTION A:** Perform only two figures for all competitors in the Youth Age Group Division

**CP 4.3.3.1** Youth Championships: One group of 2 figures shall be performed. This group of figures shall consist of 2 figures drawn from the Section A, B or C from the Youth Age Division Figure Selection Groups listed in Figure Rule II.D.

- ~~1.~~ The Youth Figure Section A, B or C shall be drawn first, then the order of appearance shall be drawn. **Then 1 of the 2 figure groups of the drawn Section will be drawn. For example, if Section B, Group 4 is drawn, then all competitors will compete Section B, Group 4.** The order of appearance draw list will be divided into 2 equal groups – Group 1 and 2 (if numbers are not equal, Group 1 will have 1 extra competitor). Then 1 of the 2 figure groups of the drawn Section will be assigned by lot to each competitor Group 1 and 2. For example, if Section B is drawn, competitor Group 1 may have Group 4 drawn, and competitor Group 2 may have Group 3 drawn.
- ~~2.~~ Each group will have a separate ranking. The 2 rankings will not be combined.

*Rationale: Due to the huge difference in level of scores during the 2024 Youth National*

*Championship, C&I Committee asks that we go back to having all athletes perform the same figures. Because figures affect the end result of a combined routine score, two sets of medals don't help the fact that athletes of the same level could be getting around 7 points of difference in the average score for their figure performance. This has affected the final placements and has proved discouraging and worrisome to athletes and the whole community.*

**OPTION B:** Continue performing two separate groups of figures, but separate the figure competition from the routine competition (not counting figures towards routine score).

**CP 4.1.3.1** For the U.S. Youth Championship, competition shall consist of Figures and Free routines for Solos, Duets and Teams. **These Free routine events (Solos, Duets and Teams) shall be conducted as 100% routine events. The Figure competition shall be separate and shall not be combined with routine scores to determine Placement for any Free routine event.** There shall also be a Free Combination event conducted as a 100% routine event. **Competitors entering ONLY the Free Combination event are not required to perform Figures.**

*Rationale: Due to the huge difference in level of scores during the 2024 Youth National*

*Championship, C&I Committee asks that we go back to having all athletes perform the same figures. Because figures affect the end result of a combined routine score, two sets of medals don't help the fact that athletes of the same level could be getting around 7 points of difference in the average score for their figure performance. This has affected the final placements and has proved discouraging and worrisome to athletes and the whole community.*

**ITEM #9:** DTC and STC review rule  
An additional amendment (see below) was proposed during Convention; however, prior to voting on that amendment the USAAS Board of Directors voted to send this item back to the C&I Committee for further discussion.

### **ORIGINAL PROPOSAL**

(Add new TR 3.8 and TR 3.8.1)

**TR 3.8** **Any DTC or STC review request shall be made within 30 minutes of the**

**Completion of the event in which the alleged infraction took place. DTC review**

**requests must be accompanied by a fee of \$50.00 per element for which review**

**is requested. The STC review shall be for major synchronization errors only, and**

**are permitted only if there are more than 5 major synchronization errors awarded in a**

**routine. STC review must also be accompanied by a fee of \$50.00.**

**TR 3.8.1** **In the event that the alleged infraction is upheld, the fee of \$50.00 shall go to the host organization.**

**TR 3.8.2** **In the event that the alleged infraction is overturned, the fee of \$50.00 shall be returned to the payer.**

*Rationale: Due to a lot of review requests that were made by coaches just to try overturn even though Base Mark was clear we ask for a fee of \$50 for each element to be reviewed to hopefully reduce the number of reviews. We ask for the process of STC reviews for 5 or more majors only in case there was an error made by STC panel and for the cases when coaches cannot see and understand why those majors were given to the routine .*

## **AMENDED PROPOSAL**

### **OD 3.4 Review Process:**

- OD 3.4.1** There may be a review process as determined by the Vice President Competitive Programs (or appointed representative) or the appropriate Technical Chair (or appointed representative). **Any request for review of a DTC or STC ruling shall be made within 30 minutes of completion of the event for which the review is being requested.**
- 1. DTC review requests shall be accompanied by a fee of \$50.00 per element for which review is requested. The review panel shall consist of three Level 2 certified DTCs, unaffiliated if possible.**
  - 2. STC review requests shall be accompanied by a fee of \$50.00. An STC review request shall be for major synchronization errors only and is permitted only if there are five (5) or more major synchronization errors declared in a routine. The review panel shall consist of three Level 2 certified STCs, unaffiliated if possible.**
  - 3. If a DTC and/or STC ruling is overturned, the fee shall be returned to the requester. If a DTC and/or STC ruling is upheld, the fee shall remain with the authority conducting the competition (i.e., Club, Association, Region, Zone, National).**

*Rationale: This proposal belongs under the Technical Controller/Review Process section, not under Protests and needs to state who comprises the review panel.*

## **NEW AMENDMENT PROPOSED**

### **OD 3.4 Review Process:**

- OD 3.4.1** There may be a review process as determined by the Vice President Competitive Programs (or appointed representative) or the appropriate Technical Chair (or appointed representative). **Any request for review of a DTC or STC ruling shall be made within 30 minutes of completion of the event for which the review is being requested.**

1. **The DTC review** requests shall be accompanied by a fee of \$50.00 per element for which review is requested. The review **panel shall consist of three Level 2 certified DTCs, unaffiliated if possible.**

2. STC review requests shall be accompanied by a fee of \$50.00. **An STC review request shall be for major synchronization errors only and is permitted only if there are five (5) or more major synchronization errors declared in a routine. The review panel shall consist of three Level 2 certified STCs, unaffiliated if possible.**

3. If a DTC and/or STC ruling is overturned, the fee shall be returned to the requester. If a DTC and/or STC ruling is upheld, the fee shall remain with the authority conducting the competition (i.e., Club, Association, Region, Zone, National).

### **AQUA ITEMS**

**NOTE: IT IS THE POLICY OF USAAS TO ACCEPT ALL AQUA CHANGES.**

**All AQUA items tabled pending receipt of AQUA changes adopted.**

**ITEM #1:** Accept AQUA Competition Regulations (V1 - July 1, 2024)

**ITEM #2:** Accept AQUA Youth (13-15) Figure Revision (July 5, 2024)

**ITEM #3:** Accept AQUA Appendix 2, TREs (V2 - July 5, 2024)

**ITEM #4:** Accept AQUA Appendix 3 and Difficulty Table (July 1, 2024)

**ITEM #5:** Accept AQUA Acrobatics Guide Catalog 2 (V1.1)

**ITEM #6:** Accept AQUA Acrobatics Calculator Catalog 2 (V1.0)