



zwemfed

De nieuwe reglementen en Coach Card

overzicht en implicaties voor de toekomst

DOEL

- Wegwijs maken in de veranderingen binnen het (competitief) Artistiek Zwemmen
- Duidelijkheid scheppen in het gebruik van de Coach Card



nieuwe reglementen

algemeen



MASTERS DEVELOPMENT CONGRESS AQIU MEDIA GMS |

SPORTS ▾ LATEST ▾ CALENDAR RESULTS ATHLETES

Artistic Swimming

LATEST ▾ COMPETITIONS CALENDAR RESULTS **RULES** TECHNICAL COMMITTEE OFFICIALS

Artistic Swimming Rules - 2022 - 2025

- [Artistic Swimming | Rules](#) ↓
- [Artistic Swimming | Appendix 1 -12 & under figures](#) ↓
- [Artistic Swimming | Appendix I - 13-15 figures](#) ↓
- [Artistic Swimming | Appendix I - BP and BM](#) ↓
- [Artistic Swimming | Appendix II](#) ↓



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In the Youth category the figure section (A, B or C) shall be drawn first, then the order of appearance shall be drawn. The athlete draw list will be divided into two equal groups - 1 and 2 (if numbers are not equal, group 1 will have 1 extra swimmer). Then one of the two figure groups of the drawn section will be assigned by lot to each athlete group (1 and 2). For example, if Section B is drawn, athlete group 1 may have group 4 drawn, and athlete group 2 may have group 3 drawn.

Swimwear for the figure session must be according to FINA rule GR 5. It shall be black, and competitors shall wear white caps. Goggles and nose clips may be worn. **Only small stud jewelry is permitted.** Competitors must remove any dangling jewelry prior to the start of the event.

In a Figure competition for the 12 and Under-age category, if the competitor doesn't perform the correct figure, the athlete will be allowed to perform this figure again and **a 1-point penalty will be applied.** If the athlete fails again, then **"0"** will be applied.



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A team shall consist of at least four (4) but not more than eight (8) competitors (for the exceptions, see AS 6.2) with a **maximum of two (2) male competitors included**. The number of team competitors may not change between Preliminary and Finals or Technical and Free Routines.

A Free Combination shall consist of at least four (4) but not more than ten (10) competitors. **With a maximum of 2 male competitors included.**

An Acrobatic routine shall consist of four (4) to eight (8) competitors. **With a maximum of 2 male competitors included.**



ALGEMEEN

Time limits for Technical Routines, Free Routines and Acrobatic Routines including ten (10) seconds for deck movement:

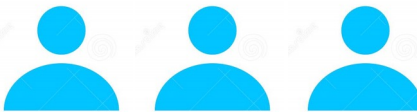
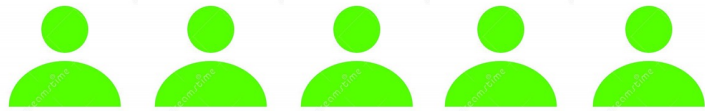
Technical Routine Solos:	2 minutes 00 seconds
Technical Routine Male Solos:	
Free Routine Solos:	2 minutes 15 seconds
Free Routine Male Solo:	
Technical Routine Duets:	2 minutes 20 seconds
Free Routine Duets:	2 minutes 45 seconds
Technical Routine Mixed Duets:	2 minutes 20 seconds
Free Routine Mixed Duets:	2 minutes 45 seconds
Technical Routine Teams:	2 minutes 50 seconds
Free Routine Teams:	3 minutes 30 seconds
Acrobatic Routine:	3 minutes 00 seconds

There shall be an allowance of five (5) seconds less or plus the allotted time for all routines.

In all routine events, the walk-on of the competitors from the designated starting point to the achievement of a stationary position(s) may not exceed 30 seconds for Technical or Free Mixed Duets, Technical and Free Teams, for Free Combination and Acrobatic Routine, and may not exceed 20 seconds for any Solo and Duet Events.



ALGEMEEN



Elements (5)

Artistic Impression (5)

DTC (3)

STC (3)



ALGEMEEN

In Routines the competitor can obtain points from 0 – 10 using 0.25 points.

Perfect	10
Near perfect	9.75 - 9.5
Excellent	9.25 – 9.0
Very Good	8.75 – 8.0
Good	7.75 – 7.0
Competent	6.75 – 6.0
Satisfactory	5.75 – 5.0
Deficient	4.75 – 4.0
Weak	3.75 – 3.0
Very weak	2.75 – 2.0
Hardly recognizable	1.75 – 0.25
Completely failed	0



ALGEMEEN

Elements panel judges shall award one score for the **execution** of each Element (Free and Technical Required).

DECLARED		
ELEMENT	#	SCORE
TRE 4a	1	
PAIR ACRO	2	
TRE 1a	3	
HYBRID	4	
TRE 2b	5	
TRE 3a	6	
TRE 5b	7	
HYBRID	8	

PERFORMED			
ELEMENT	#	ELEMENTS JUDGES SCORE	TC
TRE 4a	1	8.75	
PAIR ACRO	2	8.50	
TRE 1a	3	7.50	Zero
HYBRID	4	NOT PERFORMED - NO SCORE	2-point penalty
TRE 2b	5	8.50	
TRE 3a	6	8.0	
TRE 5b	7	7.75	
HYBRID	8	8.25	



ALGEMEEN

Artistic Impression panel judges shall award three scores, one score for **choreography and musicality**, one score for **performance** and one score for **transitions**.

8,0

*Choreografie
& muzikaliteit*

8,0

Performance

8,0

Transities



ALGEMEEN

In all routines a **two-point penalty** shall be deducted from the **Elements** score for each element exceeding the predetermined number assigned to the particular event and category.

Appendix III - Set Numbers of Elements for Routines (Revised October 25, 2022)

Senior/Junior	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Tech	2:00	7	Total of 5 Technical Required Elements and 2 Free Hybrids
Solo Free	2:15	7	Total of 7 Free Hybrids
Duet Tech	2:20	8	Total of 5 Technical Required Elements, 2 Free Hybrids and 1 Pair Acrobatic
Duet Free	2:45	9	Total of 7 Free Hybrids, and 2 Pair Acrobatics
Mixed Duet Tech	2:20	8	Total of 5 Technical Required Elements, 2 Free Hybrids (one which must include a hybrid connection), and 1 Pair Acrobatic
Mixed Duet Free	2:45	9	Total of 6 Free Hybrids (one which must include a hybrid connection) and 3 Pair Acrobatics (one Lift, one Throw/Jump and one free choice) PLUS Additional Required movement for Free Mixed Duet: Two (2) connected surface movements with travel
Team Tech	2:50	9	Total of 5 Technical Required Elements and 3 Free Hybrids (one which must include Cadence action), and 1 Required Team Acrobatic*
Team Free	3:30	11	Total of 7 Free Hybrids and 4 Free Team Acrobatics*
Acrobatic Routine	3:00	7	7 Team Acrobatics* (1 of each group = 4 + 3 of free group choice) + transitions are free but <u>no</u> difficulty awarded + hybrids are free but <u>no</u> difficulty awarded
Youth (13-15)	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Free	2:00	6	Total of 6 Free Hybrids
Duet Free	2:30	7	Total of 6 Free Hybrids and 1 Pair Acrobatic
Mixed Duet Free	2:30	7	Total of 5 Free Hybrids (one which must include a hybrid connection) and 2 Pair Acrobatics PLUS Additional Required movement for Free Mixed Duet: Two (2) connected surface movements with travel
Team Free	3:00	9	Total of 6 Free Hybrids and 3 Team Acrobatics* (with safety limit**) PLUS required components in any of the 6 Free Hybrids, both performed fully synchronised: One (1) Thrust (T1-T9) One (1) Spin descending 720° with one or two legs (R3)
Youth Combo	3:00	9	4 Team Acrobatics* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes required)
12U	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Free	2:00	5	Total of 5 Free Hybrids
Duet Free	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic
Mixed Duet Free	2:30	6	Total of 5 Free Hybrids (one which must include a hybrid connection) and 1 Pair Acrobatic PLUS Additional Required movement for Free Mixed Duet: Two (2) connected surface movements with travel
Team Free	3:00	9	Total of 6 Free Hybrids and 3 Team Acrobatics* (with safety limit**)
12U Combo	3:00	8	3 Team Acrobatics* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes required)

*Team Acrobatic definition as per the Acrobatic Catalogue (page 2): "A team acrobatic movement is considered as an Element, starting from 4 swimmers and more (for example: 3 base swimmers + 1 featured swimmer; or 2 base swimmers + 1 support-swimmer who pushes 1 featured-swimmer) Must start and finish in the water! All other actions are considered as pair acrobatics or pair assist actions."

**12U/Youth Acrobatic Safety Limit: Acrobatic Elements cannot have a DD higher than the following: for Group A: 2.65, for Group B: 2.6, for Group C: 2.45, and for group P 2.5. Please refer to the FINA Acrobatics Catalogue.



ALGEMEEN

In Free Mixed Duet and FINA Youth Team events a half (0.5) point penalty shall be deducted from the **Artistic Impression** score for each of the additional required movements in Appendix III not performed (additional required movement (Two Surface connected movements with travel; a 0.5 penalty shall be assessed for each connected movement not performed).

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Mixed Duet Tech	2:20	8	Total of 5 Technical Required Elements, 2 Free Hybrids (one which must include a hybrid connection), and 1 Pair Acrobatic
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Team Tech	2:50	9	Total of 5 Technical Required Elements and 3 Free Hybrids (one which must include Cadence action), and 1 Required Team Acrobatic*
Team Free	3:30	11	Total of 7 Free Hybrids and 4 Free Team Acrobatics*
Acrobatic Routine	3:00	7	7 Team Acrobatics* (1 of each group = 4 + 3 of free group choice) + transitions are free but <u>no</u> difficulty awarded + hybrids are free but <u>no</u> difficulty awarded
Youth (13-15)	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Free	2:00	6	Total of 6 Free Hybrids
Duet Free	2:30	7	Total of 6 Free Hybrids and 1 Pair Acrobatic
Mixed Duet Free	2:30	7	Total of 5 Free Hybrids (one which must include a hybrid connection) and 2 Pair Acrobatics PLUS Additional Required movement for Free Mixed Duet: Two (2) connected surface movements with travel
Team Free	3:00	9	Total of 6 Free Hybrids and 3 Team Acrobatics* (with safety limit**) PLUS required components in any of the 6 Free Hybrids, both performed fully synchronised: One (1) Thrust (T1-T9) One (1) Spin descending 720° with one or two legs (R3)
Youth Combo	3:00	9	4 Team Acrobatics* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes required)
12U	Time (+/- 5 sec)	Total Required Elements	Summary
Solo Free	2:00	5	Total of 5 Free Hybrids
Duet Free	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic
Mixed Duet Free	2:30	6	Total of 5 Free Hybrids (one which must include a hybrid connection) and 1 Pair Acrobatic PLUS Additional Required movement for Free Mixed Duet: Two (2) connected surface movements with travel
Team Free	3:00	9	Total of 6 Free Hybrids and 3 Team Acrobatics* (with safety limit**)
12U Combo	3:00	8	3 Team Acrobatics* (with safety limit**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 3 x Team Hybrid (min of 4 athletes required)

*Team Acrobatic definition as per the Acrobatic Catalogue (page 2): "A team acrobatic movement is considered as an Element, starting from 4 swimmers and more (for example: 3 base swimmers + 1 featured swimmer; or 2 base swimmers + 1 support-swimmer who pushes 1 featured-swimmer) Must start and finish in the water! All other actions are considered as pair acrobatics or pair assist actions."

**12U/Youth Acrobatic Safety Limit: Acrobatic Elements cannot have a DD higher than the following: for Group A: 2.65, for Group B: 2.6, for Group C: 2.45, and for group P 2.5. Please refer to the FINA Acrobatics Catalogue.



ALGEMEEN

For all routines, the sum of all synchronization errors (unequal actions) observed by Synchronisation Technical Controllers, STC, (each factored by its assigned value) will be deducted from the **Elements** score.

