



**2025 Novice, Intermediate, 12-U & Youth Age Group  
& Athletes with Disabilities (AWD)  
Worldwide Invitational  
Coral Springs Florida, USA  
May 2-4, 2025**

**FINAL MEET ANNOUNCEMENT  
(notice rules clarifications)**

**Hosted by:** Coral Springs Aquacades Synchro Team

**Facility:** Coral Springs Aquatic Complex  
12441 Royal Palm Blvd  
Coral Springs, FL 33065

**Rules:** Modified Figures and technical elements from the USA Artistic Swimming 2025 Rulebook will be followed (Nov and Intermediate is summarized on page 10. The judging/scoring system from 2022 will be followed. Routines and figures will be judged in .10 increments with three categories: Execution, Artistic Impression and Difficulty). There will not be coaches' scorecards or controllers. Figure and Routine scores will not be combined.

**Sanctioned By:** United States Artistic Swimming

**Meet Manager:** Ashley Johnson (English) Ivana Radovanovic(Spanish)  
12441 Royal Palm Blvd Whatsapp +19548713103  
Coral Springs FL 33065 USA  
Cell 561-702-0917  
Whatsapp +15617020917  
e-mail:ajohn403@fiu.edu

**Eligibility:** This competition is open to non-national team members in the following categories:

\*\*\*NOVICE - a swimmer that started synchro less than one year ago.

Ages: 8-under, 10 and under, 11-12, 13-15 and 16-over

INTERMEDIATE - a swimmer who has been swimming over a year, but not yet ready to compete at Pan Am championships or a US Junior Olympics.

Ages: 8-under, 10 and under, 11-12, 13-5 and 16-over

AGE GROUP - a swimmer swimming two years or more that would be considered to qualify for PAQ Championships or US Junior Olympic Championships.

Ages 9-10, 11-12, and Youth

Athletes with Disabilities (AWD)

\*\*\*If you competed in PAQ Championships you cannot compete in the novice category! Novice is for beginners ONLY. Example: if your swimmer can do thrust to the waist or spins they CANNOT compete as a novice.



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**International athlete eligibility:**

Meet manager (Ashley Johnson [ajohn403@fiu.edu](mailto:ajohn403@fiu.edu)) must receive an official letter from your Federation allowing your team to compete in this meet. In addition, visa support can be requested by contacting the meet manager or the finding link located on the USA Artistic Swimming website under Resources/Club Options/International Events/Foreign Federations:

**Visa support documentation will be provided by the USAAS National office and the request must be received before the final entry deadline.**

**Entries:**

Computer generated entries are preferred using this google doc link: <https://docs.google.com/spreadsheets/d/14YkZi53ZGQbpTerM3jpf89RjiFmBmg7vdIdaALY6ec/edit?usp=sharing> and sending it to my e-mail to at [mmsynch@aol.com](mailto:mmsynch@aol.com) and cc [ajohn403@fiu.edu](mailto:ajohn403@fiu.edu)  
Forms B and C may also be sent by e-mail to [mmsynch@aol.com](mailto:mmsynch@aol.com) and cc [ajohn403@fiu.edu](mailto:ajohn403@fiu.edu)

**Mail checks (payable to Aquacades). or money order. If paying with zelle, send an email to [ajsynchro@gmail.com](mailto:ajsynchro@gmail.com) to inform of payment.**

**Ashley Johnson**  
12441 Royal Palm Blvd  
Coral Springs, FL 33065 USA

FINAL entries must be filled by computer. Both emailed entries and hardcopies/checks postmarked by the entry deadline: **April 12, 2025**

**Airport:**

Ft Lauderdale Airport (FLL) is the 1st choice and closest  
Palm Beach International Airport (PBI)  
Miami International Airport (MIA)

**Entry Fees:**

Sponsor Fee: US \$45.00 per competitor (includes official event cap and Sunday lunch)  
Entry Fee: US \$12.00 per competitor per routine  
Any swimmer who is listed as a reserve and not swimming any other routine shall pay the entry fee.



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**Awards:** Medals for places 1-3 in routine and figures. Ribbons will be awarded for places 4-12 in routines and figures. Male and female categories will be designated in figures also.

