

ARTISTIC SWIMMING WA  
2024/2025 SEASON  
DIRECTIVE



Artistic  
Swimming  
WA

## Introduction

The Season Directive should be used as your resource guide for the 2024/2025 season. Some categories and events have rules specific to WA which are presented in this document. If there are no specific rules stated, please refer to the World Aquatics rules for Artistic Swimming. 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 20 <sup>th</sup> July	High Performance squad trials	See High Performance Criteria	National stream Youth and Junior	HBF Stadium
18 <sup>th</sup> August	Figures Competition	NS and SS Figures Group 1 and compulsory Section 1 (Youth)	Figures: NS 12U, NSYouth, SS 10U, SS12U, SS 13&O	
12 <sup>th</sup> -17 <sup>th</sup> August	Star Skills for NS Swimmers First Assessment	Star 9-12	All age groups	Club training sessions
6 <sup>th</sup> -8 <sup>th</sup> September	High Performance Regional Training Camp	Training for High Performance Squad and display/open training session	Youth and Junior	Busselton
Sunday 6 <sup>th</sup> October	Figures Competition	NS and SS Figures Group 2 and compulsory Section 2 (Youth)	Figures: NS 12U, NSYouth, SS 10U, SS12U, SS 13&O	HBF Stadium
23 <sup>rd</sup> -24 <sup>th</sup> November	Routine and figures competition	NS Figures SS Figures  Group 3 and compulsory Section 3 (Youth)  All routines	Figures: NS 12U, NSYouth, SS 10U, SS12U, SS 13&O  Routines: NS 12&U, NS Youth s TEAM All routines  NS Junior, NS Senior, Masters All routines  SS 10U, SS 12&U, SS 13&Over All routines	HBF Stadium
9 <sup>th</sup> -14 <sup>th</sup> December	Star Skills for NS Swimmers Second Assessment	Star 9-12	All age groups	Club training sessions

22 <sup>nd</sup> -23 <sup>rd</sup> February	Routine and figures competition	NS Figures (Draw) SS Figures (Draw) All routines	Figures: NS 12U, NSYouth, SS 10U, SS12U, SS 13&O  Routines: All age groups, NS, SS and Masters All routines	HBF stadium
29 <sup>th</sup> -30 <sup>th</sup> March	WA State Championships	NS Figures (Draw) SS Figures (Draw) All routines	Figures: NS 12U, NSYouth, 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
June 16 <sup>th</sup>	Coach Workshop  Star Skills Workshop and Manual Launch Season Directive Feedback from National Championships Concussion and SunSmart Policy Review  <i>Compulsory for all coaches</i>	RLSSWA	1-3pm
August TBC	Coach Workshop  Diving and Acrobatics – Technical Theory, Skill Progression and Safety  *Diving and Acrobatics coaches will also attend club training sessions to work with athletes and coaches in the following weeks  <i>Compulsory for all coaches</i>	RLSSWA	TBC
September TBC	Coach Workshop  International Artistic Swimming Expert  *Will also attend club training sessions to work with athletes and coaches in the following weeks  <i>Compulsory for all coaches</i>	RLSSWA	TBC

## Competition Program

Please refer to the ASWA By-laws for rules specifically pertaining to State competitions:  
<https://synchrowa.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.

State stream routines will use the old scoring system. No coach cards are required to be submitted for these routines. There are no required elements for state stream routines.

### Competitive Figures State Stream

10 & UNDER	12 & UNDER	Youth (13-15 yrs)
<b>Compulsory Figures</b>	<b>Compulsory Figures</b>	
Sailboat Alternate 301 Barracuda	106 Ballet Leg Single 301 Barracuda	101 Straight Ballet Leg 301 Barracuda
361 Prawn 316 Kipnus	<b>Optional Group 1 Figures</b>	
	360 Walkover Front 311 Kip	359 Front Ariana 348 Tower

*\*Junior State Stream Participants do not compete in figures*

### Time Limits and Require Elements for State Stream Routines

	<i>SOLO</i>	<i>DUET</i>	<i>TEAM</i>	<i>FREE COMBINATION</i>
10 & Under SS	2:00	2:15	2:45	
12 & Under SS	2:00	2:15	2:45	
Youth SS (13-15)	2:00	2:30	3:00	3:00
Junior SS (15-19)	2:00	2:15	2:45	<i>Junior SS athletes may compete in Youth SS Free Combination Figures are not included in the final score</i>

