

**USAAS 2022 CONVENTION**  
**RULE SUBMISSIONS AND COMMITTEE RECOMMENDATIONS**

**ITEM 1:** Reflect current practice in Figures competition  
**RULES COMMITTEE RECOMMENDS APPROVAL**

**CP 4.3.3.4** Performance and judging of the figure shall ~~begin on a signal from the Panel Referee~~  
**commence at the initiation of the athlete, following the announcement of the figure.**

**OD 2.6.1.2** Judging begins ~~on a signal from the Panel Referee.~~ **with the initiation of the figure by the athlete.**

*Rationale: The Panel Referee no longer says "Go" or otherwise signals for the athlete to commence performance of the figure.*

**ITEM 2:** Provide complete information on procedures for rule changes  
**RULES COMMITTEE RECOMMENDS APPROVAL**

**TR 1.2** These current rules cancel and supersede all previous rules. USAAS rules changes shall occur in the legislative year. **See USAAS Code, Article 10.**

*Rationale: To direct individuals on where to find all requirements regarding rule changes.*

**ITEM 3:** Eliminate unnecessary repetition in rulebook  
**RULES COMMITTEE RECOMMENDS APPROVAL**

**RULE V** NATIONAL TEAM PROGRAM (NT)  
NT 1 NATIONAL TEAM

~~NT 1.1 Candidates must meet the established qualifying criteria:~~

~~NT 1.1.1 United States Citizenship.~~

~~NT 1.1.2 Competitors who have attained places as listed in the current Rulebook, Appendix E, are qualified to participate in the National Team Trials.~~

~~NT 1.2 Special Consideration: Competitors who have not met the eligibility requirements for Team selection due to extenuating circumstances, may petition the National Team Review Subcommittee. Consideration shall be given to the timeliness of such application.~~

~~NT 1.3 Governance: National Team Trials shall be conducted under FINA Rules and in accordance with the procedures for National Team selection listed in the current Rulebook, Appendix E.~~

Delete above and replace with:

**Refer to USAAS Appendix E**

*Rationale: Rules V through X in the Technical Rules outline the rules for various additional competitive programs in USAAS. However, the National Team Program has an entire appendix, Appendix E, devoted to detailing this program, so it is more practical to simply refer readers to Appendix E.*

**ITEM 4:**

Reduce size of Meet Committee

**RULES COMMITTEE RECOMMENDS APPROVAL****TR 3.2** Such protest shall be considered by the Meet Committee consisting of, as applicable:

- TR 3.2.1** USAAS Officers present, ~~Zone Chair of the Zone in which the competition is being held,~~ and that number of Athlete Representatives, who meet the requirements of Section 7.06 A of the USAAS Code, necessary to assure that at least 33.3% of the Meet Committee are athletes for National competitions.
- TR 3.2.2** Zone Officers present, ~~the Association Chair of the Association in which the competition is being held,~~ and that number of Athlete Representatives necessary to assure that at least 33.3% of the Meet Committee are athletes for Zone competitions.
- TR 3.2.3** The ~~Meet Manager,~~ Meet Referee, all Association Chairs present, and that number of Athlete Representatives necessary to assure that at least 33.3% of the Meet Committee are athletes for Regional competitions.
- TR 3.2.4** The ~~Meet Manager,~~ Meet Referee, all Association Chairs present, and that number of Athlete Representatives necessary to assure that at least 33.3% of the Meet Committee are athletes for Association competitions.

*Rationale: It is better to have a smaller group comprising the Meet Committee when there is a protest at a competition, especially considering that we are now required to have 33.3% athlete representation in everything that we do.*

**ITEM 5:**

Eliminate mailing instructions for meet entries

**RULES COMMITTEE RECOMMENDS APPROVAL**

**CP 5.5.2** Entries for Zone and Regional competitions must be **submitted as instructed in the Meet Announcement** ~~postmarked 14 days prior to the first day of the competition. No entries shall be accepted after entries close. Certificate of mailing will establish posting date.~~ For Entry Deadline exceptions, see Rules CP 5.4.1-2.

*Rationale: Since entries are likely very seldom mailed anymore, it is felt a more general instruction for zone and regional meet entries is appropriate.*

**ITEM 6:**

Add a reference to clarify routine requirements for athletes and coaches.

**RULES COMMITTEE RECOMMENDS APPROVAL****CP 4.2.6** Other Requirements**Add****CP 4.2.6.10 Refer to OD 3.6.3 through 3.6.5 for additional routine requirements/restrictions.**

*Rationale: Routine requirements regarding swimwear, makeup, etc., should be included in the CP section as athletes and coaches may not generally study the OD section.*

**ITEM 7:**

From LTAD Committee

**RULES COMMITTEE RECOMMENDS APPROVAL**

- CP 3.2.1.1** Qualified registered competitors must have attained Grade Level ~~5~~ **6** for entry into the U.S. National Championship. For grade level requirements, see USAAS Grade Level Manual.

*Rationale: The intent of grades is a progression of skills on land & in the water to ensure our athletes are continuing to progress physically in a well-rounded manner. Implementing Grade Level 6 continues the progression from the Junior level to the Senior level (the U.S. National Championship is our senior national competition).*

**ITEM 8:**

Update fee for protests

**RULES COMMITTEE RECOMMENDS APPROVAL**

- TR 3.1** Protests affecting the right of any competitor to compete in any competition shall be made in writing to the Meet Manager or Meet Referee before competition is held. All protests must be accompanied by a fee of ~~\$25~~ **\$100**. If the protest is upheld, the fee shall be returned to the protestant. If the protest is denied, the fee shall remain with the authority conducting the competition (i.e. Association, Region, Zone, National).

*Rationale: The protest fee is starting to become low enough that it is in danger of not serving its purpose: to make athletes/coaches stop, think, and confirm in the rulebook that they are in the right and that a decision affecting the competitor was incorrect. For reference, FINA currently requires a deposit of 500 Swiss Francs for protests.*

**ITEM 9:**

Association bonus entries in three national championships

**RULES COMMITTEE RECOMMENDS APPROVAL****CP 3.2.2 Qualifications for entry in the U.S. National Championship:****CP 3.2.2.1 For Preliminary events:**

- One Solo, one Duet, one Mixed Duet and one Team Technical or Free routine entry shall be awarded to the Association ~~hosting~~ **in which** the U.S. National Championship **is held**, if that Association is not otherwise represented in the Championship. This shall be the highest ranked Solo, Duet, Mixed Duet and Team Technical or Free routine from that Association in the most recent Senior Zone Championship.

**CP 3.3.2 Qualifications for entry in the U.S. Junior Championship:****CP 3.3.2.1 For Preliminary events:**

- One Solo, one Duet, one Mixed Duet and one Team entry shall be awarded to the Association ~~hosting~~ **in which** the U.S. Junior Championship **is held**, if that Association is not otherwise represented in the Championship. This shall be the highest ranked Solo, Duet, Mixed Duet and Team from that Association in the most recent Junior Zone Championship.

**CP 3.4.2 Qualifications for entry in the U.S. 13-15 Championship:****CP 3.4.2.1 For Preliminary events:**

- One Solo, one Duet, one Mixed Duet and one Team entry shall be awarded to the Association ~~hosting~~ **in which** the U.S. 13-15 Championship **is held**, if that Association is not otherwise represented in the Championship. This shall be the highest ranked

Solo, Duet, Mixed Duet and Team from that Association in the most recent 13-15 Zone Championship.

*Rationale: Although the national office now host/manages all national championships, the local association where the championship is held not only adds to the meet by providing volunteers, and the bonus entries also provide important PR and marketing benefit to the local association.*

**ITEM 10:** Eliminate late arrival rule  
**RULES COMMITTEE RECOMMENDS REJECTION**

**CP 5.7.2** ~~Late Arrivals:~~

~~CP 5.7.2.1~~ For Figure competition, late arrivals shall compete in a position designated by the Event Referee.

~~CP 5.7.2.2~~ For routine competition, late arrivals must swim 2 routines after their arrival on deck.

*Rationale: If there is a late arrival due to emergency (broken car, etc.), the referee can handle those situations as they come up. In addition, FINA has no such rule for late arrivals.*

**ITEM 11:** Make overqualification consistent across all championships  
**RULES COMMITTEE RECOMMENDS APPROVAL**

**CP 3.5.3 Ineligibility:** ~~In a given routine event, t~~The following competitors shall be ineligible for Junior Olympic participation based on final results of the Championships listed below for the exclusion to apply: **when there were 12 or more entries in the Team event and 18 or more entries in the Solo, Duet and Mixed Duet events at the most recent U.S. National Championship, U.S. Junior Championship, U.S. Senior Open Championship and U.S. Junior Open Championship.**

- Exception: For the exclusions below to apply to the U.S. National Championship, the U.S. Senior Open Championship and the U.S. Junior Open Championship, events shall have more than a minimum number of entries. For Solo, Duet and Mixed Duet, there shall be more than 18 entries in each event. For Team events, there shall be more than 12 entries.

*Rationale: Make the minimum number of routines for overqualification consistent across all of the championships that have overqualification. Previously the U.S. Junior Championship was not mentioned.*

**ITEM 12:** Remove Zone JO qualification limits  
**RULES COMMITTEE RECOMMENDS REJECTION**

~~CP 3.5.5.3~~ Each Zone shall qualify up to 8 Solos, 12 Duets, 12 Mixed Duets and 12 Teams in each age division. Each Zone shall qualify up to 12 Free Combination routines in the 13-15 and 16-19 age divisions:

- ~~1.~~ Free Combination entries may consist of registered competitors from 2 or more U.S. clubs. The name of a multiple club entry must not reflect a particular club.
  - In addition to the standard entry forms required for the competition, the coach of a multiple club entry must submit a Release Form(s) for each competitor in the event to the USAAS National Office, the Meet Manager and the Scoring Chair. The Release Form(s) must be signed by the club coach of each competitor.

**CP 3.5.5.4** ~~No region shall have more than its proportionate share of the 12.~~ Each Region shall qualify competitors by ranking in the combined Free routine and Figure or Technical routine scores in Regional Championships in the Solo, Duet, Mixed Duet and Team events.

1. In the Solo event, 2 entries per region per age division shall qualify to the U.S. Junior Olympic Championship.
2. In the Free Combination event, each Region shall qualify **3 entries** ~~its proportionate share~~ of Free Combination routines in the 13-15 and 16-19 age divisions.
  - Free Combination entries may consist of registered competitors from 2 or more U.S. clubs. The name of a multiple club entry must not reflect a particular club.
  - In addition to the standard entry forms required for the competition, the coach of a multiple club entry must submit a Release Form(s) for each competitor in the event to the USAAS National Office, the Meet Manager and the Scoring Chair. The Release Form(s) must be signed by the club coach of each competitor.
- 3. For all other events, 3 entries per region per age division shall qualify to the U.S. Junior Olympic Championship.**

*Rationale: Allow for flexibility in the structure of regions as needed and as such makes sense for competitive representation. For example, one region currently has more competitors than some zones. This does not change any of the existing regions, but it does make it simpler to change the regions in the future.*

**ITEM 13:** Increase high point value for mixed duet  
**RULES COMMITTEE RECOMMENDS REJECTION**

**CP 7.4** Scoring System for Team and Individual High Point Trophies:

Place	Solo Tech/Free	Duet, <del>Mixed Duet</del> , Trio Tech/Free	<b><u>Mixed Duet Tech/Free</u></b>	Team Tech/Free	Free Combination
1 <sup>st</sup>	12	18	<b><u>21</u></b>	24	24
2 <sup>nd</sup>	11	17	<b><u>19</u></b>	22	22
3 <sup>rd</sup>	10	16	<b><u>18</u></b>	20	20
4 <sup>th</sup>	9	15	<b><u>17</u></b>	18	18
5 <sup>th</sup>	8	14	<b><u>16</u></b>	16	16
6 <sup>th</sup>	7	13	<b><u>14</u></b>	14	14
7 <sup>th</sup>	6	12	<b><u>12</u></b>	12	12
8 <sup>th</sup>	5	11	<b><u>11</u></b>	10	10
9 <sup>th</sup>	4	10	<b><u>10</u></b>	8	8
10 <sup>th</sup>	3	9	<b><u>9</u></b>	6	6
11 <sup>th</sup>	2	8	<b><u>8</u></b>	4	4
12 <sup>th</sup>	1	7	<b><u>7</u></b>	2	2

*Rationale: Encourage clubs to recruit more male athletes and increase participation in mixed duet, which is growing in prominence internationally.*

**ITEM 14:** Top 6 from each zone qualify for senior nationals  
**RULES COMMITTEE RECOMMENDS APPROVAL**

**CP 3.2.2.1** For Preliminary events:

1. The top ~~46~~ Solos, Duets, Mixed Duets and Teams determined by the individual Free and Technical routine scores in the most recent Senior Zone Championships shall qualify for the U.S. National Championship.

