



## 2023 TECH TALK PART 2 UPDATES & INFORMATION FOR THE 2023 SEASON

NOVEMBER 20, 2022

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*The following information summarizes rule changes for the 2023 season. This summary is not complete and does not replace the rules that will be updated in the 2023 rulebook and posted on USA Artistic Swimming's website in the coming weeks. Questions about information in this document may be sent to the Vice-President of Competitive Programs, [Chris Leahy](#)*

### 1 USEFUL LINKS

This tech talk is an overview of the changes to the technical rules. This year has many more changes than almost any quad. To find more details about the technical rules and education resources, here are some links that may be useful.

- [FINA Rules](#)
- [USAAS Rulebook](#) (will be updated soon)
- [FINA Coaches Education](#)
- [FINA Officials Education](#)
- [USAAS Coaching Resources](#)

### 2 NEW EVENT - ACROBATIC ROUTINE

There is a new event, replacing the Highlight Routine. The Acrobatic Routine is an event focused around lifts, platforms, and throws. While Free Hybrids may be included in the chore-ography, they do not add to the routine's difficulty score. There are normally 4-8 athletes in an Acrobatic routine. For **2023 only, 4-10** athletes will be allowed. See the [Acrobatic Waiver](#) for more details.

### 3 JUDGES UPDATES - COACHES WELCOME

All USAAS Judges **must** attend a Judges Update to retain their rating. A list of dates and locations for the updates can be found [here](#).

Coaches are strongly encouraged to attend an update even if they are not a judge to help learn about the new judging/scoring system. USAAS coaches who attend one of the updates are eligible to be Technical Controllers.



## **4 NEW JUDGING SYSTEM**

FINA is introducing major changes to the Judging/Scoring system. One of the main goals of the new system is to make more parts of the score objective rather than subjective. The scoring for figures remains the same, but routines are now evaluated by two Judges panels and two Technical Controller Panels.

### **4.1 ARTISTIC IMPRESSION PANEL**

The Artistic Impression panel has up to five judges. Each of the judges on the panel will give three scores for each routine, in increments of 0.25. The categories are:

**CHOREOGRAPHY & MUSICALITY** The creative skill of composing a routine that combines artistic and technical elements. The design and weaving together of variety, creativity, and innovation of all of the movements: elements and transitions. The pool coverage. Expressing the mood of the music, and the use of the music's structure and movements and synchronization with the music.

**PERFORMANCE** The manner in which the swimmer(s) present(s) the routine to the viewers: the walk-on and deck movements. Use of body language to express physical and emotional power, confidence, and total command of the performance.

**TRANSITIONS** The artistry and mastery of varied and purposeful movements, propulsion, and strokes that link the routine elements.

### **4.2 DIFFICULTY PANEL**

The Difficulty Technical Controllers are responsible for verifying that the athletes do the declared elements that are listed on the Coach Card. The Coach Card contains a list of Elements (Acrobatic Movements, Free Hybrids, and Technical Required Elements) chosen and described by the athlete or coach. The factors described on the Coach Card are added together to come up with a "degree of difficulty" score for the element.

Acrobatic Movements and Free Hybrids that are not performed as declared will receive a "base mark" for their degree of difficulty. Technical Required Elements that are not performed as described will receive a "0".

See the [Coach Card Section](#) for more details on the Coach Card.



### **4.3 ELEMENTS PANEL**

The Elements panel consists of up to five judges. The judges will give individual execution scores for each Acrobatic Movement, Free Hybrid, or Technical Required Element based on what is declared on the Coach Card. This panel gives scores for both Free routines and Technical routines.

Like the Artistic Impression judges, the scores for the Elements panel will also be in 0.25 increments. The judges shall consider and score the Execution of each Acrobatic Movement, Free Hybrid, or Technical Required Element. This is similar to how the Technical Elements panel in the prior judging system scored each individual Technical Element. However, unlike the previous system, the synchronization of the elements (Technical, Free or Acrobatic) will not be part of the execution score. The judges will give scores for all declared Acrobatic Movements, and Free Hybrids, not just the Technical Required Elements.