Types of Synchronization Errors and penalty values:

- Small: 0.1 points**
- Obvious: 0.5 points**
- Major: 3.0 points**

Error Avg by Lap:	Controller 1			Controller 2			Controller 3			Average:		
	S	O	M	S	O	M	S	O	M	S	O	M
Lap 1	6	4	0	6	4	0	4	4	0	5	4	0
Lap 2	8	2	0	7	3	0	7	2	0	7	2	0
Lap 3	6	3	0	7	2	0	6	2	0	6	2	0
Lap 4	8	4	1	9	4	1	10	3	1	9	4	1
Total:										27	12	1

Controller 1			
Lap	Small	Obvious	Major
Lap 1	✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓	
	6	4	0
Lap 2	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓	
	8	2	0
Lap 3	✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓	
	6	3	0
Lap 4	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓	✓
	8	4	1



ALGEMEEN

Age Groupings for Artistic Swimming are:

12 years of age and under

Youth (13 - 15 years of age)

Junior (15-19 years of age)

15 +above Senior

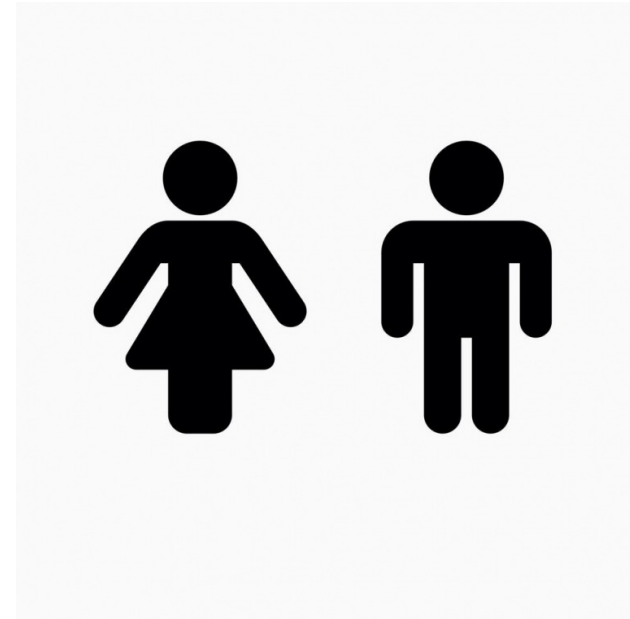
Male Age Groupings for Artistic Swimming are:

12 years of age and under

Youth (13 – 16 years of age)

Junior (15 - 20 years of age)

15 + above Senior



ALGEMEEN

12 & Under / Youth

Solo	2:00
Duet/Mixed Duet	2:30
Team	3:00
Free Combination	3:00

Junior

Solo	2:15
Duet/Mixed Duet	2:45
Team	3:30
Acrobatic	3:00



There shall be an allowance of five (5) seconds less or plus the allotted time limit.



nieuwe reglementen

figuren

Artistic Swimming

Please contact artisticswimming@fina.org should you have any questions regarding the new rules

Please take a look at the below links for further information.

[Officials Education](#)

[Coaches Education](#)

[Artistic Swimming Manuals](#)

[Artistic Swimming | Figures Manual 2022 - 2025](#) ↓

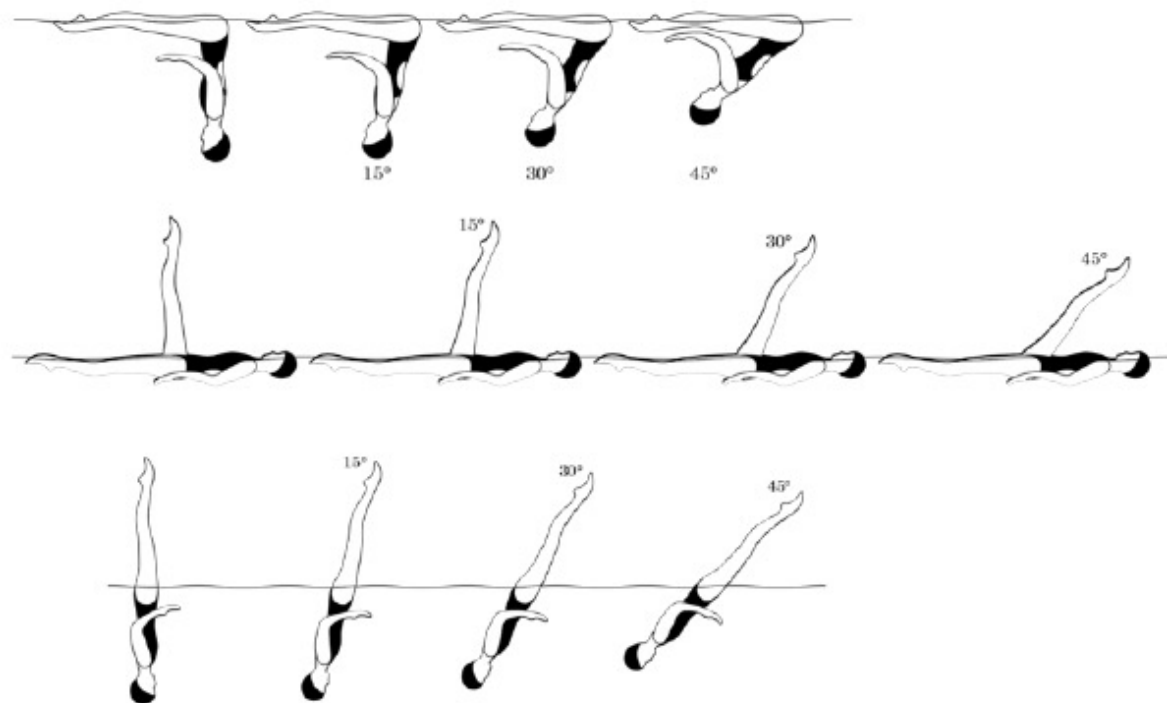
[Artistic Swimming | Evaluators Policies & Procedures](#) ↓

[Artistic Swimming | Manual for Judges, Technical Controllers, Referees and Coaches 2022-2025](#) ↓



FIGUREN

Small Deviation	1° – 15° (0.2)
Medlum Deviation	16° – 30° (0.5)
Large Deviation	31° or more (1.0)



FIGUREN

Deviation allowances for the *Thrust* action are unique and allow for the legs to be up to an additional 15° off the vertical line.

Small Deviation	16° – 30° (0.2)
Medium Deviation	31° – 45° (0.5)
Large Deviation	more than 45° (1.0)



FIGUREN

Deviation Type	Small Deviation	Medium Deviation	Large Deviation
Deduction	0.2	0.5	1.0
Angle deviation	1°-15°	16°- 30°	31° or more

Barracuda Airborne Split Spin up 180°

<i>Back Layout Position to Back Pike Position</i>	Head tucked in Submerged Back Pike position	Back rounded in Submerged Back Pike position	
	Toes out of the water before the <i>Thrust</i> commences	Toes 15 – 20 cm below surface before rise	
<i>Thrust</i>	Legs 15° to 30° from perpendicular	Legs 31° to 45° from perpendicular	Legs 46° or more from perpendicular
		Body rising in pike, so crown of head is at the surface before the unroll commences	Body rising in pike, so part of the face is dry before the unroll commences
			A hinging, not an unrolling movement. Flat back during the transition
<i>Vertical Position to Split Position</i>		Not achieving the vertical prior to the Split	Starting the Split as the feet leave the water
<i>Spin up 180°</i>		Erratic rises during spin	Obvious push up at the end of <i>Spin Up</i>



FIGUREN

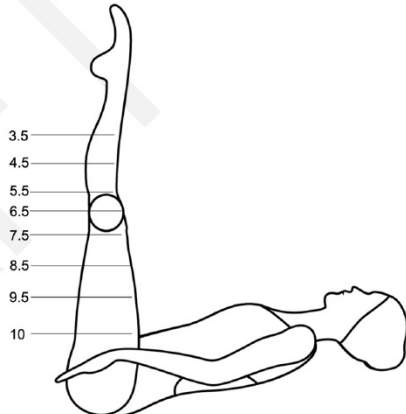
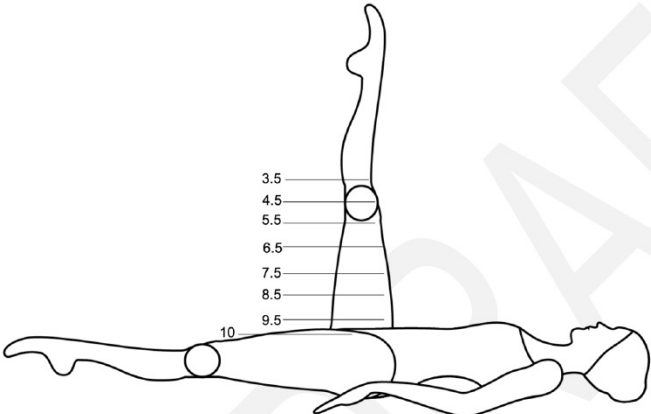
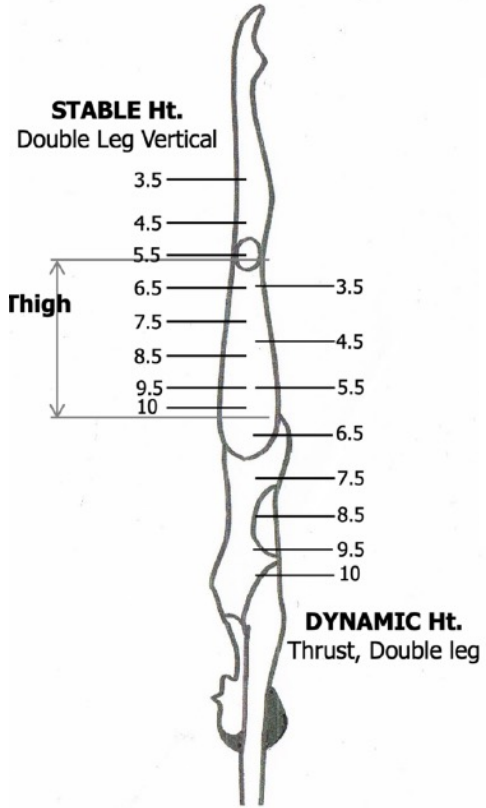
Travel deduction guidelines

Maximum deduction for travel from the overall impression score is 0.5.