*Rationale: For consistency with qualification for Junior Nationals, and to expand the opportunities for athletes to enter elite national championships.*

**ITEM 15:** Top 6 from each zone qualify for 13-15 nationals  
**RULES COMMITTEE RECOMMENDS APPROVAL**

**CP 3.4.2.1** For Preliminary events:

1. The top ~~46~~ Solos, Duets, Mixed Duets and Teams determined by the combined Free routine and Figure scores in the most recent 13-15 Zone Championships shall qualify for the U.S. 13-15 Championship.

*Rationale: For consistency with qualification for Junior Nationals, and to expand the opportunities for athletes to enter elite national championships.*

**ITEM 16:** Association championships no longer a qualifier for regionals  
**RULES COMMITTEE RECOMMENDS REJECTION**

~~CP 3.5.6.2 Each Association may qualify the top 3 Solos, Duets, Mixed Duets, Teams and Free Combinations in each age division. Exception: Any Association which is the only participant in its Region in a given year, event and age division, may qualify the top 4 Solos, Duets, Mixed Duets, Teams and Free Combinations in each age division.~~

*Rationale: To allow regions more flexibility in scheduling their meets in advance of the JO Nationals entry deadline, as association championships need not precede regionals with the qualification requirement removed. The addition of the 13-15 Nationals and 12&U invitational has further crowded an already difficult April timeframe, with school breaks and other conflicts creating hardships for athletes. Many associations and regions are already combining their meets for these reasons.*

**ITEM 17:** To clarify JO entry rules  
**RULES COMMITTEE RECOMMENDS APPROVAL**

**CP 3.1.2** Number of Events: Each competitor may compete in no more than 3 different routine events (Solo, Duet, Mixed Duet, Trio, Team) in each competition (unless otherwise specified). The Highlight and Free Combination events do not count as one of the 3 events. Each competitor may only enter 1 Duet or Mixed Duet event in each competition. ~~In U.S. Senior Open and U.S. Junior Open Championships, competitors may enter the same routine events in the combined Championships.~~ **If two or more championships are being held concurrently, competitors may enter the same event in each championship.**

**CP 3.5.5.2** May be held once a year in Figures and Free Solo, Duet, Mixed Duet and Team in two age divisions: 12 & under and 13-15. May be held once a year in Junior Technical and Free routines in Solo, Duet, Mixed Duet and Team in two age divisions: 16-17 and 18-19. A Free Combination event may be held in two age divisions: 13-15 and 16-19. The Free Combination and Solo events shall be Final events.

**A competitor may only enter a specific routine event (Solo, Duet, Mixed Duet, Team, Free Combination) in one age division.**

*Rationale: To clarify that JOs is a SINGLE championship and so an event can only be entered in one age division, but in championships that are held concurrently, such as Jr. Nationals and U.S. Nationals, the same event can be entered in each of the championships.*

**ITEM 18:** Change CP 5.2 and OD 3.6.2.1 to match FINA scoring rules

**RULES COMMITTEE RECOMMENDS REJECTION**

**CP 5.2** **Deduction Points:** In the case of Team competition, whether Preliminary, Semifinal or Final events, a ~~1/4~~ **one-half** point penalty shall be deducted from the Total Score for each competitor less than 8 on a Team. See Rule OD 3.6.2.1. ~~For U.S. Senior Open Championship exception, see Rule CP 1.1.2.1. For the U.S Junior Open Championship exception, see Rule CP 1.2.2.1.~~

**OD 3.6.2.1** In Team competition, whether in Free Routine Preliminary/Semifinal, Free Routine Final or Technical Routine Preliminary and Final, ~~1/4~~ **one-half** point penalty shall be deducted from the Total Score for each competitor less than 8. ~~For U.S. Senior Open Championship exception, see Rule CP 1.1.2.1. For the U.S Junior Open Championship exception, see Rule CP 1.2.2.1.~~

*Rationale: Having scoring differences causes confusion over which rules apply at which meets. (pop quiz: what deduction rules apply for Zone Championships?). Removing the differences from FINA scoring rules eliminates the possibility that a meet scoring chair will use the wrong set of rules.*

**ITEM 19:** Remove overqualification for JOs based on placement at JR/SR open

**RULES COMMITTEE RECOMMENDS APPROVAL**

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

~~1. U.S. Senior Open Championship:~~

~~Solo – top 3 (Technical and/or Free):~~

~~Duet – top 3 (Technical and/or Free):~~

~~Mixed Duet – top 3 (Technical and/or Free):~~

~~Team – top 3 (Technical and/or Free):~~

~~3. U.S. Junior Open Championship:~~

~~Solo – top 3 (excluding Foreign Federations, Foreign clubs and entries representing the U.S. National Teams):~~

~~Duet – top 3 (excluding Foreign Federations, Foreign clubs and entries representing the U.S. National Teams):~~

~~Mixed Duet – top 3 (excluding Foreign Federations, Foreign clubs and entries representing the U.S. National Teams):~~

~~Team – first place (excluding Foreign Federations, Foreign clubs and entries representing the U.S. National Teams):~~

*Rationale: To allow athletes to compete at the U.S. Open without being excluded from future years at JO Nationals. This will encourage teams to attend the U.S. Open. Additionally, the number of entrants varies substantially year to year, as does the quality of field. This has proven to be burdensome to track/administer.*

**ITEM 20:** JR/SR nationals overqualification for JOs change to top 6 solos and duets

**RULES COMMITTEE RECOMMENDS REJECTION**

**CP 3.5.3.1** For Life:

**2.** U.S. National Championship:

- Solo - top **86** (Technical and/or Free).
- Duet - top **86** (Technical and/or Free).
- Mixed Duet – top **86** (Technical and/or Free).
- ~~Team – top 3 (Technical and/or Free).~~

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

**2.** U.S. Junior Championship:

- Solo - top **86**.
- Duet - top **86**.
- Mixed Duet – top **86**.
- ~~Team – top 3.~~

*Rationale: To allow athletes to compete at U.S. Nationals without being excluded from future years at JO Nationals. This will encourage teams to attend U.S. Nationals.*

**ITEM 21:** Removal of Zero for Technical Routines other than Junior and Senior

**RULES COMMITTEE RECOMMENDS APPROVAL**

**OD 3.6.2.3 Additional Penalties and Required Technical Element Zero procedures in Junior and Senior Olympic 16-17 and 18-19 Age Divisions, Senior and Masters Technical Routines, and Intermediate Free Routine with Required Technical Elements:**

**OD 3.6.2.3.1** If 1 or more competitor(s) omits all or part of an element, or performs an incorrect action in an element, the Elements judges shall award a zero score for that particular element.

**OD 3.6.2.3.2** Any change in the order of the elements results in a zero score from the Elements judges for the element not placed in the correct order.  
Example: Element 1, 2, 4, 3, 5 (incorrect order).  
The Elements judges shall award a zero score for Element # 3.

**OD 3.6.2.3.3** If 1 or more Elements judge(s) enters a score for an incorrect element, the Event Referee shall check the official video and make sure it was incorrect. If incorrect, the Event Referee shall change the Elements judges' scores to zeros.

**OD 3.6.2.3.4** If 1 or more Elements judge(s) enters a zero score for a correct element, the Event Referee shall review the official video and proceed according to Rule OD 4.1.2.4.1.1.

**OD 3.6.2.3.5** A Half-Point Penalty shall be deducted from the Execution score for violations of required elements of Appendix L as follows:

- ~~· Masters Solo required element # 6.~~
- ~~· Intermediate Duet, Mixed Duet, Trio and Team required element # 6.~~
- Junior and Senior Duet required elements # 6 and 7.
- Junior and Senior Mixed Duet and Masters Duet and Trio required elements # 6, 7 and 8.
- Junior and Senior Team required elements # 6, 7, 8 and 9.
- ~~· Masters Team required elements # 6, 7, 8, 9 and 10.~~

**(Note: Will require housekeeping once Junior and Senior required elements are confirmed by FINA)**



~~OD 3.6.2.3.6~~ In Solos, Duets, Mixed Duets and Trios, a Half-Point Penalty shall be deducted from the Elements score if an element (# 1-5) is not performed parallel to the sides of the pool where the panels of judges have been placed.

~~OD 3.6.2.4~~ Additional Penalties for Novice: A Half-Point Penalty shall be deducted for violations of Novice required elements of Appendix L:

(New OD 3.6.2.4)

**OD 3.6.2.4 Additional Penalties and Required Technical Element Penalty procedures in Junior Olympic 16-17 and 18-19 Age Divisions, Masters Technical Routines, and Novice and Intermediate Free Routine with Required Technical Elements:**

**OD 3.6.2.4.1 If 1 or more competitor(s) omits all or part of an element, or performs an incorrect action in an element, the Elements judges shall penalize that particular element with a 2 point deduction.**

**OD 3.6.2.4.2 Any change in the order of the elements performed.**

**Example: Element 1, 2, 4, 3, 5 (incorrect order).**

**The Elements judges shall penalize an incorrect element with a 2 point deduction for that element.**

**OD 3.6.2.4.3 If 1 or more Elements judge(s) enters a score with a 2 point deduction for an incorrect element, the Event Referee shall check the official video and make sure it was incorrect. If incorrect, the Event Referee shall deduct 2 points for each of the Elements judges' scores.**

**OD 3.6.2.4.4 If 1 or more Elements judge(s) penalizes a score with a 2 point deduction for a correct element, the Event Referee shall review the official video and proceed according to Rule OD 4.1.2.4.1.1.**

**OD 3.6.2.4.5 If an element is missing from the routine, the Element Judges shall award a zero for the missing element.**

**OD 3.6.2.4.6 A Half-Point Penalty shall be deducted from the Execution score for violations of required elements of Appendix L as follows:**

**· Masters Solo required element # 6.**

**· Novice and Intermediate Duet, Mixed Duet, Trio and Team required element # 6.**

**· Masters Duet and Trio required elements # 6, 7 and 8.**

**· Masters Team required elements # 6, 7, 8, 9 and 10.**

**(Note: Will require housekeeping once Appendix L required elements are confirmed)**

**OD 3.6.2.4.7 In Novice and Intermediate Free Routines with Required Technical Elements, a Half-Point Penalty shall be deducted from the Elements score if an element (# 1-5) is not performed parallel to the sides of the pool where the panels of judges have been placed.**

*Rationale: A zero for a mistake in an element during a routine affects all athletes participating in the routine. It exacerbates a pressure environment for all athletes and causes friction between teammates. It is too harsh for the majority of infractions at the Regional, Junior Olympic and Masters levels. A 2 point penalty results in a significant overall deduction and seems more reasonable than a zero.*

**Additional Housekeeping if Item 21 is approved**

**Fix OD 4.1.2.4 to address only Junior and Senior Technical Routines receiving 0s**

Consider a new OD 4.1.2.5 to address all other levels receiving penalties and then renumber the current 4.1.2.5 through 4.1.2.7 as 4.1.2.6 through 4.1.2.8.

