



ARTISTIC SWIMMING NEW ZEALAND - 2025 COMPETITION RULES

The following rules apply to the ASNZ National, North Island, and South Island Championships (unless otherwise noted in the Information Bulletin for that event). **They should be read alongside the final World Aquatics Competition Regulations - dated 1st January 2025.** [Click here to view this document.](#)

- Competitive Level One - These events are conducted according to World Aquatics' Rules - apart from specified changes.
- Competitive Level Two - these are specific ASNZ events and the rules are detailed below.

COMPETITIVE LEVEL ONE - as per World Aquatic Rules

10 & Under (same World Aquatics' Rules as 12 & Under)	<p>These events are comprised of two sessions – results are combined:</p> <ul style="list-style-type: none"> • Solo Free Routine and 10 & Under Figures • Duet Free Routine and 10 & Under Figures • Mixed Duet Free Routine and 10 & Under Figures <p>Time limits and required routine elements can be found in Appendix 8.</p>								
11-12 Years (same World Aquatics' Rules as 12 & Under)	<p>These events are comprised of two sessions – results are combined:</p> <ul style="list-style-type: none"> • Solo Free Routine and 12 & Under Figures • Duet Free Routine and 12 & Under Figures • Mixed Duet Free Routine and 12 & Under Figures <p>Time limits and required routine elements can be found in Appendix 8.</p>								
12 & Under	<p>This event is comprised of two sessions – results are combined:</p> <ul style="list-style-type: none"> • Team Free Routine and 10/12 & Under Figures (note the Figures Draw will be the same for 10 & Under and 12 & Under Figures) <p>Time limits and required routine elements can be found in Appendix 8.</p>								
Youth (13-15 years)	<p>These events are comprised of two sessions – results are combined:</p> <ul style="list-style-type: none"> • Solo Free Routine and Youth Figures (see Appendix 4) • Duet Free Routine and Youth Figures (see Appendix 4) • Mixed Duet Free Routine and Youth Figures (see Appendix 4) • Team Free Routine and Youth Figures (see Appendix 4) <p>Time limits and required routine elements can be found in Appendix 8.</p>								
Youth Combination Team (15 & Under)	<p>This event is a stand-alone session for athletes aged 15 & under competing in 10 & Under, 12 & Under, and Youth events</p> <p>Time limits and required routine elements can be found in Appendix 8.</p>								
Junior (15-19 years)	<p>These events are stand-alone sessions:</p> <table border="0" style="width: 100%;"> <tr> <td>• Solo – Technical Routine</td> <td>Solo – Free Routine</td> </tr> <tr> <td>• Duet – Technical Routine</td> <td>Duet – Free Routine</td> </tr> <tr> <td>• Mixed Duet - Technical Routine</td> <td>Mixed Duet - Free Routine</td> </tr> <tr> <td>• Team – Technical Routine</td> <td>Team – Free Routine</td> </tr> </table> <p>Time limits and required routine elements can be found in Appendix 7.</p>	• Solo – Technical Routine	Solo – Free Routine	• Duet – Technical Routine	Duet – Free Routine	• Mixed Duet - Technical Routine	Mixed Duet - Free Routine	• Team – Technical Routine	Team – Free Routine
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Senior (15 years & Over)	<p>These events are stand-alone sessions:</p> <table border="0" style="width: 100%;"> <tr> <td>• Solo – Technical Routine</td> <td>Solo – Free Routine</td> </tr> <tr> <td>• Duet – Technical Routine</td> <td>Duet – Free Routine</td> </tr> <tr> <td>• Mixed Duet - Technical Routine</td> <td>Mixed Duet - Free Routine</td> </tr> </table> <p>Time limits and required routine elements can be found in Appendix 7.</p>	• Solo – Technical Routine	Solo – Free Routine	• Duet – Technical Routine	Duet – Free Routine	• Mixed Duet - Technical Routine	Mixed Duet - Free Routine		
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• Mixed Duet - Technical Routine	Mixed Duet - Free Routine								

Open (All levels - see notes for ages)	<p>These events are stand-alone sessions:</p> <ul style="list-style-type: none"> • Team - Technical Routine • Acrobatic Team Routine <p>Team – Free Routine</p> <p>Time limits and required routine elements can be found in Appendix 7.</p>
Masters (20+ years)	<p>These events are stand-alone sessions:</p> <ul style="list-style-type: none"> • Solo - Free Routine • Duet - Free Routine • Team - Free Routine <p>Please read Appendix 9 for detailed rules and time limits.</p>

