

2026 POST-CONVENTION RULES REPORT

ITEMS APPROVED

ITEM #1:

FIGURES – Update to Figure Rule IV

Figure Rule IV, Basic Positions for Figures, E. Remove Bent Knee Dolphin Arch Position and any reference in the description to dolphin arch as the figure this applies to has been removed in the past.

~~Bent Knee Dolphin Arch Position and Bent Knee Vertical Position:~~

In ~~Dolphin Arch~~ or the Bent Knee Vertical position, with the thigh of the bent leg parallel to the surface of the water, the toe of the bent leg is in contact with the inside of the extended leg at the knee or higher.

In the ~~Bent Knee Vertical Position~~, the thigh of the bent leg is parallel to the surface of the water.

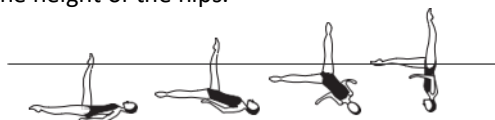
ITEM #2:

FIGURES – Update to Figure Rule V

Figure Rule V, Basic Transitions and Movements – delete F. Rising Catalina rotation Rising

~~Rising~~

From a ~~Submerged Ballet Leg Position~~, while maintaining the 90° angle between the legs, the body descends as the hips rise during a 180° rotation of the head and trunk, without lateral movement of the head and trunk, to assume a ~~Fishtail Position~~. The final water line is established as the rotation is completed and the foot of the horizontal leg is at the surface of the water regardless of the height of the hips.



ITEM #3:

FIGURES – Update to Figure Rule V

Figure Rule V, Basic Transitions and Movements – change Q to read “ Surface Front Pike Position to Fishtail Position”

Q. Surface Front Pike Position to Fishtail ~~Crane~~ Position:

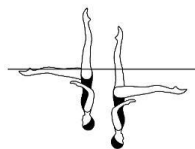
From a **Surface Front Pike Position**, without movement of the head and trunk, and with minimal change in water level, one leg is lifted to assume a Fishtail ~~Crane~~ Position.



Housekeeping: Delete Figure Rule IV, Basic Positions for Figures, F. Remove Crane Position (and re-letter remaining)

F. ~~Crane Position:~~

The body is extended in a ~~Vertical Position~~, perpendicular to the surface of the water, with the head downward, head (ears specifically), hips and one ankle in line. The other leg is extended forward, parallel to the surface of the water at a 90° angle to the trunk.

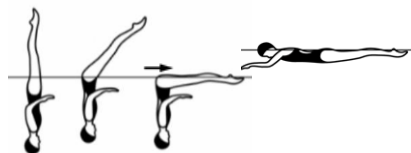


ITEM #4:**FIGURES – Update to Figure Rule V**

Figure Rule V, Basic Transitions and Movements – delete V “Vertical Position to Front Layout Position”.

~~V. Vertical Position to Front Layout Position:~~

~~From a Vertical Position, without movement of the head and trunk, the legs are lowered to assume a Surface Front Pike Position. The feet and hips move along the surface of the water until the body straightens to assume a Front Layout Position as the head surfaces at the position occupied by the hips at the beginning of this action.~~

**ITEM #5:****NOVICE - Adjustment to Synchronization Technical Control for Novice Routines****OD 3.3.3 Synchronization Technical Controllers:**

OD 3.3.3.1 There shall be 3 Synchronization Technical Controllers (“STC”) who record the number and type of synchronization errors (unequal actions) observed in real time during the performance of a routine, except during the solo event.

Exception: For Novice Free Routines with Technical Required Elements, see Appendix L, Article 5.

Appendix L, Article 5**Novice Free Routines with Technical Required Elements (Note)****Note:**

1. All Novice routines shall include the Technical Required Elements and may also include 1 optional Free Hybrid. The optional Free Hybrid may be placed anywhere in the routine and will be judged under Artistic Impression (no Acrobatic Movements permitted).
2. The Coach Card/Element Card is not required for Novice routines.
3. **In reference to OD 3.3.3.1, Synchronization Technical Controllers shall only record Major errors.** There will be a maximum synchronization error deduction of ~~10~~ **15** points **(5 Major errors)** for Novice duet, trio and team routines

ITEM #6:**NOVICE – Change in Routine Requirements****Appendix L, Article 5****NOVICE FREE ROUTINES WITH TECHNICAL REQUIRED ELEMENTS**

#1-6 and #8 (to be renumbered) remain the same, as do Notes 1-3

~~#7 Solo, Duet and Trio General Routine Requirement~~ – Technical Required Elements # 1-4 shall be performed parallel to the sides of the pool where the panels of judges are seated.”

Appendix L, 2.04

2.04 For Duet, Trio and Team: With the exception of the Deck Work, Entry into the water, getting into and out of the Circle (Team), and Acrobatics, the Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all Duet, Trio or Team members.

- **Exceptions:**

- ~~For Novice exception, see Novice Chart in this Appendix L.~~
- For Intermediate exception, see Intermediate Chart in this Appendix L.
- For Masters exception, see Masters Chart in this Appendix L.

ITEM #7:**INTERMEDIATE – Change in Routine Requirements****Appendix L, Article 5****INTERMEDIATE FREE ROUTINES WITH TECHNICAL REQUIRED ELEMENTS**

#1-6 and #8 (to be renumbered) remain the same, as do the Acrobatic Safety Limits and the Hybrid Family Declaration Limits
~~#7 Solo, Duet and Trio General Routine Requirement~~—Technical Required Elements # 1-4 shall be performed parallel to the sides of the pool where the panels of judges are seated."

Appendix L, 2.04

2.04 For Duet, Trio and Team: With the exception of the Deck Work, Entry into the water, getting into and out of the Circle (Team), and Acrobatics, the Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all Duet, Trio or Team members.