**ITEM 22:**

New JO age groups: 12&Under, 13-14, 15-16, 17-19

**RULES COMMITTEE RECOMMENDS REJECTION**

**CP 3.5.5.2** May be held once a year in Figures and Free Solo, Duet, Mixed Duet and Team in two age divisions: 12 & under and ~~13-15~~**13-14**. May be held once a year in Junior Technical and Free routines in Solo, Duet, Mixed Duet and Team in two age divisions: ~~16-17~~**15-16** and ~~18-19~~**17-19**. A Free Combination event may be held in two age divisions: 13-15 and 16-19. The Free Combination and Solo events shall be Final events.

**CP 3.5.5.5** All 12 & under and ~~13-15~~**13-14** competitors in Solo, Duet, Mixed Duet and Team shall compete in the Figure competition. All ~~16-17~~**15-16** and ~~18-19~~**17-19** competitors in Solo, Duet, Mixed Duet and Team shall compete in the Technical routine event. The Figure or Technical routine results shall be added to the Preliminary Free routine score to determine the top 12 Duets, Mixed Duets and Teams that qualify for the Final Free routine competition. Number 13 shall be the pre-swimmer.

**CP 3.5.6.1** May be held once a year in Figures and Free Solo, Duet, Mixed Duet and Team in two age divisions: 12 & under and ~~13-15~~**13-14**. May be held once a year in Junior Technical and Free routines in Solo, Duet, Mixed Duet and Team in two age divisions: ~~16-17~~**15-16** and ~~18-19~~**17-19**. A Free Combination event may be held in two age divisions: 13-15 and 16-19. See CP 3.5.5.3-4.

**CP 4.1.4** Junior Olympic: Competitions shall consist of Figures and Free routines for the 12 & under and ~~13-15~~**13-14** age divisions. In the ~~16-17~~**15-16** and ~~18-19~~**17-19** age divisions, competitions shall consist of Junior Technical and Free routines.

**CP 4.2.5** Time requirements for routines shall be as follows:

**CP 4.2.5.1** Solo:

	Minutes
1. Free Senior, Junior, <del>16-17</del> <b>15-16</b> & <del>18-19</del> <b>17-19</b> Age Division	2:30
2. Free 13-15, <b>13-14</b> Age Division	2:15
5. Senior, Junior, <del>16-17</del> <b>15-16</b> & <del>18-19</del> <b>17-19</b> Age Division Technical Routines	2:00

**CP 4.2.5.2** Duet/Mixed Duet/Trio:

1. Free Senior, Junior, <del>16-17</del> <b>15-16</b> & <del>18-19</del> <b>17-19</b> Age Division	3:00
2. Free 13-15, <b>13-14</b> Age Division	2:45
5. Senior, Junior, <del>16-17</del> <b>15-16</b> & <del>18-19</del> <b>17-19</b> Age Division Technical Routines	2:20

**CP 4.2.5.3** Team:

1. Free Senior, Junior, <del>16-17</del> <b>15-16</b> & <del>18-19</del> <b>17-19</b> Age Division	4:00
2. Free 13-15, <b>13-14</b> Age Division	3:30
5. Senior, Junior, <del>16-17</del> <b>15-16</b> & <del>18-19</del> <b>17-19</b> Age Division Technical Routines	2:50

**CP 4.3.2.3** Junior Olympic 12 & under and ~~13-15~~**13-14** Age Divisions, Intermediate and Novice Championships: One set of 4 figures shall be performed in each age division where a routine is entered and the figures are different. At the U.S. Junior Olympic Championship 12 & under and ~~13-15~~**13-14** Age Divisions, each competitor shall perform figures in each age division, in each event, in which the competitor qualifies.

**1.** For Figure competition at Junior Olympic Championships 12 & under and ~~13-15~~**13-14** Age Divisions, the set of figures shall consist of the 2 Age Division Compulsory Figures combined with 1 group of 2 figures, drawn 18-72 hours before the start of the Figure competition, from the appropriate Age Division Figure Selection Groups.

For the ~~13-15~~**13-14** Age Division figures, see Figure Rule II.B.

*Rationale: This redivision is more aligned with our JO athlete population. Our 18-19 age group routine categories are often undersubscribed because many 19-year-olds are already in college; our 13-15 age group routine categories are often extremely large because of the three year age range. These hyper competitive 13-15 routine categories in the JO track can be discouraging to athletes who are at a point in life where they need to choose between various activities, often leading many of them to choose to leave the sport. Our 15 year old athletes are already eligible for Junior competition and can be grouped with 16-year-olds appropriately. In addition, due to considerable differences in growth and maturational status among adolescents, combining swimmers in this large 13-15 Age Group may not ensure fair competition. Because younger aged or late-maturing swimmers within an age-group are physically behind their same age-group older or precocious peers, the current age-grouping system may discourage them to continue taking part in our sport. For more details, see studies such as <https://scholarworks.iu.edu/dspace/handle/2022/6928>.*

**ITEM 23:** JO track does tech elements instead of tech routines for 15-16 and 17-19 (combination of duet and team elements)

**RULES COMMITTEE RECOMMENDS REJECTION**

**CP 3.5.5.2** May be held once a year in Figures and Free Solo, Duet, Mixed Duet and Team in two age divisions: 12 & under and 13-15. May be held once a year in ~~Junior Technical~~ **Technical Elements** and Free routines in Solo, Duet, Mixed Duet and Team in two age divisions: 16-17 and 18-19. A Free Combination event may be held in two age divisions: 13-15 and 16-19. The Free Combination and Solo events shall be Final events.

**CP 3.5.5.5** All 12 & under and 13-15 competitors in Solo, Duet, Mixed Duet and Team shall compete in the Figure competition. All 16-17 and 18-19 competitors in Solo, Duet, Mixed Duet and Team shall compete in the ~~Technical routine~~ **Technical Element** event. The Figure or ~~Technical routine~~ **Technical Element** results shall be added to the Preliminary Free routine score to determine the top 12 Duets, Mixed Duets and Teams that qualify for the Final Free routine competition. Number 13 shall be the pre-swimmer.

**1.** The Figure or ~~Technical routine~~ **Technical Element** results shall be added to the Solo Free Final results to determine final placement.

**CP 3.5.6.1** May be held once a year in Figures and Free Solo, Duet, Mixed Duet and Team in two age divisions: 12 & under and 13-15. May be held once a year in ~~Junior Technical~~ **Technical Elements** and Free routines in Solo, Duet, Mixed Duet and Team in two age divisions: 16-17 and 18-19. A Free Combination event may be held in two age divisions: 13-15 and 16-19. See CP 3.5.5.3-4.

**CP 4.1.4** Junior Olympic: Competitions shall consist of Figures and Free routines for the 12 & under and 13-15 age divisions. In the 16-17 and 18-19 age divisions, competitions shall consist of ~~Junior Technical~~ **Technical Elements** and Free routines.

#### **APPENDIX L: REQUIRED ELEMENTS FOR TECHNICAL ROUTINES, HIGHLIGHT AND FREE COMBINATION**

**G. For 15-16 and 17-19 JO Technical Element Competition, competition shall be composed of four individually performed elements from the current Junior Technical Duet, and Team elements.**

**1. Two compulsory elements shall be performed by each competitor. These shall be Junior Team Element 5 and Junior Duet Element 1.**

**2. Two elements from the below selection groups shall be drawn 18-72 hours before the start of the Technical Element competition.**

**Group 1: Junior Team Element 4, Junior Duet Element 4**

**Group 2: Junior Duet Element 2, Junior Team Element 3**

**3. All competitors shall wear a plain, one-piece black suit and plain white swim cap, devoid of club and National Team emblems. Goggles and nose clips may be worn. Jewelry is not allowed and must be removed prior to the start of the event**

**5. Judges shall award scores for the performance of the Technical Elements only.**

**6. The Figure scoring system shall be utilized to determine the results. For scoring purposes, see Note.**

**7. For Application of Penalties/Procedures: See Sections 1.02 and 1.03 above.**

*Rationale: At the grassroots level, the requirement for full technical and free routines has been difficult for teams to adapt to for older athletes. Use of technical element competition removes the need for full choreography of a new routine while still ensuring athletes develop their technical skills. As these elements are the same as those used for Junior competition, athletes who compete in the JO and elite track will have overlap in their skill development in both tracks.*

**ITEM 24:** JO routine times maximum now  $\frac{3}{4}$  of current max time

**RULES COMMITTEE RECOMMENDS REJECTION**

**CP 4.2.5** Time requirements for routines shall be as follows:

<b>CP 4.2.5.1 Solo:</b>	Minutes
1. Free Senior, Junior, <del>16-17 &amp; 18-19</del> Age Division	2:30
<b><u>7. Free JO 16-17 &amp; 18-19</u></b>	<b><u>2:00</u></b>
<b><u>8. Free JO 13-15</u></b>	<b><u>1:45</u></b>
<b><u>9. Free JO 12 &amp; under</u></b>	<b><u>1:30</u></b>
<b>CP 4.2.5.2 Duet/Mixed Duet/Trio:</b>	
1. Free Senior, Junior, <del>16-17 &amp; 18-19</del> Age Division	3:00
<b><u>7. Free JO 16-17 &amp; 18-19</u></b>	<b><u>2:15</u></b>
<b><u>8. Free JO 13-15</u></b>	<b><u>2:00</u></b>
<b><u>9. Free JO 12 &amp; under</u></b>	<b><u>1:45</u></b>
<b>CP 4.2.5.3 Team:</b>	
1. Free Senior, Junior, 16-17 & 18-19 Age Division	4:00
<b><u>7. Free JO 16-17 &amp; 18-19</u></b>	<b><u>3:00</u></b>
<b><u>8. Free JO 13-15</u></b>	<b><u>2:30</u></b>
<b><u>9. Free JO 12 &amp; under</u></b>	<b><u>2:15</u></b>
<b>CP 4.2.5.5 Free Combination:</b>	
<b><u>4. JO 13-15</u></b>	<b><u>2:30</u></b>
<b><u>5. JO 16-19</u></b>	<b><u>3:00</u></b>

*Rationale: Many grassroots teams are short on pool time, these shorter routine times encourage them to develop a more technically robust, shorter routine. For athletes planning to do the JO track and the elite track, routine music and choreography will need to be planned in advance to accommodate either time.*

**ITEM 25:** JO routine times - no minimum

**RULES COMMITTEE RECOMMENDS APPROVAL**

**CP 3.5.1.2 There shall be an allowance of 5 seconds plus the allotted time limit, but there shall be no minimum time limit.**

**CP 4.2.5.6.3 Free Routines:**

1. For all competitions, there shall be an allowance of  $\pm 5$  seconds plus or minus the allotted time limit. For Collegiate Dual, Invitational, Regional and other routine competitions exception, see Rule CO 2.4.5.1. For U.S. Masters Championship exception, see Rule MS 2.7.2. **For JO exception, see Rule CP 3.5.1.2.**

#### CP 4.2.5.6.4 Technical Routines:

1. For all competitions, there shall be an allowance of  $\pm 5$  seconds plus or minus the allotted time limit. For U.S. Masters Championship exception, see Rule MS 2.6.2. **For JO exception, see Rule CP 3.5.1.2.**

*Rationale: Many grassroots teams are short on pool time, the removal of the minimum time allows them to develop a more technically robust, shorter routine without receiving a time penalty.*

Note: Will require housekeeping if FINA proposal for 5+/- and if Item 25 passes for Appendix L 1.04 B (change to 5 seconds and add the exception for JOs along with Masters). Additional housekeeping may be required (Appendix L, CO 2.4.5 #1 and #3, MS 2.6.2 and MS 2.7.2, AD 4.1.3).