### **4.4 SYNCHRONIZATION PANEL**

For all non-solo routines, the Synchronization Panel includes up to three Technical Controllers. The controllers on the panel record the number of synchronization errors, described as "unequal actions" during the routine. These small errors such as different angles or heights result in a 0.1-point deduction per occurrence. Obvious errors, where athletes are doing the same movement but a clearly different times, incur a 0.5-point deduction. Major synchronization errors, where part of the routine is not done by one of the athletes (ex. skipping part of a Free Hybrid) will result in a 3-point deduction.

The deductions for synchronization errors are removed from the Elements score. The synchronization deductions cannot bring the Elements score below "0".

### **4.5 COACH CARD**

The goal of the Coach Card is to develop an objective difficulty score for each declared element in a routine. An athlete or coach fills out and hands in the card before the competition (two weeks for all national championships) and then must perform the elements listed on the card in order and as described on the card.

For Technical routines, the Technical Required Elements have a fixed degree of difficulty. For each element in a Junior or Senior Technical routine, competitors may elect to perform the "A" element or "B" element. However, the degree of difficulty for that element is fixed, even if the athlete(s) do additional movements before or after the Technical Required Element.



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Free Hybrids (in a Free routine or Technical routine) are considered as two or more movements, while the athlete(s) are holding their breath, and their head(s) are below their hips.

A Free routine may have fewer than the maximum number of Free Hybrids in a routine. Fewer Free Hybrids will not result in a penalty, but lowers the potential difficulty of the routine. However, in Technical routines, the number of the number of Acrobatic Move-ments and Free Hybrids are part of the Technical Requirements, and not performing the specified number **will result in a penalty**. In all routines, performing **more** Acrobatic Movements or Free Hybrids than what is defined in FINA Artistic Swimming Rules Ap-pendix III or the 2023 USAAS Rulebook Appendix L will result in a 2-point penalty and the extra Free Hybrids will not count toward the routine's difficulty score.

The degree of difficulty is determined by the movements in the Free Hybrid. Some of the movements that are considered as part of the difficulty score are, but are not limited to:

- Number of movements
- Time underwater
- Thrusts
- Rotations (Spins, Twirls, Twists, etc)
- Airborne Weight (sustained verticals)
- Angles
- Synchronization

Acrobatic Movement is FINA's term for throws, lifts, stacks, platforms, etc. that are achieved with the assistance of other swimmers. Unlike the prior system, if an Acrobatic Movement descends, and then rises again, this will count as multiple Acrobatic Move-ments **even if the featured athlete does not go underwater between pushes!** For team events, (4+ athletes), Acrobatic Movements are only scored, and only count towards the limit on the number of Acrobatic Movements if 4 or more athletes are involved.

The [FINA Acrobatic Catalog](#) describes a system for calculating the difficulty of all known Acrobatic Movements. In addition, it includes sections of pre-defined Acrobatic Move-ments with difficulty scores and pictures explaining the Acrobatic Movement (both the support and featured athletes) for partner and team acrobatics. It also has examples of movements that **do not** count as partner lifts



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When choreographing routines, keep in mind that like Technical routines, the judges need time to record their scores after an element. Placing Elements too close to one another may result in judges missing an Element and not being able to score it.

#### 4.6 CALCULATING A ROUTINE SCORE

To determine the Artistic Impression score, for each of the Choreography & Musicality, Performance, and Transitions categories the hi/lo scores are canceled and then the remaining scores are added together. Then the scores for each of the categories are summed.

##### ARTISTIC IMPRESSION EXAMPLE

	1	2	3	4	5	Total
Choreography & Musicality	<del>8.00</del>	8.25	8.50	8.75	<del>9.00</del>	25.00
Performance	7.75	7.00	<del>8.75</del>	<del>6.75</del>	8.50	23.25
Transitions	7.50	7.25	<del>9.00</del>	6.25	<del>6.00</del>	21.00
Total						69.25

The scores for each individual element are averaged in the same way that scores for a figure are averaged (cancel hi/lo, average remaining scores). The average score for an element is then multiplied by the degree of difficulty for that element. The scores for the elements are then added together.

##### ELEMENTS EXAMPLE

Element	DD	Average	Score
Acrobatic	1	2.1	7.6667
Free Hybrid	1	2.3	7.5000
Free Hybrid	2	1.7	7.3333
Acrobatic	2	1.8	6.9167
Free Hybrid	3	1.3	8.4167
Total			69.2085

The total score for a routine is then calculated by:

$$\text{Total Score} = \text{Artistic Impression} + (\text{Elements} - \text{Synchronization}) - \text{Penalties}$$

**Important** There will be an adjustment to Acrobatic Movements score, Technical Re-quired Elements score, and the Choreography & Musicality score. These adjustments are intended to make the Artistic Impression score have about the same weight as the Elements score. The adjustment factors will vary depending on the event. FINA has not yet published the values of these adjustments.