- **Exceptions:**

- For Novice exception, see Novice Chart in this Appendix L.
- ~~For Intermediate exception, see Intermediate Chart in this Appendix L.~~
- For Masters exception, see Masters Chart in this Appendix L.

ITEM #8:**INTERMEDIATE – Change in Routine Requirements****Appendix L, Article 5****INTERMEDIATE FREE ROUTINES WITH TECHNICAL REQUIRED ELEMENTS****INTERMEDIATE SOLO (1:45), DUET / TRIO (2:05) AND TEAM (2:35)**

Technical Required Elements # 1-3 ~~must be performed in the order listed~~ may be performed in any order. Placement of additional routine requirements # 4-6 is optional.

ITEM #10:**Figure competition at the U.S. Junior Olympic Championship**

CP 3.5.5.2 May be held once a year in the following age divisions and routine events:

12 & under	Youth	15-17	18-19/20	16-19/20
Figures* *See CP 3.5.5.5	Figures* *See CP 3.5.5.5	Solo (Technical/Free)	Solo (Technical/Free)	Free Combination
Solo (Free)	Solo (Free)	Duet (Technical/Free)	Duet (Technical/Free)	Acrobatic Routine
Duet (Free)	Duet (Free)	Team (Technical/Free)	Team (Technical/Free)	
Team (Free)	Team (Free)			
Free Combination	Free Combination			

CP 3.5.5.5

All 12 & under and Youth competitors in Solo ~~and Mixed~~ Duet ~~and Team~~ free routines shall compete in the Figure competition. **The top 20 preliminary 12 & under and Youth Women Duets and Team free routines shall compete in the Figure competition.** The Figure results shall be added to the Preliminary Free routine score to determine the top 12 Women Duets and Teams that qualify for the Final Free routine competition. Number 13 shall be the preswimmer.

1. The Figure results shall be added to the Solo **and Mixed Duet** Final Free routine scores to determine final placement.
2. The Free Combination event shall be a Final event and shall not include the Figure scores.

ITEM #12:**COLLEGIATE - Eligibility housekeeping per updated NCAA rules**

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~~ **12** (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 USAAS Rules 2026-41 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.~~

Period of Eligibility: A student-athlete's period of eligibility shall be determined in accordance with the current NCAA Division I Manual, Bylaw 12.6 (Five-Year Period of Eligibility), except as provided below:

National Team Athlete Exception: Notwithstanding NCAA Division I Manual Bylaws 12.6(b) and 12.6.1, a student-athlete representing the National Team of their Federation shall have a maximum of three years after their high school graduation date to enroll full time in a collegiate institution. If the student-athlete enrolls within this three-year grace period, the five-year period of eligibility shall begin with the student-athlete's initial full-time collegiate enrollment. Enrollment after the three-year grace period shall be permitted; however, the five-year period shall be deemed to have begun upon expiration of the three-year grace period and shall run continuously thereafter.

Collegiate Committee Waiver: Notwithstanding NCAA Division I Manual Bylaw 12.6.8, a waiver of the application of Bylaw 12.6 to USAAS Collegiate competition may be granted at the discretion of the Collegiate Committee. A waiver request shall be submitted in writing to the Collegiate Committee before the first competition for which the waiver is requested. Any waiver applies only to eligibility for USAAS Collegiate competition season and does not supersede an eligibility determination or participation restriction imposed by the student-athlete's institution, athletic conference or other governing body.

CO 1.3.6 Graduate Student-Athlete/Post Baccalaureate Participation: A student-athlete may participate in intercollegiate athletics, provided the student-athlete:

- Has eligibility remaining and such participation occurs within the applicable ~~5-year~~ **five-year** period set forth in ~~the~~ **current** Division I NCAA Manual, **Bylaw 12.6**. ~~Bylaws 12.8 and 14.2.2.1.5.~~

Following bullet points remain the same.

CO 1.3.6.1 One-Time Transfer Exception: A graduate student-athlete who is enrolled in a graduate or professional school of an institution other than the institution from which they previously received a baccalaureate degree may participate in intercollegiate athletics if the student-athlete fulfills the conditions of the one-time transfer exception set forth in Division I NCAA Manual Bylaw 14.5.5.2.10 and has eligibility remaining per Division I NCAA Manual Bylaw ~~12.6~~ **12.8**.

All following provisions remain the same.

ITEM #13:**COLLEGIATE - Updated score ranges for technical competition****CO 2.2 Categories for Technical Competition:**

CO 2.2.1 The Technical Competition shall consist of 4 Technical Categories A, B, C and D which are based on the qualifying average Figure, Solo, Duet or Team Technical routine score. See Rule CO 2.2.3.

1. Category A: ~~71.000~~ **73.000** 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~~ **73.000**) may 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. See Rule CO 2.2.2.
2. Category B: ~~64.000 to 70.999~~ **66.000 to 72.999**.
3. Category C: ~~52.000 to 63.999~~ **54.000 to 65.999**.
4. Category D: ~~51.999~~ **53.999** or lower.

