

ARTISTIC SWIMMING WA

SEASON DIRECTIVE 2025-2026



Introduction

The Season Directive should be used as your resource guide for the 2025/2026 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 for Artistic Swimming. Artistic Swimming WA (ASWA) wishes to ensure a successful and productive season for its members.

Competition and Workshop Schedule

MAY				
DATE	EVENT	TIME	ATTENDANCE	LOCATION
24 th	Strategic plan	9:30am-3:30pm	CLUBS	HPC
25 th	Information day Academy	3.00-4.00 pm	Parents	ROYALS
25 th	Information day High Performance (HP)	4.00-5.00 pm	Parents	ROYALS

JUNE				
DATE	EVENT	TIME	ATTENDANCE	LOCATION
28 th	HP trials	12.30-5.00 pm	Youth/ Jr	HPC

*Athletes: selected flyers (2 each club) -support swimmers (4 each club) JR+YOUTH

JULY				
DATE	EVENT	TIME	ATTENDANCE	LOCATION
6 th to 17 th	National Camp	TBA	Youth/ Jr	ACT
19 th	Academy trials	9.00-1.00 pm	10-12 C under	HPC

AUGUST				
DATE	EVENT	TIME	ATTENDANCE	LOCATION
1 st to 3 rd	HP Camp	TBA	Youth/Jr	HPC
17 th	Building Blocks	11.00-4.00 pm	ATHLETES: 10-12 C under COACHES: 10-12 C under	HPC

*Athletes: selected flyers (2 each club) - support swimmers (4 each club) JR+YOUTH

SEPTEMBER				
DATE	EVENT	TIME	ATTENDANCE	LOCATION
7 th	Figures competition	TBA	All clubs	TBA
19 th to 23 rd	Oceania Competition			New Zealand
21 st	Building Blocks	11.00-4.00 pm	ATHLETES: 10-12 C under COACHES: 10-12 C under	HPC
22 nd to 27 th	Star Assessment		State Stream	Clubs
26 th to 28 th	HP camp		Youth/ Jr	HPC

OCTOBER				
DATE	EVENT	TIME	ATTENDANCE	LOCATION
12 th	Building Blocks	11.00-4.00 pm	ATHLETES: 10-12 C under COACHES: 10-12 C under	HPC
19 th	Figures competition	1:00pm-6:00pm	All clubs	
24 th to 26 th	HP Camp		Youth/ Jr	HPC

NOVEMBER				
DATE	EVENT	TIME	ATTENDANCE	LOCATION
16 th	Building Blocks	11.00-4.00 pm	ATHLETES: 10-12 C under COACHES: 10-12 C under	HPC
3 rd to 8 th	Star Assessment		State Stream	Clubs
22 nd to 23 rd	WA Competition	Sat: 8.00am -12.00pm Sun: 8.00am-12.00pm	All clubs	HPC
28 th to 30 th	HP Camp -Claire		Youth/Jr	HPC

DECEMBER				
DATE	EVENT	TIME	ATTENDANCE	LOCATION
18 th	Building Blocks	11.00-4.00 pm	ATHLETES: 10-12C under COACHES: 10-12C under	HPC
13 th to 20 th	National Camp	TBA	Youth/Jr	ACT

JANUARY				
DATE	EVENT	TIME	ATTENDANCE	LOCATION
6 th to 15 TH	National Camp	TBA	Youth/Jr	ACT
18 th	Building Blocks	10.00-4.00 pm	ATHLETES: 10-12C under COACHES: 10-12C under	HPC
26 th to 31 st	Star Assessment		State Stream	Clubs

FEBRUARY				
DATE	EVENT	TIME	ATTENDANCE	LOCATION
13 th to 15 th	HP Camp		Youth/Jr	HPC
21 st to 22 nd	Competition WA	Sat: 8.00am -12.00pm Sun: 12:00pm-5:00pm	All clubs	HPC

MARCH				
DATE	EVENT	TIME	ATTENDANCE	LOCATION
21 st to 22 nd	State Competition	Sat: 8.00am -12.00pm Sun: 12:00pm-5:00pm	All clubs	HPC

RULES

State Stream

From the 2025–2026 season, ASWA will implement a skill-based State Stream structure, moving away from the traditional age-based model. This aims to create a more equitable, development-focused framework for all athletes.