COMPETITIVE LEVEL TWO - ASNZ Specific Rules

Dolphins	<p>These events are comprised of two sessions – results are combined:</p> <ul style="list-style-type: none"> • Free Combination Team Routine • Dolphin Figures (see Appendix 1) <p>NB: Dolphin Figures are split into three groups – all swimming the same figures - 10 & Under, 11-12 and 13-16 years. Dolphin Combination can include athletes from all age groups</p>
Aquanauts	<p>These events are comprised of two sessions – results are combined:</p> <ul style="list-style-type: none"> • Solo - Free Routine and specified 12 & Under Figures (see Appendix 2) • Duet - Free Routine and specified 12 & Under Figures (see Appendix 2)
Aquarinas	<p>These events are comprised of two sessions – results are combined:</p> <ul style="list-style-type: none"> • Solo - Free Routine and specified Youth Figures (see Appendix 3) • Duet - Free Routine and specified Youth Figures (see Appendix 3)
AquaCombo	<p>This is a stand-alone session and may include Aquanauts and Aquarinas athletes only</p>
AquaMasters	<p>These events are stand-alone sessions:</p> <ul style="list-style-type: none"> • Solo Free Routine (12 & Under Rules) • Duet Free Routine (12 & Under Rules) • Combination Free Routine (Youth Combo Rules)

GENERAL RULES AND CLARIFICATIONS

AGES	As of December 31st in the year of competition.
REGISTRATION	<p>New Zealand athletes must be affiliated as:</p> <ul style="list-style-type: none"> • Regional if only competing in North or South Island Championships • Competitive if competing at Nationals
CODE OF CONDUCT	All people involved in the competition (athletes, team managers, judges, officials, coaches, and Meet personnel) will be required to complete an ASNZ Code of Conduct form.
MALE ENTRIES	<p>ASNZ encourages the participation of male athletes.</p> <ul style="list-style-type: none"> • They may enter the Solo events and may be part of a Team or Free Combination in either Competitive Level One or Two routines. • In Competitive Level One they may compete in a Mixed Duet, and in Level Two be part of the Duet. • Two males may swim together in Level One or Two Duets.
GENDER DIVERSE ATHLETES	ASNZ is currently working with World Aquatics to clarify their rules with respect to gender-diverse athletes. Please contact ASNZ if you wish to clarify which event your athlete wishes to enter.

SCHOOL ENTRIES	<ul style="list-style-type: none"> Some athletes may only get recognition at their Schools for Regional and National results if they represent their School. For this reason, athletes for whom this is important should also register their School's name on the entry form. Results will note both the Club and the School. All school entries will receive a badge 																																
UNIVERSITY ENTRIES	Athletes who are at University may also note the name of their University or Tertiary Institution.																																
SOLOS	Clubs may only enter a maximum of two solos per Club in each Solo event																																
SWIM-UP RULES	<p>Athletes may swim up in the World Aquatics year of their Age Group as follows:</p> <ul style="list-style-type: none"> 10-year-olds may swim up to 11-12 Years – but may <u>not</u> swim the same routines or Figures in each category 12-year-olds may swim up to Youth 14-year-olds may swim up to Junior <p>The athlete/s must also swim the Figures of the Age Group they are swimming up to (if relevant).</p> <p>NB: Please note the rules below on swimming the same routine in different age groups.</p>																																
SAME ROUTINE COMPETING IN DIFFERENT CATEGORIES	<p>While World Aquatics rules allow this, in order to create time efficiencies and promote athlete wellbeing, the same routine may not be swum by the <u>same athletes</u> in different categories. Please note that "the same routine" means materially the same i.e. the same music or over 50% of choreography/Coach Card is the same.</p> <p>However, if clubs wish to enter the same routine in different categories <u>but swam by different athletes</u> (even if there is only one athlete different) this is permissible.</p>																																
KIWI STARS	<p>For New Zealand athletes only the KiwiStars requirements are:</p> <table border="1" data-bbox="464 1095 1465 1585"> <thead> <tr> <th colspan="2">Competitive Level One</th> <th colspan="2">Competitive Level Two</th> </tr> </thead> <tbody> <tr> <td>10 & Under</td> <td>KiwiStar 4</td> <td>Dolphin</td> <td>KiwiStar 3</td> </tr> <tr> <td>12 & Under</td> <td>Kiwi Star 4</td> <td>Aquanauts</td> <td>KiwiStar 4</td> </tr> <tr> <td>Youth</td> <td>Kiwi Star 6</td> <td>Aquarinas</td> <td>KiwiStar 5</td> </tr> <tr> <td>Junior</td> <td>KiwiStar 8</td> <td>AquaMasters</td> <td>KiwiStar 3</td> </tr> <tr> <td>Senior</td> <td>KiwiStar 10</td> <td></td> <td></td> </tr> <tr> <td>Open</td> <td>KiwiStar 6</td> <td></td> <td></td> </tr> <tr> <td>Masters</td> <td>KiwiStar 5</td> <td></td> <td></td> </tr> </tbody> </table>	Competitive Level One		Competitive Level Two		10 & Under	KiwiStar 4	Dolphin	KiwiStar 3	12 & Under	Kiwi Star 4	Aquanauts	KiwiStar 4	Youth	Kiwi Star 6	Aquarinas	KiwiStar 5	Junior	KiwiStar 8	AquaMasters	KiwiStar 3	Senior	KiwiStar 10			Open	KiwiStar 6			Masters	KiwiStar 5		
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ATHLETE NUMBERS IN TEAMS, COMBOS, AND ACROBATIC ROUTINES	<p>Under World Aquatics' rules, the athlete numbers required are:</p> <ul style="list-style-type: none"> Combination Teams – 4 to 10 Acrobatics Teams – 4 to 8 Teams – 4 to 8 <p>There is a penalty of 0.5 for each swimmer less than 8 in Free Team, Tech Team, and Acrobatic Teams. This rule does not apply to Combination Teams.</p>																																
DOLPHINS	<p><u>Eligibility:</u></p> <ul style="list-style-type: none"> athletes may be aged up to and including 16 years old After athletes have placed 1st/2nd/3rd in 11-12 or 13-16 Dolphin Figures at Nationals, a swimmer is no longer eligible to compete in Dolphins again and must progress on to other categories. athletes can only compete in Dolphins for two years in total - though they may swim in Dolphin Combination Team as the non-competitive athletes. 																																