#### **ITEM 26:**

Add Male Solo to elite and JO tracks

#### **RULES COMMITTEE RECOMMENDS APPROVAL**

**CP 3.1.1.1** Solo **and Male Solo** competitors may compete unattached

**CP 3.1.2** Number of Events: Each competitor may compete in no more than 3 different routine events (Solo, **Male Solo**, Duet, Mixed Duet, Trio, Team) in each competition (unless otherwise specified). The Highlight and Free Combination events do not count as one of the 3 events. Each competitor may only enter 1 Duet or Mixed Duet event in each competition. **Each competitor may only enter Solo or Male Solo in each competition.**

**CP 3.2.2.1** For Preliminary events:

1. The top 4 Solos, **Male Solos**, Duets, Mixed Duets and Teams determined by the individual Free and Technical routine scores in the most recent Senior Zone Championships shall qualify for the U.S. National Championship.
  - Each Zone shall receive 1 additional entry for each Solo, **Male Solo**, Duet, Mixed Duet or Team Technical or Free routine it places in the Finals at the previous U.S. National Championship.
  - If a Zone qualifier elects not to compete in the U.S. National Championship, the next highest ranked Solo, **Male Solo**, Duet, Mixed Duet or Team Technical or Free routine from the most recent Senior Zone Championship shall become eligible to enter the U.S. National Championship. For notification responsibilities, see Rule CP 5.4.
2. One Solo, **one Male Solo**, one Duet, one Mixed Duet and one Team Technical or Free routine entry shall be awarded to the Association hosting the U.S. National Championship, if that Association is not otherwise represented in the Championship. This shall be the highest ranked Solo, Duet, Mixed Duet and Team Technical or Free routine from that Association in the most recent Senior Zone Championship.

**CP 3.2.2.2** Current National Training Center athletes may elect to compete in either Solo, Duet or Mixed Duet if not otherwise qualified. Current National Training Center athletes shall not displace any potential Solo, **Male Solo**, Duet or Mixed Duet qualifiers from the most recent Senior Zone Championships and shall not count towards the Zone additional entries for the following year.

**CP 3.2.3.2** **For Preliminary events:**

1. Solos, **Male Solos**, Duets, Mixed Duets, Teams, Highlights and Free Combination may enter the U.S. Senior Open Championship without regard to qualifications.

**CP 3.3.2** Qualifications for entry in the U.S. Junior Championship:

**CP 3.3.2.1** For Preliminary events:

1. The top 6 Solos, **Male Solos**, Duets, Mixed Duets and Teams determined by the combined Technical and Free routine scores in the most recent Junior Zone Championships shall qualify for the U.S. Junior Championship.

- Each Zone shall receive 1 additional Free routine entry for each Solo, **Male Solo**, Duet, Mixed Duet or Team routine it places in the Finals at the previous U.S. Junior Championship.
- If a Zone qualifier elects not to compete in the U.S. Junior Championship, the next highest ranked Solo, **Male Solo**, Duet, Mixed Duet or Team from the most recent Junior Zone Championship shall become eligible to enter the U.S. Junior Championship. For notification responsibilities, see Rule CP 5.4.

2. One Solo, **one Male Solo**, one Duet, one Mixed Duet and one Team entry shall be awarded to the Association hosting the U.S. Junior Championship, if that Association is not otherwise represented in the Championship. This shall be the highest ranked Solo, **Male Solo**, Duet, Mixed Duet and Team from that Association in the most recent Junior Zone Championship.

**CP 3.3.2.2** Current National Training Center athletes may elect to compete in either Solo, **Male Solo**, Duet or Mixed Duet if not otherwise qualified. Current National Training Center athletes shall not displace any potential Solo, Duet or Mixed Duet qualifiers from the most recent Junior Zone Championships and shall not count towards the Zone additional entries for the following year.

**CP 3.3.3** Qualifications for entry in the U.S. Junior Open Championship:

**CP 3.3.3.1** For Preliminary events:

1. Solos, **Male Solos**, Duets, Mixed Duets, Teams and Free Combinations may enter the U.S. Junior Open Championship without regard to qualifications.

**CP 3.4.2** Qualifications for entry in the U.S. 13-15 Championship:

**CP 3.4.2.1** For Preliminary events:

1. The top 4 Solos, **Male Solos**, Duets, Mixed Duets and Teams determined by the combined Free routine and Figure scores in the most recent 13-15 Zone Championships shall qualify for the U.S. 13-15 Championship.

- Each Zone shall receive 1 additional entry for each Solo, **Male Solo**, Duet, Mixed Duet or Team routine it places in the Finals at the previous U.S. 13-15 Championship.
- If a Zone qualifier elects not to compete in the U.S. 13-15 Championship, the next highest ranked Solo, Duet, Mixed Duet or Team from the most recent 13-15 Zone Championship shall become eligible to enter the U.S. 13-15 Championship. For notification responsibilities, see Rule CP 5.4.

2. One Solo, **one Male Solo**, one Duet, one Mixed Duet and one Team entry shall be awarded to the Association hosting the U.S. 13-15 Championship, if that Association is not otherwise represented in the Championship. This shall be the highest ranked Solo, Duet, Mixed Duet and Team from that Association in the most recent 13-15 Zone Championship.

**CP 3.4.2.2** Current National Training Center athletes may elect to compete in either Solo, **Male Solo**, Duet or Mixed Duet if not otherwise qualified. Current National Training Center athletes shall not displace any potential Solo, Duet or Mixed Duet qualifiers from the most recent 13-15 Zone Championships and shall not count towards the Zone additional entries for the following year.

**CP 3.5.5** U.S. Junior Olympic Championship:

**CP 3.5.5.2** May be held once a year in Figures and Free Solo, **Male Solo**, Duet, Mixed Duet and Team in two age divisions: 12 & under and 13-15. May be held once a year in Junior Technical and Free routines in Solo, **Male Solo**, Duet, Mixed Duet and Team in two age divisions: 16-17 and 18-19. A Free Combination event may be held in two age divisions: 13-15 and 16-19. The Free Combination, **Male Solo**, and Solo events shall be Final events.

**CP 3.5.5.3** Each Zone shall qualify up to 8 Solos, **8 Male Solos**, 12 Duets, 12 Mixed Duets and 12 Teams in each age division.

**CP 3.5.5.4** No Region shall have more than its proportionate share of the 12. Each Region shall qualify competitors by ranking in the combined Free routine and Figure or Technical routine scores in Regional Championships in the Solo, **Male Solo**, Duet, Mixed Duet and Team events.

**CP 3.5.5.5** All 12 & under and 13-15 competitors in Solo, **Male Solo**, Duet, Mixed Duet and Team shall compete in the Figure competition. All 16-17 and 18-19 competitors in Solo, **Male Solo**, Duet, Mixed Duet and Team shall compete in the Technical routine event. The Figure or Technical routine results shall be added to the Preliminary Free routine score to determine the top 12 Duets, Mixed Duets and Teams that qualify for the Final Free routine competition. Number 13 shall be the pre-swimmer.

1. The Figure or Technical routine results shall be added to the Solo **and Male Solo** Free Final results to determine final placement.

**CP 3.5.6** Regional Championships:

**CP 3.5.6.1** May be held once a year in Figures and Free Solo, **Male Solo**, Duet, Mixed Duet and Team in two age divisions: 12 & under and 13-15. May be held once a year in Junior Technical and Free routines in Solo, **Male Solo**, Duet, Mixed Duet and Team in two age divisions: 16-17 and 18-19.

**CP 3.5.6.2** Each Association may qualify the top 3 Solos, **Male Solos**, Duets, Mixed Duets, Teams and Free Combinations in each age division. Exception: Any Association which is the only participant in its Region in a given year, event and age division, may qualify the top 4 Solos, **Male Solos**, Duets, Mixed Duets, Teams and Free Combinations in each age division.

**CP 4.1.1** Senior:

**CP 4.1.1.1** For the U.S. National Championship, competition shall consist of Senior Technical and Free routines for Solos, **Male Solos**, Duets, Mixed Duets and Teams. There shall also be a Free Combination event conducted as a 100% routine event.

**CP 4.1.1.2** For the U.S. Senior Open Championship, competition shall consist of Senior Technical and Free routines for Solos, **Male Solos**, Duets, Mixed Duets and Teams. There shall also be a Highlight and Free Combination routine event.

**CP 4.1.2** Junior:

**CP 4.1.2.1** For the U.S. Junior Championship, competition shall consist of Junior Technical and Free routines for Solos, **Male Solos**, Duets, Mixed Duets and Teams

**CP 4.1.2.2** For the U.S. Junior Open Championship, competition shall consist of Junior Technical and Free routines for Solos, **Male Solos**, Duets, Mixed Duets and Teams. There shall also be a Free Combination event conducted as a 100% routine event.

**CP 4.1.3 13-15:**

**CP 4.1.3.1** For the U.S. 13-15 Championship, competition shall consist of Figures and Free routines for Solos, **Male Solos**, Duets, Mixed Duets and Teams. There shall also be a Free Combination event conducted as a 100% routine event.

**CP 4.2** Routines:

**CP 4.2.1** Routine competition shall consist of Solo, **Male Solo**, Duet, Mixed Duet, Trio, Team, Highlight and Free Combination events.

**CP 4.2.5** Time requirements for routines shall be as follows:

**CP 4.2.5.1** Solo/**Male Solo**: Minutes

**CP 6.1.3** If there are more than 10 entries in Solo, **Male Solo**, Duet, Mixed Duet, Trio, Team, Highlight or Free Combination events in National competition, then Preliminary and/or Semifinal events shall be held in these events.

**CP 6.2.1** For the U.S. National Championship, the Solo, **Male Solo**, Duet, Mixed Duet and Team Technical routine events shall consist of a Preliminary Technical routine competition followed by a Final Technical routine competition. The Solo, **Male Solo**, Duet, Mixed Duet and Team Free routine events shall consist of a Preliminary Free routine competition followed by a Final Free routine competition. The Free Combination event at the U.S. National Championship shall consist of a Preliminary and Final routine competition.

**CP 6.2.3** For the U.S. Senior Open Championship, the Solo, **Male Solo**, Duet, Mixed Duet and Team Technical routine events shall consist of a Preliminary Technical routine competition followed by a Final Technical routine competition. The Solo, **Male Solo**, Duet, Mixed Duet and Team Free routine events shall consist of a Preliminary Free routine competition followed by a Final Free routine competition.

**CP 6.3.1** Routine Competition:

**CP 6.3.1.1** All competitors in Solo, **Male Solo**, Duet, Mixed Duet and Team shall perform Junior Technical and Free routines

**CP 6.4.1** For the U.S. Junior Open Championship, the Solo, **Male Solo**, Duet, Mixed Duet and Team Technical routine events shall consist of a Preliminary Technical routine competition followed by a Final Technical routine competition. The Solo, **Male Solo**, Duet, Mixed Duet and Team Free routine events shall consist of a Preliminary Free routine competition followed by a Final Free routine competition.