Aqua Basics

- For developing athletes working through Star 1 to 5
- Emphasis on building foundational skills, water confidence, and routine experience
- Simplified figures and choreography allowed
- Judging focuses on effort, participation, and basic execution

AquaPro

- For advanced athletes working through Star 6 to 9
- Emphasis on refining technique, presentation, and competition readiness
- Full figures and routines
- Judging based on technical accuracy and performance quality

Progression: Athletes may move between Aqua Basics and AquaPro based on skill achievement, Star test results, and judge recommendation.

Figures Competition Schedule s Requirements - Aqua Basics

Each competition will include specific skill sequences. Adjustments may be made for Aqua Basics 1 and 2 where appropriate.

Competition Month	Figures / Elements
September	<ul style="list-style-type: none"> • Back layout to sailboat (R C L leg) • Submerged back pike (via oyster) • Front pike position hold
October	<ul style="list-style-type: none"> • Pike pull down • Split Position descent to submerged double vertical • Surface arch using split scull
November	<ul style="list-style-type: none"> • From split position → surface arch to back layout (end of ariana) • From back layout → inverted tuck (hold 3 seconds tuck) • Front layout → pike position→ Fishtail position (hold 3 seconds with support scull) • Ballet leg
February	<ul style="list-style-type: none"> • Barracuda • Kipnus • Front layout → pike → split position (Leg going up through fishtail then split) • Straight Leg Ballet Leg
March	<ul style="list-style-type: none"> • Back layout Tuck →Bent knee →180 descend joining to vertical • Straight Leg Ballet Leg • Barracuda • back layout →Inverted tuck→ bent knee position →tuck (Swap legs - rapid movement)

*Aqua Basics participants may perform simplified transitions and holds, as advised by the technical committee. *

Figures Competition Schedule s Requirements - AquaPro

Competition Month	Figures / Elements
September	<ul style="list-style-type: none"> • Vertical hold (3 seconds) • Ballet leg • Barracuda • Inverted tuck → bent knee position → inverted tuck (Swap legs)
October	<ul style="list-style-type: none"> • Ballet Leg • Barracuda • From Split to Arch position (End of Ariana) * • From Fishtail (hold) to vertical and descent
November	<ul style="list-style-type: none"> • Straight Ballet Leg * • Barracuda • From Front Layout / Pike/ Bent Knee join to Vertical and Descent (Beginning of Water Drop) • From Front Layout to Front Layout Bent Knee / Arch to Nova (Beginning of Swordfish) *
February	<ul style="list-style-type: none"> • Straight Ballet Leg • Barracuda • Kip • From Back Layout / Surface Arch Bent Knee to Knight Position (Beginning of Swanita Spinning 180) *
March	<ul style="list-style-type: none"> • Straight Ballet Leg • Barracuda • From Knight Position / To Fishtail to Vertical turning 180. * • Front Ariana *

TIME LIMITS FOR STATE STREAM ROUTINES

Category	Duration	Tolerance	Required Hybrids
Solo	1 min 15 sec	± 5 seconds	3 hybrids
Duet / Mixed Duet	1 min 35 sec	± 5 seconds	3 hybrids +1 Pair Acro (Only for AquaPro)
Team	2 minutes	± 5 seconds	4 hybrids+ 1 Acro (Only for AquaPro)
Combo	2 min 15 sec	± 5 seconds (Can mix AquaBasic with AquaPro)	1 solo hybrid 1 duet hybrid 1 team hybrid 1 acro

*Please see detailed State Stream Scoring System, with specific hybrid and acro requirements [HERE](#).

ASWA State Stream Skill Mapping

ASWA State Stream Equivalent	Expected Star Skill Level
Aqua Basics 1	Star 1-3
Aqua Basics 2	Star 4-5
AquaPro 1	Star 6-7
AquaPro 2	Star 8-9
National Stream (Eligible)	Star 10

National stream

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

12sUNDER NATIONAL STREAM

COMPULSORY
106 straight ballet leg
301 Barracuda
GROUP 1
359 front Ariana
348 Tower
GROUP 2
363 Waterdrop
401 Swordfish
GROUP 3
311 Kip
227Swanita Spinning 180

YOUTH AGE GROUP NATIONAL STREAM

*Please note at competitions where the figure groups are drawn, Youth athletes will swim all four figures from the drawn section. (Under review – TBA)