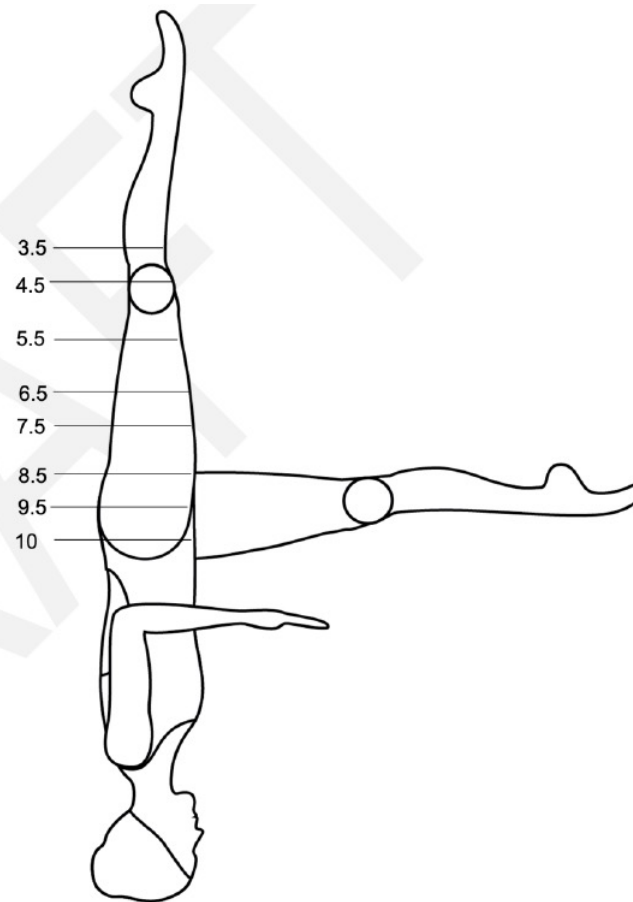
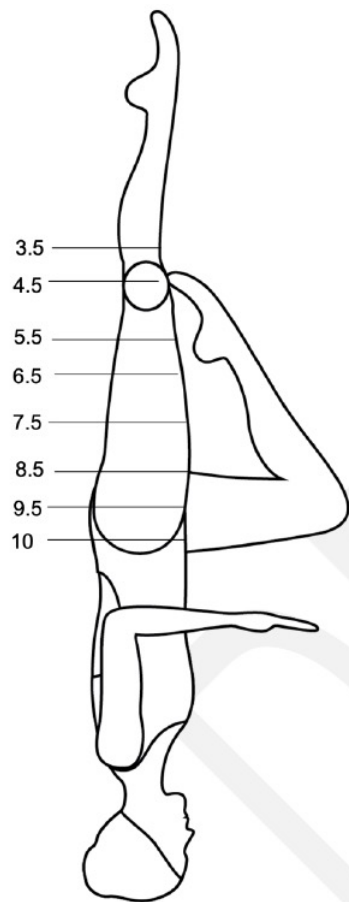
Small deduction 0.1	Medium deduction 0.3	Large deduction 0.5
Minimal travel or minimal lack of required travel	Obvious travel in one (1) transition, and or/ travel in several transitions	Obvious travel in two (2) or more transitions and or travel throughout



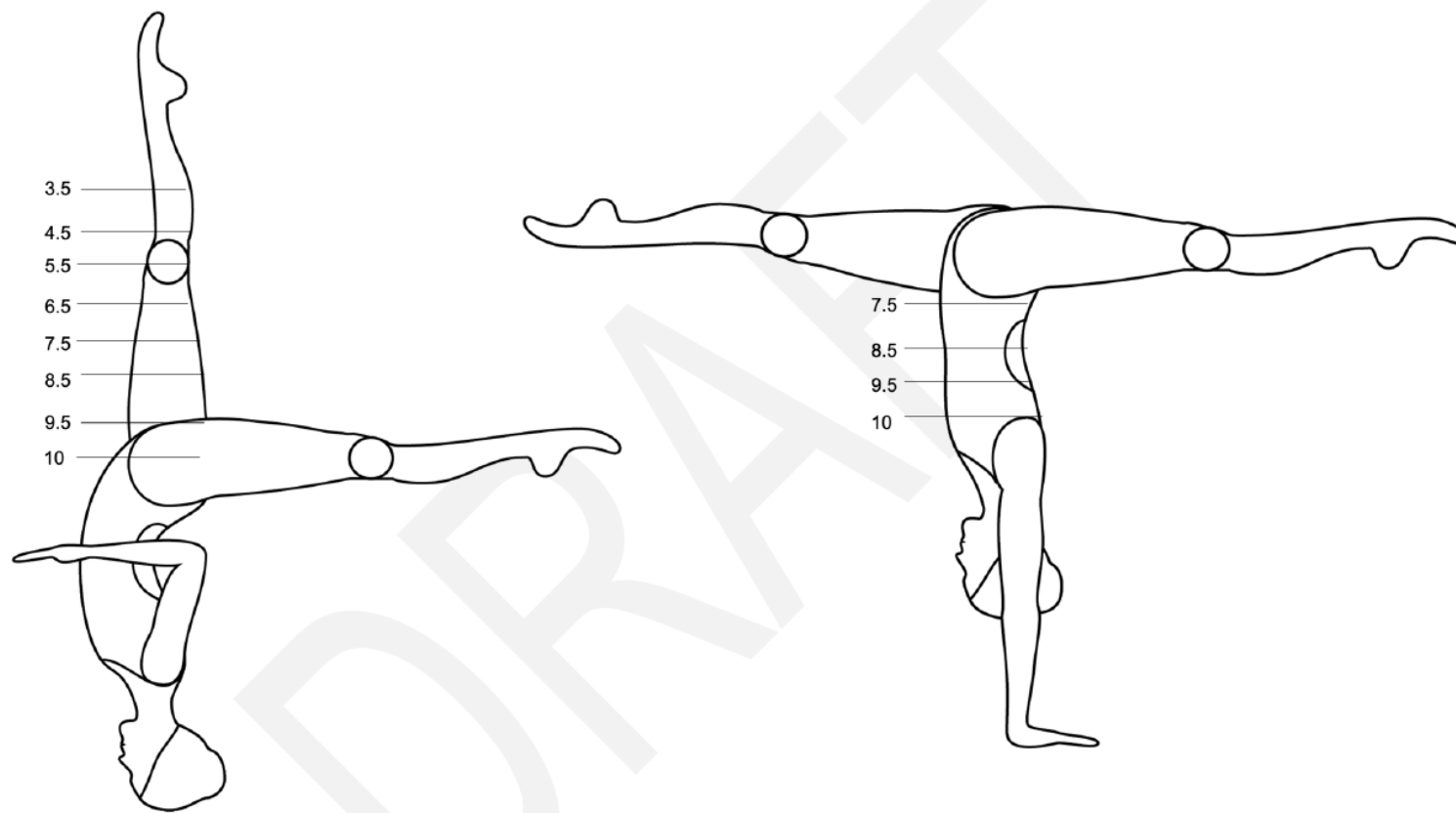
FIGUREN







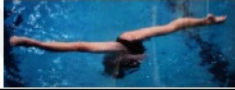











FIGUREN



FIGUREN



FIGUREN

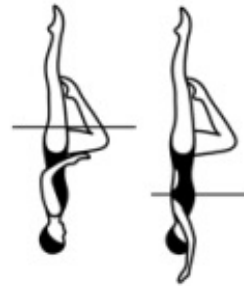
SCORE RANGE		ANGLE OF SPLIT (DEGREE)		WATER LEVEL
Excellent/ Near Perfect	9.5	180° (flat)		 Crotch & legs dry
Very Good	8.5	170° - 180°		 Legs dry
Good	7.5	160° - 170°		 Legs almost dry
Competent	6.5	150° - 160°		 Lower legs dry Crotch underwater
Satisfactory	5.5	130° - 140°		 Lower legs dry Crotch underwater
Deficient	4.5	110° - 120°		 Feet above the surface, legs under water
Weak	3.5	up to 100°		 Feet come out vertically
Hardly recognizable	0.1 - 2.9	scissors		 Feet come out vertically



FIGUREN

c) Bent Knee Vertical Position

1. Body extended in **Vertical Position** with the thigh of the bent leg parallel to the surface of the water.



11.1.16 BP 17 Knight Position

Body Position Description

Diagrams

Major Desired Actions

1. Lower back arched, with hips, shoulders, and head on a vertical line.



1. Arch is in the lower part of the spine only.



FIGUREN

Twist Allowance

The acceptable allowance for *Twist* rotations (*Half Twist*, *Full Twist* and *Twirl*) is up to $\frac{1}{4}$ less than/more than the required rotation.

Spins Allowance

1. The acceptable allowance for a *Continuous Spin* is up to 180° less than/more than the required rotation.
2. The acceptable allowance for other *Spins* (*180° Spin*, *360° Spin*, *720° Spin*, *Twist Spin*, *Spin Up 180°*, *Spin Up 360°*) is up to $\frac{1}{4}$ less than/more than the required rotation.



nieuwe reglementen

routines

ROUTINES

13. ROUTINE ELEMENTS AND TRANSITIONS

Routines are composed of Elements and Transitions.

1. **Elements** include:
 - **Hybrids (free content)**
 - **Acrobatics**
 - **Technical Required Elements** (“TRE”), which are precisely described combinations of positions and transitions to be performed by all athletes in Technical Routines only
2. **Transitions** are the linking actions between the Elements, including propulsion techniques, strokes, ballet leg combinations, flexibility surface actions, surface pattern changes, or pair assisted actions.



ROUTINES

13.1 ROUTINE TYPES

There are two (2) types of routines depending on its content:

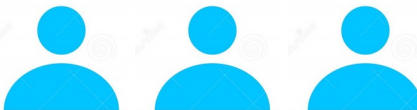
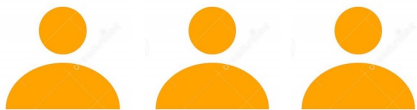
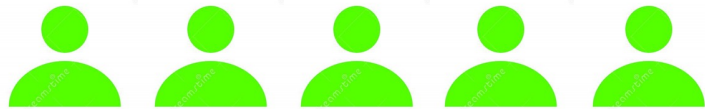
1. **Technical Routines**, which require the inclusion of TRE
2. **Free Routines**, which do not include TRE

The routine types by number of participating athletes are:

- Women Solo (1 athlete) and Men Solo (1 athlete) Technical and Free
- Women Duet (2 athletes) and Mixed Duet (2 athletes) Technical and Free
- Team (4 to 8 athletes) Technical and Free
- Acrobatic Routine (4 to 8 athletes) Free
- Free Combination Routine (4 to 10 athletes) Free



ROUTINES



Elements (5)

Artistic Impression (5)

DTC (3)

STC (3)



ROUTINES

As per **AS 17.1** and **AS 17.2** in all Routines each Judge shall award scores from 0-10 points in increments of 0.25:

Perfect	10	Satisfactory	5.75 – 5.0
Near perfect	9.75 – 9.5	Deficient	4.75 – 4.0
Excellent	9.25 – 9.0	Weak	3.75 – 3.0
Very Good	8.75 – 8.0	Very weak	2.75 – 2.0
Good	7.75 – 7.0	Hardly recognizable	1.75 – 0.25
Competent	6.75 – 6.0	Completely failed	0



ROUTINES

1. **Elements Panel**

Elements panel of five (5) Judges shall award one (1) score for the execution of each Element (Hybrids, Acrobatics and Technical Required Elements).

Judges consider the level of excellence in performing highly specialized skills. Execution of all routine Elements: Technical Required Elements, Hybrids and Acrobatics (**AS 17.2.1**).



ROUTINES

ELEMENTS JUDGE 1

Please fill in with type or write in capital letters!

Competition:	Certification School			
Start: 2	<input type="checkbox"/> PRELIMS	<input type="checkbox"/> FINALS		
	<input type="checkbox"/> Solo Tech	<input type="checkbox"/> Male Solo Tech	<input type="checkbox"/> Duet Tech	<input type="checkbox"/> Mixed Duet Tech
	<input type="checkbox"/> Solo Free	<input type="checkbox"/> Male Solo Free	<input type="checkbox"/> Duet Free	<input type="checkbox"/> Mixed Duet Free
	<input type="checkbox"/> Team Tech	<input type="checkbox"/> Team Free	<input type="checkbox"/> Acrobatic	<input type="checkbox"/> Combo

ELEMENTS IN ORDER OF PERFORMANCE

PART	EL	SCORE	COMMENTS
Trans			
Hybrid	1		
Trans			
Hybrid	2		
Trans			
Hybrid	3		
Trans			
Hybrid	4		
Trans			
Hybrid	5		
Trans			
Hybrid	6		
Trans			
Hybrid	7		
Trans			

Date: _____ Signature: _____

ELEMENTS JUDGE 1

Please fill in with type or write in capital letters!