ITEM #14:**COLLEGIATE - Updated Trio Elements****Appendix L, Article 5****JUNIOR / SENIOR TECHNICAL AND FREE ROUTINES AND COLLEGIATE FREE/ DEVELOPMENTAL ROUTINE REQUIREMENTS – SET NUMBER OF ELEMENTS (continued)**

7. Collegiate Trio Free	2:45	8	• Trio Required Elements (combination of Pair Acrobatics*, Free Hybrids, and Choreography Hybrids (“ChoHY”))*** will be determined by the Collegiate Committee prior to the start of each season. • The Collegiate Committee will advise all Collegiate coaches of the Trio Required Elements via email no later than October 1st of each year. • <u>3 Free Hybrids (must include 1 declaration from each family in the routine)</u> • <u>2 Choreography Hybrids (“ChoHY”)**</u> • <u>3 Pair Acrobatics* (free choice, but must not repeat the same Acrobatic)</u> * See Article 1, Section 1.05. *** See Article 1, Section 1.02.
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ITEM #15:**AWD – Program Name Change****RULE IX****~~ATHLETES WITH DISABILITIES (AD)~~****ADAPTIVE ARTISTIC SWIMMING (AD)**

Housekeeping to update verbiage throughout the USAAS Code, Technical Rules, Figures Section and Appendix L

ITEM #16:**AWD – Make Figure Competition an optional event****AD 2 COMPETITION REGULATIONS**

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

Add new #1 and #2

- 1. Figure competition shall be an optional event.**
- 2. Figures and Free Routines shall be scored as separate events.**

AD 2.2 Competitions for competitors with physical or cognitive disabilities are based on Tier level only.

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, Trio and/or Team, the Tier levels shall be averaged, and if necessary, rounded up to the next highest Tier.~~

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.

AD 5 JUDGING AND SCORING

AD 5.1 Figure Competition: Figure competition shall be judged and scored according to OD 2.6.1 and OD 5.1.2.1 and OD 5.1.2.2, respectively.

AD 5.2 Routine Competition: Routine events shall be judged and scored according to Rule ~~MS 5.3.4.~~ **OD 2.5.2.**

~~**AD 5.3** The routine figure average shall be computed using the figure score of the competitors who actually swam in the routine.~~

~~**AD 5.4** The average Figure score shall be added to the Free routine score to determine the Final score for placement in the category.~~

ITEM #17:**AWD – Changes to Figures for AWD****FIGURE RULE II****E: ATHLETES WITH DISABILITIES - PHYSICAL AND COGNITIVE FIGURES:****TIER 1 COMPULSORY FIGURES:**

BPA Back Layout	0.4
460 Oyster	1.2
<u>BPK Front Layout Position</u>	<u>0.4</u>
<u>BPR Inverted Tuck Position</u>	<u>0.4</u>
<u>BMP Front Pike Position (Assume)</u>	<u>0.7</u>

TIER 1 SELECTION GROUPS:**Group 1 (Odd-year)**

475 Tub
 BPO Split Position

Group 2 (Even-year)

1.1 BPK Front Layout Position 0.4
 0.6 BPE Bent Knee Vertical Position 0.6

TIER 2 COMPULSORY FIGURES:

100 Bent Knee, Alternate	1.1
302 Blossom	1.4
<u>201 Dolphin</u>	<u>1.4</u>
<u>358 Snapping Turtle</u>	<u>1.7</u>
<u>316 Kipnus</u>	<u>1.4</u>

TIER 2 SELECTION GROUPS:**Group 1 (Odd year)**

310 Somersault, Back Tuck	1.1
BPO Split to Close at Ankles	0.8

Group 2 (Even year)

BMK Front Pike Position (Assume)	0.7
201 Dolphin	1.4

Note: The Tier 2 figures shall remain the same as the USAAS Novice figures. If the Novice figures change, the Tier 2 figures shall also change as housekeeping to align with the Novice category.

TIER 3 COMPULSORY FIGURES:

101 Ballet Leg, Single	1.6
306 Barracuda, Bent Knee	1.7
<u>301 Barracuda</u>	<u>1.8</u>

TIER 3 SELECTION GROUPS:**Group 1 (Odd year)**

316 Kipnus	1.4
360 Walkover, Front	1.9
<u>318 Kip, Bent Knee</u>	1.8

Group 2 (Even year)

344 Neptunus	1.6
419 Crayfish	1.7
<u>348 Tower</u>	<u>1.9</u>
<u>420 Walkover, Back</u>	<u>2.1</u>

Note: The Tier 3 figures shall remain the same as the USAAS Intermediate figures. If the Intermediate figures change, the Tier 3 figures shall also change as housekeeping to align with the Intermediate category.

TIER 4 COMPULSORY FIGURES:

106 Ballet Leg, Straight	1.6
301 Barracuda	1.8

TIER 4 SELECTION GROUPS: —**Group 1 (Odd year)**

311 Kip	1.6
359 Front Ariana	2.2

Group 2 (Even year)

348 Tower	1.9
420 Walkover, Back	2.1

TIER 4 COMPULSORY FIGURES:

106 Straight Ballet Leg	1.6
301 Barracuda	1.8

TIER 4 SELECTION GROUPS:**Group 1 (2027)**

359 Front Ariana	2.2
348 Tower	1.9

Group 2 (2028)

363 Water Drop	1.8
401 Swordfish	2.1

Group 3 (2029)

311 Kip	1.6
227d Swanita Spinning 180	1.9

Note: The Tier 4 figures shall remain the same as the World Aquatics 12 and under figures. If the World Aquatics 12 and under figures change, the Tier 4 figures shall also change as housekeeping to align with the World Aquatics 12 and under category.

TIER 5 COMPULSORY DIVISION FIGURES:

140 Flamingo, Bent Knee 2.3
301d Barracuda, Spinning 180° 2.0

TIER 5 SELECTION GROUPS:

Group 1 (Odd year)		Group 2 (Even year)	
154 London	2.0	355a Porpoise, Half Twist	2.2
423 Ariana	2.5	240 Albatross	2.2

Section A:

Group 1		Group 2	
307e Flying Fish Spinning 360°	2.9	308h Barracuda Airborne Split, Spin Up 180°	2.9
437 Cyclone, Open 180°	2.6	407 Swordfish, Straight Leg Ariana Rotation	2.6

Section B:

Group 3		Group 4	
356f Whip, Continuous Spin 720°	3.0	352 Venus	3.0
441 Saturn	2.5	240i Albatross, Spin Up 360°	2.5

Section C:

Group 5		Group 6	
140j Flamingo, BK Comb Spin 360°+360°	3.1	440d Ipanema, Spinning 180°	3.1
421 Walkover, Back, Closing 360°	2.4	154f London Continuous Spin 720°	2.4

Note: The Tier 5 figures shall remain the same as the World Aquatics Youth figures. If the World Aquatics Youth figures change, the Tier 5 figures shall also change as housekeeping to align with the World Aquatics Youth category.