**Special Awards will be awarded to the one swimmer who scores the highest in their respective division: Novice, Intermediate and Age Group per age category.**

**There will also be a High Point Team Trophy.**

**Note: Participation in figure categories is an individual event and optional.**

**Figures below are modified from the 2025 USAAS Figure Rules.**

**Figures:**

**Novice**

100	Bent Knee, alternate	1.1
201	Dolphin	1.4
302	Blossom	1.4
316	Kipnus	1.4

**Intermediate**

101	Ballet Leg, Single	1.6
301	Barracuda	1.8
369	Walkover, Front	1.9
318	Kip, Bent Knee	1.8

**9-10 and 12-under Age Group**

363	Water Drop	1.8
401	Swordfish	2.1

**Youth (13-15)**

356f	Whip Continuous Spin 720°	3.0
441	Saturn	2.5



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- Pool Specs:** Pool is 20 yards by 25 yards. Deck entry area is clear.  
Depth – 16ft. all around.
- Routines:** **One Solo per level (novice, intermediate, 9-10 and 11-2 and youth) No exceptions unless the team/federation only has 2 swimmers in that age category.**  
Novice and Intermediate: Each athlete may enter a total of TWO routines in the category of Solo, Duet, Mixed Duet, Trio, Team, Combo.  
**\*\*Limit 2 routines total per athletes in Nov and Int.\*\***  
Age Group may enter THREE routines in the following: Solo, Duet, Mixed Duet, Trio, Team, Combo. **\*\*Limit 3 routines total per athletes in Age Group\*\***
- Music:** Music files should be uploaded to appropriate age category and event in google file (link below) by **April 18, 2025** All music files should be submitted in .MP3 format and without lock. Please label the file by using the following naming convention: club abbreviation, age, level (Nov, INT, AG), routine and last name of one swimmer in the routine.  
See example: CSQ\_11-12\_NOV\_Duet\_Johnson.mp3  
  
**<https://drive.google.com/drive/folders/1Kkn7IULQqPyy-u9Pk2gLnC1KTpmdSyd?usp=sharing>**
- Officials** Officials qualified from their federation will be welcome to complete the attached availability form C to judge in the meet.  
**There will be a US \$150 penalty per 10 athletes per club who do not provide a judge.**  
Ex: a club brings 20 swimmers without a judge, it's a \$300 penalty. Please know this money helps us bring in extra judges to keep the competition fair and moving quickly.
- Volunteers:** Each federation/team is required to have 3 volunteers per day. Each volunteer should be available for at least one event. This will ensure that the large meet runs efficiently. If you would like to reserve your spot ahead of time look for a link in the communication channel, 2025 World Invitational Whats App Group or the meet google drive at least a week prior to the meet. Volunteers need to report to the designated area 15 minutes before the event.
- Communication:** Information regarding the meet (before and during) will be shared through the **2025 World Invitational Whats App** chat group. Please ensure that your team leader/delegate from your federation/team joins the group. You can scan the link below to join and contact Ashley Johnson with questions about the group.  
**<https://chat.whatsapp.com/JzRHCotG37I2BbyxTXeWbG>**



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- Seating:** Chairs are limited on the lower deck, so feel free to bring your own. There is plenty of space for tents in designated areas. For international visitors, this is an outdoor pool. You can rent a tent for your federation next to the pool for \$150 US for the whole meet, however, we are not able to provide tables and chairs. If you have questions about the tent rental accommodations contact the host.
- Deck space:** It is an outdoor pool with shade on upper deck.
- Tent Rental:** Tents may be rented for \$150 per tent. The tent will be set up for you somewhere in the available pool area and labeled. Please request the rental in the financial form due with meet entry.
- Hospitality:** Coaches and Officials are welcome in the hospitality room for drinks and snacks throughout the meet. Lunch will be provided for coaches and officials only. (Due to the size of the meet, the hospitality needs to be prioritized for coaches and judges). You must list your coaches on the form below. The hospitality volunteers will not allow people in the room who are not listed as a coach or judge. Water will be brought on deck for judges throughout the meet.
- Concessions:** A Concession stand is available during the meet. Athletes and parents will be able to buy great lunch, snacks and drinks throughout the day for sale. Concession stand cannot provide ice, cups, utensils for team/federation coolers or spectators. Water fountains are available throughout the facility.
- Lunch:** Lunch for athletes will be provided and is included in the sponsor fee for **Sunday (only)**.
- Gelling:** There will be a gelling station available at the pool. We will only provide hot water. Swimmers must bring their own tools for gelling.
- Competitors may NOT wash their gel out at the facility. Teams will be assessed a US \$100 penalty per incident for not following this rule.**
- Schedule:** A tentative schedule is attached. Final meet schedule will be sent with the order of draw one week before the meet. It will also be discussed at the Coaches meeting on Monday, April 28<sup>th</sup>.
- Closing Ceremony:** Swimmers should bring flags of their country of origin. We will be using this as part of the closing ceremonies for this event.