Competition:	Certification School			
Start: 2	<input type="checkbox"/> PRELIMS	<input type="checkbox"/> FINALS		
	<input type="checkbox"/> Solo Tech	<input type="checkbox"/> Male Solo Tech	<input type="checkbox"/> Duet Tech	<input type="checkbox"/> Mixed Duet Tech
	<input type="checkbox"/> Solo Free	<input type="checkbox"/> Male Solo Free	<input type="checkbox"/> Duet Free	<input type="checkbox"/> Mixed Duet Free
	<input type="checkbox"/> Team Tech	<input type="checkbox"/> Team Free	<input type="checkbox"/> Acrobatic	<input type="checkbox"/> Combo

ELEMENTS IN ORDER OF PERFORMANCE

PART	EL	SCORE	Comment
Pair Acro	1		
Trans			
Hybrid	2		
Trans			
Pair Acro	3		
Hybrid	4		
Trans			
Hybrid	5		
Pair Acro	6		
Trans			
Hybrid	7		
Trans			
Pair Acro	8		
Trans			
Hybrid	9		
Trans			
Hybrid	10		
Trans			
Hybrid	11		
Trans			

Date: _____ Signature: _____



ROUTINES

2. **Artistic Impression Panel**

Artistic Impression panel of five (5) Judges shall award three (3) scores:

a) One (1) score for **Choreography and Musicality**, the creative skill of composing a routine that combines artistic and technical components. The design and weaving together of variety, creativity, and innovation of all movements: Elements and Transitions. The pool coverage. Expression of the mood of the music, the use of the music's structure and the synchronization of movements with music.

b) One (1) score for **Performance**

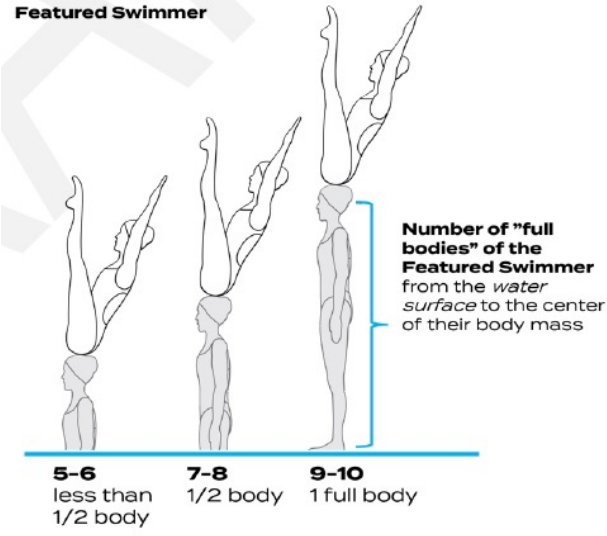
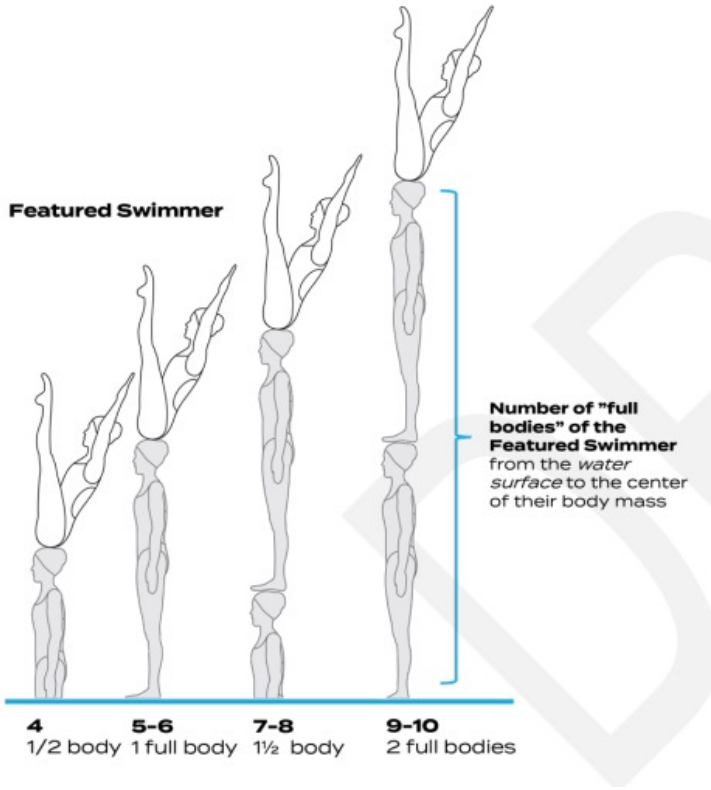
Performance is the manner in which the athletes present the routine to the viewers as well as the walk-on and the deck movements. The use of body language to express physical and emotional power, confidence, and total command of the performance.

c) One (1) score for **Transitions**.

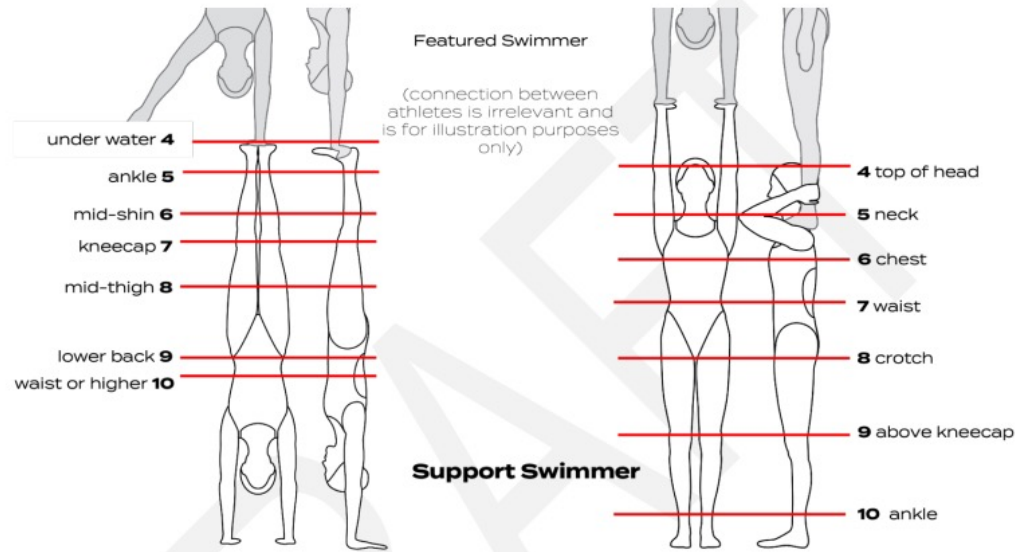
Judges consider the artistry and mastery of varied and purposeful movements, propulsions and strokes that link routine Elements.



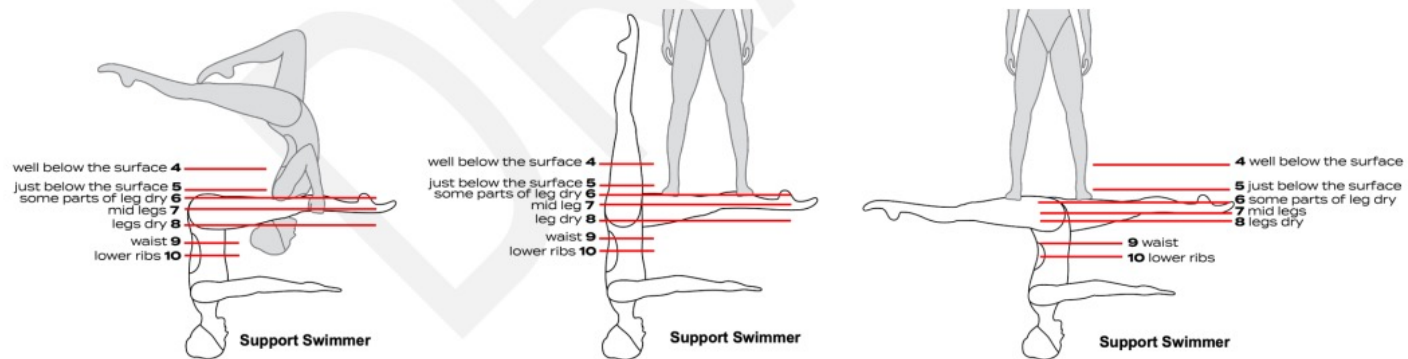
ROUTINES ACRO JUMP



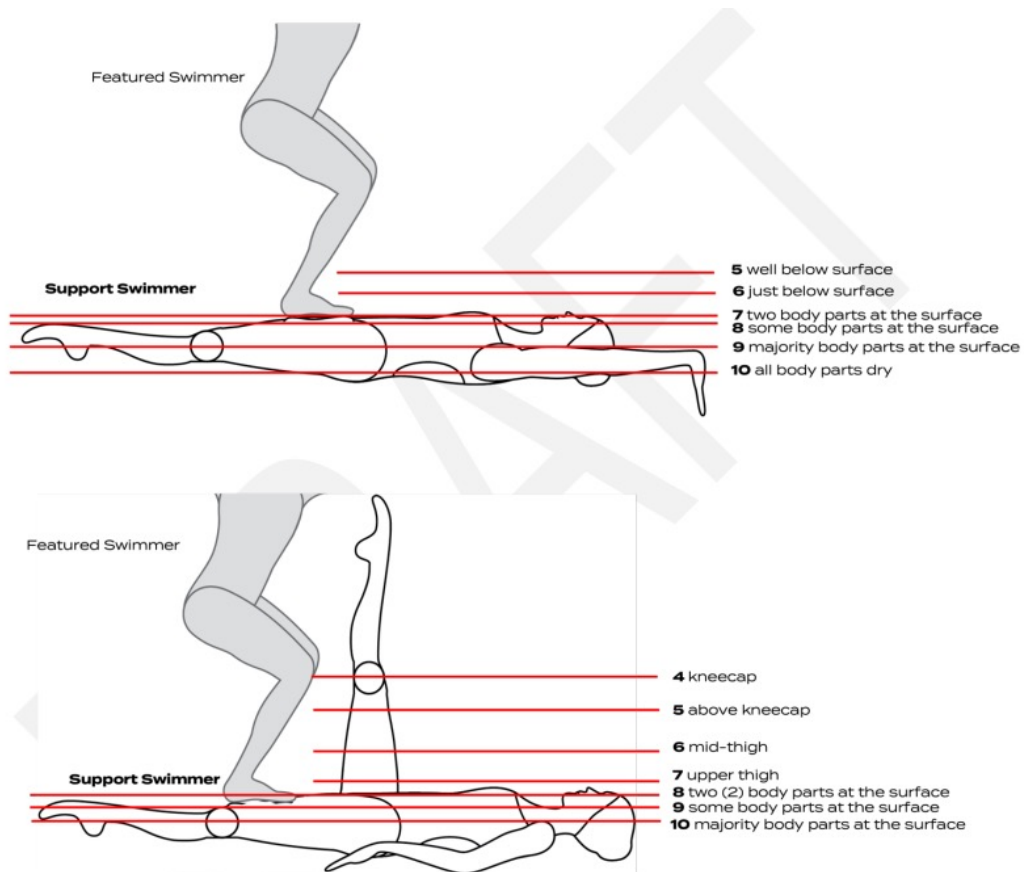
ROUTINES ACRO STACK/LIFT



Other examples of positions of the Support Swimmers:



