

ARTISTIC SWIMMING 2023/24 SEASON DIRECTIVE



Artistic
Swimming
WA

Introduction

The Season Directive should be used as your resource guide for the 2023/2024 season. If there are no specific rules stated, please refer to FINA RULES. Artistic Swimming WA (ASWA) wishes to ensure a successful and productive season for its members.

Competition Schedule

Date	Event	Events Available	Age Groups	Location
Saturday 24 th June	High Performance squad trials	See High Performance Criteria	National stream 13-15 and Junior	HBF Stadium
Monday 4 th – Sunday 10 th September	Star Skills for NS Swimmers	All star levels	All age groups	Club training sessions
Sunday 8 th October	Figures Competition	NS and SS Figures Group 1 and compulsory Section 1 (13-15)	Figures: NS 12U, NS13-15, SS 10U, SS12U, SS 13&O	HBF Stadium
25th-26 th November	Routine and figures competition	NS Figures SS Figures Group 2 and compulsory Section 2 (13-15) Team Routines	Figures: NS 12U, NS13-15, SS 10U, SS12U, SS 13&O Routines: NS 12&U, NS 13-15 TEAM ROUTINE ONLY NS Junior, NS Senior, Masters TEAM ROUTINE ONLY SS 10U, SS 12&U, SS 13&Over TEAM ROUTINE ONLY	HBF Stadium
24 th -25 th February	Routine and figures competition	NS Figures SS Figures Group 3 and compulsory Section 3 (13-15) All routines	Figures: NS 12U, NS13-15, SS 10U, SS12U, SS 13&O Routines: All age groups, NS, SS and Masters All routines	HBF stadium
30 th -31 st March	States	NS Figures (Draw) SS Figures (Draw) All routines	Figures: NS 12U, NS13-15, SS 10U, SS12U, SS 13&O Routines: All age groups, NS, SS and Masters All routines	HBF stadium

Artistic Swimming WA Workshops

Artistic Swimming Australia workshops and additional ASWA workshops will be communicated to clubs and coaches throughout the year.

Date	Workshop	Location	Time
Sunday 18 th June	Coach Workshop Focus: Skills competition, new FINA figures, teaching skills, ballet, and Pilates for Artistic Swimming	RLSSWA	TBC
30 th July	Building Blocks to Brisbane 2032 Part 1 Focus: Skills for competitive success for swimmers aged under 13 years old. Coached by Olympians Rose Stackpole and Amie Thompson. Coaches are welcome to join the workshops.	HBF	TBC
August TBC	Coach workshop with Paula Klamburg	HBF	TBC
Term 3	AquaStART Teaching Course	Online	TBC
19 th August	Building Blocks to Brisbane 2032 Part 2	HBF	TBC
1 st October	Building Blocks to Brisbane 2032 Part 3	HBF	TBC
Term 4	AquaStART Teaching Course	Online	TBC
9 th December	Building Blocks to Brisbane 2032 Part 4	HBF	TBC
Term 1	AquaStART Teaching Course	Online	TBC
Term 2	AquaStART Teaching Course	Online	TBC

Competition Program

Please refer to the ASWA By-laws for rules specifically pertaining to State competitions:

<https://synchronwa.org.au/wp-content/uploads/2022/08/ASWA-Bylaws-Version-1.8.pdf>

State Stream

The State Stream is designed for athletes to compete in competitions up to the State Titles in a program with modified figures and routine time limits. State Stream swimmers cannot be members of National Stream duets, teams, or combos. State Stream routines may place a bid prior to the State Titles to ASWA to pre-swim at the Australian National Championships.

Competitive Figures State Stream

10 & UNDER	12 & UNDER	Youth (13-15 yrs)
Compulsory Figures	Compulsory Figures	
Sailboat Alternate 301 Barracuda	106 Ballet Leg Single 301 Barracuda	101 Straight Ballet Leg 301 Barracuda
362 Surface Prawn 316 Kipnus	Optional Group 1 Figures	
	324 Somersub 311 Kip	359 Front Ariana 348 Tower
	Optional Group 2 Figures	
	361 Prawn 420 Walkover Back	363 Waterdrop 401 Swordfish
	Optional Group 3 Figures	
	323 Somersault Front Pike 363 Water Drop	311 Kip 227d Swanita Spinning 180

**Participants older than 15 years old are no longer required to participate in figures*

Time Limits and Required Elements for State Stream Routines

	<i>SOLO</i>	<i>DUET</i>	<i>TEAM</i>	<i>FREE COMBINATION</i>
10 & Under SS <i>Required Elements</i>	2:00 <i>4 hybrids</i>	2:15 <i>4 hybrids</i>	2:45 <i>4 hybrids & 1 acrobatic movement</i>	
12 & Under SS <i>Required Elements</i>	2:00 <i>5 hybrids</i>	2:15 <i>5 hybrids & 1 pair acrobatic</i>	2:45 <i>6 hybrids & 3 acrobatic movement</i>	