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**Things to know:** Athletes designated time to exchange little gifts representative of their team/country as a way to interact with swimmers from all nations in attendance.

Meet management: In order to facilitate clear and efficient communication throughout the meet (preparation and during the event) please select a federation/team leader or delegate that is proficient in English. It is highly recommended that this person attends the zoom pre-meet designated meeting for team leaders/coaches/officials in the tentative schedule. All communication to all meet staff should be communicated through the designated federation/team leader.

**Host Hotels:**

**Hotel(s) suggested close to the pool:**

Fairfield Inn & Suites Fort Lauderdale Northwest

Courtyard Fort Lauderdale Coral Springs

Hampton Inn



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**Tentative Schedule  
(Final schedule to be distributed one week before event)**

**Monday, April 28**

8:00pm

Coaches/Team/Leader or Delegates Meeting by zoom  
Recommendation: A coach and delegate from the  
team/federation that understands English attend the zoom  
meeting.

Zoom link :

<https://us02web.zoom.us/j/83631277570?pwd=1a6EJINbjwaNxO7FuA5Zrr0VXXXwtt.1>

**Friday, May 2<sup>nd</sup>**

8:00 pm – 12:00 pm

Pool available for practice (diving well only)

No music or taping

All Solo Events

**Saturday, May 3<sup>rd</sup>**

8:00 am

All figures & all duets, mixed duets, and combos

**Sunday, May 4<sup>th</sup>**

8:00 am

All trios and teams



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**FORM B**  
**FINANCIAL SUMMARY**  
**Each club should submit one form of payment**

Team/Federation Name: \_\_\_\_\_

Team Contact: \_\_\_\_\_  
Name E-Mail Address

Cell Phone #: \_\_\_\_\_  
\_\_\_\_\_

SPONSOR FEE: US\$45.00 X \_\_\_\_\_ # OF ATHLETES = \_\_\_\_\_

TENT RENTAL: US\$ 150.00 X \_\_\_\_\_ # OF TENTS= \_\_\_\_\_

No Judge Penalty: US\$150.00 x every 10 swimmers \_\_\_\_\_

**ENTRY FEES**

Solos US \$ 12 x \_\_\_\_\_ # of Solos = \$ \_\_\_\_\_

Duets US \$ 24 x \_\_\_\_\_ # of Duets = \$ \_\_\_\_\_

Trios US \$ 36 x \_\_\_\_\_ # of Trios = \$ \_\_\_\_\_

Teams US \$ 12 x \_\_\_\_\_ # of Swimmers = \$ \_\_\_\_\_

Combos US\$ 12 x \_\_\_\_\_ # of Swimmers = \$ \_\_\_\_\_

TOTAL = \$ \_\_\_\_\_

Make total check payable to **AQUACADES**

If you would like to pay by check or [zelle please email ajsynchro@gmail.com](mailto:ajsynchro@gmail.com) before sending payment to verify instructions and confirm completion.