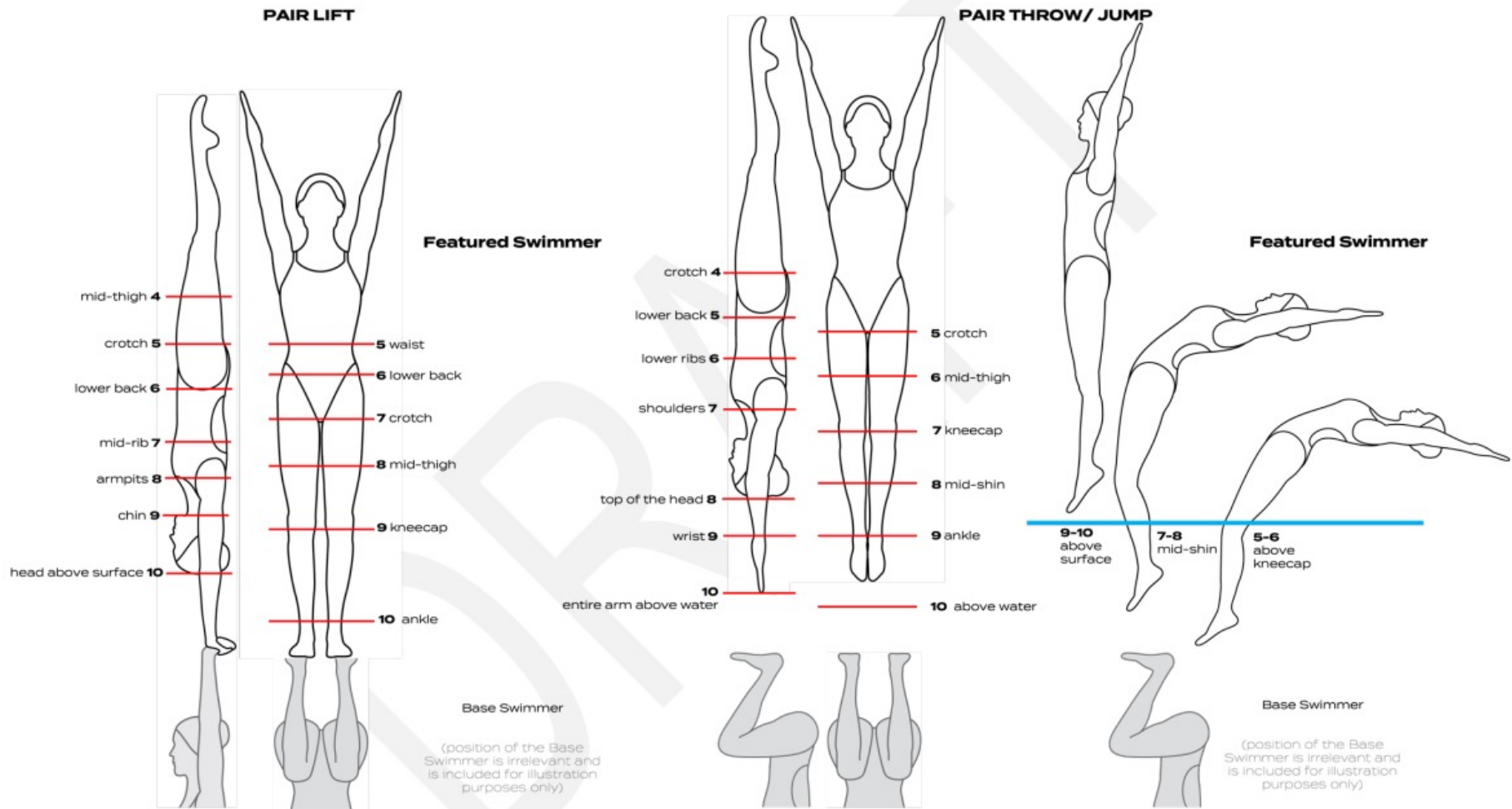
ROUTINES ACRO PLATFORM



The above diagram is also applicable if the Support Swimmer is in Ballet Leg Double or a Back Layout Position with both knees bent.



ROUTINES PAIR ACRO



TECHNISCHE ROUTINES

17.2.1 WOMEN AND MEN SOLO TECHNICAL REQUIRED ELEMENTS

Element #	Element Version	Women and Men Technical Required Elements	DD
1	A	Thrust Continuous Spin 720°	2.7
	B	Thrust Spinning 360°	2.1
2	A	Combined Spin 1080° – Continuous Spin 1080°	3.0
	B	Combined Spin 720° – Continuous Spin 1080°	2.7
3		Swordfish Straight Leg - Knight	3.2
4	A	Fishtail Half Twist - Continuous Spin 720°	2.9
	B	Fishtail - Continuous Spin 720°	2.6
5	A	Rocket Split Bent Knee Joining 360°	2.4
	B	Rocket Split Bent Knee	2.1

SOLO Technical Routine Additional Requirements

Two (2) additional Hybrids must be performed. These may be placed anywhere in the routine.



TECHNISCHE ROUTINES

17.2.2 WOMEN DUET TECHNICAL REQUIRED ELEMENTS

Element #	Element Version	Women Duet Required Elements	DD
1	A	Walkover Back Closing 360° – Continuous Spin 1080°	3.0
	B	Walkover Back Closing 180° – Continuous Spin 720°	2.5
2	A	Rocket Split Alternating Legs – Spinning 180°	2.8
	B	Rocket Split – Spinning 180°	2.4
3	A	Flamingo Full Twist Hybrid	2.9
	B	Flamingo Half Twist Hybrid	2.6
4	A	Fishtail – Knight - Continuous Spin 1080°	3.2
	B	Fishtail – Knight - Continuous Spin 720°	2.7
5	A	Thrust Bent Knee Twirl Spin 360°	2.3
	B	Thrust - Bent Knee Twirl	2.1

WOMEN DUET Technical Routine Additional Requirements

Two (2) additional Hybrids and **one (1) Pair Acrobatics** must be performed. These may be placed anywhere in the routine.



TECHNISCHE ROUTINES

17.2.3 MIXED DUET TECHNICAL REQUIRED ELEMENTS

Element #	Element Version	Mixed Duet Required Elements	DD
1	A	Rocket Split Twirl Spin 180°	2.7
	B	Rocket Split Twirl	2.5
2	A	Front Pike – Vertical 360° Rotation - Full Twist to Bent Knee - Continuous Spin 720°	2.4
	B	Front Pike – Vertical 180° Rotation – 1/2 Twist to Bent Knee - Continuous Spin 720°	2.2
3		London Hybrid	3.3
4	A	Nova Hybrid – Half Twist – Continuous Spin 1080°	3.0
	B	Nova Hybrid –Continuous Spin 1080°	2.6
5	A	Thrust Fishtail Hybrid Bent Knee to Vertical Spinning 180°	2.4
	B	Thrust Fishtail Helicopter Spinning 180°	2.1

MIXED DUET Technical Routine Additional Requirements

Two (2) additional Hybrids, one of which must include a Hybrid connection, and **one (1) Pair Acrobatics** must be performed. These may be placed anywhere in the routine.



TECHNISCHE ROUTINES

17.2.4 TEAM TECHNICAL REQUIRED ELEMENTS

Element #	Element Version	Team Technical Required Elements	DD
1	A	Flying Fish Hybrid Spinning 180°	2.5
	B	Flying Fish Hybrid	2.3
2	A	Vertical - Full Twist to Bent Knee - Full Twist to Vertical - Open 180° - Walkout	2.6
	B	Vertical - Half Twist to Bent Knee - Half Twist to Vertical - Split - Walkout	2.3
3	A	Two Fouetté Rotations - Vertical - Continuous Spin 720°	2.6
	B	Two Fouetté Rotations - Vertical - Spinning 360°	2.3
4		Butterfly Hybrid	2.9
5	A	Rocket Split Bent Knee Twirl Hybrid	2.4
	B	Rocket Split Bent Knee Hybrid	2.1



TECHNISCHE ROUTINES

TEAM Technical Routine Additional Requirements

- **Three (3) additional Hybrids**, one of which must include a **cadence action**, and one (1) **acrobatic movement** must be **performed by all team members**. These may be placed anywhere in the routine. The DD for the acrobatic movement must not be less than 2.0 nor exceed 2.65 (in the Appendix VII).
- **Cadence Action**: Identical movement(s) performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required Elements. A second cadence action may begin before the first cadence action is completed by all team members, but each team member must do the action of each cadence.
- **Acrobatic movements**: A general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions and are mostly achieved with assistance from other athlete(s). An acrobatic movement is considered when it starts and ends once all team members are in the water.
- A routine may contain a maximum of **one (1) circle pattern**.
- The direction of **propulsion** may vary if all athletes are facing the same direction.
- Variations in propulsion and direction facing are permitted only during underwater pattern changes, underwater actions, and making and finishing a circle.



ACROBATIC ROUTINES

18.1 General requirements

- The Acrobatic Routine has four (4) to eight (8) athletes performing a predetermined number of Elements
- Acrobatic Routines are only performed in Senior and Junior categories
- Time Limits as in AS 14.1.5: 3:00 (three minutes)
- Required Elements #1 - #7 may be performed in any order
- As with all routines, the Coach Card must show Elements according to Appendix III to AS rules and the selected order of performance of Elements and Transitions

Note that the declared difficulty in this routine is based solely on Acrobatics.



ACROBATIC ROUTINES

18.2 Acrobatic Routine Elements

Elements required in the Acrobatic Routine are seven (7) acrobatic Team movements:

- Four (4) acrobatic movements that consist of one (1) from each acrobatic group (A, B, C and P)
- Three (3) Acrobatic movements of free group choice

Hybrids are free with no difficulty awarded.

Acrobatic movement is a general term for jumps, throws, lifts, stacks, platforms, etc., which are performed as spectacular gymnastic feats and/or risky actions and are mostly achieved with assistance by another athlete(s).

A team acrobatic movement is considered as an Element, with at least four (4) athletes or more (for example: three (3) Base Swimmers plus one (1) Featured Swimmer; or two (2) Base Swimmers plus one (1) Support Swimmer who pushes one (1) Featured Swimmer). Team Acrobatic movements must start and finish in the water. All other actions are considered as pair Acrobatics or pair assist actions.



FREE COMBINATION ROUTINES

19.1 GENERAL REQUIREMENTS

1. Time limits as in ASAG 5 - 3:00 minutes.
2. Start may be on the deck or in the water, or a combination of both.
3. All subsequent parts must start in the water.
4. A new part begins in very close proximity to the previous part.
5. As in all routines, the Coach Card must show Elements and Transitions in the selected order of performance.
6. The Routine must portray a Theme, which must be declared on the Coach Card.
7. At least two (2) parts must have fewer than three (3) athletes and at least two (2) parts must have all athletes.



FREE COMBINATION ROUTINES

For the two (2) or more parts to be considered as having fewer than three (3) athletes, all remaining athletes must be maintaining a pose or doing another movement without disrupting the action of the athletes performing the part. There is no required time length, but a minimum of three (3) seconds is a suggested guideline. The term "parts" refers to the various sections with different numbers of athletes that make up the Free Combination routine.

8. Elements prescribed for Free Combinations as in Appendix III to the AS Rules:

- Youth category:

- Four (4) acrobatic movements, and
- ONLY one (1) Solo Hybrid, one (1) Duet Hybrid and three (3) Team Hybrids (with minimum of four (4) athletes required)



FREE COMBINATION ROUTINES

- 12 and under category:
 - Three (3) acrobatic movements
 - ONLY one (1) Solo Hybrid, one (1) Duet Hybrid and three (3) Team Hybrids (with minimum of four (4) athletes required)
- Acrobatic Elements of any group (free choice) cannot have a declared difficulty (DD) higher than listed below:
 - Group A – 2.65
 - Group B – 2.60
 - Group C – 2.45
 - Group P – 2.50



FREE MIXED DUET ROUTINES

All rules, routine panels and judgments of routines are the same as for Women Duet Free.

Judging Elements is the same as for Women Duet Free. There are nine (9) Elements, which are judged by the Elements panel of Judges, include:

- **Six (6) Hybrids**, one which must include a Hybrid connection (refer to the Introductory Guide for the Application of Declared Difficulty for more information on Hybrid connection), and
- **Three (3) Pair Acrobatics** (one (1) Lift, one (1) Throw/Jump and one (1) free choice).