AQUANAUTS	<p>Aquanaut routines will follow the same rules as 12 & Under for Solo and Duet.</p> <p><u>Eligibility:</u></p> <ul style="list-style-type: none"> athletes may be of any age. The Figures Group for this event does not relate to the age of the athletes. athletes must have not competed in Aquarinas, Youth, Junior or Senior events at the National Championships, or been in a National Squad
AQUARINAS	<p>Aquarinas routines will follow the same rules as Youth for Solo and Duet.</p> <p><u>Eligibility:</u></p> <ul style="list-style-type: none"> athletes may be of any age. The Figures Group for this event does not relate to the age of the athletes. athletes who have previously competed in Age Group, Junior or Senior Events, or who are competing for the first time. An athlete is not permitted to enter this event in the same year they are a member of a New Zealand Squad or if they are competing in Aquanauts.
MASTERS	<p>While World Aquatics' Masters rules have different age groups - because our fields are small, all athletes will compete in one combined age group under the World Aquatics rules.</p> <p><u>Eligibility:</u> For athletes aged 20 and over</p>
AQUAMASTERS	<p>This is a new category for ASNZ and is designed for older athletes who are new to synchro. For this reason, the AquaMasters Solo and Duet routines follow the same rules as 12 & Under.</p> <p><u>Eligibility:</u> For athletes aged 20 and over who have not competed for two years or more in any other category</p>
DOLPHIN FIGURES	<ul style="list-style-type: none"> Dolphin Figures will be split into three age groups: 10 & Under, 11-12 years & 13-16 years with ribbons awarded for all age groups separately. Two Figures will remain the same and two Figures will change each year – See Appendix 1 for Dolphin Figures.
10 & UNDER FIGURES AND EVENTS	<ul style="list-style-type: none"> The 10 & Under Figures draw will swim the same Figures as the 11-12 Years, based on the World Aquatics 12 & Under Figures Ribbons and Medals will be awarded for the 10 & Under category. 10 & Under athletes may swim up to the 11-12 Category for Duet and 12 & Under Teams – taking their 10 & Under Figures results with them.
YOUTH (13-15) FIGURES	<ul style="list-style-type: none"> The new World Aquatics Rules have 12 different Figures in this category, with athletes competing in 2 Figures only in events – with the whole field not necessarily competing in the same Figures. ASNZ has amended these rules and will run these in the same way as 12 & Under Figures in the World Aquatics rulebook i.e. two Figures sections will be identified for each year (See Appendix 4). From these two sections, one (4 figures will be randomly drawn 72 hours prior to the start of the competition. See Appendix 4 for details
ALL FREE COMBINATIONS (Dolphin Combo, AquaCombo, Youth Combo and Masters Combo)	<ul style="list-style-type: none"> To preserve athlete well-being, one athlete may swim ONE Free Combination – either Dolphin Free Combination, AquaCombo, Youth Combination or AquaMasters Combination Team. The same athlete may not be listed as a reserve for a second Free Combination in the same event. The only exceptions are athletes who swim as the "out of category" swimmer in a Dolphin Free Combination, AquaCombo, or AquaMasters Combo. They may also swim in one other Combination Team.
DOLPHIN FREE COMBINATION	<ul style="list-style-type: none"> For Dolphin athletes with the exception of <u>one team member</u> who may be an Aquanaut, Aquarina, or 10 & Under and 11-12 Year Age Group athletes but may not be a National Squad member. Dolphin Free Combination athletes must be aged 16 and under – including the non-Dolphin team member specified in the first bullet point above. Required elements and times can be found in Appendix 5. The "non-Dolphin" athlete is not permitted to swim the solo/duet parts. Please note, that this is a combined event – Figures are included in the final score for all but the "non-Dolphin" team members.