SEND FORM to [mmsynch@aol.com](mailto:mmsynch@aol.com) and [ajohn403@fiu.edu](mailto:ajohn403@fiu.edu)





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## FORM C OFFICIALS AVAILABILITY

TEAM NAME: \_\_\_\_\_

Association/Federation: \_\_\_\_\_  
\_\_\_\_\_

Name

Rating (US/AQUA/PAQ)

Availability

Name	Rating (US/AQUA/PAQ)	Availability

AQUA and PAQ Judges must be on the current AQUA/PAQ List(s) of Artistic Swimming Officials. Foreign AQUA and PAQ Judges from Federations not entered in the competition may participate, with priority given to judges whose Federations are entered. In order to participate in any capacity, all Foreign AQUA and PAQ judges must have passed an AQUA Artistic Swimming Judges Advanced test. AQUA and PAQ Technical Controllers must be on the current AQUA and/or PAQ List(s) of Technical Controllers.

**\$150 penalty per 10 swimmers for any club not providing a judge.**

SEND FORM to [mmsynch@aol.com](mailto:mmsynch@aol.com) and [ajohn403@fiu.edu](mailto:ajohn403@fiu.edu)



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**Routine Elements:** It is very important to follow the USAAS rules below to avoid penalties. Novice and Intermediate swimmers have routines with elements. (summarized from USAAS Appendix L)

**2025 NOVICE ROUTINE REQUIRED TECHNICAL ELEMENTS**

Novice Solo/Male Solo, Duet/Mixed Duet, Trio and Team (1:30)

Required elements 1-5 must be performed in the order listed. (exception free hybrid may be placed anywhere)

1. **Figure # 310 Somersault, Back Tuck. [DD 1.1]**
2. **Figure # 100 Bent Knee, Alternate. [DD 1.1]**
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.
4. **Figure # 302 Blossom. [DD 1.4]**
5. **Figure # 316 Kipnus. [DD 1.4]**
6. All elements must be performed simultaneously and facing the same direction, parallel to the sides of the pool where judge panels are seated. Mirror actions are not permitted during technical elements.
7. **One optional free hybrid may be added to the routine and performed at any time. However, the free hybrid may not be attached to one of the elements listed above. Penalty or any additional hybrids beyond one free hybrid.**
8. **Acrobatic lifts or moves are not permitted in novice routines.**

**2025 INTERMEDIATE ROUTINE REQUIRED TECHNICAL ELEMENTS:**

Intermediate Routine Time Limits: Solo/Male Solo 1:45 Duet/Mixed Duet/Trio 2:05 Team 2:35  
Combination 3:00

Required elements 1-5 must be performed in the order listed and should clearly stand alone. Exceptions include: free hybrid or acrobatic movements that may be placed anywhere in routine).

1. **348 Tower [1.9]**
2. **Boost with one arm [1.3]** a rapid, head-first rise, with a maximum amount of the body above the surface of the water. 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.
3. **101 Ballet Leg Single [1.6]**
4. **318 Kip, Bent Knee [1.8]**
5. **301 Barracuda [1.8]**
6. All elements must be performed simultaneously and facing the same direction, parallel to the sides of the pool where judge panels are seated. Mirror actions are not permitted during technical elements.
7. **Solo, Male Solo** maximum of 1 free hybrid. **Duet, Mixed Duet, Trio** – 1 pair acrobatic and 1 Free hybrid **or** 2 Free Hybrids are allowed. Placement in the routine may be anywhere.
8. **Team** – 1 acrobatic movement and 1 Free hybrid **or** 2 Free Hybrids are allowed. Placement in the routine is optional. Safety limits for DD of acro: Group A 1.8, Group B 1.8, Group C not allowed. Group P1.3.
9. **Combo** 2 acro movements, 3 transitions, 1 Solo Free Hybrid, 1 Duet Free Hybrid, 1 Trio Free Hybrid and 2 Team Free Hybrids (min of 4 competitors). Safety limits for DD of acro: Group A 1.8, Group B 1.8, Group C not allowed. Group P1.3.



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**AWD Entries**

**EVENTS:** Competitions shall consist of Figures and Free routines for the physical and cognitive categories, respectively. All competitors shall perform Figures.

Categorization of enrollment in the competition for the athletes with physical or cognitive disabilities is based on Tier level only.

1. Athletes from different disability categories may compete together in Duet, Mixed Duet, Trio and Team. Routines that include competitors with a cognitive disability and competitors with a physical disability shall compete in the physical disability category.
2. Athletes from different Tier levels may compete together in Duet, Mixed Duet, Trio and Team. The average Tier level will determine their competitive level (rounding up, if necessary). All athletes will compete figures in their own Tier level.