## **5 OTHER RULES CHANGES**

### **5.1 ROUTINE TIMES**

In almost all events, the routine times have gotten shorter. The Junior and Senior Free routine times are reduced by 15-30 seconds. The Youth routine times are now the same as the 12 & Under times.

For Athletes with Disabilities routines, see the [AWD Routine Times](#) section. FINA Masters has not yet decided on routine times for 2023. See the [Masters Waivers](#) section for details.

**Important: All** routines, must be within **±5** seconds of the stated time. This is a change from prior years where routine times could be **±15** seconds of the stated time. **Exception:** There are **no** minimum times for Junior Olympic routines.

Division	Solo Male Solo	Duet Mixed Duet	Team	Acrobatic	Combo
Senior Free	2:15	2:45	3:30	—	—
Junior Free					
15-17 Free					
18-19/20 Free					
Collegiate					
Junior/Senior Free	—	—	—	3:00	—
16-19/20 Free	—	—	—	3:00	3:30
Senior Tech	2:00	2:20	2:50	—	—
Junior Tech					
15-17 Tech					
18-19/20 Tech					
12 & Under	2:00	2:30	3:00	—	3:00
Youth					
Intermediate	1:45	2:05	2:35	—	3:00
Novice	1:30	1:30	1:30	—	—



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### 5.2 AGE DIVISIONS

FINA has changed the definitions of their age divisions, and the United States is following these changes. The Junior division now goes to 19 for female athletes. The age divisions for male athletes are now different from female athletes. As part of this, the "13-15" age division has been renamed to "Youth".

Age Group	Female	Male
12 & Under	12 & Under	12 & Under
Youth	13-15	13-16
Junior	15-19	15-20
Senior	15 & Over	15 & Over

**Important:** For Junior Olympics, the age divisions have been updated to match FINA 12 & Under, Youth, 15-17, 18-19 (female), and 18-20 (male). The 16-19 age division is now 16-19 for female athletes, and 16-20 for male athletes.

### 5.3 REQUIRED ELEMENTS FOR FREE & TECHNICAL ROUTINES

See FINA Artistic Swimming Rules Appendix III or the 2023 USAAS Rulebook Appendix L for specific limits on the number of Acrobatic Movements and Free Hybrids in Free routines and Technical routines.

Routines may have fewer Elements than what is in Appendix III. However, having more Elements than what is allowed will result in a 2-point penalty AND the extra Elements will not be scored.

**Important:** A team Acrobatic Movement is considered as an Element, if there are 4 or more swimmers involved in the movement. For example: 3 base swimmers + 1 featured swimmer; or 2 base swimmers + 1 support-swimmer who pushes 1 featured-swimmer) All other actions are considered as pair acrobatics or pair assist actions.

**Important:** The "Team" Hybrids in Free Combination routines require 4 or more competitors to participate in the Free Hybrid.

12 & Under and Youth Acrobatic Movements cannot have a degree of difficulty (DD) higher than the following: for Group A: 2.65, for Group B: 2.6, for Group C: 2.45, and for Group: P 2.5.



#### **5.4 FREE MIXED DUET**

Free Mixed Duets now have a number of required elements in the **Free** program as well as the Technical Program. All Free Mixed Duets must have:

- Two connected surface movements with travel
- One of the Free Hybrids must include a connected action

In addition, for Junior and Senior Free Mixed Duets, one of the Acrobatic Movements must be a lift and one Acrobatic Movements must be a throw.

#### **5.5 WALK-ONS**

Several changes have been made to walk-ons for routines. The first is that walk-ons are now evaluated by the Artistic Impression judges and will be part of their scores.

Walk-ons for Male Solos, Solos, and Duet may not exceed **20** seconds. For all other events, including Mixed Duet, the walk-on time limit remains at **30** seconds.

The restriction that "competitors shall not execute stacks, towers, or human pyramids" has been removed. Athletes are not required to be in contact with the pool deck during deck work. However, athletes and coaches are cautioned to think carefully about doing stacks and towers as the pool decks are likely to be wet and extremely slippery, especially during team routines.