**CP 6.7.3** The order of the draw shall be Teams, Free Combinations, Highlights, Duets, Mixed Duets, Trios, **Male Solos**, and Solos Preliminaries or Semifinals. For competitions involving both Technical and Free routines, the draw for the event's Technical routine shall first be held followed by the Free routine draw (Team Technical, Team Free Preliminary, Free Combination Preliminary, Highlight Preliminary, Duet Technical, Duet Free Preliminary, Mixed Duet Technical, Mixed Duet Free Preliminary, Trio Free Preliminary, **Male Solo Technical Preliminary, Male Solo Free Preliminary**, Solo Technical, Solo Free Preliminary).

**CP 7.3.1** Scoring shall be as follows:

Solo/**Male Solo** 5 for first; 3 for second; 1 for third place.



**CP 7.4** Scoring System for Team and Individual High Point Trophies:

Place	Solo, <b>Male Solo</b> Tech/Free	Duet, Mixed Duet, Trio Tech/Free	Team Tech/Free	Free Combination
1st	12	18	24	24
2nd	11	17	22	22
3rd	10	16	20	20
4th	9	15	18	18
5th	8	14	16	16
6th	7	13	14	14
7th	6	12	12	12
8th	5	11	10	10
9th	4	10	8	8
10th	3	9	6	6
11th	2	8	4	4
12th	1	7	2	2

*Rationale: To further encourage male participation in the sport by offering a male-only solo event at JO and elite competitions.*

**ITEM 27:** 12U Figure Change Proposals

**ITEM 27-A:** Submitted from a task force associated with the Figures Subcommittee.

**FIGURES SUBCOMMITTEE AND RULES COMMITTEE RECOMMEND APPROVAL OF 27-A**

**C. 12 & UNDER AGE DIVISION FIGURES:**

**COMPULSORY FIGURES**

106 Ballet Leg, Straight 1.6  
301 Barracuda 1.9 **301h Barracuda Spin Up 180° 2.5**

**SELECTION GROUPS:**

**Group 1**

420 Walkover, Back 1.9 **359 Front Ariana 2.2**  
327 Ballerina 1.8 **348e Tower Spin 360° 2.0**

**Group 2**

311 Kip 1.6 **363 Water Drop 1.8**  
401 Swordfish ~~2.0~~ **2.1**

**Group 3**

226 Swan 2.1 **313 Kip, Split Closing 180° 2.3**  
363 Water Drop 1.5 **227d Swanita Spin 180° 1.9**

*Rationale: The task force heard from members, including athletes, that the difference in difficulty between the proposed FINA 12U and FINA 13-15 figure groups was too wide. The athletes would struggle to move up to the harder 13-15 figures without the proper progression of skills. Since progression of skills up to the next age group has always been a goal of USAAS, these figures are proposed to allow for that progression. In addition, if FINA rule AS 11.3 is accepted, this is a good time to challenge our 12U AG swimmers in preparation for moving up to Youth. Please see notes below explaining some of the choices:*

**Notes:**

Barracuda, Spin Up 180 helps with progression to the spin-up on the 13-15 figure Barracuda Airborne Split Spin Up 180 and the Kip Combined Spin

Adding the 360 spin to the Tower helps with progression to the 360 spin on the 13-15 figures Straight Leg Rio and Venus, and for the continuous spin in the Whip

The Kip Split Closing 180 helps with progression to the 13-15 figure Walkover Back Closing 360

**ITEM 27-B:** FINA Proposal

**FIGURES SUBCOMMITTEE AND RULES COMMITTEE RECOMMEND REJECTION OF 27-B**

**APPENDIX I - 12 and Under Figures**

**Compulsory**

106 Straight Ballet Leg 1.6  
301 Barracuda 1.8

**Group 1**

359 Front Ariana 2.2  
348 Tower 1.9

**Group 2**

363 Water Drop 1.8  
401 Swordfish 2.1

**Group 3**

311 Kip 1.6  
227d Swanita Spinning 180° 1.9

**ITEM 28:**

Changes to Appendix L regarding changing Novice Technical routines to Novice Free routines with required technical elements (**need to re-letter under 1.05**)

**RULES COMMITTEE RECOMMENDS APPROVAL**

**APPENDIX L**

**REQUIRED ELEMENTS FOR TECHNICAL ROUTINES, HIGHLIGHT AND FREE COMBINATION**

**1.03 Procedures for all Technical routines, ~~except Novice:~~**

**1.04 General Comments:**

A. ~~through D. remain the same~~

E. **Judging:** Intermediate, Junior, Senior, and Masters Required elements #1-5 shall be judged within the Elements Score. ~~Novice required elements are judged according to OD 2.6.2.5:~~

F. ~~remains the same~~

**1.05 Specific Requirements:** See USAAS Rule OD 3.6.2.

A. For **Novice and Intermediate**, ~~Junior, Senior and Masters~~ Solos, Duets, Mixed Duets and Trios only, Required Elements # 1-5 shall be performed parallel to the sides of the pool where the panels of judges are seated.

**B. ~~Novice Technical routines:~~**

~~1. For Novice Technical Duets, Technical Mixed Duets and Technical Trios, with the exception of the deck work and entry, all elements, required and supplementary, must be performed simultaneously and facing the same direction by all competitors (e.g., they must face the same wall or diagonal). They may not face each other or away from each other. Mirror actions are not permitted (e.g., one competitor cannot lift her left arm "mirroring" the other competitor lifting her right arm).~~

~~2. For Novice Technical Teams, with the exception of the deck work and entry, all elements, required and supplementary, must be performed simultaneously and facing the same direction by all Team members. Variations in propulsion and direction facing are permitted only during underwater pattern changes. Mirror actions are not permitted.~~

**B. For Novice and Intermediate Duet, Mixed Duet, Trio and Team Free Routines with Required Technical Elements**, all elements must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during Technical Elements. See Section 1.05 A above.

**NOVICE REQUIRED TECHNICAL ELEMENTS**  
**NOVICE FREE ROUTINE WITH REQUIRED TECHNICAL ELEMENTS**

\*Need a degree of difficulty for the No-Arm Boost element (Boost with one arm is 1.3 DD)

*Rationale: To align the novice routines with the new figures proposed for novice. This will allow us to better bridge the gap from novice to intermediate to the higher/advanced levels.*

<p><b>NOVICE SOLO, DUET/MIXED DUET, TRIO AND TEAM (1:30)</b>          Required elements # 1-5 must be performed in the order listed.</p>
<p><b>1. Head First Standard Scull in <u>Back Layout Position</u>:</b>  <b>Figure #316 – Kipnus [DD 1.4]</b></p>
<p><b>2. Figure # 310 Somersault, Back Tuck, to the completion of at least a 90° rotation.</b>  <b><u>No-Arm Boost - a rapid, head-first rise, with a maximum amount of the body above the surface of the water. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence. [DD XX]</u></b></p>
<p><b>3. Side flutter on either side, followed by an arm sweep to a <u>Front Layout Position</u>, followed by a pull to a <u>Surface Front Pike Position</u>:</b>  <b>Figure #360 – Walkover, Front [DD 1.9]</b></p>
<p><b>4. <u>Split Position</u>:</b>  <b>Figure #100 – Bent Knee, Alternate [DD 1.0]</b></p>
<p><b>5. Figure # 101 Ballet Leg, Single, while traveling:</b>  <b>Figure #306 – Barracuda [DD 1.9]</b></p>
<p><b>6. <u>Required Strokes</u>.</b> Any two of the three listed strokes must be performed in the routine. The strokes may appear in any order and at any point in the routine. Each stroke must be performed with at least two repetitions with no intervening actions. The proper kick must be done with the proper arm strokes. The listed strokes are:</p> <ul style="list-style-type: none"> <li>a. Breaststroke: Head may be in or out.</li> <li>b. Backstroke: Stops at top of the arm stroke are allowed.</li> <li>c. Sidestroke: Head up or down.</li> </ul> <p><b><u>All elements must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during technical elements. See Section 1.05 C</u></b></p>
<p><b>7. <u>With the exception of the deck work and entry, all elements required and supplementary must be performed simultaneously and facing the same direction by all competitors. For Team routines, varied propulsion and direction facing are permitted only during underwater pattern changes. Mirror actions are not permitted. See Section 1.05 B.</u></b>  <b><u>Acrobatic lifts or moves are not permitted in novice routines.</u></b></p>

## INTERMEDIATE FREE ROUTINE WITH REQUIRED TECHNICAL ELEMENTS

**INTERMEDIATE SOLO (2:00, 1:45), DUET/MIXED DUET/TRIO (2:30, 2:05) AND TEAM (3:00, 2:35) +/- 5 sec**

Required elements # 1-5 must be performed in the order listed.

1. Figure #348 Tower [DD1.9]  
**Figure #344 – Neptunus [DD 1.7]**
2. Boost - a rapid, head-first rise, with a maximum amount of the body above the surface of the water. One arm must be lifted above the surface as the body reaches maximum height. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence. [DD 1.3]
3. Figure #360 Walkover, Front. [DD 1.9]  
**Figure #101 Ballet Leg, Single. [DD 1.6]**
4. Figure #101 Ballet Leg, Single. [DD 1.6]  
**Figure #318 – Kip, Bent Knee [DD 1.8]**
5. Figure #301 Barracuda. [DD 1.9]
6. All elements must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during Technical Elements. See Section 1.06 C

*Rationale: To align the intermediate routines with the new figures proposed for intermediate. This will allow us to better bridge the gap from novice to intermediate to the higher/advanced levels.*

Note: Time limits 15 seconds shorter than Jr/Sr tech routines.

**Housekeeping if Item 28 is approved:**

**CP 4.1.6** Novice: Competitions shall consist of Figures and/or ~~Technical Routines~~. **Free Routines with Required Technical Elements.**

**OD 2.6.2.4** For Senior, Junior, Junior Olympic 16-17 and 18-19 Age Divisions, Intermediate Free Routine with Required Technical Elements, **Novice Free Routine with Required Technical Elements** and Masters Technical routines, each judge shall award score(s) from 0-10 points.

**OD 2.6.2.5** For Free Routine, Highlight; **and** Free Combination ~~and Novice Technical Routines~~, each judge shall award 1 score from 0-10 points.

**OD 3.6.2.3** Additional Penalties and Required Technical Element Zero procedures in Junior, Junior Olympic 16-17 and 18-19 Age Divisions, Senior and Masters Technical Routines, ~~and~~ Intermediate Free Routine with Required Technical Elements, **and Novice Free Routine with Required Technical Elements:**

**OD 4.1.2.4** Senior, Junior, Junior Olympic 16-17 and 18-19 Age Divisions, Intermediate Free Routine with Required Technical Elements, **Novice Free Routine with Required Technical Elements** and Masters Technical Routine competition.

**ITEM 29:**

Split Junior Free and Technical Routines

**RULES COMMITTEE RECOMMENDS APPROVAL****CP 3.3.2 Qualifications for entry in the U.S. Junior Championship:****CP 3.3.2.1 For Preliminary events:**

1. The top 6 Solos, Duets, Mixed Duets and Teams determined by the individual combined Technical and Free routine scores in the most recent Junior Zone Championships shall qualify for the U.S. Junior Championship.
  - Each Zone shall receive 1 additional ~~Free routine~~ entry for each Solo, Duet, Mixed Duet or Team Technical or Free routine it places in the Finals at the previous U.S. Junior Championship.
  - If a Zone qualifier elects not to compete in the U.S. Junior Championship, the next highest ranked Solo, Duet, Mixed Duet or Team Technical or Free routine from the most recent Junior Zone Championship shall become eligible to enter the U.S. Junior Championship. For notification responsibilities, see Rule CP 5.4.