Youth SS <i>Required Elements</i>	2:00 <i>6 hybrids</i>	2:30 <i>6 hybrids & 1 pair acrobatic</i>	3:00 <i>6 hybrids & 3 acrobatic movement</i>	3:00 <i>4 acrobatics, 3 team hybrids, 1 duet hybrid, 1 solo hybrid</i>
15+ SS <i>Required Elements</i>	2:00 <i>5 hybrids</i>	2:15 <i>5 hybrids & 1 pair acrobatic</i>	2:45 <i>6 hybrids & 3 acrobatic movement</i>	<i>15+ SS athletes may compete in Youth SS Free Combination Figures are not included in the final score</i>

Coach Cards for State Stream Routines

Coaches are required to submit a coach card 2 weeks before each competition. State stream routines are only required to submit a coach card to declare the order of their hybrids and acrobatics (for solos on hybrids). Coaches do not need to declare any difficulty codes from the difficulty table in their hybrids (e.g., T1, R3). No points will be awarded for difficulty, only artistic impression and execution will be judged.

National Stream

The National Stream is the most advanced and competitive stream offered by ASWA. National stream swimmers compete at all ASWA competitions during the season and at the Australian National Championships.

Competitive Figures National Stream

12 & Under National Stream	Youth National Stream
Compulsory 106 Straight Ballet Leg 301 Barracuda	Group 1 140g Flamingo Bent Knee, Twist Spin 437 Cyclone, Open 180
Group 1 359 Front Ariana 348 Tower	Group 2 308h Barracuda Airborne Split Spin Up 180 407 Swordfish Straight Leg Ariana Rotation
Group 2 363 Waterdrop 401 Swordfish	Group 3 356f Whip Continuous Spin 720 441 Saturn
Group 3 311 Kip 227d Swanita Spinning 180	Group 4 352 Venus 240i Albatross Spin Up 360
	Group 5 144 Rio Straight Leg 421 Walkover Back Closing 360

	Group 6 440d Ipanema Spinning 180 311j Kip Combined Spin
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Time Limits for National Stream Routines

	<i>SOLO</i>	<i>DUET/MIXED DUET</i>	<i>TEAM</i>	<i>COMBO</i>	<i>ACROBATIC</i>
<i>12 & Under NS</i>	2:00	2:30	3:00	Event ages TBC	
<i>Youth NS</i>	2:00	2:30	3:00	3:00	
<i>Senior/Jr Tech</i>	2:00	2:20	2:50		
<i>Senior/Jr Free</i>	2:15	2:45	3:00		3:00

Please refer to the World Aquatics Rules (Appendix III) for the set number of elements for national stream routines.

All routines are +/- 5 seconds.

Deck work must be 10 seconds or less.

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

Age Groups/Categories

STATE STREAM	NATIONAL STREAM
10U 12U Youth (13-15) 15+ MASTERS	12&U YOUTH (13-15) JUNIOR (15-19) SENIOR (15+) MALE AGE GROUPINGS: 12&U YOUTH (13-16) JUNIOR (15-20) SENIOR (15+) MASTERS

Masters

World Aquatics has not released updated rules for Masters competitions. It is anticipated that rule changes will be made after the 2023 World Championships in August. Currently, Masters competitors will follow the existing World Aquatics rules below.

Please follow the World Aquatics Competitions Regulations document linked below.

Masters rules for Artistic Swimming are presented on page 397:

https://resources.fina.org/fina/document/2023/03/30/561db432-9ac8-4706-ac3c-96ca798a27d8/WORLD_AQUATICS_COMPETITION_REGULATIONS.pdf

Star Skills Program

The Star Skills program is an ASWA initiative that has been running in the recreational program. This program has been expanded and will replace the national stream 'skills testing' from previous seasons. Our aim was to create a clear progression of skills to develop our athletes and coaches and improve our performance in WA. The Star Skills program is like a thread linking all levels in our sport together, from recreational to high performance.

This season, we will organise times with club coaches to attend their training sessions and assess the swimmers. Dates for national stream, star skills assessments this season have been included in the season calendar. While we have provided recommendations for the star levels for each age group, coaches will decide on the star levels that their swimmers will be assessed on based on their abilities.

Please note: If swimmers in more advanced groups wish to start at star one (recreational level), their club coaches can assess them at any time throughout the season.