AQUACOMBO	<ul style="list-style-type: none"> • For Aquanaut and Aquarina athletes <u>with the exception of one team member</u> who may be a 10 & Under, 11-12 Years, Youth, or AquaMasters athlete but may not be a National Squad member. • The AquaCombo follows the same rules as the Youth Combination Team. • Required elements and time can be found in Appendix 5. • The “non-Aquanaut/Aquarina” athlete is not permitted to swim the solo or duet parts. • Please note this is a stand-alone routine i.e. no Figures apply
YOUTH FREE COMBINATION TEAM	<ul style="list-style-type: none"> • May include 10 & Under, 11-12 Years and Youth athletes • This is a stand-alone routine i.e. no Figures apply • Athletes bring the KiwiStar level from their age group into this i.e. a 12 & Under athlete only needs to have KiwiStar 4 while a Youth athlete needs to have KiwiStar 6.
AQUAMASTERS COMBINATION TEAM	<ul style="list-style-type: none"> • For Masters and AquaMasters athletes <u>with the exception of one team member</u> who may be an Aquanaut, Aquarina, 10 & Under, 11-12 Years or Youth athlete, but may not be a National Squad member. • The AquaMastersCombo follows the same rules as the 12 & Under Combination Team (with the exception of KiwiStar Requirements). • Required elements and time can be found in Appendix 5. • The non-Masters athlete is not permitted to swim the solo or duet parts. • Please note this is a stand-alone routine i.e. no Figures apply
OPEN ACROBATICS, TECH AND FREE TEAM ROUTINE	<ul style="list-style-type: none"> • May include Competitive Level 1 and 2 athletes - except Dolphins. For clarity, this includes Masters and AquaMasters athletes. • The only exception is the Acrobatics Team which is limited to athletes aged 15 and over as per World Aquatics rules. • These routines follow the World Aquatics rules for Open Acrobatics and Free Team routines. • Completing the Acrobatics routine with less than 8 athletes may be difficult due to the nature of the Acrobatics. If you have less than 8 athletes you may be better to focus on the Open Free Team instead. • Please note these are stand-alone routines i.e. no Figures apply.
MIXED CLUB DUET AND TEAM ROUTINES	<ul style="list-style-type: none"> • It is possible to enter Mixed Club routines with approval from ASNZ. This will be particularly relevant for Auckland and Christchurch-based clubs. • A Mixed Club routine is when athletes are affiliated to different clubs but train together for the purposes of a Duet or Team to allow athletes greater opportunities e.g. a Duet may have one athlete from one Club and one from another, or a Team may have 2 from one Club and 6 from another. • Mixed Club Routines will be announced and put in the programme with the names of both Clubs in alphabetic order e.g. Auckland Mermaids/Waitemata
MULTIPLE EVENT ENTRIES	<p>With the Swim-Up Rule and the overlap of Age Groups, particularly Youth, Junior, and Senior, there is the possibility for any one athlete to enter many events. Clubs are asked to be aware of athlete welfare to ensure they are not over-stretched, and to be aware that event scheduling may mean there is not much break between routines for athletes in this situation.</p>
SQUAD ATHLETES AND TRIALISTS	<ul style="list-style-type: none"> • Existing Koru/Fern Squad athletes intending to continue in Squads <u>are required</u> to swim a Tech routine of some kind e.g. Solo, Duet or Team, to maintain and develop their tech element skills. • Athletes who are intending to trial for the Fern Squad <u>must</u> compete in a Tech routine at Nationals. • Athletes who intend to trial for the Koru Squad <u>should</u> compete in a Tech routine where possible at Nationals. • Athletes who intend to trial for the Pikopiko Squad <u>should</u> compete in Aquarinas Figures or 13/14/15 Figures where possible at Nationals.