STRAFPUNTEN OVERZICHT ROUTINES

23. SUMMARY OF PENALTIES FOR VIOLATIONS OF RULES IN APPENDICES II, III, IV AND V REPORTED TO REFEREE BY DTC

TYPE OF DEVIATION	TECH ROUTINES	FREE ROUTINES	ACROBATIC ROUTINE	FREE COMBINATION	RULE TO APPLY	SCORE (ELEMENT JUDGES)	DEDUCT FROM
EXTRA ELEMENT* (Above allowed number per routine)	-2 points each	-2 points each	-2 points each for each Acro less than 7	-2 points each	AS 18.4	NO score (for extra Element)	Elements score
MISSED ELEMENT (Missing one or more of the required Elements)	-2 points each (Solo exception for HYBRID)	NONE	-2 points each for each Acro less than 7	-2 points each missing Acro	AS 18.7.4 AS 18.8.1 AS 18.9.2	NO score (for missing Element)	Elements score
LESS ADDITIONAL REQUIRED COMPONENTS		-0,5 points each (Mixed Duet and Youth Team)			AS 18.5	Score	Artistic Impression score
ACROBATICS DECLARED DIFFICULTY (Incorrectly declared more or less difficulty)	-2 points each (Team)			-2 points each	AS 18.7.4 As 18.8.2	Score	Elements score
ACROBATICS GROUP (For each of the four (4) Acro Groups not performed)			-2 points each		AS 18.9.2	Score	Elements score
MISSED CONNECTED ACTION/CADENCE	-2 points (Mixed Duet, Team)				AS 18.7.4	Score	Elements score
EXTRA CIRCLE	-2 points each more than one (1) (Team)				AS 18.7.4	Score	Elements score
TRE ORDER TRE #1 to #5 out of order	ZERO				AS 18.7.2	Score	Elements score
MIRROR ACTIONS	-0,5 points each				AS 18.7.3	Score	Elements score
HYBRID & ACRO ORDER OF PERFORMANCE (Performed out of order from what is on the Coach Card)	Base Mark (BM)	Base Mark (BM)	Base Mark (BM)	Base Mark (BM)	AS 18.3 AS 18.7.2	NO score Exception: Acro Routine (SCORE)	Elements score
FREE COMBINATION GENERAL REQUIREMENTS Missing #2,3,4,5,6				-2 point each	AS 18.8.1	Score	Routine score

*The number and the description of required routine components are included in Appendix II and Appendix III.

Note that other penalties, including penalties for noncompliance with routine time requirements and bottom of pool (see AS **18.3.1** to **18.3.5**), which are not included in the above table, may apply.



Coach Card

algemeen

Artistic Swimming

[Artistic Swimming | Appendix IV](#) ↓

[Artistic Swimming | Appendix V](#) ↓

[Artistic Swimming | Appendix VI - Difficulty Guide](#) ↓

[Artistic Swimming | Appendix VI - Difficulty Guide | Addendum](#) ↓

[Artistic Swimming | Appendix VII - Acrobatics Catalogue](#) ↓

[Artistic Swimming | Appendix VIII - Coach Card Template](#) ↓

[Artistic Swimming | Acrobatics Catalogue - Quick Reference Sheet](#) ↓



ALGEMEEN

Base Mark is the difficulty value that a hybrid has according to the time spent underwater (TU) and the number of movements performed (NM).

$$\text{BM} = \text{NM} + \text{TU}$$

Number of Movements (NM):	NM1	NM2	NM3	NM4
	≤ 6	7-19	20-29	30+
Time Underwater (TU):	TU1	TU2	TU3	
	≤ 6 sec	7-15 sec	16 sec +	

It is very important that athletes perform movements as declared on the Coach Card AND in the order in which they are declared – otherwise a deduction will occur. We strongly advise **“Do what you declare!”**



ALGEMEEN

If the coach has declared a movement or bonus on the Coach Card and an athlete does not perform it at all (it is omitted), or does not perform it in conformance to what is declared on the Coach Card (movement is different or in wrong order than declared) then the following shall occur:

- **For a Free Hybrid:**
 - Only the Base Mark value will be applied
 - For example, a routine hybrid is declared to have:
 - Base Mark of NM 7-19 (L2) and TU 7-15 sec (L2)
 - Thrust L3 (T3), Airborne Weight L3 (AW3), and a Rotation L4 (R4)
 - However, an athlete does not perform their R4 (for example a spin descending 1080°-1440°) and instead does a R3 (spin descending 360°-720°)
 - The routine will have only the Base Mark value of NM2 + TU2 applied for this hybrid (the value of T3+AW3+R4 will not be added)
 - Please note in duet or team if ONE athlete does not perform movement as declared the deduction will apply
 - The hybrid declaration must be in the exact order that it appears in the hybrid chronologically – as above – First a T3, then AW3, then R4 occurs. IF this is incorrectly ordered on Coach Card vs what is done in the water, the deduction will apply.
 - Please note when declaring Bonuses, it is asked that they are declared in order as per the Difficulty Table, considering first TR, then A, then PL, then SY, then PC.
 - If the coach makes an error on the Base Mark declaration on the Coach Card the Difficulty Technical Controller panel will adjust.



ALGEMEEN

- **For a Technical Required Element (TRE)**
 - In technical routines, a Technical Required Element will be declared as TRE1a or TRE1b, TRE2a or TRE2b, TRE3a or TRE3b, TRE4a or TRE4b, and TRE5a or TRE5b (note: in disciplines where there is only one option for an element no letter is included when declared on the Coach Card – for example “TRE3”)
 - Required Elements can be performed in any order however, athletes must perform the Technical Required Elements in the order as declared on the Coach Card or a penalty will be applied as per the rulebook.
 - Please also note that additional movements can be added immediately before and after (breath to breath) Required Elements #1-5. Those movements will not add any extra difficulty nor will be considered as additional hybrids and therefore are not to be added to the Coach Card.

Element 1	Element 2	Element 3	Element 4	Element 5
TRE1a	TRE2a	TRE3a	TRE4a	TRE5a
TRE1b	TRE2b	TRE3b	TRE4b	TRE5b



ALGEMEEN

- **For an Acrobatic movement (Teams):**
 - Acrobatic codes should be added to the Coach Card as per the Acrobatic Catalogue
 - A Base Mark will be applied to acrobatics not performed in conformance to what is declared on the Coach Card.
 - Please refer to the Acrobatic Catalogue for Acro Base Marks for Groups A, B, C and P.

Acrobatics Base Mark:

Group A	ACRO-A	For Acrobatics, please enter the acrobatic code in the “declared difficulty” column as per the Acrobatics Catalogue.
Group B	ACRO-B	
Group C	ACRO-C	
Group P	ACRO-P	
Pair Acro	Acro-Pair	



Coach Card

families

FAMILIES

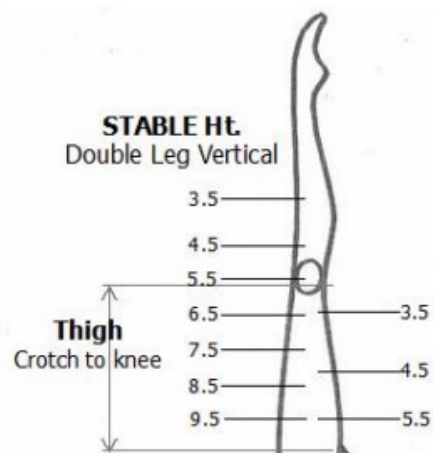
Families (groups):		Family + Level Codes:
Thrusts	T	T1 - T9
Rotations	R	R1 - R9
Flexibility	F	F1 - F6
Airborne Weight	AW	AW1 - AW6
Connections	C	C1 - C6



FAMILIES – THRUSTS (T)

- A Thrust with flexibility (T4, T6 and T8) must exhibit flexibility at maximum height like Airborne Split Position or Vertical to Knight. A thrust with Airborne Split Position or a split variant must show body alignment under hips, as described in BP. Body alignment means lower back arched, with hips, shoulders, and head on a vertical line. Split variants may not exhibit bent front legs, and only back legs that bend downward (not inward).
- A Thrust with flexibility (T4) or a twirl (T4, T5) may have any ending including a crash.
- In the case that a thrust is performed that exhibits actions from different levels – declare the most difficult movement. For example, if a Thrust with Flexibility continued by catching (clearly stopping) in a Vertical Position above the knees is performed, declare a T9.

In Thrust Level 9 (Thrust continued by catching (clearly stopping) in a Vertical Position above the knees or higher), we use the knees as a reference point for verification of accomplishing the movement.



FAMILIES – ROTATIONS (R)

- For **descending spins in free hybrids**, the definition of degrees is by the submersion of the toes, OR when the rotation has come to a complete stop. **Please note this is different than for Figures or Technical Required Elements (see BM 13).**
- For **ascending spins in free hybrids**, the definition of degrees begins when the toes break the water's surface, OR when the rotation begins. **Please note this is different than for Figures or Technical Required Elements (see BM 13).**
- Spin and Twist allowances (BM 12 and 13) **do not apply** to Rotation declarations in Free Hybrids. Athletes must fully complete rotations as declared on the Coach Card. For example, if an R3 is declared (Spin descending 360°-720°), then the Technical Controllers will be watching for completion of at least a full 360°.
- Twisting (any amount) or Twirling at the ankles will be credited as per number of movements. Declared spins that drop and spin at the ankles will be flagged by Technical Controllers. For example – if an R5 (spin descending more than 1440°) is declared and the athlete drops to the ankles after 2 rotations, and spins 720° at the ankles this is not a spin 1440° and the hybrid will go to Base Mark.



FAMILIES – FLEXIBILITY (F)

- All positions should be shown with maximum strength in legs and a body position that demonstrates the flexibility of the athletes.
- The duration of execution should be sufficient to clearly identify the difficulty by the technical controllers.



FAMILIES – AIRBORNE WEIGHT (AW)

- When “sustained height” is stated, it means airborne weight lasting equal or more than 3 seconds. The duration of execution should be sufficient to clearly identify the difficulty by the technical controllers.
- Please take note of General Principles d) and e) on page 14 as Airborne Weight may not be declared when occurring simultaneously with a rotation.

f) Level 6

Sustained height in Vertical Position lasting equal or more than 3 seconds

g) Level 7

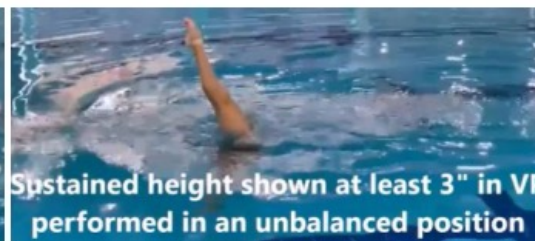
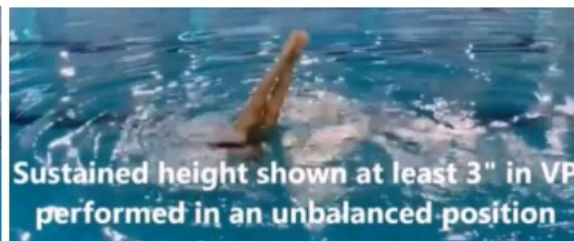
Sustained height shown at least 3 seconds in Vertical Position performed in an unbalanced position. Any knee/leg movements performed credited in number of movements.



FAMILIES – AIRBORNE WEIGHT (AW)

When “Unbalanced” is stated it means both legs, from knees to feet, in the same direction: forwards, backwards or sideways. Body position arched, piked, or tilted.

If one leg bends while the other leg is unbalanced and the swimmer’s center of gravity out of the vertical line is compensated by knee bending that keeps the swimmer in a stable position – this does not qualify as unbalanced.



FAMILIES – CONNECTIONS (C)

- The swimmers must be touching in some manner during the performance of the connection.
- As per General Principle b) on page 14 “if a Connections (C) movement is repeated during a hybrid it may be counted only two times taking always the highest values”. A connection is declared once per connection (as per table) - it does not matter how many times the positions are changed, as they will be counted in number of movements.



Coach Card

bonus

BONUS

There are 5 bonuses available for added features in a free hybrid. Please note that not all bonuses are applicable to all disciplines and bonuses are NOT applicable to Technical Required Elements.

Bonus	Allowance per hybrid:	Solo	Duet	Team
Traveling	Once per hybrid	✓	✓	✓
Angles	Once per hybrid (Simple or Complex)		✓	✓
Placement	For each hybrid in the last 20 seconds	✓	✓	✓
Synchronisation	Team only - Part (2x) or Full (1x)			✓
Pattern Change	For each pattern change (Simple or Complex)			✓

Bonuses:		Bonus Codes:
Travelling	TR	TR
Angles	A	A-S or A-C
Placement	PL	PL
Synchronisation	SY	SY-P or SY-F
Pattern Change	PC	PC-S or PC-C



BONUS – TRAVELING (TR)

The Traveling bonus may be declared only once per hybrid in solo, duet, or team for movement of all swimmers of 1.0m or more during the hybrid. If travel occurs only at the entry (pull-down, etc.) or exit of the hybrid (walkout, torpedo/propellor, etc.) this does not count.