#### **5.6 MISCELLANEOUS CHANGES**

- Mixed Duets may now have two reserves (any gender)
- Stud Jewelry may be worn during figures and in routines

### **6 ATHLETES WITH DISABILITIES**

The Athletes With Disabilities category now has 6 tiers instead of 4 tiers. The two new tiers are intended to provide an easier introduction for athletes who may not have been able to do the figures in the prior Tier 1.

There is a new Athletes With Disabilities Subcommittee to help promote AWD programs and develop rules for AWD competitions. Those interested in the subcommittee should contact Ashley Johnson. While modifications to the new judging/scoring system are being worked on by the subcommittee, the 2022 judging/scoring will apply for AWD competitions. See [AWD Waivers](#) for details.





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#### 6.1 AWD FIGURES

		<b>Tier 1</b>	
Compulsory	Back Layout Position		Oyster
Group 1 (Odd years)	Tub		Split Position
Group 2 (Even years)	Front Layout Position		Bent Knee Vertical Position
		<b>Tier 2</b>	
Compulsory	Bent Knee Alternate		Blossom
Group 1 (Odd years)	Somersault, Back Tuck		Split to Vertical at Ankles
Group 2 (Even years)	Assume a Front Pike Position		Dolphin
		<b>Tier 3</b>	
Compulsory	Ballet Leg, Single		Barracuda, Bent Knee
Group 1 (Odd years)	Kipnus		Walkover, Front
Group 2 (Even years)	Neptunus		Crayfish
		<b>Tier 4</b>	
Compulsory	Ballet Leg, Straight		Barracuda
Group 1 (Odd years)	Kip		Front Ariana
Group 2 (Even years)	Tower		Walkover, Back
		<b>Tier 5</b>	
Compulsory	Flamingo, Bent Knee		Barracuda, Spinning 180°
Group 1 (Odd years)	London		Ariana
Group 2 (Even years)	Porpoise Half Twist		Albatross
		<b>Tier 6</b>	
Compulsory	Flamingo, Bent Knee, Spinning 360°		Barracuda, Spin Up 180°
Group 1 (Odd years)	Kip Split, Closing 180°		Swordfish Straight Leg Ariana Rotational
Group 2 (Even years)	Whip		Albatross, Twirl

#### 6.2 AWD ROUTINE TIMES

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



## 7 NOVICE & INTERMEDIATE

### 7.1 NOVICE & INTERMEDIATE FIGURES

For Novice and Intermediate Figures, if the correct figure is not performed, the athlete will be allowed to perform the figure again, and a 1-point penalty will be applied. If the incorrect figure is performed a second time, the athlete will receive a "0" for that figure.

	<b>Novice</b>	<b>Intermediate</b>
Compulsory Group 1	Bent Knee, Alternate Barracuda	Ballet Leg, Single Barracuda
Group 2	Walkover, Front Kipnus	Front Ariana Kip, Bent Knee
Group 3	Neptunus Dolphin —	Neptunus Swordfish, Straight Leg Tower Swan

### 7.2 NOVICE & INTERMEDIATE TECHNICAL REQUIRED ELEMENTS

For Novice and Intermediate Free Routines with Technical Required Elements, Technical Required Elements must be performed in order. All elements must be performed simultaneously and facing the same direction by all competitors. Mirror actions are not permitted during Technical Required Elements.

If a Novice or Intermediate athlete performs an incorrect action in a Technical Required Element, they shall receive a 2-point deduction (no more than once per element) off the Elements Score rather than a "0".

	<b>Novice</b>	<b>Intermediate</b>
1	Kipnus	1 Neptunus
2	No-Arm Boost	2 One-Arm Boost
3	Walkover, Front	3 Ballet Leg, Single
4	Bent Knee, Alternate	4 Kip, Bent Knee
5	Barracuda	5 Barracuda



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### 7.3 ACROBATIC MOVEMENTS & FREE HYBRIDS

Novice routines cannot contain any Acrobatic Movements or Free Hybrids.

Intermediate Solos and Male Solos may contain a maximum of 1 Free Hybrid. Intermediate Duets, Mixed Duets, Trios and Teams may contain a maximum of 2 Free Hybrids **or** 1 Acrobatic Movement and 1 Free Hybrid.