MAJOR SYNCHRONISATION ERRORS	In the interest of speeding up the event, major synchronisation errors will not be included for Dolphins and Aquanauts, as these require reviewing by the STCs and referee. Small and Obvious synchronisation errors still apply.
TIME LIMITS	Time Limits are covered in Appendix 5.
FACTORING	Factoring is a term that describes the weighting World Aquatics puts on Artistic Impression vs Elements, and the weighting of the different components of each of these. Please note, World Aquatics can sometimes change these so it's important to monitor this link if this is important to you. We will apply the latest World Aquatics factoring at each competition automatically through the ISS Scoring System. The link to the latest World Aquatics Factoring is shown here.
PENALTIES	The list of penalties is included in Appendix 6 for all figures and routines
INTERNATIONAL ENTRIES	<ul style="list-style-type: none"> ● ASNZ welcomes international entries in all National Championships events only. ● International entries cannot hold NZ titles – they will be awarded specific international medals/ribbons if they place in an event. ● We welcome and encourage international entries who wish to bring their own judge/s. Ideally, they would bring 1 judge for every 6 athletes ● International teams of less than 6 athletes do not have to do this. ● If it is difficult for international entries to bring their own judge, please talk to the Meet Manager who may be able to find you a NZ judge instead – this would require an additional fee to cover their travel/accommodation of approximately NZ\$500.
JUDGES	<ul style="list-style-type: none"> ● Each NZ Club entering athletes at the National Championships must send one official for every 6 athletes entered in the competition, and one of these must be a TC. ● Judges should be aged 16 and over. ● Technical Controllers and Referees who are appointed to the Meet will be included in the 1:6 ratio for the Club from which they are affiliated <u>unless</u> ASNZ or the Meet funds all their costs for the competition. ● Judges must be fully available to judge at the whole event – or a club can provide two judges if they wish to share their allocations across the event (but this will be counted for 1 judge in total for the Club's judge commitment). ● If judges do not fulfill their commitments at the event (except for sickness), clubs will be invoiced \$100 for each day that commitment is not met. ● Coaches involved in coaching at competitions cannot be named as a judge or TC as they must be fully available to attend all official commitments and meetings. ● However, coaches may be included in Figures judging panels if additional judges are required. In this case, they will not judge their own athletes and cannot be included in the 1:6 ratio. ● If a coach elects to be fully committed as a Judge or TC, they must declare conflicts for those athletes they have coached and must not (as mentioned above) be coaching these athletes at the event. ● Clubs are expected to train and develop their own judges to meet this requirement. ASNZ runs regular judge education programmes at North Islands, South Islands, and Nationals to help with this. ● Please note, if a Club is unable to meet this requirement, they should contact the Meet Manager who can assist with matching them with appropriate judges. They will need to meet those judges' costs to attend. ● Clubs participating for the first time are exempt from this requirement in their first year of competition. ● All judge's conflicts of interest will be shared openly at the Manager's Meeting.

AWARDS	<ul style="list-style-type: none"> To be eligible to hold a National title for Solo or Duet events, athletes must hold New Zealand citizenship or have been granted permanent residency in New Zealand or have been a resident in New Zealand for at least two years. Teams or Combos may have up to 2 athletes who do not meet this requirement and still be eligible to hold a National title. Where an international competitor places in an event, they will receive a medal/ribbon for that placing, but the next NZ competitor will also receive the same placing medal/ribbon. Medals will be presented for each routine event. Ribbons will be awarded for the Figures events. All Dolphins will receive a participation pin or ribbon Reserves are permitted (for Duets and Teams) and will be awarded applicable medals. No reserves are permitted for solos
RESULTS AND PRIZEGIVING	<ul style="list-style-type: none"> Prizegivings will occur throughout the event as decided by the Meet Manager and dependent on event timing. Results will be communicated via WhatsApp
APPEALS	Clarification will be given at the Manager's Meeting about the process and timing of any appeals. Appeals must be submitted by the Team Manager <u>ONLY</u> . No direct communication is permitted between Coaches, Athletes, Parents and Officials.
FEEDBACK	Feedback will be given by TCs to Coaches in an organised manner at each event with respect to Base Marks, and from Officials to Coaches with respect to Penalties. The way this will be done will be outlined at the Manager's Meeting for each event. No direct communication is permitted outside these meetings between Officials and Coaches.
VIDEO RECORDINGS	Videos are recorded for the purposes of reviews and appeals by Officials only and will not be made available to the public or Teams..

Appendix 1 – DOLPHIN FIGURES

2025 DOLPHIN FIGURES		
Compulsory	Figure No. 302	Blossom
Compulsory	Figure No. 310	Somersault Back Tuck
Group 2	Figure No. 323	Somersault Front Pike
Group 2	Figure No. 361	Prawn

Appendix 2 – AQUANAUTS FIGURES

(12 & Under compulsory figures plus pre-selected figures as below)

2025 AQUANAUT FIGURES		
Compulsory	Figure No. 106	Straight Ballet Leg
Compulsory	Figure No. 301	Barracuda
Group 3	Figure No. 311	Kip
Group 3	Figure No. 227d	Swanita Spinning 180

Appendix 3 – AQUARINAS FIGURES (Pre-selected Youth figures as below)

2025 AQUARINAS FIGURES		
Pre-Selected Youth	Figure No. 356f	Whip Continuous Spin 720
Pre-Selected Youth	Figure No. 441	Saturn
Pre-Selected Youth	Figure No. 352	Venus
Pre-Selected Youth	Figure No. 240i	Albatross Spin Up 360

Appendix 4 – YOUTH (13-15 FIGURES) – Section A or Section C will be drawn at random 72 hours prior to the event.