**CP 6.2 Additional Event Progression for the U.S. National Championship, the U.S. Junior Championship and the U.S. Senior Open Championship:**

**CP 6.2.1 For the U.S. National Championship, and U.S. Junior Championship,** the Solo, Duet, Mixed Duet and Team Technical routine events shall consist of a Preliminary Technical routine competition followed by a Final Technical routine competition. The Solo, Duet, Mixed Duet and Team Free routine events shall consist of a Preliminary Free routine competition followed by a Final Free routine competition. The Free Combination event at the U.S. National Championship shall consist of a Preliminary and Final routine competition. When the U.S. National and U.S. Junior Championships are held together, there shall be 1 combined Free Combination event and all competitors shall compete for the same awards.

**New CP 6.2.3 For the U.S. Junior Championship, competitors will receive points from the Free Combination event toward the High Point (individual or team) awards. To qualify for Team points, a Free Combination routine must have at least 1 competitor participating in other U.S. Junior Championship events. To qualify for Individual points, a competitor must participate in at least 1 other U.S. Junior Championship event.**

**~~CP 6.3 Additional Event Progression for the U.S. Junior Championship:~~****~~CP 6.3.1 Routine Competition:~~**

~~CP 6.3.1.1 All competitors in Solo, Duet, Mixed Duet and Team shall perform Junior Technical and Free routines:~~

~~CP 6.3.1.2 The Junior Technical routine scores shall be added to the Free routine scores to determine the competitors who advance to the next level:~~

~~CP 6.3.2 Events: The events shall consist of Preliminary Technical and Preliminary Free routines and Final Free routine competition. The Free Combination event at the U.S. Junior Championships shall consist of a Preliminary and Final routine competition. When the U.S. National and U.S. Junior Championships are held together, there shall be 1 combined Free Combination event and all competitors shall compete for the same awards.~~

**~~CP 6.3.3 For the U.S. Junior Championship, competitors will receive points from the Free Combination event toward the High Point (individual or team) awards. To qualify for Team points, a Free Combination routine must have at least 1 competitor participating in other U.S. Junior Championship events. To qualify for Individual points, a competitor must participate in at least 1 other U.S. Junior Championship event.~~**

**CP 6.3.4** The order of events shall be determined by the Vice President Competitive Operations and Meet Manager.

*Rationale: Allow coaches more flexibility when choosing routines for their club. For example, this allows a club to experiment with giving an athlete a technical solo without requiring the athlete to also choreograph and compete a free solo. In addition, not requiring a free and technical routine avoids issues with foreign federations who attend the U.S. Junior Championship and are not expecting both routines to be required.*

**ITEM 30:** Split JO Free and Technical Routines  
**RULES COMMITTEE RECOMMENDS APPROVAL**

**CP 3.5.5.5** All 12 & under and 13-15 competitors in Solo, Duet, Mixed Duet and Team shall compete in the Figure competition. ~~All 16-17 and 18-19 competitors in Solo, Duet, Mixed Duet and Team shall compete in the Technical routine event.~~ **For 12 & under and 13-15 competitors** ~~t~~The Figure ~~or Technical~~ routine results shall be added to the Preliminary Free routine score to determine the top 12 Duets, Mixed Duets and Teams that qualify for the Final Free routine competition. Number 13 shall be the pre-swimmer.

1. ~~For 12 & under and 13-15 competitors t~~The Figure ~~or Technical routine~~ results shall be added to the Solo Free Final results to determine final placement.
2. The Free Combination event shall be a Final event and shall not include Figure or Technical routine scores.

**CP 6.6.2** The Regional Junior Olympic Championship and Association Junior Olympic Championship Free routine events shall be considered Final events. All **12 & under and 13-15** competitors shall perform figures ~~or Technical routines~~. For **12 & under and 13-15 competitors** ~~t~~The figure ~~or Technical routine~~ scores shall be added to the Free routine scores to determine the competitors who advance to the next level. **For 16-17 and 18-19 competitors Tech routine events shall be considered Final events.** The order of events shall be arranged by the respective Technical Chair and the organizing Meet Manager.

*Rationale: Allow coaches more flexibility when choosing routines for their club. For example, this allows a club to experiment with giving an athlete a technical solo without requiring the athlete to also choreograph and compete a free solo.*

Housekeeping if approved for CP 3.5.5.2

**ITEM 31:** Changes in Zero Figure Rule  
**RULES COMMITTEE RECOMMENDS APPROVAL**

## **OD 3.6 Application of Penalties**

### **OD 3.6.1 Figure Competition:**

#### **OD 3.6.1.1**

**A:** For the Youth category, If a competitor does not perform the announced figure, or if the figure does not have all of the required elements or is performed other than according to the description, the Panel Referee or Assistant Panel Referee shall inform the judges and the competitor that the result will be a zero for that figure.

**B:** For 12&Under, Intermediate and Novice categories, if a competitor does not perform the announced figure, or if the figure does not have all of the required elements or is performed other than according to the description, the athlete will be allowed to perform this figure again and a



**one-point penalty shall be applied. If the athlete fails again, the Panel Referee or Assistant Panel Referee shall inform the judges and the competitor that the result will be a zero for that figure.**

**OD 3.6.1.2**

**A:** For the Youth category, in Continuous Spin, any 180° deviation (more or less) in exact required number of rotations shall be considered under OD 3.6.1.1 A.

**B:** For 12&Under, Intermediate and Novice categories, in Continuous Spin, any 180° deviation (more or less) in exact required number of rotations shall be considered under OD 3.6.1.1 B.

*Rationale: The result of a zero for any portion of the figure performed incorrectly is very harsh for younger and lower-level swimmers. This uses the proposed FINA rule for a 1-point penalty for 12&Under, which has been carried down to Intermediate and Novice, but maintains consistency with the FINA rule for the Youth category.*

**ITEM 32:** Free Combination Event in 16-19 age divisions at JOs and Regionals  
**RULES COMMITTEE RECOMMENDS REJECTION**

**CP 3.5.5 U.S. Junior Olympic Championship**

**CP 3.5.5.2** May be held once a year in Figures and Free Solo, Duet, Mixed Duet and Team in two age divisions: 12 & under and 13-15. May be held once a year in Junior Technical and Free routines in Solo, Duet, Mixed Duet and Team in two age divisions: 16-17 and 18-19. A Free Combination event may be held in ~~one two~~ age divisions: 13-15 and 16-19. **An Acrobatic Routine event may be held in one age division: 16-19.** The Free Combination, **Acrobatic Routine and** Solo events shall be Final events.

**CP 3.5.6 Regional Championships:**

**CP 3.5.6.1** May be held once a year in Figures and Free Solo, Duet, Mixed Duet and Team in two age divisions: 12 & under and 13-15. May be held once a year in Junior Technical and Free routines in Solo, Duet, Mixed Duet and Team in two age divisions: 16-17 and 18-19. A Free Combination event may be held in ~~one two~~ age divisions: 13-15 and 16-19. **An Acrobatic Routine event may be held in one age division: 16-19.** See CP 3.5.5.3-4.

*Rationale: There are many clubs that are smaller and with less resources for acrobatics training and/or sufficient pool time to practice acrobatics, and it is therefore felt that requiring an acrobatic routine for ages 16-19 at JOs may result in a high-risk situation for these clubs.*

**ITEM 33:** Add proposed FINA 12 & under Free Combination and 16-19 Acrobatic routines, and maintain Free Combination routine in 16-19 age divisions at JO and Regional levels.  
**RULES COMMITTEE RECOMMENDS APPROVAL**

**CP 3.5.5 U.S. Junior Olympic Championship**

**CP 3.5.5.2** May be held once a year in Figures and Free Solo, Duet, Mixed Duet and Team in two age divisions: 12 & under and 13-15. May be held once a year in Junior Technical and Free routines in Solo, Duet, Mixed Duet and Team in two age divisions: 16-17 and 18-19. A Free Combination event may be held in ~~three two~~ age divisions: **12 & under,** 13-15 and 16-19. **An Acrobatic Routine event may be held in one age division: 16-19.** The Free Combination, **Acrobatic Routine** and Solo events shall be Final events.

**CP 3.5.6 Regional Championships:**

**CP 3.5.6.1** May be held once a year in Figures and Free Solo, Duet, Mixed Duet and Team in two age divisions: 12 & under and 13-15. May be held once a year in Junior Technical and Free routines in Solo, Duet, Mixed Duet and Team in two age divisions: 16-17 and 18-19. A Free Combination event may be

held in ~~three~~ two age divisions: **12 & under**, 13-15 and 16-19. **An Acrobatic Routine event may be held in one age division: 16-19.** See CP 3.5.5.3-4.

*Rationale: To add the Free Combination Routine to 12 & under and Acrobatic Routine to the 16-19 age divisions as proposed by FINA, but still allow a Free Combination Routine in 16-19 age divisions at JO and Regional levels for less high-risk events.*

**ITEM 34:** Add Male Solo to Masters with larger age groups than for current solo age groups  
**MASTERS COMMITTEE RECOMMENDS REJECTION, RULES RECOMMENDS APPROVAL**

**MS 2.1** Solo, **Male Solo**, Duet, Trio and Team Free routines.

**MS 2.2** Solo, **Male Solo**, Duet, Trio and Team Technical routines.

**MS 2.5** Number of Events: Each competitor may compete in no more than 3 different Free routine events (Solo, **Male Solo**, Duet, Trio or Team) in each U.S. Masters Championship. The Free Combination event does not count as one of the 3 events.

**MS 2.6** Competitors may swim a Technical routine and/or a Free routine in Solo, **Male Solo**, Duet, Trio or Team. Competitors who compete in both the Technical and Free routine in a given event (Solo, **Male Solo**, Duet, Trio or Team) will be eligible for an award. Competitors who compete in only a Technical or Free routine will be listed in the results and will not be eligible for an award.

**MS 2.6.1** Technical Routine Time Limits:

Events	Minutes
Solo/ <b>Male Solo</b>	1:30
Duet/Trio	1:40
Team	1:50

**MS 2.7** Free routine competition shall consist of Solo, **Male Solo**, Duet, Trio, Team and Free Combination routines consisting of any figures, swimming strokes or parts thereof.

**MS 2.7.1** Free Routine Time Limits:

Events	Minutes
Solo/ <b>Male Solo</b>	2:30
Duet/Trio	3:00
Team	4:00
Free Combination	4:00

**MS 2.10** Routine Age Divisions:

**MS 2.10.2 Male Solo**, Team, Free Combination:

1. Master: 20-34, 35-49, 50-64, 65-79, 80 & older.

*Rationale: To encourage masters teams to recruit more male swimmers.*

**ITEM 35:** Averaging Ages for Masters Competition  
**RULES COMMITTEE RECOMMENDS APPROVAL**

**MS 2.10.3** The Routine Age Division for each routine entry is determined by averaging the ages of the competitors. The average age of the competitors in a routine shall be determined by adding the ages of the actual swimmers (not including the reserves), dividing by the number of swimmers (not including reserves) and dropping any resulting fraction or decimal. (For example, if the average age of the team is 49.833, they would swim in the 35-49 age group).