Intermediate Acrobatic Movements cannot have a degree of difficulty (DD) higher than the following: for Group A: 1.8, for Group B: 1.8, for Group P: 1.3. Group C acrobatics are not allowed.

### 7.4 OTHER CHANGES

Novice routines shall have a maximum synchronization deduction of 10 points.

### 7.5 INTERMEDIATE FREE COMBINATION

Intermediate Free Combination routines have the same time limit as 12 & Under and Youth Free Combination routines (see Section 5.1). However, the required elements in the Intermediate Free Combination are different from all other Intermediate routines. There are no Technical Required Elements in Intermediate Free Combination. An Intermediate Free Combination may have a maximum of 2 Acrobatic Movements, 1x Solo Hybrid, 1x Duet Hybrid, 1x Trio Hybrid, and 2x Team (4 or more competitors) Hybrids. The Acrobatic Movements are subject to the same degree of difficulty (DD) limits as Intermediate Team.



## **8 12 & UNDER & YOUTH**

### **8.1 12 & UNDER FIGURES**

For 12 & Under Figures, if the correct figure is not performed, the athlete will be allowed to perform the figure again, and a 1-point penalty will be applied. If the incorrect figure is performed a second time, the athlete will receive a "0" for that figure.

**Important:** The description of the Water Drop has changed. The figure now includes a Half Twist in the Bent Knee Vertical position.

COMPULSORY: Straight Ballet Leg, Barracuda

GROUP 1: Front Ariana, Tower

GROUP 2: Water Drop Swordfish, Kip

GROUP 3: Swanita Spinning 180°

### **8.2 YOUTH FIGURES**

In competition, Youth athletes will now only perform two figures! There are no more compulsory figures. The Youth Figures are now divided into three Sections: A, B, and C. Each Section has two groups of two figures. When drawing figure groups for Youth competitions, the Section will be drawn first. Once the Section has been drawn, the competitors will be split in half based on the athlete draw list. Then, the first group of two figures in that Section will be randomly assigned to one of the halves of the draw and the other group of two figures in that Section will be assigned to the other half of the draw.

For example in a figure competition with 24 athletes: Section C is drawn. It contains Group 5 and Group 6. The athlete draw list will consist of athletes 1-12 and athletes 13-24. Following a similar process to how the Section was chosen, Group 5 will either be assigned to athletes 1-12 or athletes 13-24, and Group 6 will be assigned to the opposite group of athletes. So if Group 5 is drawn for athletes 13-24, then athletes 1-12 will perform the Group 6 figures.



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### Section A

#### Group 1

Flamingo Bent Knee, Twist Spin  
Cyclone, Open 180 °

### Section B

#### Group 3

Whip Continuous Spin 720 °  
Saturn

### Section C

#### Group 5

Rio Straight Leg  
Walkover Back Closing 360 °

#### Group 2

Barracuda Airborne Split Spin Up 180 °  
Swordfish Straight Leg Ariana Rotation

#### Group 4

Venus  
Albatross Spin up 360 °

#### Group 6

Ipanema Spinning 180 °  
Kip Combined Spin

### 8.3 YOUTH TEAM REQUIRED COMPONENTS

There must be one Thrust action (T1-T9) and one 720° descending spin (one or two legs). The required components may be in any of the Free Hybrids, including in the same Free Hybrid. The spin may be done with one **or** two legs (ex. A Bent Knee to Vertical Join while spinning 720°).

### 8.4 ACROBATIC DIFFICULTY LIMITS

For Free Combination and Team in the 12 & Under, and Youth divisions, Acrobatic Movements cannot have a degree of difficulty (DD) higher than the following: for Group A: 2.65, for Group B: 2.6, for Group C: 2.45, and for Group: P 2.5.

## 9 JUNIOR & SENIOR ELEMENTS

There are no longer separate elements for Junior Technical routines and Senior Technical Routines. Instead, there are two sets of elements: "A" elements and "B" elements. Which element to do can be chosen on an element-by-element basis. The elements in a Technical routine may now be in any order.

For example, a Technical Solo may start with element 5A, and then next do element 3, followed by element 1B. The choice of elements and order of elements must be declared on the Coach Card for the routine.

For details on the elements, please see FINA Artistic Swimming Rules Appendix II or the 2023 USAAS rulebook Appendix L.