If the Hybrid starts at one point in the pool and finishes at another point in the pool, having covered 1.0m or more, then a traveling bonus will be awarded.

Any pattern changes taking place during the hybrid are not considered as traveling (see Bonus 5. Pattern Change).



BONUS – ANGLES (A)

An angles bonus may be declared only once per hybrid in duet or team. Angles are not considered for Solo; they may be credited as unbalanced positions in the difficulty table.

a) Simple Angles (A-S)

Simple angles are defined as angles performed with straight legs on the sagittal plane (forward or backward movements) or frontal plane (lateral or side-to-side movements), **bent joints (for example flexed ankles/toes/knees) at 90 degrees**, and with one or two legs.

The hybrid shows **2 or more different** angles but there is not more than 1 complex angle (see definition of complex angles).”

Notes/Clarifications regarding Simple Angles:

- Doing the same angle with each leg is **NOT** considered two different simple angles. Each angle demonstrated must be different.
- Closed angles (limbs touching to form the closed angle/shape) are acceptable in simple angles (see photo examples)
- Basic movements are not considered angles (For example - joining from Bent Knee to VP)



BONUS – ANGLES (A)

An angles bonus may be declared only once per hybrid in duet or team. Angles are not considered for Solo; they may be credited as unbalanced positions in the difficulty table.

b) Complex Angles (A-C)

The hybrid shows 2 or more **different** complex angles.

Complex angles are defined as the following **AND to qualify for the bonus you need to demonstrate a minimum of 2 different angles that meet one of the following definitions:**

- Large joint movements involving different axes and planes
- Positions where several joints are angled (toes, ankle, knee, hip...)
- Those hybrids that have micro movements of one of the joints (example knee)
- Those that involve a considerable displacement of the center of gravity or in continuous displacement
- Angles which involve unbalanced movements



BONUS – PLACEMENT (PL)

The placement bonus may be applied for each hybrid performed during the last 20 seconds of the routine in solo, duet or team.

The hybrid must begin within the last 20 seconds of the routine. For example, if an athlete's solo routine is 2:18 a hybrid can begin anytime as of 1:58 to earn the placement bonus.



BONUS – SYNCHRONISATION (SY)

This bonus is applied for Teams only (including Free Hybrids in Tech Team). Synchronisation of part or full hybrid means that all athletes perform the same movements at the same time. Equal movements (same legs or symmetric movement) in different directions (facing a different way) are considered synchronized movements.

Part Synchronisation (SY-P or 2SY-P)

This bonus is awarded for a fully synchronized part of a hybrid that consists of at least 7 or more movements. The bonus can be added not more than 2 times per hybrid.

Full Synchronisation (SY-F)

This bonus is awarded for a fully synchronized hybrid (a maximum of 3 asynchronous movements is allowed). The bonus is only awarded for hybrids with 7-19 (level 2), 20-29 (level 3) or 30+ (level 4) movements.



BONUS – PATTERN CHANGE (PC)

This bonus is applied for Teams only for changes of formations made by the spatial relationship between members of a team.

Each pattern change in a hybrid is counted either as a Simple Pattern Change (PC-S) or a Complex Pattern Change (PC-C). For example, if a hybrid has 3 pattern changes and 2 are simple and 1 is complex the codes would be 2PC-S and 1PC-C in bonus section of the Coach Card.

Simple pattern change (PC-S)

Pattern changes where athletes can see each other and can control the accuracy of the pattern.



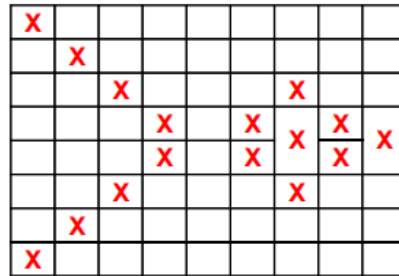
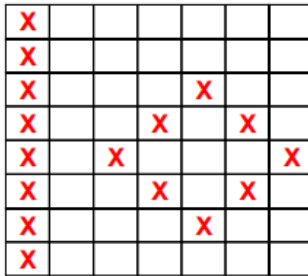
BONUS – PATTERN CHANGE (PC)

Complex pattern change (PC-C)

Changes from large patterns to compact patterns and from compact patterns to larger patterns.

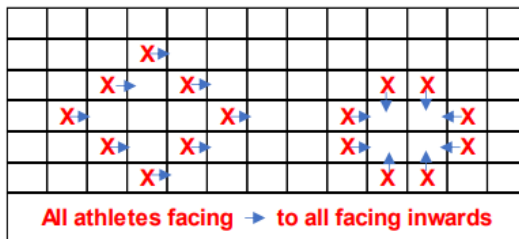
Examples:

- From a line to a rhombus (diamond), where an athlete may have to move 2-3 athlete spaces
- When you do a “V” to a 1/2/3/2, again with athletes moving 2-3 athlete spaces



Blind pattern changes where athletes cannot see each other while performing back or side pattern changes.

- 4 and 4 back-to-back, going into a new pattern all facing the same direction (4 will be doing it blind).



NOTE: Traveling of all athletes in the same direction while maintaining the pattern is not a pattern change - this is Traveling (see Bonus 1.)





TIME	PART	EL	BASE MARK	DECLARED DIFFICULTY	BONUS	DD	TC
0:00-0:11	TRANS						
0:11-0:24	HYBRID	1	NM2-TU2	R3-F2-AW6-F2	TR	1.60	
0:24-0:37	TRANS						
0:37-0:50	HYBRID	2	NM2-TU2	T9-R3-R3		1.75	
0:50-1:02	TRANS						
1:02-1:07	HYBRID	3	NM2-TU2	AW3		0.75	
1:07-1:14	TRANS						





1:07-1:14	TRANS					
1:14-1:25	HYBRID	4	NM2-TU2	F6-AW6-R3-R3-F2		2.10
1:25-1:27	TRANS					
1:27-1:32	HYBRID	5	NM2-TU1	AW3		0.70
1:32-1:50	TRANS					
1:50-1:57	HYBRID	6	NM1-TU1	T5		0.45
	TRANS					





1:07-1:14	TRANS						
1:14-1:25	HYBRID	4	NM2-TU2	F6-AW6-R3-R3-F2		2.10	
1:25-1:27	TRANS						
1:27-1:32	HYBRID	5	NM2-TU1	AW3		0.70	
1:32-1:50	TRANS						
1:50-1:57	HYBRID	6	NM1-TU1	T5		0.45	



Coach Card

aandachtspunten en uitzonderingen

AANDACHTSPUNTEN EN UITZONDERINGEN

When **Vertical Position (VP)** is indicated it includes variants of 2 legs close to vertical (legs can be up to 45° off from vertical)



AANDACHTSPUNTEN EN UITZONDERINGEN

When a **Flexibility (F)**, **Airborne Weight (AW)** or **Connections (C)** movement is repeated during a hybrid it may be counted **only two times (2x)** always taking the highest values. For example: If there are three flexibility movements performed; two (2) of Level 1 and one (1) of Level 3, the value declared should be 1 x Level 1 and 1 x Level 3.

Rotation (R) and **Thrust (T)** movements in levels 1-4 may be counted **only two times (2x)** per hybrid always taking the highest values. Each **Rotation (R)** and **Thrust (T)** movement of levels 5-9 adds its value regardless of the number of repetitions.

If a **Rotation (R)** is declared (such as a Twist 360° with two legs) then Airborne Weight (AW) **may not** also be declared because the Twist already has the difficulty of Airborne Weight taken into consideration in its value.

In Youth Free Team, the 720° Rotation (R3) is a Spin descending 720° (R3) as per the Hybrid Difficulty Table and therefore may be done with **one or two legs** (Vertical Position Spin 720°, Bent Knee VP joining to VP while spinning 720°, etc.). As this is a Hybrid Difficulty Table skill (NOT a Technical Required Element like Jr/Sr) the descending spin definition of degrees is by the submersion of the toes OR when the rotation has come to a complete stop - as per Section 2. Rotations (page 6) in the Difficulty Guide.



AANDACHTSPUNTEN EN UITZONDERINGEN

When two movements from different families in the difficulty table occur simultaneously then you **may only declare one.**

Examples:

- If an Airborne Weight (AW) movement and a Rotation (R) is occurring simultaneously – for example a Front Pike to VP (AW2) is executed while rotating 360° (R1), then you may only declare one – either the AW2 or the R1.
- If a Flexibility (F) movement and a Rotation (R) is occurring simultaneously – for example a Bent Knee Surface Arch to VP (F5) is executed while twisting or twirling 180° (R2) then you may only declare one – either the F5 or the R2.
- If an Airborne Weight (AW) movement and a Connection (C) is occurring simultaneously – for example a Vertical Ascent (AW3) is executed with a One leg back connection (C3) then you may only declare one – either the AW3 or the C3.



AANDACHTSPUNTEN EN UITZONDERINGEN

Regarding **bonus** repetitions during a free hybrid:

- Traveling is counted once per hybrid
- Angles is counted once per hybrid either as simple or complex
- Placement is counted for each hybrid in the last 20 seconds
- Synchronisation is counted once per hybrid if full synchronisation (SY-F) and max twice per hybrid if part synchronisation (SY-P or 2SY-P)
- Each pattern change in a hybrid is counted either as a Simple Pattern Change (PC-S) or a Complex Pattern Change (PC-C).

In **teams or duet**: when a hybrid movement or bonused action is not performed by all team/duet members its value will be factored by *0.5 (half of swimmers included), or by *0.3 (less than half of swimmers included). This principle applies in pair actions where just one swimmer is performing an action while the other performs surface accompaniment (whether connected or not).

When a hybrid movement (those with 2x maximums) has a factor applied of 0.5 (half swimmers) or 0.3 (less than half of swimmers) a coach may declare that movement a maximum of 4x when factored.

For example in a team – If 4 swimmers do R3 ($R3 \cdot 0.5$), then the other 4 swimmers do R3 ($R3 \cdot 0.5$), then this could be repeated again for a total of four (4) $R3 \cdot 0.5$ because this is the same as 2 “whole” R3 declarations and respects the maximum limit.



AANDACHTSPUNTEN EN UITZONDERINGEN

When a cadence is performed you just declare the full code **once** on the Coach Card. Difficulty Guide General Principle h) on page 14 does not apply (factoring).

Meaning – when the whole team does the same cadence movement sequentially/consecutively (one after the other – 1 at a time, 2 at time, 4/4/2, etc.), you just put the difficulty code once.

For example, if all 8 athletes on a team do an R3 (spin descending 360°) one at a time – just declare R3 once on the Coach Card.

Regarding Appendix II and III and the entry/exit (transition) into or out of the hybrid with the cadence action: Any entry or ending transition movements into or after the free hybrid that includes the cadence action **must be fully synchronized**.

- Entry = full synchronization (body boost, pull-down, etc.)
- Ending = within hybrid it can be cadence, but any following transition movements must be fully synchronized (ie Tuck from VP in cadence, but surfacing in eggbeater must be fully synchronized, or Walkout Front in cadence, but surfacing of the face must be fully synchronized).



AANDACHTSPUNTEN EN UITZONDERINGEN

Revised Connections (C) Values to assimilate Airborne Weight.