TIER 6 COMPULSORY FIGURES:

140e Flamingo, Bent Knee, Spinning 360° 2.4
301h Barracuda, Spin Up 180° 2.4

TIER 6 SELECTION GROUPS:

Group 1 (Odd year)		Group 2 (Even year)	
313 Kip, Split, Closing 180°	2.2	356 Whip	2.6
407 Swordfish, Str. Leg Ariana Rotation	2.6	240c Albatross, Twirl	2.3

Note: These figures need not be performed in the order listed.

AD 3 FIGURE COMPETITION

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

Add new AD 3.1.1, AD 3.1.2 and AD 3.1.3

AD 3.1.1 Tier 5 Figures: 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.E.

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 shall compete Section B, Group 4.

AD 3.1.2 The Figure Section shall be drawn 18-72 hours before the start of the Figure competition by the Vice President Competitive Programs or appropriate Technical Chair (or appointed representative).

AD 3.1.3 For all tiers, in the event that an athlete requires an accommodation, a figure with an equivalent DD may be substituted.

ITEM #18:**AWD – Change Routine Competition to Free Routines with Required Elements****AD 4 ROUTINE COMPETITION****AD 4.1 Free Routines with Required Elements:**

AD 4.1.1 The competition shall consist of Solo, Duet, Trio and Team events in each competition. See Rule CP 3.1.1.

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

Tier	Solo	Duet/Trio	Team
Tier 1	1:00 1:30	1:00 1:30	1:00 1:30
Tier 2	1:00 1:30	1:00 1:30	1:00 1:30
Tier 3	1:45	2:15 2:05	2:30 2:45
Tier 4	2:00	2:30	3:00
Tier 5	2:15 2:00	2:45 2:30	3:15 3:00
Tier 6	2:15	2:45	3:30

AD 4.1.3 There shall be an allowance of 5 seconds plus the allotted time limit, but there shall be no minimum time limit.

AD 4.1.4 Walk-On: In routine events, the walk-on of the competitors from the designated starting point to the achievement of a stationary starting position(s) on deck and/or in the water may exceed 30 seconds. (Exemption from Rule CP 4.2.2.6.2).

1. Competitors with disabilities are allowed to have assistance or be guided to the correct starting point on deck or in the water.

AD 4.1.5 Deck movements are suggested to be 10 seconds as the competitors are exempt from the maximum allotment of Rule CP 4.2.2.6.3.

ADD NEW 4.1.6

AD 4.1.6 Required elements: See Appendix L, Article 5

ITEM #20:**AWD – Changes to Judging and Scoring procedures****AD 5 JUDGING AND SCORING**

AD 5.1 Figure Competition: Figure competition shall be judged and scored according to OD 2.6.1 and OD 5.1.2.1-2, respectively.

AD 5.2 Routine Competition: Routine events shall be judged and scored according to Rule ~~MS 5.3.2 & MS 5.4.3~~ **OD 2.6.2 and OD 5.1.2.3.**

~~**AD 5.3** The routine figure average shall be computed using the figure score of the competitors who actually swam in the routine.~~

~~**AD 5.4** The average Figure score shall be added to the Free routine score to determine the Final score for placement in the category.~~

FAILED ITEMS

ITEM #9:

JOs – Changes to figures competition at the U.S. Junior Olympic Championship

CP 4.3.3.1 Junior Olympic Youth and 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 shall compete Section B, Group 4.
2. The Youth athletes shall be divided into an appropriate number of figure flights as determined by the Vice President Competitive Programs or the appropriate Technical Chair (or appointed representative), with both figures panels placed on one side of the pool where possible.

CP 4.3.3.2 Junior Olympic 12 & Under; ~~Intermediate and Novice Championships~~: One group of ~~4~~ 2 figures shall be performed.

1. The Compulsory Figures for the 12 & Under Age Division listed in Figure Rule II.D shall be considered as Figure Selection Group 4.
2. The 12 & Under Figure Selection Group 1, 2, 3 or 4 shall be drawn first, then the order of appearance shall be drawn. For example, if Selection Group 2 is drawn, then all competitors shall compete Selection Group 2.
3. The 12 & Under athletes shall be divided into an appropriate number of figure flights as determined by the Vice President Competitive Programs or the appropriate Technical Chair (or appointed representative), with both figure panels placed on one side of the pool where possible.

Renumber the following as 1 and 2 under a new CP 4.3.3.3

Intermediate and Novice Championships: One group of 4 figures shall be performed.

1. **For Figure competition at Intermediate Championships,** the group of figures shall consist of the 2 Intermediate Compulsory Figures combined with 1 group of 2 figures from the Intermediate Figure Selection Groups.
 - For the Immediate figures, refer to Figure Rule II.B.
2. **For Figure competition at Novice Championships,** the group of figures shall consist of the 4 Novice Compulsory Figures from the Novice Figure Group.
 - For the Novice figures, refer to Figure Rule II.A.