## 10 CHAMPIONSHIP SPECIFIC INFORMATION

### 10.1 QUALIFICATION PROCEDURES FOR YOUTH/JR/SR CHAMPIONSHIPS

Qualification for the U.S. National Championship, U.S. Junior Championship, and U.S. Youth Championship is now the top 6 routines for all three championships rather than a mix of top 4 & top 6 depending on the championship. See [Bonus Entries](#) for information on the zone bonus entries for each event.

In addition, CP 3.2.2.1/3.3.2.1/3.4.2.1 has been tweaked to allow representation for the association in which these championships are held rather than having a requirement that the association host the championship.

### 10.2 GRADE LEVEL REQUIREMENTS

Grade Level 6 is now required for entry into the U.S. National Championship ("Seniors"). Requirements for all other championships remain the same.

### 10.3 OVER QUALIFICATION CHANGES

Placement at the U.S. Junior/Senior **Open** Championships can no longer make athletes ineligible for the U.S. Junior Olympic Championship.

Athletes at the U.S. National and U.S. Junior Championships are only ineligible for the U.S. Junior Olympic Championship if they place in the top 6 routines in the following events:

- Top 6 Solos (Free or Tech)
- Top 6 Male Solos (Free or Tech)
- Top 6 Duets (Free or Tech)
- Top 6 Mixed Duets (Free or Tech)

**For this ineligibility to apply, a minimum number of entries are required in the events (see CP 3.5.3).**



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#### 10.4 FREE & TECHNICAL ROUTINES AS SEPARATE EVENTS

Athletes at the U.S. Junior Championship and U.S. Junior Olympic Championship are no longer required to compete in both a Free routine and a Technical routine. Competitors may enter a Free routine, a Technical routine, or both. There will be separate awards for the Free and Technical programs.

**Note:** Due to the schedule, Technical routine events are likely to be finals-only at all national championships.

#### 10.5 COLLEGIATE

The Male Solo event has been added as an exhibition event, similar to Mixed Duet.

#### 10.6 U.S. NATIONAL/JUNIOR CHAMPIONSHIPS

The **Acrobatic** Routine has replaced the Free Combination event at U.S. National and U.S. Junior Championships.

U.S. National and U.S. Junior Championships are different championships, held in the same location with overlapping competition days. Competitors may swim in the same event across both championships as long as their routine qualified for both championships.

CATEGORY	EVENTS
Junior Free	Solo, Male Solo, Duet, Mixed Duet, Team Solo,
Junior Tech	Male Solo, Duet, Mixed Duet, Team Solo, Male
Senior Free	Solo, Duet, Mixed Duet, Team Solo, Male Solo,
Senior Tech	Duet, Mixed Duet, Team
Junior & Senior	Acrobatic



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#### 10.7 U.S. YOUTH CHAMPIONSHIP

The top 6 routines from each zone now qualify for the Youth Championship. No changes have been made to the routine events at this championship.

As a reminder, unlike the Junior Olympic track, athletes who are not in the Youth age group cannot "swim-up" to compete in the Youth Championship.

#### 10.8 BONUS ENTRIES

Each zone receives one additional entry for each Solo, Duet, or Team routine it places in finals at the previous U.S. National, Junior, or Youth Championships. If an eligible entry from the zone is unable to attend, the next highest-ranked entry from the most recent zone championship (Senior, Junior, Youth) will become eligible to enter the respective championship. For the 2023 U.S. National, Junior, and Youth Championships, the bonus entries awarded are as follows:

U.S. National Tech			
Zone	Solo	Duet	Team
East	0	0	0
West	4	3	2
North	3	2	0
South	1	2	1

U.S. National Free			
Zone	Solo	Duet	Team
East	2	0	0
West	6	4	2
North	2	2	1
South	2	3	2

U.S. Junior Tech			
Zone	Solo	Duet	Team
East	0	3	2
West	11	8	5
North	1	0	3
South	0	1	2

U.S. Junior Free			
Zone	Solo	Duet	Team
East	1	2	2
West	10	7	6
North	0	1	1
South	1	2	3

U.S. Youth			
Zone	Solo	Duet	Team
East	4	5	3
West	8	7	7
North	0	0	0
South	0	0	2





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#### 10.9 12 & UNDER INVITATIONAL

12 & Under Free Combination has been added to the 12 & Under Invitational.