**FIGURES:**

TIER 1

BPA. Back Layout Position	0.4
460 Oyster	1.2
475 Tub	1.1
BPO Split Position	0.6

TIER 2

100 Bent Knee, Alternate	1.1
302 Blossom	1.4
310 Somersault, Back Tuck	1.1
BPO Split to Close at Ankles	0.8

TIER 3

101 Ballet Leg, Single	1.6
306 Barracuda, Bent Knee	1.7
316 Kipnus	1.4
360 Walkover, Front	1.9

TIER 4

106 Ballet Leg, Straight	1.6
301 Barracuda	1.8
311 Kip	1.6
359 Front Ariana	2.2



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**TIER 5**

140	Flamingo, Bent Knee	2.3
301d	Barracuda, Spinning 180°	2.0
154	London	2.0
423	Ariana	2.5

**TIER 6**

140e	Flamingo, Bent Knee, Spinning 360°	2.4
301h	Barracuda, Spin Up 180°	2.4
313	Kip Split, Closing 180°	2.2
407	Swordfish Str. Leg Ariana Rotation	2.6

**ROUTINES:** Cognitive Category:

Tier 1 through 6 – Solo/Male Solo, Duet, Mixed Duet, Trio and Team

Physical Category:

Tier 1 through 6 – Solo/Male Solo, Duet, Mixed Duet, Trio and Team

Note: Routines with athletes from the cognitive and physical categories are declared in the physical category. Routines with athletes from various tier levels have the tier level averaged and rounded up for final tier level declaration.

Maximum time requirements for routines shall be as follows:

<b>Tier</b>	<b>Solo/Male Solo</b>	<b>Duet/Mixed Duet/Trio</b>	<b>Team</b>
1	1:00	1:00	1:00
2	1:00	1:00	1:00
3	1:45	2:15	2:30
4	2:00	2:30	3:00
5	2:15	2:45	3:15
6	2:15	2:45	3:30

Note: Walkouts are not judged and stacks/lifts are not allowed on deck.



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**Form D  
AWD Accommodations**

Club: \_\_\_\_\_

Coach: \_\_\_\_\_

Contact Info e:mail: \_\_\_\_\_

phone: \_\_\_\_\_

General Facility Requests for Athletes (accessibility to pool, common areas):

Specific Accommodations for figures: (list by athlete category, tier level and last name)

Specific Routine Accommodations: (please list routine type, category, tier level and last name of at least one athlete) (ie. Assistance on deck- walk out by coach, coach on deck performing land drill, markers at other end .



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Team Contact: \_\_\_\_\_  
Name

\_\_\_\_\_ E-Mail Address

Cell Phone #: \_\_\_\_\_

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SPONSOR FEE: US\$45.00 X \_\_\_\_\_ # OF ATHLETES = \_\_\_\_\_

TENT RENTAL: US\$ 150.00 X \_\_\_\_\_ # OF TENTS= \_\_\_\_\_

No Judge Penalty: US\$150.00 x every 10 swimmers \_\_\_\_\_

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Solos US \$ 12 x \_\_\_\_\_ # of Solos = \$ \_\_\_\_\_

Duets US \$ 24 x \_\_\_\_\_ # of Duets = \$ \_\_\_\_\_

Trios US \$ 36 x \_\_\_\_\_ # of Trios = \$ \_\_\_\_\_

Teams US \$ 12 x \_\_\_\_\_ # of Swimmers = \$ \_\_\_\_\_

Combos US\$ 12 x \_\_\_\_\_ # of Swimmers = \$ \_\_\_\_\_

**TOTAL = \$ \_\_\_\_\_**

**Make total check payable to AQUACADES**

If you would like to pay by check or [zelle please email ajsynchro@gmail.com](mailto:zelle please email ajsynchro@gmail.com)  
before sending payment to verify instructions and confirm completion.

SEND FORM to [mmsynch@aol.com](mailto:mmsynch@aol.com) and [ajohn403@fiu.edu](mailto:ajohn403@fiu.edu)