*Rationale: The description of how the average age in Masters Duet, Trio, Team and Combo is non-existent in the current USAAS rulebook. Chris has mentioned he usually needs to explain this to people. The proposal is an attempt to make the clearly explain how to average. The suggestion is to use the FINA Masters description of how you average the ages to determine the age group.*

**ITEM 36 (new - 90% vote):**

Intermediate A&B Figure Proposal

**RULES COMMITTEE RECOMMENDS APPROVAL**

APPENDIX L REQUIRED ELEMENTS FOR TECHNICAL ROUTINES, HIGHLIGHT AND FREE COMBINATION 1.03  
Procedures for all Technical routines, ~~except Novice:~~

1.04 General Comments:

**A. through D. remain the same**

**E. Judging:** Intermediate, Junior, Senior, and Masters Required elements #1-5 shall be judged within the Elements Score. ~~Novice required elements are judged according to OD 2.6.2.5.~~

**F. remains the same**

**ADD NEW LETTER G**

**G. Intermediate Routines shall be split into 2 categories – Int A and Int B. If a swimmer chooses to compete in Intermediate A figures, then they must compete in Int A routine events. If a swimmer chooses to compete in Intermediate B figures, then they must compete in Int B routine events. (See addendum to rules packet Intermediate A and B figures proposal)**

*Rationale: The Intermediate figures as proposed will not adequately prepare a swimmer who starts at a later age to move into the Age Group track. The Int A solution helps bridge that gap for those swimmers that want to prepare for Age Groups. The Int B option still offers a solution for those athletes that want to remain in the Intermediate category. All Intermediate routines shall have the same technical elements and rules as proposed, regardless of whether or not they compete in Int A or Int B Figures.*

**Addendum to Rules Packet, Figure Item 2**

Note: Intermediate Figures shall be split into 2 categories – Int A and Int B. Int A figures are the same as the 12&under age group figures. Int B figures are the same as the proposed Intermediate figures

Figure Item 2: **2A**

**Figure Rule II. D.INTERMEDIATE A FIGURES are the same as the 12 &under figures accepted by the BOG and BOD.**

**Figure Item 2: 2B**

**Figure Rule II. D.INTERMEDIATE B FIGURES:**

**COMPULSORY FIGURES:**

101 Ballet Leg, Single 1.6

301 Barracuda 1.8\*

**SELECTION GROUPS:**

Group 1

~~360 Walkover, Front 1.9~~

359 Front Ariana 2.2

~~311 Kip 1.6~~

318 Kip, Bent Knee 1.8

Group 2

344 Neptunus 1.7

406 Swordfish, Straight Leg 2.0

Group 3

348 Tower 1.9

~~420 Walkover, Back 1.9~~

226 Swan 2.1

*Rationale: See above.*

ADDENDUM TO RULES PACKET

Figures Subcommittee Action Items 2022 Convention

FIGURES SUBCOMMITTEE AND RULES COMMITTEE RECOMMEND APPROVAL OF ALL ITEMS

Figure Item 1. Figure Rule II. E Novice Figures

COMPULSORY FIGURES:

101	Ballet Leg, Single	1.6	<u>100</u>	<u>Bent Knee, Alternate</u>	<u>1.0</u>
302	Blossom	1.4	<u>301</u>	<u>Barracuda</u>	<u>1.8*</u>

SELECTION GROUPS:

Group 1

323	Somersault, Front Pike	1.4	<u>360</u>	<u>Walkover, Front</u>	<u>1.9</u>
316	Kipnus	1.4			

Group 2

361	Prawn	1.5	<u>344</u>	<u>Neptunus</u>	<u>1.7</u>
201	Dolphin	1.4			

Note: These figures need not be performed in the order listed. The Selection group shall be drawn 18-72 hours before the start of the Figure competition.

Rationale: Teach core body positions and skills to incoming swimmers so progression can be followed in future.

\*DD Values expression subject to adjustment by FINA

Figure Item 2. Figure Rule II. D.INTERMEDIATE FIGURES:

COMPULSORY FIGURES:

101	Ballet Leg, Single	1.6			
301	Barracuda	1.8*			

SELECTION GROUPS:

Group 1

360	Walkover, Front	1.9	<u>359</u>	<u>Front Ariana</u>	<u>2.2</u>
311	Kip	1.6	<u>318</u>	<u>Kip, Bent Knee</u>	<u>1.8</u>

Group 2:

<u>344</u>	<u>Neptunus</u>	<u>1.7</u>			
<u>406</u>	<u>Swordfish, Straight Leg</u>	<u>2.0</u>			

Group 3

348	Tower	1.9			
420	Walkover, Back	1.9	<u>226</u>	<u>Swan</u>	<u>2.1</u>

Note: These figures need not be performed in the order listed. The Selection group shall be drawn 18-72 hours before the start of the Figure competition.

Rationale: Progression of figures to prepare swimmers for FINA age group figures

\*DD Values expression subject to adjustment by FINA

Figure Item 3. Addition of NEW 12U FINA Figure to align with USA Rulebook expanded Verbiage

359 Front Ariana DD 2.2

From a Front Layout Position, as the trunk moves downward to assume a Surface Front Pike Position, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. With the head and shoulders remaining vertically aligned with the hips, one leg is lifted in a 180° arc over the surface to a Split Position. From a Split Position an Ariana rotation is performed by maintaining the relative position of the legs to the surface of the water as the hips rotate 180°. The hips remain stationary as the front leg is lifted in a 180° arc over the surface to meet the opposite leg in a Surface Arch Position. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a Back Layout Position as the head occupies the position of the hips at the beginning of this action.

(FINA proposed verbiage for comparison: From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water an *Ariana Rotation* is performed. A *Walkout Front* is executed)

Rationale: Align USA and FINA rulebook for consistency.

DD Values expression subject to adjustment by FINA

**Figure Item 4.** Change in existing 12U FINA Figure to align with USA Rulebook expanded Verbiage

### 363. Water Drop

Difficulty **1.8\***

From a **Front Layout Position**, as the trunk moves downward to assume a **Surface Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, the legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. A descending spinning 180° is executed in the same direction as the bent knee is extended to assume a **Vertical Position** and completed as the ankles reach the surface of the water. Maintaining the **Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.

(FINA proposed verbiage for comparison: From a **Front Layout Position** a *Front Pike Position* is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. A *180° Spin* is executed in the same direction as the bent knee is extended to a **Vertical Position** and completed as the ankles reach the surface of the water. A *Vertical Descent* is executed.)

Rationale: Align USA and FINA rulebook for consistency.

\*DD Values expression subject to adjustment by FINA

**Figure Item 5.** Addition of NEW 12U FINA Figure to align with USA Rulebook expanded Verbiage

### 227d Swanita Spinning 180°

DD 1.9

From a Back Layout Position, a Nova (435) is executed to the Bent Knee Surface Arch Position. Without movement of the trunk, and with minimal change in water level, the knee is straightened without movement of the thigh to assume a Knight Position. Maintaining the legs in their positions, the trunk rotates 180° to assume a Fishtail Position. From a Fishtail Position a Helicopter Rotation is performed as the horizontal leg is lifted to a Vertical Position in the same direction as the previous rotation, during a descending spinning 180° and is completed as the ankles reach the surface of the water. Maintaining the Vertical Position, the body descends along its longitudinal axis until the toes are submerged.

(FINA proposed verbiage for comparison From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The bent leg straightens to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. A *Helicopter Rotation Spinning 180°* is executed in the same direction.)

Rationale: Align USA and FINA rulebook for consistency

DD Values expression subject to adjustment by FINA

**Figure Item 6.** Addition of NEW 13-15 FINA Figure to align with USA Rulebook expanded Verbiage

### 437 Cyclone, Open 180°

DD 2.6

From a Back Layout Position, the head leads downward as a Dolphin (201) is initiated. The hips and legs move along the surface until the hips reach the point occupied by the head at the beginning of this action and the hips are about to submerge. The hips, legs and feet continue to move along the surface as the back is arched more while one knee is bent to assume a Bent Knee Surface Arch Position. The legs are simultaneously lifted to a Vertical Position as a Twirl is executed. Continuing in the same direction, the legs open symmetrically to a Split Position as a 180° rotation is executed. The hips remain stationary as the front leg is lifted in a 180° arc over the surface to meet the opposite leg in a Surface Arch Position. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a Back Layout Position as the head occupies the position of the hips at the beginning of this action.

(FINA proposed verbiage for comparison: From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The legs are simultaneously lifted to a **Vertical Position** as a *Twirl* is executed. Continuing in the same direction the legs are opened symmetrically to a **Split Position** as a 180° rotation is executed. A *Walkout Front* is executed.)

Rationale: Align USA and FINA rulebook for consistency  
DD Values expression subject to adjustment by FINA

**Figure Item 7.** Addition of NEW 13-15 FINA label for the Spin Up 180° portion, letter h. (Note basic figure description does not change, just adding h to the list of options to add on to the figure)

308h Barracuda Airborne Split, Spin Up 180°

**308h, see Twists and Spins, Figure Rule V. Difficulties, see I.A**

**A Barracuda Airborne Split is executed to a re-joined Vertical Position. A Vertical Descent is executed at the same tempo as the Thrust completed as the ankles reach the surface of the water. A rapid Spin Up 180° is executed followed by a rapid Vertical Descent.**

308i, see Twists and Spins, Figure Rule V. Difficulties, see I.A

A Barracuda Airborne Split is executed to a re-joined **Vertical Position**. From the re-joined **Vertical Position**, a *Vertical Descent* is executed at the same tempo as the *Thrust* to ankle level. The designated *Ascending Spin* is executed. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

Rationale: Align USA and FINA rulebook for consistency  
DD Values expression subject to adjustment by FINA

**Figure Item 8.** Addition of NEW 13-15 FINA Figure to align with USA Rulebook expanded Verbiage

**407 Swordfish Straight Leg Ariana Rotation DD 2.6**

**From a Front Layout Position the back arches as one leg is lifted in a 180° arc over the surface of the water to a Split Position. From a Split Position an Ariana Rotation is performed by maintaining the relative position of the legs to the surface of the water the hips rotate 180°. The hips remain stationary as the front leg is lifted in a 180° arc over the surface to meet the opposite leg in a Surface Arch Position. With continuous foot first movement, the hips, chest and face surface sequentially at the same point, assuming a Back Layout Position as the head occupies the position of the hips at the beginning of this action.**

(FINA proposed verbiage for comparison: From a **Front Layout Position** the back arches as one leg is lifted in a 180° arc over the surface of the water to a **Split Position**. Maintaining the relative position of the legs to the surface of the water an *Ariana Rotation* is performed. A *Walkout Front* is executed.)

Rationale: Align USA and FINA rulebook for consistency  
DD Values expression subject to adjustment by FINA

**Figure Item 9.** Addition of NEW 13-15 FINA Figure to align with USA Rulebook expanded Verbiage

**356f Whip Continuous Spin 720° DD 3.0**

**From a Front Layout Position, as the trunk moves downward to assume a Surface Front Pike Position, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Without movement of the trunk, the legs are raised to a Vertical Position. One leg is lowered rapidly to a Fishtail Position and without a pause is lifted rapidly to a Vertical Position. Without a pause and maintaining a Vertical Position a Continuous Spin of 720° is executed until the ankles reach the surface and continues through submergence.**

(FINA proposed verbiage for comparison: From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. One leg is lowered rapidly to a **Fishtail Position** and without a pause is lifted rapidly to a **Vertical Position**. Without a pause a *Continuous Spin 720°* is executed.)