## 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
<b>Compulsory</b> 106 Straight Ballet Leg 301 Barracuda	<b>Section A Group 1</b> 140g Flamingo Bent Knee, Twist Spin 437 Cyclone, Open 180
<b>Group 1</b> 359 Front Ariana 348 Tower	<b>Group 2</b> 308h Barracuda Airborne Split Spin Up 180 407 Swordfish Straight Leg Ariana Rotation
<b>Group 2</b> 363 Waterdrop 401 Swordfish	<b>Section B Group 3</b> 356f Whip Continuous Spin 720 441 Saturn
<b>Group 3</b> 311 Kip 227d Swanita Spinning 180	<b>Group 4</b> 352 Venus 240i Albatross Spin Up 360
	<b>Section C Group 5</b> 144 Rio Straight Leg 421 Walkover Back Closing 360
	<b>Group 6</b> 440d Ipanema Spinning 180 311j Kip Combined Spin

*Please note at competitions where the figure groups are drawn, Youth athletes will swim all four figures from the drawn section.*

### 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 &amp; Under NS</i>	2:00	2:30	3:00	3:00	
<i>Youth NS</i>	2:00	2:30	3:00	3:00	
<i>Senior/Jr Tech</i>	2:00	2:20	2:50		3:00
<i>Senior/Jr Free</i>	2:15	2:45	3:30		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

All Age Group competitors remain qualified from 1 January to the following 31 December at the age they are at the close of day (23:59) on 31 December of the year of the competition.

STATE STREAM	NATIONAL STREAM	MASTERS
10U 12U Youth (13-15) Junior (15+)	12&U YOUTH (13-15) JUNIOR (15-19)  MALE AGE GROUPINGS: 12&U YOUTH (13-15) JUNIOR (15-19)	Solo: 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 and over  Duet: 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 and over with age determined by the average age of the competitors.  Mixed Duet: 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80  Team: 25 – 34, 35 – 49, 50 – 64, 65  Free Combination: 25 – 39, 40 – 64, 65 and over  *AGE IS DETERMINED BY THE AVERAGE AGE OF THE COMPETITORS

## Masters

Masters competitors and coaches must follow the World Aquatics Rules located in the Competition Regulations Document (Updated 1<sup>st</sup> January 2024). Judging of Masters routines will be executed using the old scoring system. Therefore, no coach cards are required to be submitted for these routines.

## 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.

For stars 9-16, ASWA 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. Although 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 manual. Swimmers will receive a certificate and a star pin for each level they pass.

## World Aquatics and ASWA Rules and Resources

Unless otherwise stated in the information above, ASWA follows World Aquatics rules for all competitions. Coaches must acknowledge their responsibility to stay up to date with rule changes. Failing to do so puts the athletes at a significant disadvantage during competitions as penalties and deductions could apply.

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. Please see page 8 of this document for a list of the World Aquatics rules and resources. Resources for coaches include detailed tutorials on coach cards and declared difficulty.

In addition to the free resources provided by World Aquatics, all ASWA coaches have access to a Microsoft Teams database with shared resources. ASWA coaching staff are also available to contact at anytime throughout the season.

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	DESCRIPTION
Artistic Swimming Figures Manual 2022-2025	Figures manual for judges, coaches and officials including descriptions of figures and major desired actions for each transition.
Artistic Swimming Rules 2022-2025 Competition Regulations	General competition rules including Masters Rules.
Artistic Swimming Manual for Judges, Technical Controllers, Referees and Coaches	Includes information on the judging of figures and routines.
AQUA TRE sheets 2024	General rules and description technical required elements for all technical routines including common penalties.
Difficulty Guide v4.2 (5 <sup>th</sup> March 2024)	Includes information on filling out coach cards <i>THIS DOCUMENT IS REGULARLY UPDTAED</i>
Appendix VII Acrobatics catalogue	Includes information on how to declare acrobatic movements and should be used when creating acrobatic codes. <i>Please use this catalogue to read and fully understand the description for each component you declare when making acrobatic codes.</i>
Acrobatics Quick Reference Sheet	Summary of acrobatic codes and categories. <i>Please use full acrobatics catalogue when making your declaration.</i>
Acrobatics Allowances Reference Sheet	Summary of allowances on declared positions and rotations in acrobatic movements.