ITEM #19:

AWD – Delineate required elements for AWD Routines

Appendix L, Article V

Add New Section for AWD (following Masters)

TIER I FREE ROUTINES WITH TECHNICAL REQUIRED ELEMENTS

<u>TIER 1 SOLO / DUET / TRIO AND TEAM (1:30)</u> <u>Technical Required Elements # 1-4 must be performed in the order listed and must be separated by other content.</u>
1. <u>BPA Back Layout Position. [DD 0.4]</u>
2. <u>BPR Tuck Position (Inverted). [DD 0.4]</u>
3. <u>BPK Front Layout Position [DD 0.4]</u>
4. <u>BMK Front Pike position, to assume [DD 0.4]</u>

5. <u>Acrobatic Movements are NOT permitted</u>
6. <u>General Guidelines: All Technical Required Elements #1-4 shall be performed parallel to the sides of the pool where the judges are seated, and performed simultaneously and facing the same direction by all competitors.</u>

Note:

1. The Coach Card/Element Card is not required for Tier 1 routines
2. There will be a maximum synchronization error deduction of 7 points for all Tier 1 routines.
3. Mirrored actions or athletes using opposite legs in a Technical Required Element shall not be intentionally choreographed; however, no penalty shall be assessed should they occur.

Appendix L

2.03 Technical Required Elements # 1-5 (Solo, Duet, Trio and Team) or # 1-4 (Novice Free Routines with Technical Required Elements) or # 1-3 (Mixed Duet Technical Team/Intermediate Free Routines with Technical Required Elements/Collegiate Developmental routines) can be performed in any order, unless otherwise specified. It is strongly recommended for clarity of judgment that any Technical Required Elements be separated by other content.

• **Exceptions:**

- For Novice exception, see Novice Chart in this Appendix L.
- For Intermediate exception, see Intermediate Chart in this Appendix L.
- For Masters exception, see Masters Chart in this Appendix L.
- For AWD Tier 1 exception, see AWD Tier 1 Chart in this Appendix L.

TIER 2 FREE ROUTINES WITH TECHNICAL REQUIRED ELEMENTS

TIER 2 SOLO / DUET / TRIO AND TEAM (1:30) Technical Required Elements # 1-4 must be performed in the order listed. <u>Placement of optional routine requirement #5 is optional</u>
1. <u>Figure # 316 Kipnus [DD 1.4]</u>
2. <u>Figure # 100 Bent Knee, Alternate [DD 1.1]</u>
3. <u>Figure # 358 Snapping Turtle [DD 1.7]</u>
4. <u>Figure # 460 Oyster [DD 1.2]</u>
5. <u>Solo, Duet, Trio and Team Optional Routine Requirement - One Free Hybrid may be performed (optional). Placement within the routine is optional.</u>
6. <u>Acrobatic Movements are NOT permitted</u>
7. <u>Solo, Duet and Trio General Routine Requirement - Technical Required Elements # 1-4 shall be performed parallel to the sides of the pool where the panels of judges are seated.</u>
8. <u>Duet, Trio and Team General Routine Requirement – All Technical Required Elements # 1-4 must be performed simultaneously and facing the same direction by all competitors.</u>

Note:

1. All Tier 2 routines shall include the Technical Required Elements and may also include 1 optional Free Hybrid. The optional Free Hybrid may be placed anywhere in the routine and will be judged under Artistic Impression (no Acrobatic Movements permitted)

2. The Coach Card/Element Card is not required for Tier 2 routines.
3. There will be a maximum synchronization error deduction of 10 points for all Tier 2 routines.
4. Mirrored actions or athletes using opposite legs in a Technical Required Element shall not be intentionally choreographed; however, no penalty shall be assessed should they occur.
5. The Tier 2 Required Elements # 1-8 shall remain the same as the USAAS Novice category Required Elements. If the Novice Required Elements change, the Tier 2 Required Elements shall also change as housekeeping to align with the Novice category.

Housekeeping to Routine Requirement #7 if Rules Proposals Item #6 is approved.
Housekeeping to Note #3 if Rules Proposals Item #5 is approved.

TIER 3 FREE ROUTINES WITH TECHNICAL REQUIRED ELEMENTS

TIER 3 SOLO (1:45), DUET / TRIO (2:05) AND TEAM (2:35) <u>Technical Required Elements # 1-3 must be performed in the order listed. Placement of additional routine requirements # 4-6 is optional</u>	
1A. Figure # 348e Tower spinning 360 [DD 2.0]	1B. Figure # 348 Tower [DD 1.9]
2A. Figure # 423 Ariana [DD 2.5]	2B. Figure # 420 Walkover, Back [DD 2.1]
3. Figure # 301 Barracuda [DD 1.8]	
4. Solo Additional Routine Requirement - maximum of 1 Free Hybrid*** or 1 ChoHY* must be performed. Placement within the routine is optional.	
5. Duet, Trio and Team Additional Routine Requirement - Placement within the routine is optional. • <u>1 x Free Hybrid*** and 1 x ChoHY*</u> - or • <u>2 x ChoHY*</u>	
6. A maximum of one Acrobatic Movement may be performed and will be judged under Artistic Impression.	
7. Solo, Duet and Trio General Routine Requirement - Technical Required Elements # 1-3 shall be performed parallel to the sides of the pool where the panels of judges are seated.	
8. Duet, Trio and Team General Routine Requirement - All Technical Required Elements # 1-3 must be performed simultaneously and facing the same direction by all competitors.	

*** Tier 3 Free Hybrid Family Declaration Limits for Solo, Duet, Trio and Team: Refer to the World Aquatics Hybrid Catalogue:

<u>Hybrid Family</u>	<u>DD Limits</u>
<u>Thrusts</u>	<u>Level B - Level 4</u>
<u>Spins</u>	<u>Level B - Level 1</u>
<u>Twists</u>	<u>Level B - Level 1</u>
<u>Airborne Weight</u>	<u>Level B - Level 6</u>
<u>Flexibility</u>	<u>Level B - Level 3</u>
<u>Connections</u>	<u>Level B - Level 1</u>

Note:

1. There will be a maximum synchronization error deduction of 15 points for all Tier 3 routines.
2. Mirrored actions or athletes using opposite legs in a Technical Required Element shall not be intentionally choreographed; however, no penalty shall be assessed should they occur.
3. The Tier 3 Required Elements # 1-3 shall remain the same as the USAAS Intermediate category Required Elements. If the Intermediate Required Elements # 1-3 change, the Tier 3 Required Elements # 1-3 Required Elements shall also change as housekeeping to align with the Intermediate category.