Rationale: Align USA and FINA rulebook for consistency  
DD Values expression subject to adjustment by FINA

**Figure Item 10.** Addition of NEW 13-15 FINA Figure to align with USA Rulebook expanded Verbiage

**441 Saturn DD 2.5**

**From a Back Layout Position, the head leads downward as a Dolphin (201) is initiated. The hips move along the surface to the point occupied by the head at the beginning of this action. The hips, legs and feet continue moving along the surface as the back is arched more to assume a Surface Arch Position. One leg is lifted to**

**assume a Knight Position. Maintaining the vertical alignment the body rotates 180° to assume a Fishtail Position. Continuing in the same direction a Twirl is executed as the horizontal leg is lifted to a Vertical Position. Maintaining the Vertical Position, the body descends along its longitudinal axis until the toes are submerged.**

(FINA proposed verbiage for comparison: From a **Back Layout Position** a *Surface Arch Position* is assumed. One leg is lifted to assume a **Knight Position**. Maintaining the vertical alignment the body rotates 180° to assume a **Fishtail Position**. Continuing in the same direction a *Twirl* is executed as the horizontal leg is lifted to a **Vertical Position**. A *Vertical Descent* is executed.)

Rationale: Align USA and FINA rulebook for consistency

DD Values expression subject to adjustment by FINA

**Figure Item 11.** Addition of NEW 13-15 FINA Figure to align with USA Rulebook expanded Verbiage

**352 Venus**

**DD 3.0**

**From a Front Layout Position, as the trunk moves downward to assume a Surface Front Pike Position, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. All remaining movements from the Front Pike Position to the end of the figure are performed rapidly. One leg is lifted to a Fishtail Position and the horizontal leg is bent to assume a Bent Knee Vertical Position. The bent leg is extended to vertical as the vertical leg is lowered to become the horizontal leg in a Fishtail Position. A rotation of 360° in the Fishtail Position is executed. The horizontal leg is lifted to Vertical Position. A 360° Spin is executed until the ankles reach the surface of the water. Maintaining the Vertical Position, the body descends along its longitudinal axis until the toes are submerged.**

(FINA proposed verbiage for comparison: From a **Front Layout Position** a *Front Pike Position* is assumed. All remaining movements from the **Front Pike Position** to the end of the figure are performed rapidly. One leg is lifted to a **Fishtail Position** and the horizontal leg is bent to assume a **Bent Knee Vertical Position**. The bent leg is extended to vertical as the vertical leg is lowered to become the horizontal leg in **Fishtail Position**. A rotation of 360° in the **Fishtail Position** is executed. The horizontal leg is lifted to **Vertical Position**. A *360° Spin* is executed.)

Rationale: Align USA and FINA rulebook for consistency

DD Values expression subject to adjustment by FINA

**Figure Item 12.** Addition of NEW 13-15 FINA Figure to align with USA Rulebook expanded Verbiage

**144 Rio Straight Leg**

**DD 3.1**

**From a Back Layout Position, with one leg remaining extended at the surface, the other leg is raised straight to a Ballet Leg Position. The knee, shin and toes of the horizontal leg are drawn along the surface of the water to assume a Surface Flamingo Position. The bent leg is straightened to a Surface Ballet Leg Double Position. The body submerges vertically to a Back Pike Position, with the toes just under the surface of the water. From that position with the legs remaining perpendicular to the surface, a vertical upward Thrust of the legs and hips is rapidly executed as the body unrolls to assume a Vertical Position. Maintaining the Vertical Position, a descending Spinning 360° is executed at the same tempo as the Thrust. Maintaining the Vertical Position, the body descends along its longitudinal axis until the toes are submerged.**

(FINA proposed verbiage for comparison: A *Straight Ballet Leg* is assumed. The knee, shin and toes of the horizontal leg are drawn along the surface of the water to assume a **Surface Flamingo Position**. The bent leg is straightened to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface of the water. A *Thrust* is executed to a **Vertical Position**. A *Spinning 360°* is executed at the same tempo as the *Thrust*.

Rationale: Align USA and FINA rulebook for consistency

DD Values expression subject to adjustment by FINA

**Figure Item 13.** Addition of NEW 13-15 FINA label for the Spin 180° portion, letter d. (Note basic figure description does not change, just adding h to the list of options to add on to the figure)

Under the Ipanema Figure add:

440a to 440m, see Twists and Spins, Figure Rule V.

Difficulties, see I.A

**440d From the Vertical Position, the rapid 180° Spin is executed until the ankles reach the surface of the water. Descending Spin is finished with a Vertical Descent which is executed at the same tempo as the Spin.**

(FINA proposed verbiage for comparison: From a **Back Layout Position** a *Bent Knee Surface Arch Position* is assumed. The horizontal leg is lifted as the bent knee is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs are lifted to a **Vertical Position**. A rapid 180° Spin is executed.)

Rationale: Align USA and FINA rulebook for consistency

**DD Values expression subject to adjustment by FINA**

**Figure Item 14.** Insertion of new transition listed below in FIGURE Rule V, Basic Transitions and Body Movement section will follow USA alphabetical order.

**Ballet Leg, Straight, to assume:**

**From a Back Layout Position, with one leg remaining extended at the surface of the water, the other leg is raised straight to a Ballet Leg Position.**

(FINA proposed verbiage for comparison: From a **Back Layout Position** one leg is raised straight to a **Ballet Leg Position**.)

Rationale: Align USA and FINA rulebook for consistency

**Subject to final approval from FINA because it was taken from draft proposal.**

**Figure Item 15.** Insertion of new transition listed below in FIGURE Rule V, Basic Transitions and Body Movement section below Thrust.

#### **THRUST ALLOWANCE**

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

<b><u>Deductions are as follows: Angle</u></b>		<b><u>Deduction</u></b>	
<b><u>Deviation</u></b>		<b><u>Amount</u></b>	
<b><u>Small Deviation</u></b>	<b><u>0 – 30 degrees</u></b>	<b><u>.2</u></b>	
<b><u>Medium Deviation</u></b>	<b><u>31 – 44 degrees</u></b>	<b><u>.5</u></b>	
<b><u>Large Deviation</u></b>	<b><u>45 degrees or more</u></b>	<b><u>1.0</u></b>	

(No deviation from FINA)

Rationale: Align USA and FINA rulebook for consistency

**Subject to final approval from FINA because it was taken from draft proposal.**

**Figure Item 16.** Insertion of new transition listed below in FIGURE Rule V, Basic Transitions and Body Movement section will follow USA alphabetical order.

**Back Layout to Surface Arch to assume:**

**From a Back Layout Position with the head leading, the head, hips and feet move along the surface of the water. With continuous movement, the head moves downward under the surface of the water as the back is arched more to assume a Surface Arch Position with the hips occupying the position of the head at the beginning of this action.**

(FINA for comparison: From a Back Layout Position with the head leading, the head, hips and feet move along the surface of the water. With continuous movement the head leaves the surface of the water as the back is arched more to assume a Surface Arch Position with the hips occupying the position of the head at the beginning of this action.)

Rationale: Align USA and FINA rulebook for consistency

**Subject to final approval from FINA because it was taken from draft proposal.**

**Figure Item 17.** Insertion of new transition listed below in FIGURE Rule V, Basic Transitions and Body Movement section will follow USA alphabetical order.



### **Back Layout to Surface Arch , Bent Knee to assume:**

**From a Back Layout Position with the head leading, the head, hips and feet move along the surface of the water. With continuous movement, the head moved downward under leaves the surface of the water as the back is arched more to assume a Bent Knee Surface Arch Position with the hips occupying the position of the head at the beginning of this action.**

(FINA for comparison: From a Back Layout Position with the head leading, the head, hips and feet move along the surface of the water. With continuous movement the head leaves the surface of the water as the back is arched more to assume a Bent Knee Surface Arch Position with the hips occupying the position of the head at the beginning of this action.)

Rationale: Align USA and FINA rulebook for consistency

**Subject to final approval from FINA because it was taken from draft proposal.**

**Figure Item 18.** Insertion of new transition listed below in FIGURE Rule V, Basic Transitions and Body Movement section will follow USA alphabetical order.

### **Ariana Rotation**

**From a Split Position maintaining the relative position of the legs to the surface of the water the hips rotate 180°.**

(No deviation from FINA)

Rationale: Align USA and FINA rulebook for consistency

**Subject to final approval from FINA because it was taken from draft proposal.**

**Figure Item 19.** Insertion of new transition listed below in FIGURE Rule V, Basic Transitions and Body Movement section will follow USA alphabetical order. Note; Multiple parts to this transition.

### **Helicopter Rotation**

**From a Fishtail Position the horizontal leg is lifted to a Vertical Position during a descending rotation and is completed as the ankles reach the surface of the water followed by a *Vertical Descent*.**

***a) Spinning 180°: A descending Spin with a rotation of 180°.***

***b) Spinning 360°: A descending Spin with a rotation of 360°.***

***c) Continuous Spin 720°: a descending Spin with a rapid rotation of: 720° (2), completed as the ankles reach the surface of the water and continues through submergence***

***d) Rapid Airborne Spinning 180°: from an airborne Fishtail Position the horizontal leg is rapidly lifted to a Vertical Position during a rapid descending Spin with a rotation of 180° and is completed as the ankles reach the surface of the water followed by a rapid *Vertical Descent*.***

(No deviation from FINA)

Rationale: Align USA and FINA rulebook for consistency

**Subject to final approval from FINA because it was taken from draft proposal.**

**Figure Item 20.** Insertion of new transition listed below in FIGURE Rule V, Basic Transitions and Body Movement section will follow USA alphabetical order.

### **FOUETTÉ ROTATION**

**From a Fishtail Position with the horizontal leg leading toward the vertical leg a rapid 180° rotation is executed as the front leg bends to assume a Bent Knee Vertical Position. The bent leg rapidly extends to a Fishtail Position.**

(No deviation from FINA)

Rationale: Align USA and FINA rulebook for consistency

**Subject to final approval from FINA because it was taken from draft proposal.**

**Figure Item 21.** Insertion of new Spin transition listed below in FIGURE Rule V, Basic Transitions and Body Movement section with corresponding letter designation to align with FINA. Note: USA rulebook currently has the other spins not listed, these had previously been removed from the rulebook.

**l) Bent Knee Combined Spin: a descending Spin in a Bent Knee Vertical Position of at least 360° followed without a pause by an equal ascending Spin in the same direction in a Bent Knee Vertical Position. The ascending Spin reaches the same height where the descending Spin started.**

(No deviation from FINA)

Rationale: Align USA and FINA rulebook for consistency

**Subject to final approval from FINA because it was taken from draft proposal.**

**Figure Item 22.** Insertion of new Spin transition listed below in FIGURE Rule V, Basic Transitions and Body Movement section with corresponding letter designation to align with FINA. Note: USA rulebook currently has the other spins not listed, these had previously been removed from the rulebook.

**m) Reverse Bent Knee Combined Spin: an ascending Spin in a Bent Knee Vertical Position of at least 360° followed without a pause by an equal descending Spin in the same direction in a Bent Knee Vertical Position.**

(No deviation from FINA)

Rationale: Align USA and FINA rulebook for consistency

**Subject to final approval from FINA because it was taken from draft proposal.**

**Figure Item 23.** Insertion of new transition listed below in FIGURE Rule V, Basic Transitions and Body Movement section below Spin Section.

#### **Spin 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 ¼ less than/more than the required rotation.**

(No deviation from FINA)

Rationale: Align USA and FINA rulebook for consistency

**Subject to final approval from FINA because it was taken from draft proposal.**

**Figure Item 24.** Insertion of new transition listed below in FIGURE Rule V, Basic Transitions and Body Movement section below Twist/Twirl Section.

#### **Twist Allowance**

**The acceptable allowance for Twist rotations (Half Twist, Full Twist and Twirl) is up to ¼ less than/more than the required rotation.**

(No deviation from FINA)

Rationale: Align USA and FINA rulebook for consistency

**Subject to final approval from FINA because it was taken from draft proposal.**

**Figure Item 25.** Change in DD of any figures from FINA will be reflected in the USA rulebook for the alphabetical list, categorical list and with the corresponding verbiage of the figure to align with FINA.