ASWA coaches along with the swimmer's club coach will assess the passing requirements for each skill. An ASWA judge will also give an overall score for each skill.

There is a clear set of passing requirements for each star skill which is detailed in the star program document. Swimmers will receive a certificate and a star pin for each level they pass.

World Aquatics Rules and Resources

Unless otherwise stated in the information above, ASWA follows World Aquatics rules for all competitions. It is important to stay up to date with rule changes.

There is a variety of educational resources including learning modules available on the World Aquatics Website which can be used to learn more about the rule changes. Pages 8 and 9 of this document list the new resources with relative links on where to find them.

Coach Education: <https://learning.fina.org/coaches-education-artistic-swimming/>
Officials Education: <https://learning.fina.org/coaches-officials-artisticswimming/>

Summary of World Aquatics Rule Documents

DOCUMENT NAME	LINK	DESCRIPTION
Artistic Swimming Figures Manual	https://resources.fina.org/fina/document/2023/01/12/38c73e1c-6dfa-4919-bf64-328e4260aff8/Figures-Manual-2022-2025-ALL.pdf	Figures manual for judges, coaches and officials including descriptions of figures and major desired actions for each transition
Artistic Swimming Rules	https://resources.fina.org/fina/document/2022/11/01/4b3598b6-18cd-411e-ac09-16e49965df3a/00-AS-Rules-2022-2025-Confirmed.pdf	General competition rules
Artistic Swimming Manual for Judges, Technical Controllers, Referees and Coaches	https://resources.fina.org/fina/document/2023/04/24/906bbbd3-ef66-4756-bce5-36cfe0ebf0c8/AS-MANUAL_24-April-2023.pdf	Includes information on the judging of figures and routines
Appendix 1 12&U figures	https://resources.fina.org/fina/document/2022/11/01/2fa8d012-74a1-4d8a-9a44-16299565931b/01-AS-Rules-2022-2025-Appendix-1-12-under-figures.pdf	Description of 12&U figures
Appendix I Youth Figures	https://resources.fina.org/fina/document/2022/11/01/0345c744-4726-4ccd-b70b-8cd3071e7bf4/02-AS-Rules-2022-2025-Appendix-1-13-15-figures.pdf	Description of youth figures
Appendix I BM & BP	https://resources.fina.org/fina/document/2022/11/01/f31afe1d-7b22-448e-8f5a-4479b7217b17/03-AS-Rules-2022-2025-Appendix-1-BP-and-BM.pdf	Description of basic body positions and movements in figures
Appendix II Technical Routines	https://resources.fina.org/fina/document/2022/11/01/0613d74d-defa-4136-8a05-f6f3d11df531/04-AS-Rules-2022-2025-Appendix-II.pdf	General rules and description technical required elements for all technical routines
Appendix III	https://resources.fina.org/fina/document/2022/11/01/7153c38e-c9e4-4cff-ba4c-96d9f5b55ee2/04-AS-Rules-2022-2025-Appendix-III.pdf	Table of set required elements for all free routines

Elements for Routines		
Appendix IV Acrobatic Routines	https://resources.fina.org/fina/document/2022/11/01/11a4c700-18d7-4aec-bda8-b86bbb381a95/06-AS-Rules-2022-2025-Appendix-IV.pdf	Required elements for acrobatic routines
Appendix V Free Combination Routines	https://resources.fina.org/fina/document/2022/11/01/1736c071-4a63-47a0-a5f0-7ed1fbab30c6/07-AS-Rules-2022-2025-Appendix-V.pdf	Required elements for free combination routines
Appendix VI Introductory Guide for the Application of Applied Difficulty	https://resources.fina.org/fina/document/2022/11/17/1cdb2339-129d-43a5-af33-e8e99b6f1849/08-AS-Rules-2022-2025-Appendix-VI-Difficulty-Guide.pdf	Includes information on filling out coach cards
Appendix VII Acrobatics catalogue	https://resources.fina.org/fina/document/2022/11/01/4e42dae2-e2c5-481d-9a45-76522a54cedc/09-AS-Rules-2022-2025-Appendix-VII-Acrobatics-Catalogue-October-2022.pdf	Includes information on how to declare acrobatic movements and should be used when creating acrobatic codes
Acrobatics Quick Reference Sheet	https://resources.fina.org/fina/document/2022/11/01/8a8e3d5e-e1ea-4fc8-923a-bb596c9f87d6/FINA-AS-Acrobatics-Catalogue-Quick-Reference-Sheet-Rev-Sep-30-2022.pdf	Summary of acrobatic codes and categories. <i>Please use full acrobatics catalogue when making your declaration.</i>