2025 YOUTH FIGURES GROUPS - Sections A and C		
Section A, Group 1	Figure No. 307e	Flying Fish Spinning 360
Section A, Group 1	Figure No. 437	Cyclone, Open 180
Section A, Group 2	Figure No. 308h	Barracuda Airborne Split Spin Up 180
Section A, Group 2	Figure No. 407	Swordfish Straight Leg Ariana Rotation

Section C, Group 5	Figure No. 140	Flamingo Bent Knee Combined Spin 360 + 360
Section C, Group 5	Figure No. 421	Walkover Back Closing 360
Section C, Group 6	Figure No. 440d	Ipanema Spinning 180
Section C, Group 6	Figure No. 154f	London Continuous Spin 720

APPENDIX 5 – REQUIRED ROUTINE ELEMENTS FOR COMPETITIVE LEVEL 2 ROUTINES

Event	Time (+/- 5 sec)	Total Required Elements	Summary
Dolphin Combo	3:00	7	2 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)
Aquanaut & AquaMasters			
Solo Free	2:00	4	Total of 4 Free Hybrids
Duet Free	2:30	5	Total of 4 Free Hybrids and 1 Pair Acrobatic
Aquarinas			
Solo Free	2:00	5	Total of 5 Free Hybrids
Duet Free	2:30	6	Total of 5 Free Hybrids and 1 Pair Acrobatic

Aqua & AquaMasters Combo

Aqua Combo (Aquanaut and Aquarina)	3:00	9	4 Team non-repeating Acrobatics* (with safety limits**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 2 x Team Hybrids (min of 4 athletes required), 1 x Team Choreography Hybrid with no DD (min of 4 athletes)
AquaMasters Combo	3:00	9	4 Team non-repeating Acrobatics* (with safety limits**) + Free Transitions + ONLY 1 x Solo Hybrid, 1 x Duet Hybrid, 2 x Team Hybrids (min of 4 athletes required), 1 x Team Choreography Hybrid with no DD (min of 4 athletes)

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

****Acrobatic Safety Limit:** See below from the World Aquatics' Acrobatics Catalogue.

	Acro DD	Plus Base Mark	Total DD (MAX)
Youth - Group A	2.2	0.5	2.7
Youth - Group B	2.3	0.5	2.8
Youth - Group C	2.3	0.5	2.8
Youth - Group P	2.5	0.5	3.0
12U - Group A	2.0	0.5	2.5
12U - Group B	2.1	0.5	2.6
12U - Group C	2.1	0.5	2.6
12U - Group P	2.3	0.5	2.8

Walk-ons for all routines will be consistent with the new World Aquatics rules i.e. 20 seconds for Solos and Women's Duets, 30 seconds for Mixed Duets, Teams, Combination Teams or Acrobatics.

APPENDIX 6 – LIST OF PENALTIES- Please note this is a condensed table of the key penalties. Please refer to the World Aquatics rules for more details. Further general requirements are highlighted below the table to draw your attention to this.

Rule Number	Penalty Amount	For	Penalty Reason	Deducted from	Event
18.4.1 18.8.1	0.5	Tech Team, Free Team, Acrobatic Routine	for each athlete less than eight (8)	Routine Score	Junior Tech Team, Open Tech Team, Junior Free Team, Open Free Team, Acrobatic Routine
Various, (first being 18.1.1)	8	All Routines	If the time limit for walk-on is exceeded	Routine Score	All
Various, (first being 18.1.2)	8	All Routines	If the time limit of ten (10) seconds for deck movement is exceeded	Routine Score	All
Various, (first being 18.1.3)	2	All Routines	If a routine is interrupted by an athlete during deck movement and a new start is allowed	Routine Score	All
Various, (first being 18.1.4)	8	All Routines	If there is a deviation from the specified routine time limit (more or less than 5 seconds)	Routine Score	All
Various, (first being 18.1.5)	DSQ	All Routines	If an athlete stops swimming or makes clear use of the pool wall for support before the routine is completed, the routine will be disqualified. The referee may allow the routine to be re-swum if they determine the circumstances were beyond control of the athlete.		All
Various, (first being 18.1.6)	8	All Routines	For deliberate use of the bottom of the pool to propel or assist (read full rule for exceptions)	Routine Score	All
Various, (first being 18.1.8)	2	All Routines	For each element exceeding the predetermined number for that particular event	Elements Score	All
Various, (first being 18.1.9)	Zero	Tech Routines	If an athlete omits all, part of, or performs an incorrect action in a TRE		All Tech Routines
Various, (first being 18.1.10)	Zero	Tech Routines	For each TRE swum out of the order declared on the Coach Card		All Tech Routines
18.1.11	8	Tech Solo	For violation of Solo Additional Routine Requirement #6 (see below)	Elements Score	All Tech Solos