GROUP 1
307e flying fish spinning 360
437 Cyclone, open 180
GROUP 2
308h Barracuda airborne split spin up 180
407 Swordfish straight leg Ariana rotation
GROUP 3
356f Whip continuous spin 720
441 Saturn
GROUP 4
352 Venus
340i Albatross spin up 360
GROUP 5
140j Flamingo bent knee Combined spin 360+360
421 walkover back closing 360
GROUP 6
440d Ipanema spinning 180
154f London Continuous spin 720

TIME LIMITS FOR NATIONAL STREAM ROUTINES

	SOLO	DUET/MIXED DUET	TEAM	COMBO	ACRO
12sUnder	2:00	2:30	3:00	3:00	
Youth	2:00	2:30	3:00	3:00	
Senior/Jr tech	2:00	2:20	2:50		3:00
Senior/Jr free	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.
- Please see detailed ASA Nationals Rules [HERE](#).

AGE GROUPS CATEGORIES

STATE STREAM	NATIONAL STREAM	MASTERS
<ul style="list-style-type: none"> • AquaBasics1 • AquaBasics2 • AquaPro1 • AquaPro2 	<ul style="list-style-type: none"> • 12CU • YOUTH (13-15) • JUNIOR (15-19) <p>MALE AGE GROUPINGS:</p> <ul style="list-style-type: none"> • 12CU • YOUTH (13-15) • JUNIOR (15-19) 	<ul style="list-style-type: none"> • Masters 18-39 (18 to 39 years of age) • Masters 40+ (40 years and over) <p>Free Combination: 18 years +</p> <p>*AGE IS DETERMINED BY THE AVERAGE AGE OF THE COMPETITORS</p>

Masters

REQUIREMENTS FOR MASTERS ROUTINES

Category	Duration	Required Hybrids
FREE Solo	2 minutes 15 seconds	6 Free Hybrids (must include one declaration from each family in the routine)
FREE Duet	2 minutes 45 seconds	6 Free Hybrids (must include one declaration from each family in the routine) 2 Pair Acro (free choice but may not repeat the same acrobatic)
FREE Mixed Duet	2 minutes 45 seconds	4 Free Hybrids (must include one declaration from each family in the routine) 3 Pair Acro (free choice but must not repeat the same acrobatic) A minimum of 4 declared Sustained Surface Connections ("SuCon") with travel (1m or more) or rotation (180° or more)
FREE Team	3 minutes 30 seconds	6 Free Hybrids (must include one declaration from each family in the routine) 3 Team Acro (free choice but must not repeat the same acrobatic)
Combo (As seen in Youth 2025 World Aquatics Rules)	4 minutes	1 Solo Hybrid 1 Duet Hybrid 2 Team Hybrid (must be executed with a minimum of 4 athletes) 1 Team choreography hybrid with no DD (ie factor of 1.0) must be executed with a minimum of 4 athletes 4 team Acro (free choice but must not repeat the same acrobatic)
TECH Solo	2 minutes	1 Fishtail 2 Split Position 3 Spinning 180° 4 Travelling Ballet Leg Combination 5 Barracuda Bent Knee 6 Two (2) Forms of Propulsion
TECH Duet	2 minutes 20 seconds	1 – 6 From above 7 Joined Action
TECH Duet Mixed	2 minutes 20 seconds	1 – 6 From Above 7 Joined Action
TECH Team	2 minutes 50 seconds	1 – 7 From Above 8 Cadence Action 9 Patterns

- There shall be no minimum time limit.
- Deck work must be 10 seconds or less.
- **NO Mirror movements** are allowed for Masters routines.
- A Coach Card is required for all Free/Tech Routines.
- Music selection is optional and may be the same music used for Tech and Free Routines.
- Supplementary elements may be added to a maximum as per the World Aquatics Senior Required Free Elements (hybrid and acrobatics).

*Please see detailed Masters Rules Document, with specific requirements [HERE](#).

- **Specific Competition Requirements:**

State Championships and National Championships: Masters are required to demonstrate competency in basic skills, passing Stars 1-3. Swimmers must have Star 3 to compete.

- The rest of the stars can be used as a demonstration of individual progress, working through the stars as a developmental pathway, to be able to execute more challenging routine skills.
- The ASWA Development Officer will perform Star Assessments across the clubs at a suitable date (Week of the 15th September, + flexibility with retesting). This assessment is not to be conducted by coaches.

STAR SKILLS

The Star Skills program is an ASWA initiative that has been running in the recreational and masters program. 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.

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. 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.