

## **RULE IX**

### **ATHLETES WITH DISABILITIES (AD)**

**(All new)**

The Technical Rules shall apply to all Athletes with Disabilities competitions except as noted in this section.

#### **AD 1 ATHLETES WITH DISABILITIES ELIGIBILITY:**

**AD 1.1** Artistic Swimming is open to any athlete who has a physical and/or cognitive disability that prevents the athlete from engaging in meaningful competitions against able-bodied athletes.

**AD 1.2** USAAS shall define an athlete with a disability as an individual who has a physical or cognitive impairment that substantially limits one or more major life activities; has a record of such an impairment; or is regarded as having such an impairment. A physical or cognitive impairment is defined as any physiological disorder or condition, cosmetic disfigurement, or anatomical loss affecting one or more body systems, such as neurological, musculoskeletal, special sense organs, respiratory (including speech organs), cardiovascular, reproductive, digestive, genitourinary, immune, circulatory, hemic, lymphatic, skin, and endocrine.

**AD 1.3** Athletes shall be eligible to compete in either the physical or cognitive category in USAAS competitions, when held in pool environments that offer the necessary accommodations for athletes with disabilities.

#### **AD 2 COMPETITION REGULATIONS:**

**AD 2.1** Competitions shall consist of Figures and Free routines for the physical and cognitive categories, respectively. All competitors shall perform Figures.

**AD 2.2** Competitions for competitors with physical or cognitive disabilities are based on Tier level only.

**AD 2.2.1** Competitors from different disability categories may compete together in Duet, Mixed Duet, Trio and Team routines. Routines that include both competitors with a cognitive disability and competitors with a physical disability shall compete in the physical disability category.

**AD 2.3** The coach is responsible for declaring the competitor's physical or cognitive category and the Tier level on the Official Club Entry Form.

**AD 2.3.1** In order to determine the Tier level for a Duet, Mixed Duet, Trio and/or Team, the Tier levels shall be averaged, and if necessary, rounded up to the next highest Tier.

**AD 2.4** Competitors participating in the physical and cognitive categories will be exempt from TR 4.2, allowing a coach to instruct the competitor during the Figure and Free routine competitions.

#### **AD 3 FIGURE COMPETITION:**

**AD 3.1** The Figure Tiers for both physical and cognitive disability categories are listed in Figure Rule II.F.

**AD 4 ROUTINE COMPETITION:**

**AD 4.1 Free Routines:**

**AD 4.1.1** The competition shall consist of Solo, Duet, Mixed Duet, Trio and Team events in each competition.

**AD 4.1.2** Maximum time requirements for routines shall be as follows:

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

**AD 4.1.3** There shall be an allowance of 15 seconds plus the allotted time limit, but there shall be no minimum time limit.

**AD 4.1.4 Walk-On:** In routine events, the walk-on of the competitors from the designated starting point to the achievement of a stationary starting position(s) on deck and/or in the water may exceed 30 seconds. (Exemption from CP 4.2.5.6.1).

1. Competitors with disabilities are allowed to have assistance or be guided to the correct starting point on deck or in the water.

**AD 4.1.5 Deck movements** are suggested to be 10 seconds as the competitors are exempt from the maximum allotment of CP 4.2.5.6.2.

**AD 5 APPLICATION OF PENALTIES:**

**AD 5.1 Figure Competition:** Penalties shall not apply.

**AD 5.2 Routine Competition:**

**AD 5.2.1 A One Point Penalty** shall be deducted from the routine score if:

1. There is a deviation from the specified routine time limit allowed (more than) for the routine in accordance with Rule AD 4.1.2.
2. A competitor has made a deliberate use of the bottom of the pool during the routine.
3. Rules OD 3.6.2.2.1.1 and OD 3.6.2.2.1.3 do not apply.

**AD 5.2.2 A Two Point Penalty** shall be deducted from the routine score if:

1. A competitor has made deliberate use of the bottom of the pool during a routine to assist another competitor.
2. During deck movements in routines, competitors are executing stacks, towers or human pyramids.

3. In Free Team routines, if the number of Acrobatic Movements exceeds the required number. Regardless of the number of additional Acrobatic Movements, the maximum penalty shall be 2 points.

4. Rules OD 3.6.2.2.2.2, OD 3.6.2.2.2.5 and OD 3.6.2.2.2.6 do not apply.

**AD 5.3 Disqualification:**

**AD 5.3.1** An attempt to complete the routine without interruption shall be made by all competitors, however, if 1 or more competitor(s) with cognitive or physical disability stop(s) swimming before the routine is completed, the routine may be disqualified.

1. If the cessation is caused by a competitor who is in distress, the Event Referee shall allow the routine to be re-swum during the session.

2. If the Event Referee stops the routine, the routine may swim again 2 routines later.

3. If the Event Referee stops the swim of the routine a second time because of a competitor who is in distress, the routine will be disqualified.

**AD 6 JUDGING AND SCORING:**

**AD 6.1** Routine events shall be judged and scored according to OD 2.6.2 and OD 4.1.2, respectively.

**AD 6.2** The routine figure average shall be computed using the figure score of the competitors who actually swam in the routine.

**AD 6.3** The average Figure score shall be added to the Free routine score to determine the Final score for placement in the category.

**F. ATHLETES WITH DISABILITES - PHYSICAL AND COGNITIVE FIGURES:**

(All new)

**TIER 1 COMPULSORY FIGURES:**

100	Bent Knee, Alternate	1.0
302	Blossom	1.4

**TIER 1 SELECTION GROUPS:**

**Group 1 (Odd year)**

361	Prawn	1.5
310	Somersault, Back Tuck	1.1

**Group 2 (Even year)**

323	Somersault, Front Pike	1.4
362	Surface Prawn	1.3

**TIER 2 COMPULSORY FIGURES:**

101	Ballet Leg, Single	1.6
306	Barracuda, Bent Knee	1.8

**TIER 2 SELECTION GROUPS:**

**Group 1 (Odd year)**

360	Walkover, Front	1.9
316	Kipnus	1.4

**Group 2 (Even year)**

348	Tower	1.9
201	Dolphin	1.4

**TIER 3 COMPULSORY FIGURES:**

106	Ballet Leg, Straight	1.6
301	Barracuda	1.9

**TIER 3 SELECTION GROUPS:**

**Group 1 (Odd year)**

420	Walkover, Back	1.9
327	Ballerina	1.8

**Group 2 (Even year)**

311	Kip	1.6
355	Porpoise	1.8

**TIER 4 COMPULSORY FIGURES:**

423	Ariana	2.2
301d	Barracuda, Spinning 180°	2.1

**TIER 4 SELECTION GROUPS:**

**Group 1 (Odd year)**

140	Flamingo, Bent Knee	2.4
240	Albatross	2.2

**Group 2 (Even year)**

312	Kip, Split	2.3
355a	Porpoise, Half Twist	2.2

**Note:** These figures need not be performed in the order listed.

Please note that all figures listed above can be found in FINA rulebook/coaches and judges manual and USAAS Figure section, except the new figure listed below. It can be found in USAAS but not FINA.

100. **Bent Knee, Alternate**

Difficulty 1.0

From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical to assume a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed. From a **Back Layout Position**, with one leg remaining extended at the surface, the toe of the opposite leg is drawn along the inside of the extended leg until the thigh is vertical to assume a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