18.2.12 18.4.13	2	Tech Duet, Tech Team	For each violation of General Requirement #6 (see below)	Elements Score	Junior Tech Duet, Senior Tech Duet, Junior Tech Team, Open Tech Team
18.2.13	8	Tech Duet	For violation of Women's Duet Additional Routine Requirements #6 and #7 (see below)	Elements Score	Junior Tech Duet, Senior Tech Duet
18.3.12	2	Mixed Tech Duet	For each violation of General Requirement #7 (see below)	Elements Score	Mixed Tech Duet
18.3.13	8	Mixed Tech Duet	For violation of Mixed Tech Duet Additional Routine Requirements #4, #5, #6, and #7 (see below)	Elements Score	Mixed Tech Duet
18.4.14	8	Tech Team	For violation of Tech Team Additional Routine Requirements #6 and #7 (see below)	Elements Score	Junior Tech Team, Open Tech Team
18.4.16	2	Tech Team	if a Team Technical routine exceeds a maximum of one (1) circle pattern.	Elements Score	Junior Tech Team, Open Tech Team
18.7.11	2	Mixed Free Duet	for each of the additional required movements not performed (see below).	Artistic Impression Score	10&U, 12&U, Youth, Junior, and Senior Mixed Free Duet
18.9.11	8	Acrobatic Routines	For violation of Acrobatic Routine General Requirement #6 (see below)	Routine Score	Acrobatic Routine
18.9.12	8	Acrobatic Routines	For each violation of Acrobatic Routine Required Element #1 (see below)	Routine Score	Acrobatic Routine
18.10.10	8	Free Combination Routines	for violations of each General Requirement (see below)	Routine Score	Dolphin Combo, Aqua Combo, Youth Combo, AquaMasters Combo
18.10.11	2	Free Combination Routines	For each violation of Free Combination Required Element #1 (see below)	Elements Score	Dolphin Combo, Aqua Combo, Youth Combo, AquaMasters Combo
Various, (first being 18.5.9)	8	Free Routines	or NOT including a skill from every family in the routine (with the exception of connections in Solo).	Elements Score	All Free Routines
AS 11.1		Figures	Any figure incorrectly performed is awarded a zero		Youth

AS 11.3	1		If a competitor does not perform the correct figure, the panel referee will allow them a re-swim and a 1 point penalty will be applied. If an incorrect figure is performed again, it will be awarded a zero	Total Figure Score	10&U, 11-12, Dolphin, Aquanaut, Aquarina
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Additional Routine Requirements

Please note: These are **only** the *additional* requirements specifically referred to in the penalty table above. For full routine requirements please read the full World Aquatics Artistic Swimming Regulations document.

General Requirements

6 With the exception of Deck Work and Entry into the water, getting into and out of the Circle (Team), and Acrobatics, Technical Required Elements, Free Hybrids and Transitions are to be performed simultaneously and facing the same direction by all duet or team members (please note this is different for Mixed Duets - see below)

Tech Solo Additional Requirements

6 One (1) additional hybrid must be performed

Women's Tech Duet Additional Requirements

6 - One (1) additional hybrid must be performed.

7 - One (1) Pair Acrobatic must be performed.

Mixed Tech Duet General Requirements

7 Only Technical Required Elements must be performed simultaneously and facing the same direction. Deckwork and Entry into the water, Free Hybrid, Required Hybrid, Entry into or Exit out of Technical Required Elements, Transitions and Pair Acrobatics DO NOT have this restriction and MAY be performed freely (non-simultaneous and facing different directions).

Mixed Tech Duet Additional Requirements

4 - One (1) free hybrid

5 - One (1) required hybrid which must contain only one Thrust declaration and two (2) different Connection declarations

6 - Two (2) Pair Acrobatics of free choice but must not repeat the same acrobatic

7 - Three (3) declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180 or more)

Tech Team Additional Requirements

6 - Two (2) additional hybrids, one of which must include a Cadence action

7 - One (1) acrobatic movement must be performed by all team members.

Mixed Free Duet Additional Required Movements

A minimum of 3 (Youth/12U) or 4 (Senior/Junior) declared Surface Connections (SuCon) with travel (1m or more) or rotation (180 or more).

Acrobatic Routine General Requirements

6 - The Routine must portray a Theme, which must be declared on the Card.

Acrobatic Routine Required Elements

1 - Seven (7) acrobatic movements: one from each acrobatic group (A, B, C, P), and three (3) more of free choice as per the general requirements.

Free Combination Routine General Requirements

1 - Time Limits: as per Part Seven, Article 14.1

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 - The Routine must portray a Theme which must be declared on the Coach Card.

6 - As in all routines, the Coach Card must show the Required Elements in the selected order of performance.

Free Combination Required Elements

1 - At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have all competitors.