Housekeeping to Routine Requirement #7 if Rules Proposals Item #7 is approved.

Housekeeping to info included in box Tier 3 Solo if Rules Proposals Item #8 is approved.

TIER 4 ROUTINE REQUIREMENTS**TIER 4 ROUTINE REQUIREMENTS - SET NUMBER OF ELEMENTS**

Hybrid Safety Limits: In all Tier 4 routines, there shall be a Hybrid Safety Limit Degree of Difficulty of 7.0 (inclusive of the Base Mark value of 0.5). A Base Mark shall be applied for each violation of the Hybrid Safety Limits.

Notes:

1. The requirement to include 1 declaration from each family in the routine is NOT applicable for Tier 4 Free Routines.
2. All hybrids may be declared as either a Free Hybrid*** for difficulty or as a ChoHY*.
3. Acrobatic Movements may be performed and will be judged under Artistic Impression

<u>Event</u>	<u>Time</u>	<u>Total Elements</u>	<u>Summary</u>
<u>1. Solo Free</u>	<u>2:00</u>	<u>4</u>	• <u>4 Hybrids</u>
<u>2. Duet/Trio Free</u>	<u>2:30</u>	<u>4</u>	• <u>4 Hybrids</u>
<u>3. Team Free</u>	<u>3:00</u>	<u>4</u>	• <u>4 Hybrids</u>

Note:

1. There shall be no maximum synchronization error deduction in Tier 4 routines.
2. The number of Hybrids required in Tier 4 routines shall remain the same as the number of Hybrids required in the World Aquatics 12 & Under routines. If World Aquatics changes the number of Hybrids required in 12 & Under routines, the number of Hybrids required in Tier 4 routines shall also change as housekeeping to align with the World Aquatics 12 & Under category.

TIER 5 ROUTINE REQUIREMENTS**TIER 5 ROUTINE REQUIREMENTS - SET NUMBER OF ELEMENTS**

Hybrid Safety Limits: In all Tier 5 routines, there shall be a Hybrid Safety Limit Degree of Difficulty of 7.0 (inclusive of the Base Mark value of 0.5). A Base Mark shall be applied for each violation of the Hybrid Safety Limits.

Notes:

1. The requirement to include 1 declaration from each family in the routine (except for connections in Solo) is applicable for Tier 5 Free Routines.

<u>Event</u>	<u>Time</u>	<u>Total Elements</u>	<u>Summary</u>
<u>1. Solo Free</u>	<u>2:00</u>	<u>4</u>	• <u>4 Free Hybrids (must include 1 declaration from each family in the routine, except for connections).</u>

<u>2. Duet Free, Mixed Duet Free, Trio Free</u>	<u>2:30</u>	<u>5</u>	● <u>4 Free Hybrids (must include 1 declaration from each family in the routine).</u> ● <u>1 Pair Acrobatic* (free choice).</u> <u>*See Article 1, Section 1.05.</u>
<u>3. Team Free</u>	<u>3:00</u>	<u>7</u>	● <u>4 Free Hybrids (must include 1 declaration from each family in the routine).</u> ● <u>3 Team Acrobatics* with DD safety limit** (free choice, but must not repeat the same Acrobatic**)</u> <u>*See Article 1, Section 1.04.</u>

Note:

- 1. There shall be no maximum synchronization error deduction in Tier 5 routines.**
- 2. The Tier 5 routine requirements shall remain the same as the World Aquatics 12 and under routine requirements. If the World Aquatics 12 and under routine requirements change, the Tier 5 routine requirements shall also change as housekeeping to align with the World Aquatics 12 and under category.**

APPENDIX L

1.03 Coach Card/Element Card: For all routines, it is required that the Technical Required Elements # 1-5 (Solo, Duet, Trio and Team Technical routines) or # 1-4 (Novice Free routines with Technical Required Elements) or # 1-3 (Mixed Duet Technical routine/Intermediate Free routines with Technical Required Elements/Collegiate Developmental routines/**AWD Tier 4 and Tier 5 Free routines with Technical Required Elements**) or Free Elements (Hybrids and Acrobatic Movements) and Transitions be declared and submitted on the Coach Card/Element Card. The Coach Card/Element Card must indicate the degrees of difficulty for each Element selected to be performed, and the order of performance selected. The Coach Card/Element Card must be submitted prior to the competition.

Exceptions:

- **Novice/Collegiate:** The Coach Card/Element Card is not required for Novice and Collegiate Technical Category A and B compulsory routines.
- **Masters:** The Coach Card/Element Card is not required for Masters routines when the Technical Required Elements are performed in the order listed in this Appendix.
- **Athletes With Disabilities:** The Coach Card/Element Card is not required for Athletes With Disabilities (“AWD”) **Tier 1, Tier 2 or Tier 3** Free routines.