The 12 & Under Invitational will be co-located with the Youth Championship. 12 & Under routines do not have to qualify at another competition to attend this competition. Each club will be allowed two entries in each event (Solo, Male Solo, Duet, Mixed Duet, Free Combination, and Team). Grade Level 2 is required for all athletes to compete in this invitational.

#### 10.10 AWD INVITATIONALS

USAAS is excited to see the growth of the AWD (athletes with disabilities) category. The Junior Olympic Championship and Masters Championship will include a co-located AWD Invitational. These invitationals are open to all AWD athletes. There are no Grade Level requirements for the AWD invitationals. The Final Meet Announcement for each championship will have more details on the invitationals.

#### 10.11 JUNIOR OLYMPIC

The Acrobatic Routine has been added to the 16-19/20 age group. The Free Combination routine has been added to the 12 & Under age group, and kept in the 16-19/20 age group. See USAAS Appendix L for details on the requirement for 16-19/20 Combination at Junior Olympics as FINA no longer has rules for Junior/Senior Free Combination.

CATEGORY	EVENTS
12 & Under	Solo, Male Solo, Duet, Mixed Duet, Team, Free Combination
Youth	Solo, Male Solo, Duet, Mixed Duet, Team, Free Combination
15-17 Free	Solo, Male Solo, Duet, Mixed Duet, Team
15-17 Tech	Solo, Male Solo, Duet, Mixed Duet, Team
18-19/20 Free	Solo, Male Solo, Duet, Mixed Duet, Team
18-19/20 Tech	Solo, Male Solo, Duet, Mixed Duet, Team
16-19/20	Acrobatic Routine, Free Combination



## **11 BLANKET WAIVERS**

### **11.1 ACROBATIC ROUTINE**

FINA changed the number of athletes in the Acrobatic Routine from 8-10 to 4-8 shortly before the FINA congress in early October. This change was not noticed by most coaches until late October. As a concession to clubs that had already made plans assuming 10 athletes, a waiver was granted for all clubs to allow Acrobatic Routines to have **4-10** athletes **only for 2023**.

### **11.2 AWD & COLLEGIATE**

The 2022 version of OD 2.5.2 and OD 2.6.2 shall be used for scoring routines in the Athletes with Disabilities (AWD) and Collegiate programs. All other rules, including walk-on time limits, limits on the number of Acrobatic Movements, and Free Hybrids (see FINA Appendix III or forthcoming 2023 USAAS Appendix L) shall apply.

### **11.3 MASTERS**

FINA Masters is a completely separate group from FINA Artistic Swimming. While the FINA Artistic Swimming held a Technical Congress in early October to vote on rules for the 2023 season, FINA Masters has not yet announced any information about their Technical Congress. To reduce confusion for athletes who compete in both the FINA World Masters Championship and the USAAS Masters Championship, the 2023 USAAS Masters Championship will follow the same rules that FINA Masters decides to use for the 2023 FINA World Masters Championship.



## **12 TOOLS FOR COMPETITIONS**

The championship management team has developed a few tools for National Championships that may be helpful to other organizing events. If you have any questions about these tools please contact Chris Leahy [leahycm@gmail.com](mailto:leahycm@gmail.com).

### **12.1 MEASURE ROUTINE LENGTHS**

[https://measure-routines.web.app/measure\\_routines.html](https://measure-routines.web.app/measure_routines.html)

This website measures the length of a routine, ignoring silences at the beginning and end of the file. If the routine category (Youth Solo, Junior Mixed Duet, etc.) can be determined based on the name of the file, the length will be checked to determine if the routine is over or under the time limits.

**Warning:** this tool has not been updated for new routine lengths or events. The way routines are measured may also undergo a slight change. An update will be posted on the website when these changes are complete.

### **12.2 DRAWING FIGURES**

[https://figure-draw.web.app/create\\_figure\\_draw.html](https://figure-draw.web.app/create_figure_draw.html)

This website can be used to generate a shareable link containing a selection of one of the optional groups of figures. Due to how the selection is done, the link can be shared ahead of time, but the selection of the optional group cannot take place until after a specified date/time.

This allows meet organizers to share a link that will contain the optional figure group for a competition in a meet announcement, while still only selecting the optional group 18-72 hours before the start of the competition. It also allows everyone with the link to know which figure group was selected without having to wait for an email from the meet organizers.

**Warning:** this tool has not been updated with any new figures, or FINA's proposed method of drawing Youth figure groups. An update will be posted on the website when these changes are complete.