APPENDIX 7 – JUNIOR & SENIOR REQUIRED ELEMENTS

In force as of January 1st, 2025

Senior/Junior	Time (+/- 5 sec)	Total Re-quired Ele-ments	Summary
Solo Tech	2:00	6	5 TREs 1 Free Hybrid
Solo Free	2:15	6	6 Free Hybrids (must include one declaration from each family in the routine – except connections)
Women Duet Tech	2:20	7	5 TREs 1 Free Hybrid 1 Pair Acro (free choice)
Women Duet Free	2:45	8	6 Free Hybrids (must include one declaration from each family in the routine) 2 Pair Acro (free choice but may not repeat the same acrobatic)
Mixed Duet Tech	2:20	7	3 TREs 1 Free Hybrid 1 Required Hybrid (must contain only one Thrust declaration and 2 different Connection declarations – for example T8 C3 C4) 2 Pair Acro (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)
Mixed Duet Free	2:45	7	4 Free Hybrids (must include one declaration from each family in the routine) 3 Pair Acro (free choice but must not repeat the same acrobatic) A minimum of 4 declared Sustained Surface Connections (“SuCon”) with travel (1m or more) or rotation (180° or more)
Team Tech	2:50	8	5 TREs 2 Free Hybrids one of which must include a cadence action 1 Team Acro (Max. DD limit of 3.0 inclusive of Base Mark Value) May contain max of 1 circle
Team Free	3:30	9	6 Free Hybrids (must include one declaration from each family in the routine) 3 Team Acro (free choice but must not repeat the same acrobatic – see below)
Acrobatic	3:00	7	7 Acrobatics: One from A, B, C, P Maximum of 2 acrobatics from any group Must not repeat the same acrobatic – see below

APPENDIX 8 – 12&U & YOUTH REQUIRED ELEMENTS

In force as of January 1st, 2025

12U/Youth (13-15)	Time (+/- 5 sec)	Total Re-quired Ele-ments	Summary
12U Solo Free	2:00	4	4 Free Hybrids (must include one declaration from each family in the routine)
Youth Solo Free	2:00	5	5 Free Hybrids (must include one declaration from each family in the routine)
12U Duet Free	2:30	5	4 Free Hybrids (must include one declaration from each family in the routine) 1 Pair Acro (free choice)
Youth Duet Free	2:30	6	5 Free Hybrids (must include one declaration from each family in the routine) 1 Pair Acro (free choice)
Mixed Duet Free (12U/Youth)	2:30	5	3 Free Hybrids (must include one declaration from each family in the routine) 2 Pair Acro (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)
12U Team Free	3:00	7	4 Free Hybrids (must include one declaration from each family in the routine) 3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below)
Youth Team Free	3:00	8	5 Free Hybrids (must include one declaration from each family in the routine) 3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below)
12U Combo	3:00	8	3 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below) 1 x DD Solo Hybrid 1 x DD Duet Hybrid 2 x Team DD Hybrid (must be executed with a minimum of 4 athletes) Must include one declaration from each family in the routine (counted across solo, duet and team DD hybrids) 1 x Team choreography hybrid ("ChoHY") with no DD (ie factor of 1.0) must be executed with a minimum of 4 athletes Element parts can't occur simultaneously (ie Team Acrobatic occurs while solo hybrid starts)
Youth Combo	3:00	9	4 Team Acrobatics with DD safety limit (free choice but must not repeat the same acrobatic – see below) 1 x DD Solo Hybrid 1 x DD Duet Hybrid 2 x Team DD Hybrid (must be executed with a minimum of 4 athletes) Must include one declaration from each family in the routine (counted across solo, duet and team DD hybrids) 1 x Team choreography hybrid ("ChoHY") with no DD (ie factor of 1.0) must be executed with a minimum of 4 athletes Element parts can't occur simultaneously (ie Team Acrobatic occurs while solo hybrid starts)

APPENDIX 9 – COMPETITIVE LEVEL ONE MASTERS RULES

Competitive Level One Masters follow the World Aquatics Masters Rules. These can be found in the full [World Aquatics Competition Regulations](#) document (part 8, sub-part 7). This summary is provided for easy reference, and if there are any discrepancies the official World Aquatics document prevails.

N.B. The age groups detailed in WA rules 7.1.1 - 7.1.6 do not apply to New Zealand competitions. All Masters athletes will compete in the same group, regardless of age.

Choreography (Rule 7.2.2.2) - There are no restrictions regarding choreography for Masters free routines. A coach card must still be submitted for each routine, to calculate and verify declared difficulty. However, there is no minimum or maximum number of hybrids or acrobatics that must be declared.

Team Numbers (Rule 7.3.2) - Free teams shall consist of a minimum of four (4) members, and a maximum of eight (8) members. Free team is open to all sexes.

Time Limits (Rule 7.4.1-7.4.1.6) - Time limits include ten (10) seconds for deck movement. There shall be no minimum time limit. The maximum time limits are listed below.

Free Solo Routine	2 minutes 15 seconds
Free Duet Routine	2 minutes 45 seconds
Free Team Routine	3 minutes 30 seconds

Goggles (Rule 7.4.3) - Goggles may be worn during Masters events.