ITEM #21:

Junior Olympic Track – Proposal for DD Limitations

CP 4.1.4 Junior Olympic: Competitions shall consist of Figures and Free routines for the 12 & under and Youth age divisions. In the 15-17 and 18-19/20 age divisions, competitions shall consist of Technical and/or Free routines. In the 16-19/20 age division, competition shall consist of the Acrobatic Routine and Free Combination. **For Hybrid Safety Limits specific to the U.S. Junior Olympic Championship and qualifying competitions see Appendix L.**

APPENDIX L

ARTICLE 4

16-19/20 FREE COMBINATION ROUTINE ADDITIONAL REQUIREMENTS

Add new box at top of chart

<u>There shall be a Hybrid Safety Limit Degree of Difficulty of 9.0 (inclusive of the Base Mark value of 0.5). A Base Mark shall be applied for each violation of the Hybrid Safety Limits.</u>			
Event	Time (+5 sec)	Total Elements	Summary
1. Free Combination	3:30	10	• 4 Team Acrobatics* with DD safety limit** (free choice, but must not repeat the same Acrobatic**). • 1 x DD Solo Hybrid • 1 x DD Duet Hybrid • 1 x DD Trio Hybrid • 2 x DD Team Hybrids (must be executed with a minimum of 4 competitors) • Must include 1 declaration from each family in the routine (counted across Solo, Duet, Trio and Team DD Hybrids) • 1 x Team Choreography Hybrid ("ChoHY")*** must be executed with a minimum of 4 competitors) • Element parts cannot occur simultaneously (i.e. Team Acrobatic occurs while Solo Hybrid starts) *See Article 1, Section 1.04. ***See Article 2, Section 1.02.

APPENDIX L

ARTICLE 5

YOUTH ROUTINE REQUIREMENTS

YOUTH ROUTINE REQUIREMENTS – SET NUMBER OF ELEMENTS			
<u>JUNIOR OLYMPIC TRACK Hybrid Safety Limits: In all Youth routines, there shall be a Hybrid Safety Limit Degree of Difficulty of 8.0 (inclusive of the Base Mark value of 0.5). This restriction is in addition to all stated AQUA hybrid restrictions. A Base Mark shall be applied for each violation of the Hybrid Safety Limits.</u> <u>THIS RESTRICTION SHALL NOT APPLY TO THE U.S. YOUTH CHAMPIONSHIP.</u> Note: The requirement to include 1 declaration from each family in the routine (except for connections in Solo) is applicable for Youth Free Routines.			
Event	Time (+/- 5 sec)	Total Elements	Summary
1. Solo Free	2:00	5	• 5 Free Hybrids (must include 1 declaration from each family in the routine, except for connections).
2. Duet Free	2:30	6	• 5 Free Hybrids (must include 1 declaration from each family in the routine). • 1 Pair Acrobatic* (free choice). *See Article 1, Section 1.05.
3. Mixed Duet Free	2:30	5	• 3 Free Hybrids (must include 1 declaration from each family in the routine). • 2 Pair Acrobatics * (free choice, but must not repeat the same Acrobatic).

			• A minimum of 3 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more). * See Article 1, Section 1.05.
4. Team Free	3:00	8	• 5 Free Hybrids (must include 1 declaration from each family in the routine). • 3 Team Acrobatics* with DD safety limit** (free choice, but must not repeat the same Acrobatic**). * See Article 1, Section 1.04.
5. Free Combination	3:00	9	• 4 Team Acrobatics* with DD safety limit** (free choice, but must not repeat the same Acrobatic**). • 1 x DD Solo Hybrid • 1 x DD Duet Hybrid • 2 x DD Team Hybrids (must be executed with a minimum of 4 competitors) • Must include 1 declaration from each family in the routine (counted across Solo, Duet and Team DD Hybrids) • 1 x Team Choreography Hybrid (“ChoHY”)** must be executed with a minimum of 4 competitors) • Element parts cannot occur simultaneously (i.e., Team Acrobatic occurs while Solo Hybrid starts) * See Article 1, Section 1.04. *** See Article 1, Section 1.02.

APPENDIX L

ARTICLE 5

JUNIOR / SENIOR / COLLEGIATE ROUTINE REQUIREMENTS

JUNIOR / SENIOR TECHNICAL AND FREE ROUTINES AND COLLEGIATE FREE/ DEVELOPMENTAL ROUTINE REQUIREMENTS – SET NUMBER OF ELEMENTS			
<u>JUNIOR OLYMPIC TRACK Hybrid Safety Limits: In all 15-17 and 18-19/20 routines, there shall be a Hybrid Safety Limit Degree of Difficulty of 9.0 (inclusive of the Base Mark value of 0.5). This restriction is in addition to all stated AQUA hybrid restrictions. A Base Mark shall be applied for each violation of the Hybrid Safety Limits. THIS RESTRICTION SHALL NOT APPLY TO THE U.S. NATIONAL CHAMPIONSHIP OR THE U.S. JUNIOR CHAMPIONSHIP.</u> Note: The requirement to include 1 declaration from each family in the routine (except for connections in Solo) is applicable for Free Routines only.			
Event	Time (+/- 5 sec)	Total Elements	Summary
1. Solo Technical	2:00	6	• 5 Technical Required Elements • 1 Free Hybrid
2. Solo Free	2:15	6	• 6 Free Hybrids (must include 1 declaration from each family in the routine, except for connections).
3. Duet Technical	2:20	7	• 5 Technical Required Elements • 1 Free Hybrid • 1 Pair Acrobatic* (free choice). *See Article 1, Section 1.05.

4. Duet Free	2:45	8	• 6 Free Hybrids (must include 1 declaration from each family in the routine) • 2 Pair Acrobatics* (free choice, but may not repeat the same Acrobatic). *See Article 1, Section 1.05.
5. Mixed Duet Technical	2:20	7	• 3 Technical Required Elements • 1 Free Hybrid • 1 Required Hybrid (must contain only 1 <i>Thrust</i> declaration and 2 different Connection declarations (i.e., T8 C3 C4) • 2 Pair Acrobatics* (free choice, but must not repeat the same Acrobatic). • 3 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more) *See Article 1, Section 1.05.
6. Mixed Duet Free	2:45	7	• 4 Free Hybrids (must include 1 declaration from each family in the routine) • 3 Pair Acrobatics* (free choice, but must not repeat the same Acrobatic) • Minimum of 4 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more) *See Article 1, Section 1.05.
8. Team Technical	2:50	8	• 5 Technical Required Elements • 2 Free Hybrids (1 of which must include a Cadence Action*) • 1 Team Acrobatic* (Max DD limit of 3.0 inclusive of Base Mark value). • May contain maximum of 1 Circle. *See Article 1, Sections 1.04 & 1.06.
9. Team Free	3:30	9	• 6 Free Hybrids (must include 1 declaration from each family in the routine) • 3 Team Acrobatics* (free choice, but must not repeat the same Acrobatic). *See Article 1, Section 1.04.