- C1 0.05 Pike Position at the surface of the water
- C2 0.20 One leg face-to-face connection
- C3 0.35 One leg back or side connection
- C4 0.45 Two-legs connection
- C5 0.50 Rotation vertical connection with one leg (min rotation 180° at max height)
- C6 0.55 Rotation vertical connection with two legs (min rotation 180° at max height)

Fina FEDERATION INTERNATIONALE DE NATATION		HYBRID DIFFICULTY TABLE WITH DRAFT VALUES v. 02.09.2022							
BASE MARK (BM)	Level 1		Level 2		Level 3		Level 4		
	No. of Movements (NM):	6 or less movements 0.05	7-19 movements 0.1	20-29 movements 0.2	30+ movements 0.3	Time Underwater (TU):	Short (6 sec. or less) 0.05	Medium (7-15 seconds) 0.1	Long (16 sec. or more) 0.2
HYBRID BONUSES									
Bonuses:	Traveling (TR) 1.0m or more	Angles (A) Simple (A-S) or Complex (A-C)		Placement (PL) Hybrid in last 20 seconds	Synchronisation (SY) Part (SY-P) or Full (SY-F)		Pattern Change (PC) Simple (PC-S) or Complex (PC-C)		
Rep/hybrid:	Once per hybrid	Once per hybrid		Each in last 20 seconds	Team only SY-P 2x / SY-F 1x **Only for NM 7+ (L2-4)		Every PC counted		
	0.15	Simple: 0.05	Complex: 0.15	0.20	Partial: 0.1	Full: 0.5	Simple: 0.1	Complex: 0.3	
FAMILIES									
Family:	Thrusts (T)	Rotations (R)		Flexibility (F)	Airborne Weight (AW)		Connections (C)		
Rep/hybrid:	L1-4 2x / L5-9 unlimited	L1-4 2x / L5-9 unlimited		2x	2x		2x		
Level 1	Thrust with crashing	One or two legs: Swirl 180°-360° Turning 180°-360° while doing other non-sustained or "up-down" actions		Rapid split by one leg from any position (such as Pike, Tub, Tuck, Inverted Tuck, Bent Knee VP, Fishtail, VP, etc.)	Vertical descent in Bent Knee VP or Vertical descent from Fishtail join to VP Front Pike to Bent Knee VP or Fishtail		Pike Position at the surface of the water		
	0.15	0.15		0.05	0.05		0.05		
Level 2	Thrust with one leg	One or two legs: Swirl 720°-1080° Spin descending 180° Twist or Twist 180° with 1 leg only		Clearly demonstrated split (held at least 1-2 seconds) Walkout Front Back Layout to Surface Arch or Bent Knee Surface Arch	Vertical descent in VP or descending VP performing isolated movements Front Pike to Vertical Position		One leg face-to-face connection		
	0.30	0.35		0.10	0.15		0.15		
Level 3	Thrust with one leg followed by rotation of Spin 360° Thrust and vertical descent	One or two legs: Swirl 1440° Spin ascending 180°-360° Spin descending 360°-720° Twist or Twist 180° with 2 legs Twist 360° with 1 leg only		Ariana rotation or split variants at the surface with a demonstration of at least 2 different splits (Right, Left, Middle) Split to Split through VP (changing legs)	Vertical ascent with 1 or 2 legs Ascending VP performing isolated movements		One leg back connection		
	0.35	0.45		0.15	0.30		0.20		
Level 4	Thrust with one leg followed by rotation of Spin 720° or Twist 180° Thrust with flexibility	One or two legs: Spin ascending 720°-1080° Spin descending 1080°-1440° Twist 360° with 2 legs		Front Layout to Surface Bent Knee Arch Position or a Split From Surface Arch Position to Knight or Split Bent Knee Surface Arch to Bent Knee VP	Sustained height with one leg or a combination of one and two legs lasting equal or more than 3 seconds		Two-legs connection		
	0.40	0.55		0.20	0.45		0.25		



Artistic Swimming

[Artistic Swimming | Appendix VI - Difficulty Guide](#) ↓

[Artistic Swimming | Appendix VI - Difficulty Guide | Addendum](#) ↓

[Artistic Swimming | Appendix VII - Acrobatics Catalogue](#) ↓

[Artistic Swimming | Appendix VIII - Coach Card Template](#) ↓

[Artistic Swimming | Acrobatics Catalogue - Quick Reference Sheet](#) ↓



AANDACHTSPUNTEN EN UITZONDERINGEN

For a Pair Acrobatic Movements:

For the clear verification of a Pair Acro movement –

- It is highly recommended to hold a Lift movement “L or L!” for 1-2 seconds. Recommended: to lift featured-swimmer by arms
- If it’s a Throw “W” or a Jump “J” a **disconnect** should be clearly seen – ideally AIR. Recommended: to push featured-swimmer by feet
- If you can’t achieve a clearly seen disconnection, then you should declare a Lift instead.
- A clear difference between dynamic and balance Pair Acrobatics should be seen.

For example: if it’s a Lift legs-up with 360° rotation (L!r1) : the base swimmer needs to hold the featured-swimmer for 1-2 seconds and then rotate the featured-swimmer (help them not to descend very fast, support) or disconnect and partner will submerge with rotation.

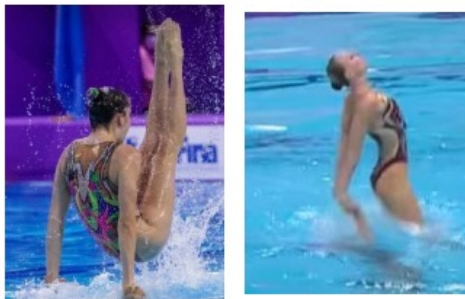
In contrast: if it’s a Throw legs-up with 180° rotation (W!r0,5): the base swimmer needs to accelerate and push up the featured-swimmer in the air and disconnect. The featured- swimmer rotates 180° and submerges.



AANDACHTSPUNTEN EN UITZONDERINGEN

Acrobatic movements like these are considered as Lift head-up (L):

For example, in image on the left the featured-swimmer goes head-up, lifts legs up and then crashes on the surface OR like image on right is lifted straight up and then submerges:



However, these types of movements pictured below are considered as Pair Assist (and therefore are Transitions):



AANDACHTSPUNTEN EN UITZONDERINGEN

If the swimmers do a Jump head-up and somersault 270°:

- It's not a complete 360° somersault BUT coach can instead declare "Jump-Dive" and stay inside "the rule of allowances" that you can over-rotate but at least "pass" the required rotation.

Allowances:

For somersaults:

- 90 degrees less than declared = Base Mark
- If you declare somersault 360° but you rotate 260°, this would be Base Mark, but if 300° you are ok
- However, you can over-rotate. For example, the coach declares somersault 360° but swimmers do 400° or even 540° – this is ok.
- For the 360° somersault - it must be visible fully above the water and for the entrance it is allowed that up to half of the body is submerged. That means: if coach declares somersault back 360 in flexibility position and during rotation in the air the head of featured-swimmer slides into the water but swimmer rotates fast enough to complete the somersault before entering water inside allowance – it's execution.
- If it's not a complete 360° somersault - coach can instead declare "Jump-Dive" and stay inside "the rule of allowances" that you can over-rotate but at least "pass" the required rotation.



AANDACHTSPUNTEN EN UITZONDERINGEN

For Lifts and Jumps that are head-up:

- We calculate the number of rotations until the chest level of the featured-swimmer.

For Head-Down Lifts or Throws:

- We calculate the number of rotations until the above knee/knee cap level (but not below knee cap!) of the featured-swimmer.

For the rotations (around self / ie twisting):

- For 360 rotations: 180 degrees less than declared = Base Mark
 - Meaning if you declare 360° but you rotate 170° to chest/knee level this would be Base Mark, but if 200° you are ok.
- For 180 rotations: 90 degrees less than declared = Base Mark
 - Meaning if you declare 180° but you rotate 75° to chest/knee level this would be Base Mark, but if 100° you are ok.
- Swimmers can over-rotate - you can do more until allowance (chest/knee) but not less!



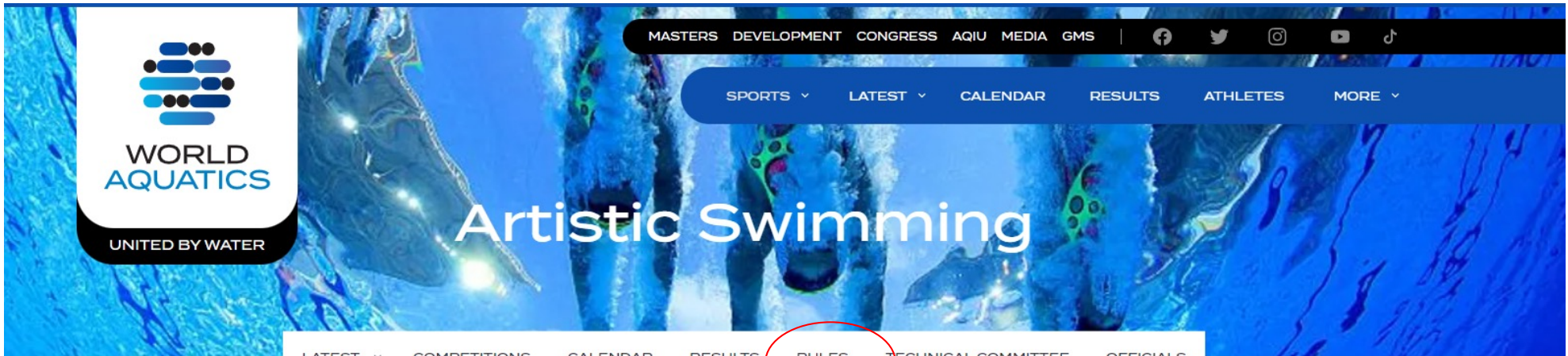
AANDACHTSPUNTEN EN UITZONDERINGEN

Flexibility Positions:

Flexibility Positions are considered as:

- Split and Over-split (or variation where back leg is bent so toes touch the water. Possible to bend forward leg a little bit, but still there must be a clear flexibility (desirably 180 degrees between legs) not Zebra Position (as in Group B of the acrobatics catalogue)
- Vertical Split / Glass / Swan / Eye positions (refer to Group B in the Acrobatics Catalogue)
- Knight (where thigh is 90° back and leg is bent so toes touch the water), any variation of the “Willow” position from Group B of the Acrobatics Catalogue
- Ring (arch with toes touching or close to touching the head)





Please contact artisticswimming@fina.org should you have any questions regarding the new rules

Please take a look at the below links for further information.

[Officials Education](#)

[Coaches Education](#)

[Artistic Swimming Manuals](#)



COACHES EDUCATION



Artistic Swimming

COACH CERTIFICATION PATHWAY

The FINA Artistic Swimming Coaches Certification Programme allows a participant to make progress through different steps to become a recognised coach.

There are a variety of entry points for coaches, depending on their existing knowledge, experience, proven ability and qualifications. The below flowchart illustrates how a coach may progress along the certification pathway:



Click on the flowchart to see the full FINA Artistic Swimming Coaches Certification Pathway.

The FINA Artistic Swimming Coaches Certification Programme is open to any coach affiliated to a FINA National Member Federation and available at three different levels: Beginner Coach (L1), National Coach (L2) and Senior Coach (L3). For more information on each level, please click on the following link.

- [Artistic Swimming Beginner Coach Curriculum](#)

FINA's National Member Federations can also request their pre-existing Coaches Certification programme to be recognised by FINA's Education Programme. The FINA CCP Equivalency Process is in place to offer official recognition for FINA National Member Federations. The aim of the Certification Equivalence is to standardise Swimming Coaches' Education. To find out more about the Equivalence process please click on the button below.



- Coach card for declaring routine difficulty Video
- Declared Difficulty In Hybrids Tutorial Video
- Synchronisation tutorial - Video
- Acrobatics tutorial - Video
- 3D Animations
- Coach card for declaring routine difficulty Pdf
- Template Coach Card With Auto Calculator - Excel
- Acrobatics Quick Reference Sheets - Team & Pair - Pdf
- Coach Card Template - Pdf
- Coach Card Template - Fillable Pdf
- Acrobatic Coaching Tool - Fillable Pdf
- Combo Clarification Document - Pdf
- Application for Acrobatics Hybrids - Pdf
- Figures Manual 2022 - 2025 - Pdf





Q & A



<https://survey.zohopublic.eu/zs/WhB8Ds>

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