APPENDIX L

ARTICLE 7

GENERAL PENALTIES FOR 12&U, YOUTH, JUNIOR, SENIOR AND COLLEGIATE ROUTINES

Note: Collegiate Developmental Routine penalties, see Article 8

ALL 12&U ROUTINES	Exceeding the Hybrid Safety Limit of 7.0: A Base Mark shall be applied for each violation of the Hybrid Safety Limit Degree of Difficulty of 7.0 (inclusive of Base Mark value of 0.5). (Routine Requirements – Set Number of Elements Chart)
<u>ALL YOUTH JUNIOR OLYMPIC TRACK ROUTINES</u>	<u>Exceeding the Hybrid Safety Limit of 8.0: A Base Mark shall be applied for each violation of the Hybrid Safety Limit Degree of Difficulty of 8.0 (inclusive of Base Mark value of 0.5). (Routine Requirements – Set Number of Elements Chart)</u>
<u>ALL 16-17 AND 18-19/20 JUNIOR OLYMPIC TRACK ROUTINES</u>	<u>Exceeding the Hybrid Safety Limit of 9.0: A Base Mark shall be applied for each violation of the Hybrid Safety Limit Degree of Difficulty of 9.0 (inclusive of Base Mark value of 0.5). (Routine Requirements – Set Number of Elements Chart)</u>

<u>ALL 16-19/20 FREE COMBINATION ROUTINES</u>	<u>Exceeding the Hybrid Safety Limit of 9.0: A Base Mark shall be applied for each violation of the Hybrid Safety Limit Degree of Difficulty of 9.0 (inclusive of Base Mark value of 0.5). (Routine Requirements – Set Number of Elements Chart)</u>
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ITEMS REFERRED BACK TO RULES COMMITTEE

ITEM #11:

Trio and 16-19/20 Free Combination competition at the U.S. Junior Olympic Championship

CP 3.5.5.2 May be held once a year in the following age divisions and routine events:

12 & under	Youth	15-17	18-19/20	16-19/20
Figures	Figures	Solo (Technical/Free)	Solo (Technical/Free)	Free Combination
Solo (Free)	Solo (Free)	Duet (Technical/Free)	Duet (Technical/Free)	Acrobatic Routine
Duet (Free)	Duet (Free)	Team (Technical/Free)	Team (Technical/Free)	<u>Trio (Free)</u>
Team (Free)	Team (Free)			
Free Combination	Free Combination			
<u>Trio (Free)</u>	<u>Trio (Free)</u>			

1. A competitor may only enter a specific routine event (Solo, Duet, **Trio**, Team, Acrobatic Routine or Free Combination) in 1 age division. A competitor may enter a routine event (Technical or Free) in different age divisions as long as the competitor only enters 1 type of routine in the competition. (For example, Youth Free Duet and 15-17 Technical Duet). See Rule CP 3.1.4.

2. A competitor may enter either the Free Combination event or the Acrobatic Routine event in the 16-19/20 age division, but not both. **A competitor may enter either a free Duet or a free Trio, but not both.**

3. All Technical routine events, Free Solo, **Free Trio**, Acrobatic Routine and Free Combination events shall be Final events.

CP 3.5.5.3 Each Zone shall qualify up to 8 Solos, 12 Duets, and 12 Teams in each event in each age division. Each Zone shall qualify up to 12 Free Combination **and 8 Trio** routines in the 12 & under, Youth and 16-19/20 age divisions. Each Zone shall qualify up to 12 Acrobatic Routines in the 16-19/20 age division.

CP 3.5.5.4 No Region shall have more than its proportionate share of the 8/12. In the Solo, Duet, **Trio** and Team events in the Regional Championships, each Region shall qualify competitors by ranking in the:

- Combined Free routine and Figure competition (12 & under and Youth); or,
- Free routine or Technical routine competition (15-17 and 18-19/20).

CP 3.5.6.2 Each Association may qualify the top 3 Solos, Duets, **Trios**, Teams, Acrobatic Routines and Free Combinations in a specific age division. See Rule CP 3.5.5.2 for age divisions and routine events.

Exception: Any Association which is the only participant in its Region in a given year, event and age division, may qualify the top 4 Solos, Duets, **Trios**, Teams, Acrobatic Routines and Free Combinations in a specific age division.

Appendix L

Event	Time	Total Elements	Summary
<u>12 & Under Trio</u>	<u>2:30</u>	<u>5</u>	• <u>2 Free Hybrids (must include 1 declaration from each family in the routine)</u> ○ <u>must follow hybrid safety limit for 12 & under</u> • <u>1 Choreography Hybrids ("ChoHY")</u> • <u>2 Pair Acrobatics (free choice, but must not repeat the same Acrobatic)</u>
<u>Youth (13-15) Trio</u>	<u>2:30</u>	<u>7</u>	• <u>2 Free Hybrids (must include 1 declaration from each family in the routine)</u> • <u>2 Choreography Hybrids ("ChoHY")</u> • <u>2 Pair Acrobatics (free choice, but must not repeat the same Acrobatic)</u>
<u>Junior (15-19/20) Trio</u>	<u>2:45</u>	<u>8</u>	• <u>3 Free Hybrids (must include 1 declaration from each family in the routine)</u> • <u>2 Choreography Hybrids ("ChoHY")</u> • <u>3 Pair Acrobatics (free choice, but must not repeat the same Acrobatic)</u>